

ANXIETY DISORDERS ASSOCIATION OF VICTORIA Presents

BEV AISBETT, AUTHOR OF

Living With IT, Living IT Up, Letting IT Go and Taming the Black Dog and
new book just released in Feb 08 'The Book of IT'

AND

Dr. Scott Blair-West, Consultant Psychiatrist

Date: Wednesday, 20th August, 2008.
Venue: Preston Neighbourhood House Hall, 220 High Street, Preston.
Time: 7.00 p.m.
Cost: \$20.00 non-members and \$10.00 ADAVIC members

Bev Aisbett, Author of 'LIVING WITH IT'

Topic: Overcoming Anxiety & Depression

In 1998, Bev Aisbett created the "WORKING WITH IT" five-week recovery program for sufferers of anxiety. Bev's reassuring and common sense approach has led program graduates to consistently report at least a 70% reduction in their anxiety levels. Bev now presents a one-day version of her program called 'WORKING IT OUT'.

Bev has intimate knowledge of the distress resulting from mental illness, having been diagnosed with an anxiety disorder and possible manic depression in 1991. Her experience, and subsequent recovery, has led her to dedicate the past decade to helping others overcome these disorders.

A freelance cartoonist and illustrator, author and trained counsellor, Bev's books and workshops have steadily gained recognition by doctors, psychologists and government rehabilitation services as being highly effective in terms of speeding up the recovery process.

In this lecture, Bev will be talking about what it's like to experience anxiety and depression, and what to do about it, based on her own experiences and that of the many people who she has met through her recovery programs.

Dr. Scott Blair-West, Consultant Psychiatrist

Topic: Questions & Answers: Anxiety and Medication

A consultant psychiatrist who works primarily in private practice in Richmond, Dr Scott Blair-West specialises in the treatment of anxiety disorders with Cognitive Behaviour Therapy (CBT), often in combination with medication. Dr. Blair-West also works as medical director for the Anxiety and Depression Programme (ADP) at the Melbourne Clinic. He has an appointment at the University of Melbourne as a Senior Fellow and gives frequent lectures, seminars, supervision and teaching to other psychiatrists, trainees in psychiatry, GP's and allied mental health staff.

What causes anxiety? What is the best treatment for anxiety and depression? What are the side-effects of anti-anxiety medication? Dr. Blair-West will be available to answer all your questions about anything you have ever wanted to know about anxiety.



BOOKINGS ESSENTIAL!

MONIES NON REFUNDABLE

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

Or email us at adavic@adavic.org.au