

ANXIETY DISORDERS ASSOCIATION OF VICTORIA



Presents a public lecture

“Anxiety and Depression – Taking the fear out of IT”

by

BEV AISBETT

Author of 'Living With IT' and 'Taming the Black Dog'

Date: Thursday, 15th April 2010
Venue: Grattan Gardens Community Centre (Community Hall)
40 Grattan Street, Prahran
Time: 7.30 p.m. to 9.00 p.m.
Cost: \$20.00 non-members and \$10.00 ADAVIC members

The release of Bev Aisbett's latest publications '**I Love Me**' in February 2010 and '**Get Over It**' later in the year, adds two further essential resources to those already provided by Bev's impressive portfolio of achievements in assisting those with anxiety and depression. With sales of her previous popular self help texts enjoying readership by thousands within Australia and overseas (including versions in four foreign languages) and through her lectures and "**WORKING IT OUT**" recovery program, Bev's work has proven to be a crucial link in the recovery process for those seeking help.



Having had first-hand experience of severe anxiety and depression, Bev's subsequent and mainly self-steered recovery led to her passing on her unique techniques to the many who suffer from anxiety, depression and OCD. By personifying her fears and anxiety into a cartoon character- "**IT**", Bev was able to assist readers of her books to gain a new and healthier perspective on their anxiety, with the added bonus of gentle and disarming humour. A trained counsellor, Bev has honed her skills in many modalities through ongoing research and training and is a highly perceptive and intuitive teacher.

Bev's continued association and assistance to ADAVIC has been invaluable. She regularly hosts lectures, workshops and programs, as well as providing anxiety sufferers with her animated books. Bev's popularity ensures that her lectures are always well-received, and her publications along with her workshops have steadily gained recognition from doctors, psychologists and government rehabilitation services as being highly effective in terms of the recovery process. Bev has used her personal experience as a means of empowering thousands of people suffering from anxiety and depression. Her down to earth, practical and empathetic approach is refreshingly direct and has reached many who had previously given up hope.

Bev's reassuring and common sense approach to problem solving, self-awareness and empowerment has led graduates of her program to consistently report at least a 70% reduction in their anxiety levels and a far more relaxed attitude to life in general, through the adoption and application of Bev's techniques.

**BOOKINGS ESSENTIAL!
MONIES NON REFUNDABLE**

Bookings can be made by calling ADAVIC (03) 9853 8089

Or email us at adavic@adavic.org.au

Or via our website www.adavic.org.au

Note: a \$2 surcharge fee will apply to invoices



LECTURE
Anxiety Disorders Association of Victoria, Inc.
 ABN 70 607 186 815
 Ph: (03) 9853 8089



▶ I would like to attend the following lecture:

- A. "Anxiety & Depression – taking the fear out of IT" – Bev Aisbett, Thursday 15th April 2010.
Cost: \$20.00 non-members, \$10.00 ADAVIC Members

Please Complete the Following Details

No. of people attending: _____

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Amount: _____ [NOTE: All credit card payments attract a **1.95% surcharge fee** and this is added at the time of transaction.]

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- Cheques to be made out to *Anxiety Disorders Association of Victoria*.
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