

12th Global Neurologists Meeting on

NEUROLOGY AND NEUROSURGERY

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Connected parents, thriving kids

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The importance of the connection in the parent-child relationship has been seen as influential in caring for the mental health in young people today. It highlights the need to bring the relationship between adult and child to a new level that will provide a safe environment for children to thrive amidst the stressors of daily living. In this 8 week program of connecting with children, the needs of children and the skills of dialogue will be presented. The goal is to communicate safety and acceptance to children that will allow us to move into a prevention model. The hope is to optimize the chances to offer support, safety and structure needed in the environment where self-esteem can be strengthened. The result would be significant self-acceptance, self-confidence and self-knowledge that they need to face the bigger world. Begin to nurture competence and not compliance. Grow us adults to provide a healthy model for children.

Biography

Lissy Ann Puno has 27 years of extensive experience practicing in the region as a Counselling Psychologist. She is the Co-Founder of the International Counselling & Psychology Centre in Singapore. She offers Counselling and psychotherapy across the developmental stages as well as gives talks, trainings and workshops covering a variety of relevant topics promoting psychological wellness. In working with children and teens, she focuses on behavioral, emotional and psychosocial issues such as parent-child relationships, school adjustment issues including peer relationships, development of emotional regulation and social skills, fears and anxieties, self-esteem, identity relationship issues, depression, eating disorders, among others. As an Imago Relationship Therapist, she has special interest on relationships and the ingredients that maintain a fulfilling and healthy connection such as communication, curiosity, caring behavior and conflict resolution strategies.

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