

# Anxiety & the Brain-Gut Link

Professional Development Workshop

Wednesday, 28<sup>th</sup> August 2019



**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), MPsc(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.

# Professional Development Workshop

## Anxiety & the Brain-Gut Link

### 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.**

<b>Date</b>	Wednesday, 28 <sup>th</sup> August 2019 10.00am-2.00pm (Registration at 9.30am)
<b>Presented by</b>	Dr Simon Knowles, Clinical Psychologist
<b>Venue</b>	The University of Melbourne, Hawthorn Campus, Conference Room 422 Auburn Road, Hawthorn 3122
<b>Additional details</b>	- Includes presentation handouts and reference materials - Certificate of Attendance (with CPD Hours stated) sent via email post event. - Tea/coffee, freshly home baked cakes and sandwiches will be provided
<b>Cost*</b>	Standard/Non-members: \$125.00 ADAVIC Members: \$100.00  *ADAVIC does not charge GST
<b>Booking details</b>	Bookings are limited to 25 professionals Bookings close Friday 9 <sup>th</sup> August or until booked out
<b>How to book</b>	ADAVIC Online Store: <a href="https://www.adavic.org.au/product-view.aspx?id=324">https://www.adavic.org.au/product-view.aspx?id=324</a> Registration form below
<b>Enquiries</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 Program: Anxiety & the Brain-Gut Link** presented by Simon Knowles on Wednesday 28<sup>th</sup> August 2019.

<b>ATTENDEE NAME(S)</b>	
<b>POSITION TITLE</b>	
<b>ORGANISATION</b>	
<b>EMAIL</b>	
<b>POSTAL ADDRESS</b>	
<b>CONTACT NUMBERS</b>	1 <input type="text"/> 2 <input type="text"/>
<b>HOW DID YOU HEAR ABOUT THIS EVENT?</b>	
<b>WOULD YOU LIKE TO RECEIVE OUR E-NEWSLETTER?</b>	<input type="checkbox"/> YES <input type="checkbox"/> NO
<b>YOUR LEVEL OF KNOWLEDGE ON THIS TOPIC</b>	<input type="checkbox"/> LOW <input type="checkbox"/> MEDIUM <input type="checkbox"/> HIGH
<b>DO YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS?</b>	<input type="checkbox"/> NIL <input type="checkbox"/> VEGETARIAN <input type="checkbox"/> GLUTEN FREE <input type="checkbox"/> OTHER (please specify):
<b>PAYMENT AMOUNT</b>	<input type="checkbox"/> \$125.00 – Standard/Non-Member <input type="checkbox"/> \$100.00 - ADAVIC Member <b>PLEASE NOTE: A 25% administration fee applies for refunds requested before Friday 26<sup>th</sup> July 2019. No refunds or credits will be issued after this date.</b>

PLEASE FIND ENCLOSED MY:	
<input type="checkbox"/> Cheque / Money Order (Made out to <i>Anxiety Disorders Association of Victoria</i> )	
<input type="checkbox"/> Credit Card details:	
Name on Card: _____	
Credit Card Type: <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard	
Credit Card No: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	
CVV Number: ___ (last three digits on back of card)	
Expiry Date: ___ / ___ Signature: _____	
RETURN TO:	
	<ul style="list-style-type: none"> <li>Please return this Payment Form via email to <a href="mailto:adavic@adavic.org.au">adavic@adavic.org.au</a></li> <li>Or post to <b>ADAVIC</b>: P.O. Box 625, Kew, VIC 3101</li> </ul>
OFFICE USE ONLY:	
Processed by	Date