

## Conduct Disorder in the South African context

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Conduct Disorder is a serious psychiatric disorder with onset in childhood and adolescence. The antisocial behaviour patterns associated with Conduct Disorder may continue into adulthood. Characteristic externalising behaviours have the potential to negatively impact on the wellbeing of the individual diagnosed with Conduct Disorder, as well as on those with whom such an individual interacts. Aggression to people or animals, destruction of property, deceitfulness, theft and other serious rule violations are some of the broad areas where dysfunction occurs but often result in the affected individual being seen as “bad” or “delinquent” rather than being viewed as a victim of early attachment difficulties and/ or trauma.

During this talk I will present a selection of case examples of children and adolescents diagnosed with Conduct Disorder in order to outline the challenges we are faced with when dealing with these individuals and their families. I will then explore some of the management options and strategies which we are using for these patients.

### Speaker Biography

Claire Lownie graduated with her medical degree (MBBCh) from Wits University in 2003. She completed her internship at Groote Schuur Hospital (2004) and her community service at a rural hospital in Kwazulu Natal (2005). In 2006, she was diagnosed with a Stage-4 Malignant Melanoma. Thereafter, she worked as a clinical trials coordinator, research programme manager and Trauma Programme Manager at Milpark Hospital. She completed a Master of Science in Emergency Medicine degree (MSc Med Emergency Medicine) and worked clinically in private Emergency Departments. Thereafter, Dr Lownie worked in the corporate pharmaceutical environment. The combination of personal and professional experiences piqued her interest in Psychiatry. She completed her specialist training at Wits University and obtained her fellowship (FC Psych SA) through the Colleges of Medicine of South Africa (2018). Dr Lownie currently runs her private practice in Bryanston. She treats a variety of mental illnesses in patients of all ages.

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