

## Registration Form

TAX INVOICE  
CPM ABN: 84 589 199 516  
K/M 2012

TITLE: \_\_\_\_\_ NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_ POSTCODE: \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_\_

EMAIL \_\_\_\_\_

*Please print to ensure legibility*

### PAYMENT

\$231 (incl \$21 GST)

AACH members \$143 (incl \$13 GST)

**Cheque/money order payable to CPM**

### Credit Card

Mastercard  Visa

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Expiry: \_\_\_\_/\_\_\_\_

NAME ON CARD: \_\_\_\_\_

*Please print*

SIGNATURE: \_\_\_\_\_

**POST: CPM Training & Counselling  
PO Box 188  
HEIDELBERG VIC 3084**

**FAX: (03) 9497 1762** [Please DO NOT fax cover sheets]

**PHONE DETAILS TO: (03) 9497 1426**

## Workshop Details

**Venue: Melbourne**

Darebin Arts & Entertainment Centre  
cnr Bell Street & St Georges Road, Preston

The workshop will run from 9.00am to 5.00pm  
(including AP/PM refreshments and lunch).

### Registration Fee:

- \$231 (incl GST \$21)
- AACH members \$143 (incl GST \$13)

A receipted Tax Invoice will be automatically  
sent to you, together with pre-reading.

### Included in Registration

- Pre-reading (sent by email)
- AM/PM refreshments and lunch
- Notes
- Certificate of Attendance

### Catering Requirements

If you require special catering, email: [cpmserv@tpg.com.au](mailto:cpmserv@tpg.com.au) NOW. Special catering CANNOT be provided without 5 working days prior notice.

### Professional Recognition

This workshop is designed to meet the requirements  
for Active CPD from the Psychology Board of Australia.

Certificates of Attendance, showing number of hours,  
are provided to all registrants.

### Cancellation Policy

If you cancel more than thirty (30) days prior to  
a workshop, you will receive a refund, LESS \$50  
administration fee.

If you cancel less than thirty (30) prior to a workshop,  
NO REFUND is payable. We appreciate that medical  
conditions or other emergencies can occur, but CPM  
cannot accept responsibility for these. Registrations  
can be transferred to another person.

# Gastroenterological Disorders and the Mind-Body Connection: From Theory to Practice

A 1-day training workshop with

**Simon Knowles PhD MAPS**

Clinical Psychologist  
Swinburne University

*and*

**Kaveh Monshet MBBS, FRANZCP**

Consultant Psychiatrist  
The University of Melbourne

**Saturday 23 June 2012**

Darebin Arts & Entertainment Centre  
Preston

*Proudly presented by  
CPM Training & Counselling and  
the Australian Association for  
Clinical Hypnosis*

### *Simon Knowles PhD MAPS (Clinical)*

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Simon Knowles is a Senior Lecturer at Swinburne University and a registered Clinical Psychologist. He also holds honorary appointments at the University of Melbourne, St Vincent's Hospital, and the Royal Melbourne Hospital. Simon has been involved in the establishment and ongoing running of several hospital-based gastrointestinal - focused counselling clinics. Simon has an active research and clinical focus on the psychological and biological impact of gastrointestinal conditions such as Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD).

### *Kaveh Monshet MBBS, FRANZCP*

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Kaveh Monshet is a Psychiatrist and academic focussed on mindfulness training as a way to promote mental and physical health. He holds an appointment at the University of Melbourne, based at St Vincent's Mental Health, as Lecturer in Psychiatry where he is engaged in teaching medical students and conducting research into the role of mindfulness training in patients with chronic illnesses such as inflammatory bowel disease and arthritis. He has recently completed a PhD at Orygen Youth Health where he was involved in the design and evaluation of a mindfulness training programme for young people.

### *Workshop Description*

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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 identify GI related concerns (e.g., nausea, abdominal discomfort and pain) associated with their psychological distress.

At the sub-clinical level, many individuals present with psychological concerns report associated abdominal and GI symptoms that can exacerbate their psychological distress. It is important for psychologists and counsellors to be able to detect and treat these symptoms.

In this workshop Dr Simon Knowles will provide a background briefing to the physiological and psychological processes associated with chronic GI conditions, with a specific focus on Irritable Bowel Syndrome and Inflammatory Bowel Disease. Dr Knowles will also review and demonstrate several evidence-based psychological GI-focused strategies utilising Acceptance and Commitment Therapy, Cognitive Behaviour Therapy, and hypnosis.

Dr Kaveh Monshet will review and demonstrate several mindfulness-based strategies he utilises when working with patients with GI concerns. Dr Monshet will also review and discuss the role of psychiatric medications and, in turn, how they can impact on therapy and individuals' symptoms.

### **Session Outline**

- 0900-1030 Introduction to the Brain-Gut-Axis
- 1100-1230 Working with GI conditions: CBT, ACT, and hypnosis
- 1330-1500 Mindfulness-based strategies for GI conditions
- 1530-1630 Psychiatric medications and the GI tract.
- 1630-1700 Post-workshop evaluation

### *Workshop Objectives*

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Participants will:

- be able to describe the co-relationships between psychological states and the gastroenterological system;
- be able to describe the primary elements in the Brain-Gut-Axis and psychopathology;
- learn how to utilise psychological interventions in the management of GI conditions; and
- learn about the role of psychiatric medications on psychopathology in GI conditions.

### *This workshop is designed for*

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Psychologists (*Clinical and Counselling specialist credits may apply*), Medical Practitioners, Specialist Physicians, allied health professionals and others working in the fields of gastroenterology, health care and the mind-body connection.