

Approaching Anxiety

Anxiety disorders are very common among young and adult people with 22q11.2 deletion syndrome and is associated with lower quality of life. Anxiety has a major impact not only the person with anxiety but on the whole family. However, anxiety disorders can be treated effectively using psychological interventions and parents can make a real difference in helping their children manage their anxiety better. It is never too late to help people identify strategies for better coping with anxiety. The current presentation will provide an introduction to anxiety and 22q11.2 deletion syndrome; the physiological, cognitive, emotional and behavioural aspects of anxiety; and some basic tips on strategies for parents to help their children.

Care for the Caregivers

Parenting a child with a complex developmental disability such as 22q11.2 deletion syndrome can be incredibly stressful. Experiences of disenfranchised grief, anxiety, anger and trauma are not rare. However, psychological growth out of adversity is possible and the distress associated with having a child with severe medical and psychological problems can act as a catalyst for positive psychological change and lead the changes in life values and beliefs. In this talk, the coexistence of distress and psychological growth will be discussed.