



3rd International Conference on
PSYCHOLOGY AND MENTAL HEALTH
November 16-17, 2023 | Dubai, UAE

TITLE: The Effect of Transitions on the Mind Humans and animals.

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ABSTRACT

Transitions are life changes experienced when humans go through different life phases that affects them emotionally, mentally, spiritually, physically and socially. What is it that makes it difficult for humans to prepare for transitions compared to animals e.g. dogs and birds? From recent research animals in Turkey were able to sense warning signs and some taking precaution while humans couldn't. Are animals better suited for change compared to humans? Can the human minds borrow from animals to best navigate transitions of life without being the victims?

I seek to contribute my findings using scientific methods of how best human brain development can increase mental wellness when humans are going through transitions in relation to animals.

BIOGRAPHY

Nelson Aseri has completed his Bachelor's Degree in Psychology in 2019 from Moi University, Kenya. He is the founder of Fine minds therapy clinic that seeks to develop and empower humans to understand their abilities in transitions in Kenya and Africa. His publications that have been cited a number of times in national newspaper, Daily Nation. He is still serving as a Psychologist in a religious set up bridging scientific based approaches with faith based interventions for people in Kenya and Africa that experience transitions in everyday life.

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