

DEPRESSION & ANXIETY: Why Are People Sad & Anxious?



australian
childhood
trauma
group

Speaker: Bryan Jeffrey

21 September 2012

SEMINAR



FULL DAY

Date
21/09/2012

Time
Registration: 9.30am
Seminar: 10am - 4pm

Location
Edgar Lynch Training & Meeting Rooms
3 St David Street, Fitzroy, Australia 3065

Cost
Workers: \$195+GST
Carers / Full-time Students: \$180+GST

Join Bryan in a journey through the causes of, symptoms of and treatments for two of the world's most common mental illnesses. See how simple they are to understand - find out what YOU can do to help someone with a mental illness.

Seminar Objectives:

- Differentiate between presentations that are anxiety or depression based
- Understand the most common causes of anxiety and depression
- Recognise the comorbidity of these conditions with alcohol and other drugs
- List strategies that can make a positive difference for the person with depression and/or anxiety
- Understand more about suicide and suicidal intervention
- Negotiate the minefield that is Mental Health Services
- And most importantly, look after your own emotional self care, and that of your loved ones

Suitable Audience:

- Carers & workers from foster, permanent, residential, adoptive & kinship care
- Family service workers
- Child protection workers
- Mental health professionals
- Youth Justice
- Teachers / teacher's aide
- Student welfare /wellbeing professionals



Bryan Jeffrey is a psychiatric nurse with over 15 years clinical experience working with young people in care, both in Scotland and Melbourne. As the Director of MOAT: Mental Health, Bryan develops mental health training sessions, and delivers them throughout Australia, demystifying mental illness for a range of audiences interested in further developing their understanding of this growing area. Mental health doesn't have to be a confusing concept, however, some clinicians prefer to keep it that way. Bryan wants to help break down those barriers between that small group of elitist clinicians, and the people who actually provide the ongoing support to their clients.

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click here

ENQUIRIES

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ROOMS



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Refreshments, morning tea,
lunch & notes provided

PAYMENT OPTIONS

- Cheques/Money Orders made payable to "Australian Childhood Trauma Group"
- Electronic direct deposit to:
"Australian Childhood Trauma Group"
BSB: 083 218 Account: 519 963 647
- Credit Card/ EFTPOS available on the day

Please provide remittance

RSVP

By 14 September 2012. Please send the required information in an email (preferred) or complete registration form and post/fax. Cancellations must be received no later than 5pm, 14 September 2012.

Places are limited so please book early to avoid missing out!



Print this form for manual registration

Agency: Program:

Contact Person: Contact Number:

Email:

Mailing Address:

(Please provide billing contact details if different from agency details provided above)

Name & Email Address of Each Participant:

PARTICIPANT NAME	EMAIL ADDRESS	CARER / WORKER

- Participants will receive a letter of confirmation via email upon receipt of payment
- Please advise of any special requirements e.g dietary
- Receipts can be provided upon request

Seminar Enquiries and Registrations to:
info@theactgroup.com.au
PO Box 236, Fitzroy 3065
t 9415 6066 f 9415 6085 m 0419 853 888



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