Overview:

Panic disorder is a severe and persistent anxiety disorder marked by a high degree of subjective distress and can often be disabling in one’s normal day-to-day functioning. A panic attack, and in particular spontaneous panic, is the core syndrome and defining feature of PD. It has been defined as a discrete period of intense dread or fear, accompanied by physical and cognitive symptoms. Sufferers of PD experience sudden and repeated panic attacks which are characterised by a fear of imminent danger or impending doom and an urge to escape, even in the absence of danger.

This half day workshop will cover topics including the etiology and pathophysiology of panic, including biological and psychological theories of PD, and the treatment of panic disorder.

The workshop will cover:

- Panic Disorder and Panic Attacks
- Pathophysiology of panic
- The etiology of Panic Disorder
- Psychological Theories
- Biological Theories
- Treatments of Panic Disorder
- The link between Respiratory abnormalities and Panic Disorder
- Respiratory Provocation Tests
- The Diving Response and its Applications
- Implications of the Diving Response and Free diving techniques in treating Panic Disorder

Target Audience:

This workshop is suitable for psychologists, other health professionals, and social workers that are interested in learning more about Panic Disorder.
About the Presenter:

Peter Kyriakoulis is the director of the Positive Psychology Centre. He is a clinical psychologist who specialises in the treatment of depression and anxiety disorders.

Peter completed his undergraduate studies with honours at the University of Athens in 2000, and in 2003 he completed a Masters in Clinical Psychology in Melbourne. Since 2003 he has been working in private practice as a psychologist, and over the ensuing years has worked in community health and various psychiatric settings, becoming a member of the Clinical College of the Australian Psychological Society in 2007.

Peter uses an integrative approach, combining mindfulness strategies, cognitive behavioural therapy and positive psychology interventions and neuroscientific principles in clinical practice. He also specialises in psychological assessment of psychopathology and personality difficulties using various personality assessments including the Minnesota Multiphasic Personality Inventory (MMPI-2) and (MMPI-2-RF). Peter is currently undertaking a PhD specifically looking at the efficacy of the diving response adaptation in treating panic disorder.

Please note:

*APS Members can accrue Continuing Professional Development (CPD) hours by participating in CPD activities that they determine to be relevant to their individual professional skills, learning plans and goals. These may be self-initiated. CPD activities do not need to be endorsed by the APS.*
Professional Development Workshop

Panic Disorder: Etiology and Treatment

Date: Thursday, 26th June 2014
10.00 am to 2.30 pm (9.30 am registration)

Venue: Kingston City Hall (Function Room A)
985 Nepean Highway,
Moorabbin. Vic. 3189
Melways Ref: 77/D5

Parking: an all-day parking permit is available from ADAVIC for parking beneath Kingston City Hall.

Additional Details:
- Handouts provided
- Full catering (breaks and lunch) starting with tea and coffee on arrival

Cost:
- Standard Cost: $200.00
- Early Bird Price (must be paid by 2nd May) $175.00
- ADAVIC Member: $175.00

(*ADAVIC does not charge GST)

Bookings:
- Limited to 25 health professionals
- Bookings close Wednesday 18th June 2014

Bookings through ADAVIC via:
- Or for a Registration Form see bottom of document:

Enquiries through:
Phone: (03) 9853 8089
Email: adavic@adavic.org.au

Proceeds from this event help to maintain ADAVIC services

ADAVIC is a not-for-profit organisation providing community-based support, information and resources for anxiety and depression
PAYMENT & REGISTRATION FORM

I would like to register for the Professional Development Workshop ‘PANIC DISORDER: Etiology and Treatment’– to be held on Thursday 26th June 2014.

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<th>PROFESSION</th>
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HOW HEAR ABOUT THIS EVENT?

Please rate your level of knowledge on this topic

- [ ] LOW
- [ ] MEDIUM
- [ ] HIGH

Dietary Restrictions

- [ ] NIL
- [ ] VEGETARIAN
- [ ] GLUTEN FREE
- [ ] OTHER (please specify)

PAYMENT AMOUNT (please tick):

- [ ] $200.00 - Standard Price
- [ ] $175.00 - Early Bird Price (by 2nd May 2014)
- [ ] $175.00 - ADAVIC Members

25% ADMIN FEE APPLIES FOR REFUNDS REQUESTED BEFORE 6th June 2014. NO REFUNDS OR CREDITS ISSUED AFTER THIS DATE.

PLEASE FIND ENCLOSED MY:

- [ ] Cheque / Money Order (Made out to Anxiety Disorders Association of Victoria)
- [ ] Credit Card details:

  Name on Card: ____________________________
  Credit Card Type: Visa MasterCard
  Credit Card No: ____________ ____________ ____________ ____________
  Expiry Date: _____ / _____
  Signature: ............................................................

RETURN TO:

- Please return this Payment Form via email to adavic@adavic.org.au
- Or post to ADAVIC, PO Box 625, Kew, VIC 3101.

OFFICE USE ONLY:

Processed by ____________________________ Date ____________________________