

## ADULTS TREATMENTS & INTERVENTIONS

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### Parental Guidance

#### Evolving into parenthood

Through our work, we often hear parents expressing their despair that “there is no book to teach you how to be a parent”. Being a parent is not always an easy task and every parent has their moments of self-doubt.

How can individual’s needs be met fairly within the family dynamic? How can we give our children the skills they need to flourish? How can we provide clear and consistent discipline? How can we manage our children’s moods along with our own responses? There are so many questions that parents have to face and they are often left not knowing which way to turn.

Reasons for consulting:

- Difficulties encountered by the child: emotional, social, physical, behavioural or educational
- Disciplinary difficulties: parental authority
- Family difficulties: separation, bereavement

### Evaluation for the adoption procedure

#### A legalised step in the tough process about adoption

Reason for consulting:

- Psychological assessment as part of the process for gaining French legal recognition



### Psychotherapy

#### A desire for self-understanding and personal liberation

What makes us take that step to consult a psychologist? The reasons are many and varied (and everyone has their own story), however in general the motivating factors are negative feelings or thoughts and being overwhelmed or unable to cope alone with life’s difficulties.

Whatever the reason behind this feeling of unhappiness or discontent, the extent of it and the way it is expressed, psychotherapy can help to understand it, make sense of what is causing the suffering and untangle the knots. From here it is possible to move forward, to find contentment and to give meaning to our lives.

Reasons for consulting:

- Discontent / Anxiety
- Depression
- Bipolarity
- Autism
- Addictive behaviour / Eating disorder

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## CHILDREN / ADOLESCENTS TREATMENTS & INTERVENTIONS



### Psychotherapy

Searching for inner peace and personal development

Therapy provides a space in which a young person can learn to surpass their difficulties and reduce the consequent symptoms of those. Difficulties can be expressed and wounds can be healed in order to improve their relationship with themselves and the world around them - to find a balance.

The aim is to build and explore the possibilities of their personality and in doing so create a solid foundation for a fulfilled life as an adult.

Reasons for consulting:

- Discontent
- Anxiety
- Depression
- Opposition / Anger
- Enuresis / Encopresis
- Eating disorder
- Childhood disorders
- Adolescence disorders
- Autism / Psychosis

### Psychological / Neuropsychological Assessment

For a better understanding of the child's brain and emotional functioning

The assessment allows for a better apprehension of the child's brain capacities (reasoning, memory, attention, language, motor skills, visuospatial skills) and the interactions between them. It also provides greater understanding of emotional and social capacities (personality, anxiety levels, social / emotional adaptability, and extent of adjustment to reality) of the child.

The aim is to evaluate and understand the origins of learning being particularly easy or difficult along with any social or emotional difficulties.

The assessment can help to provide the parents with tools, to give meaning to the difficulties faced by the child and to develop a therapeutic care plan and educational program adapted to the child's difficulties.

Reasons for consulting:

- Giftedness
- Learning Difficulties
- Emotional / Social Difficulties
- Preparing to skip a school year
- Schools admissions

Diagnostics:

- Anxiety / Depression
- Autism / Psychosis
- Giftedness
- Learning Disorder
- Attention Deficit Disorder
- Cognitive Deficit in the areas of reasoning, memory, language, visuospatial skills, social-emotional skills, fine motor skills



### Neuropsychological Rehabilitation

For a more fulfilling learning and schooling experience

Neuropsychological rehabilitation is a way of helping children and adolescents with learning difficulties, such as problems concentrating, remembering or understanding information. The origin of the difficulty may be an attentional deficit disorder or poor memory or reasoning skills.

The aim of neuropsychological rehabilitation is to improve brain functioning and increase the efficiency of the processes involved in knowledge acquisition. The sooner the treatment starts, the better the chances are of avoiding educational issues and of encouraging learning.

Reasons for consulting:

- Learning Difficulty / Disorder
- Attention Deficit Disorder
- Memory Disorder
- Reasoning Disorder