Managing Fear and Anxiety in the Context of Diabetes
2014 Health Professional Training Program

OVERVIEW

“Only when we are no longer afraid do we begin to live”. Dorothy Thompson

Fear and anxiety can have a significant and negative impact on diabetes management and quality of life. Using a Mindfulness-Based approach, participants will be guided through a sequence of learning activities to acquire competence and clinical skilfulness to help clients whose lives revolve around avoiding fear. Specific fears that will be addressed include fear of hypoglycaemic episodes, fear of administering insulin, and fear of diabetes complications.

WHO SHOULD ATTEND

This program is suitable for all nursing and allied health professionals working with diabetes clients.

DATE: Thursday, 27th March 2014

TIME: 9.30am to 5pm

VENUE: Seminar room 1, The Alfred Centre
Baker IDI Heart & Diabetes Institute
Level 4, 99 Commercial Road
Melbourne, Victoria, 3004

COST: $250 (includes GST) or $220** (includes GST) if paid by 27 Feb. 2014

TOPICS WILL INCLUDE:

This workshop will include the following topics:

- The neuro-endocrine response to fear and anxiety and the relationship with diabetes
- The core psychological processes that make fear and anxiety disordered
- An evidence-based model of care to work with anxious and fearful clients who also have diabetes
- Strategies to help clients relinquish attempts to control internal states and instead focus on valued life directions and goals
- Relapse prevention

REGISTRATION DETAILS:

Registration details are available at Baker IDI website, www.bakeridi.edu.au/health_professionals_training

ABOUT THE PRESENTER:

Dr Lisa Engel is a health psychologist in private practice who has worked with people who have diabetes for over 20 years. She is a qualified mindfulness teacher and is a regular presenter at health forums and conferences.

FOR FURTHER INFORMATION

For further information regarding our training programs for health professionals, contact Training Program Coordinator on Email: training@bakeridi.edu.au or Ph: (03) 8532 1844, (03) 8532 1842 or Fax: (03) 8532 1100

** EARLY BIRD FEE: To take advantage of early bird special rate, registration & full payment must be received by closing date

This workshop will attract professional development hours towards DAA Continuing Professional Development Program.

This workshop has been endorsed by Royal College of Nursing, Australia (RCNA) according to approved criteria. Attendance at these programs will attract RCNA Continuing Nursing Education (CNE) points as part of the RCNA Life Long Learning Program (3LP).