
Promoting Impulse Control in Children - Development - Disorder - Behavior Modification - Prevention



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In my twenty years as a specialist for children and young people, I was able to work with a large number suffering from issues with impulse control. In an individual setting, these children can be difficult to identify; the one-on-one contact means they are the center of attention. However, in large groups, their behavior is much more difficult to manage and impulse control issues display themselves more readily. This difference in behaviours, dictated by the social environment the child is in, is the basis for the creation of my manual for group based therapy "TRAINING DER IMPULSKONTROLLE".

Impulse control is a behavioral sequence that occurs when a state of unpleasant tension is followed by an impulsive action. This impulse acts a type of release for the child and this sequency can occur without thought or acknowledgement of consequence.

My speech will focus on the identification of children with impulse control issues and the foundation and diagnosis of impulse control disorders. I will also delve into my approach to group based therapy for children in this situation with a focus on positive social interactions, the role of the family and fostering positive personality traits.

Biography:

I was born in 1970, studied at the University of Vienna in Pedagogy and graduated with a Masters in 2003. In 2007 I started my own company "KiZ – Kind im Zentrum" with a focus on childhood education and in 2016 completed my study in Psychotherapy. I specialized in behavioural therapy for children and young people and have a special interest in impulse control behaviors. I have written multiple books. MY favourite one is "Training der Impulskontrolle" and continued to work in this area in Sollenau. I have two adult children and in my spare time I enjoy reading fiction, skiing and travelling.