

Anxiety & the Brain-Gut Link

Professional Development Workshop

Wednesday, 25th July 2018



The Anxiety Disorders Association of Victoria presents a professional development workshop for psychiatrists, psychologists, social workers and allied health practitioners, with Simon Knowles, Clinical Psychologist.

Overview

Around 60% of individuals in Australia have gastrointestinal (GI) problems at any one time. A growing body of research indicates that the brain-gut-axis plays an important role in the development of pathology in GI conditions, having both physical and psychological components and effects. In clinical practice, it is not uncommon for patients to associate GI related concerns (e.g. nausea, abdominal discomfort and pain) with their psychological distress.

In this workshop, Simon will provide a background briefing about the physiological and psychological processes associated with chronic GI conditions, with a specific focus on Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD). The majority of the workshop time will be spent in review and demonstration of a range of evidence-based psychological strategies for the GI system, such as relaxation training, Acceptance and Commitment Therapy, Cognitive Behaviour Therapy and Mindfulness-based techniques. The format will involve small group activities, case study discussions, and demonstration of techniques.

Presenter

Dr Simon Knowles is a registered Clinical Psychologist. Qualifications: BA(Hons), MPsyc(Clinical), PhD, MAPS, Member of the Australian Psychology Society College of Clinical Psychologists, and Member of the Australian Association for Clinical Hypnosis. Dr Knowles has an active private clinical-health practice that specialises in helping individuals diagnosed with chronic illnesses of the gastrointestinal system such as Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD).



Dr Knowles currently holds the position of Senior Lecturer in the Department of Psychology at Swinburne University. Honorary positions include: Senior Research Fellow in the Department of Medicine at the University of Melbourne, Department of Gastroenterology, Central Clinical School (Monash University), Honorary Clinical Psychologist at St Vincent's Hospital (Melbourne), Royal Melbourne Hospital, and the Alfred Hospital. His clinical work is focused on the psychological care of patients with gastrointestinal disorders. He is the chief investigator for IBSclinic.org.au, IBDclinic.org.au and gastroparesisclinic.org, free online psychological assessment and treatment services for psychological conditions associated with IBS, IBD, and Gastroparesis respectively.

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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.

Date	Wednesday, 25 th July 2018 10.00am-2.00pm (Registration at 9.30am)
Presented by	Dr Simon Knowles, Clinical Psychologist
Venue	The University of Melbourne, Hawthorn Campus, Conference Room 422 Auburn Road, Hawthorn 3122
Additional details	<ul style="list-style-type: none">- Includes presentation handouts and reference materials- Certificate of Attendance upon completion- Tea/coffee and snacks provided
Cost*	Standard/Non-members: \$125.00 ADAVIC Members: \$100.00 *ADAVIC does not charge GST
Booking details	Bookings are limited to 32 professionals Bookings close Wednesday 18 th July (or until bookings exhausted)
How to book	ADAVIC Online Store: www.adavic.org.au/product-view.aspx?Id=297 Registration form below
Enquiries	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.

