

# How to treat Automatic Negative Thoughts (ANTs)



**The Anxiety Disorders Association of Victoria, Inc. presents a professional development workshop for Psychiatrists, Psychologists, Social Workers and all Allied Health counsellors, with Sally-Anne McCormack, Clinical Psychologist.**

For those who interact with people who have anxiety, depression, stress, or who just struggle with negative thinking patterns, Sally-Anne McCormack will offer you some advice and strategies to help reduce their unhelpful thoughts; and you will learn some positive psychology strategies along the way to help in your own life!

## About the presenter



Sally-Anne McCormack is a Clinical Psychologist, media commentator, former teacher and author of two books - "Stomp Out The ANTs – Automatic Negative Thoughts" and the children's book "Living With ANTs" as well as having created a poster, "Which ANT Are You?" to help people learn strategies to deal with depression, anxiety and stress.

Even more importantly, she is a mother of four and runs a successful psychology practice in the eastern suburbs of Melbourne. Sally-Anne makes many regular appearances on TV shows over the years (including her own "The Sally-Anne Show" on Foxtel's Aurora Channel) and is often interviewed for various print and radio media.

Sally-Anne currently works with adults suffering from depression, anxiety, stress and various personal issues, but is probably best known for her work with children and adolescents covering many areas (mood disorders, educational issues, giftedness, etc.) and for her parenting and behavioural management advice.

[www.Sally-AnneMcCormack.com.au](http://www.Sally-AnneMcCormack.com.au)

[www.ParentsOnline.com.au](http://www.ParentsOnline.com.au)

# Professional Development Program: How to treat Automatic Negative Thoughts (ANTs)

<b>Date:</b>	Wednesday 24th May 2017 6pm till 9:30pm (5:30pm registration)
<b>Presenter</b>	Sally-Anne McCormack
<b>Venue:</b>	Hawthorn Library 584 Glenferrie Road, Hawthorn 3122
<b>Additional Details:</b>	<ul style="list-style-type: none"><li>• Presentation Handouts and Reference Materials</li><li>• Certificate of Attendance</li><li>• Tea/Coffee and Refreshments Provided</li></ul>
<b>Cost:</b>	<ul style="list-style-type: none"><li>• Standard Fee - \$95</li><li>• ADAVIC Members - \$70</li></ul> (*ADAVIC does not charge GST)
<b>Bookings:</b>	<ul style="list-style-type: none"><li>• Limited to 35 people</li><li>• Bookings close Wednesday 17th May 2017</li></ul>
<b>Bookings through ADAVIC via:</b>	<ul style="list-style-type: none"><li>• Our online store: <a href="#">click here</a></li><li>• Or for a registration form see bottom of document</li></ul>
<b>Enquiries through:</b>	Phone: (03) 9853-8089 Email: <a href="mailto:adavic@adavic.org.au">adavic@adavic.org.au</a>

## 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:



**Professional Development Workshop:**

**How to treat Automatic Negative Thoughts (ANTs)**

by **Sally-Anne McCormack** on the 24th May 2017.

YOUR NAME(S) *please list those attending		
POSITION TITLE		
ORGANISATION		
EMAIL		
POSTAL ADDRESS		
CONTACT NUMBERS	1	2
HOW DID YOU HEAR ABOUT THIS EVENT?		
WOULD YOU LIKE TO RECEIVE OUR E-NEWSLETTER	<input type="checkbox"/> YES <input type="checkbox"/> NO	
YOUR LEVEL OF KNOWLEDGE ON THIS TOPIC	<input type="checkbox"/> LOW <input type="checkbox"/> MEDIUM <input type="checkbox"/> HIGH	
DO YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS?	<input type="checkbox"/> nil <input type="checkbox"/> vegetarian <input type="checkbox"/> gluten free <input type="checkbox"/> lactose intolerant <input type="checkbox"/> other, please specify	
PAYMENT AMOUNT (please tick)	<input type="checkbox"/> Standard Fee <input type="checkbox"/> ADAVIC Members <b>PLEASE NOTE: A 25% administration fee applies for refunds requested before 4th May 2017. No refunds or credits will be issued after this date.</b>	

### 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:           

CVV Number                      (last three digits on back of card)

Expiry Date:                      \_\_\_\_/\_\_\_\_                      Signature.....

### RETURN TO:

Please return this Payment Form via email to [adavic@adavic.org.au](mailto:adavic@adavic.org.au)  
Or post to **ADAVIC**, PO Box 625, Kew, VIC 3101.

### OFFICE USE ONLY

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**Date:**