

Anxiety, The Truth Hidden Within A Lie

Information Evening

Wednesday 22nd April 2020



Overview:

The experience of daily worry or fear is a common human experience. It is said that modern life is one of increasing anxiety. When anxiety becomes excessive, it can begin to interfere with everyday life and enjoyment. At these times people may seek medication or treatment. However, all too often these interventions only target the secondary symptoms of anxiety rather than the root cause.



This short public talk challenges existing notions of anxiety as an emotion requiring a cure. It will place anxiety under the spotlight, revealing its hidden structure. This structure is what sustains anxiety in individuals, families and organisations. If not fully understood and addressed, these structures can become embedded and self-sustaining, often increasing in strength over time. Participants will have ample opportunity for discussion.

Key points covered:

- Anxiety can be thought of as a structure rather than an emotion
- Anxiety is only interested in its own survival
- Anxiety is not a disorder
- Wanting anxiety to disappear can perpetuate anxiety

About the Presenter:

Julian is a psychologist and psychotherapist with a background in forensics and working with complex clients and systems. Julian has worked for ten years at Spectrum; the Personality Disorder Service of Victoria. He has also provided direct treatment of severe and complex clients and their families, consultations, service development and training to the health sector in Victoria and interstate. Julian has an interest in psychoanalysis, family therapy, complex systems and integrative learning. He is in private practice and provides consultation, supervision, training, and service development to organisations working with personality disorders and complexity.

Target audience: General public and all workers/carers

Website: www.julianbrownpsychology.com

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Time & Venue:

7.30pm - 9pm (7.15 registrations)
Hawthorn Library (Meeting Room 3)
584 Glenferrie Rd, Hawthorn VIC 3122

Cost:

\$20 non-members and \$10 ADAVIC members

Enquiries through:

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

PAYMENT & REGISTRATION

I would like to attend the information session 'Anxiety, the truth hidden within a lie' presented by Julian Browne on Wednesday 22nd April 2020.

PLEASE COMPLETE THE FOLLOWING DETAILS

Total number of people attending:

Name/s: _____

Address: _____

Phone: _____ Email: _____

Would you like to receive free Enews & Email updates? Yes No

How did you hear about this event? _____

PAYMENT (PLEASE TICK)

\$20 - General Entry

\$10 - ADAVIC Members

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DATE:

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