

Presents

## LOUISE TRIMBLE, PSYCHOLOGIST



Date: Saturday 27<sup>th</sup> February, 2010  
Venue: Berwick Neighbourhood House, 112 High Street, Berwick (Senior Citizens Hall)  
Time: 1.30 p.m. 4.00 p.m.  
Cost: \$20.00 non-members and \$10.00 ADAVIC members

### TOPIC ONE: DEPRESSION

**Depression** is a very common problem. Twenty five percent of adults become severely depressed at some point in their lives. Depression involves both biological changes in the way the brain works and psychological changes – the way we think and feel. Because of this, it is often useful to combine medical treatments for treating depression (which act on the brain) with psychological approaches such as counselling (which teach new ways to deal with thoughts and feelings).

#### What is depression?

Depression is a common and disabling condition. While all of us feel low in mood from time to time, in depression this low mood is much more severe – it persists for at least two weeks, is associated with other symptoms and it causes significant distress or interferes with the ability to function at home or at work.

**Louise Trimble** will talk about the causes of depression, symptoms of depression, and the many treatment options available which include:-

- Psychological treatments,
- Medication,
- Lifestyle Factors such as exercise, meditation/relaxation and nutrition.

*Louise Trimble is a registered clinical psychologist with specialist skills in adult, child and adolescent counselling. She has worked in private practice at Berwick Counselling & Psychology since 2000, providing assistance to people experiencing a range of social, emotional and behavioural difficulties. Louise conducts both psychological and vocational assessments, and therapeutic interventions. She holds a Masters' Degree from Monash University. She has published and presented her research findings at both international and national conferences, is committed to ongoing professional development, and holds an honorary lectureship at Monash University. She is registered to provide supervision to probationary psychologists, helping to develop the skills of psychology students at Monash University completing their 5th and 6th year of study. Louise is registered with the Registration Board of Victoria, and is a member of the Australian Psychological Society, and the APS College of Clinical Psychologists. She is also registered as a provider of psychological services with Medicare and WorkCover. Most of all Louise enjoys practising as a clinician and working alongside people to help them make positive changes to their lives.*



**AND**  
**JOHN JAKUPI, PSYCHOLOGIST**



TOPIC TWO:

**SOCIAL ANXIETY DISORDER**

“**Social Anxiety Disorder** is a highly prevalent disorder and is associated with losses in quality of life, considerable economic costs, high levels of service use and serious functional impairments in educational, social and occupational domains.

In order to decrease this burden on individuals and society at large, several psychological treatments have been developed in the past few decades and include exposure, cognitive interventions, social skills training, applied relaxation, and various combinations of these.

The lecture will include an introduction to the symptoms, diagnosis, and treatments for this disorder, and will also address the more common variants of social phobia, which most people suffer at some point in their lives.”

*John Jakupi brings considerable experience working within the Public Welfare sector to his work as a psychologist. He is a trained Cognitive-Behaviour Therapist with a diverse range of expertise and skills ranging from the cognitive treatment of anxiety and depression in youth and adolescents, crisis management, and staff training and development. John is also a lecturer in Psychology at Monash University.*



**BOOKINGS ESSENTIAL FOR THIS LECTURE!**  
**MONIES NON REFUNDABLE**  
Bookings can be made by calling ADAVIC (03) 9853 8089  
Or email us at [adavic@adavic.org.au](mailto:adavic@adavic.org.au)  
Note: a \$2 surcharge fee will apply to invoices

**This community presentation is supported by the Berwick  
Neighbourhood House!**



**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. Two Topics 1. "Depression" – Louise Trimble (Clinical Psychologist) and 2. "Social Anxiety Disorder" – John Jakupi (Psychologist) (Saturday 27<sup>th</sup> February 2010)**  
**Cost: \$20.00 non-members, \$10.00 ADAVIC Members**

**Please Complete the Following Details**

**No. of people attending:** \_\_\_\_\_

**Name / s:** \_\_\_\_\_

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