

LET'S TALK ABOUT MENTAL HEALTH

Half-Day Workshop

Friday 20th September 2019



Anxiety Disorders Association of Victoria presents

Program:

- **10:30am - 12noon**

Understanding anxiety and how to combat It

Presented by Dr Peter Kyriakoulis, Director of Positive Psychology Centre

- **12:30pm - 2:00pm**

Let's talk about depression

Presented by Dr Monica O'Kelly, Clinical Psychologist

- **2:30pm - 3:30pm**

Meditation: Stillness Meditation for anxiety relief

Presented by Lucy Louca, Counsellor, Accredited Stillness Meditation Therapy (SMT) Practitioner



This event and associated information resources are supported and funded by the City of Casey

LET'S TALK ABOUT MENTAL HEALTH

Half-Day Workshop

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Date:

Friday 20th September 2019, 10:30am to 3:30pm (10:00am registration)

Presenter/s:

- Dr Peter Kyriakoulis, Clinical Psychologist
- Dr Monica O'Kelly, Clinical Psychologist
- Lucy Louca, Counsellor and Stillness Meditation Practitioner

Venue:

Old Cheese Factory
The Chapel
34 Homestead Road, Berwick 3806

Additional details:

Presentation handouts and reference materials

Morning tea and light lunch provided

Cost:

FREE or GOLD COIN DONATION

Bookings:

Limited to **40** individuals

Bookings close 18th September

Bookings through ADAVIC via:

Our online store: www.adavic.org.au

Or ring ADAVIC on (03) 9853-8089

Enquiries through:

Phone: (03) 9853-8089

Email: adavic@adavic.org.au

ADAVIC is a non-for-profit organisation providing community-based support, information and resources for anxiety and depression.

10:30am - 12noon

Anxiety in General—Understanding anxiety and how to combat it

Presented by Dr Peter Kyriakoulis, Clinical Psychologist and Director of Positive Psychology Centre



Overview:

This workshop will focus on understanding anxiety its physiological and cognitive symptoms. Attendees will be provided with psychoeducation on anxiety and an overview of brain areas involved.

Furthermore the workshop will look at anxiety management strategies, particularly breathing techniques and stress inoculation training that can be used to counteract physiological and cognitive symptoms of anxiety.

Key points covered:

Understanding anxiety and how it manifests. Practical Strategies to combat physiological and cognitive symptoms of anxiety. Cutting edge research on Peter's PhD findings.

About the Presenter:

Peter Kyriakoulis is the founder and director of the Positive Psychology Centre. He is a clinical psychologist who specialises in the treatment of depression, anxiety disorders and complex trauma. He 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. In 2018 he also completed a Diploma in Clinical Hypnotherapy training and in 2019 he completed a Doctorate of Philosophy.

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 has a wide interest in applying positive psychology and neuropsychotherapy principles in clinical practice whilst maintaining a cognitive behavioural framework. He also specialises in psychological assessment including the Minnesota Multiphasic Personality Inventory (MMPI-2).

He specialises in medico-legal assessments and has appeared in court as an expert witness.

Website: www.positivepsychology.net.au

Target audience:

General Public, includes anxiety sufferers, their family and carers and health professionals



12:30pm - 2:00pm

Let's talk about depression

Presented by Monica O'Kelly, Clinical Psychologist



Overview:

This presentation is a discussion about depression to give those present an understanding of the issues involved. Topics discussed will include identifying depression, the underlying causes of depression and the different types of depression. Effective treatments for depression will be outlined as well as how to help loved ones who might have depression. There will be plenty of time for questions to be asked and the sharing of experiences.

Key points covered:

- How you know if someone has depression
- Understanding the different forms of depression and the different causes.
- Knowing the effective treatments for depression.

About the Presenter:

Monica O'Kelly, BSc(Hons), DipEd, MBSoc, PhD, is a registered psychologist and a Fellow of the Australian Psychological Society, being a member of the Fellow of the Clinical College and the Educational and Developmental College. She is an Honorary Clinical Associate Professor at Melbourne University and an Adjunct Senior Lecturer at Monash University. She is also Director of CBT Australia. She has been in clinical practice for over 30 years and has been training mental health professionals throughout Australia and Asia for over 20 years. She has been trained in cognitive behaviour therapy at the Albert Ellis Institute in New York and the Beck Institute in Philadelphia.



Target audience:

General Public, includes anxiety/depression sufferers, their family and carers and health professionals

2:30pm - 3:30pm

Meditation-Stillness Mediation for anxiety relief

**Presented by Lucy Louca, Counsellor and Stillness Meditation
Therapy Practitioner**



Overview:

The session will briefly cover the chief principles and origins of SMT and how it can benefit the treatment and management of anxiety. This will be followed by an experiential session, which will give the participants a taste of how this very unique form of meditation can be used as an effective and natural therapeutic intervention. Time permitting questions and open discussion will be invited.

Key points covered:

- How SMT works
- Introduction to the practice of SMT
- Possible obstacles
- Commitment for desired changes

About the Presenter:

Lucy is a Counsellor with a Bachelor of Arts and graduate qualifications in Business Management. She is an accredited Stillness Meditation Therapy (SMT) practitioner and has been teaching SMT for over 8 years at the Stillness Meditation Therapy Centre. She is an experienced group facilitator with over 10 years' experience and regularly conducts workshops and seminars. She also conducts SMT sessions for adults at the SMT Centre and consults with clients on an Individual basis, assisting them in personal development and wellness. With a marketing and corporate background of over 25 years Lucy understands the pressures and stress associated with fast pace, high powered environments and is especially interested in bringing SMT programs to the workplace to assist in lowering stress levels and creating a calm working environment, which then leads to increased efficiency and enriched creativity and a generally happier and healthier working environment. Lucy is a member of The Meditation Association of Australia.

Target audience:

General Public (18+) interested in learning how to manage and find relief from anxiety naturally; includes anxiety sufferers, their family and carers and health professionals



About ADAVIC...

ADAVIC (The Anxiety Disorder Association of Victoria) is a self-funded, not for profit organisation run by volunteers and casual staff.



ADAVIC provides...

- Information and phone support from Wednesday - Friday
- Regular information sessions, workshops & professional training programs
- Referral service to therapists specialising in anxiety and depressive disorders
- Website with free resources
- Online Store with self-help books, CDs, Programs & Workshops
- Online support via our Facebook Page

At ADAVIC we aim to...

- Reassure people that they are not alone in their distress and that assistance is available
- Provide a friendly and supportive environment where people can share their feelings and experiences with fellow sufferers
- Challenge and encourage people to overcome their fears by providing support group meetings and group activities
- Provide low cost workshops and professional development training programs
- Organise regular information sessions by guest speakers, providing information on the different therapies and treatments that are currently available
- Promote awareness, and de-stigmatise anxiety disorders in the general community

Office Hours:

Wednesday - Friday 10:30am - 4:00pm

Phone: (03) 9853-8089

Email: adavic@adavic.org.au

Web: www.adavic.org.au

Facebook: facebook.com/adavic.org.au/

Twitter: [@ADAVIC](https://twitter.com/ADAVIC)