Registration Form

TAX INVOICE
CPM ABN: 84 589 199 516
Remenyi 2012

TITLE:_____NAME:_____

ADDRESS:_____

_____POSTCODE: _____

PHONE: (_____) _____

EMAIL_____

Please print to ensure legibility

PAYMENT

❑ $275 (incl $25 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

Date: Monday 25 June 2012

Duration: 9.00am – 5.00pm
(including refreshment breaks and lunch)

Venue: Sydney RSL Club
565 George Street, Sydney

Included in Registration:

- Pre-reading (sent by email)
- AM/PM refreshments
- Lunch
- Certificate of Completion
- Workshop designed to meet CPD guidelines from the PBA (including pre-reading and evaluation at end of workshop – 6 FPS CPD hours).

Registration Fee:

- $275 (incl GST $25)

A receipted Tax Invoice will be automatically sent to you.

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.

Focussed Psychological Strategies: Management of Chronic Pain using Cognitive Behaviour Therapy and (Hypno)Relaxation

A practical, entertaining and educational workshop with a master clinical practitioner specialising in CBT

Andrew Remenyi PhD

Clinical Psychologist

Monday 25 June 2012

City of Sydney RSL Club
565 George Street, Sydney

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

Andrew Remenyi PhD

Andrew Remenyi is a Specialist Clinical Psychologist in Victoria. He has many years' experience in the provision of psychological services in the areas of anxiety, panic, depression and chronic pain management. For 20 years, Andrew was responsible for the Postgraduate Diploma in Rehabilitation Studies at Royal Melbourne Institute of Technology, and has also lectured at Victoria University, LaTrobe and Monash Universities.

Andrew now operates a busy private practice, specialising in the provision of self-management strategies for healthy lifestyle, rehabilitation and maintenance of quality of life despite chronic pain, including support to remain at work. He utilises psycho-educational, cognitive behavioural therapy, counselling, relaxation and hypnotherapy strategies as appropriate. Andrew is a registered provider with Comcare, WorkSafe, the TAC, and Better Outcomes in Mental Health and provides psychological treatment under Medicare.

An invited speaker at many national and international rehabilitation conferences, Andrew has over 75 professional publications. He presents regularly for the APS Victorian Branch.

Andrew is a Clinical Psychologist with the APS Clinical College, but is also a member of the College of Organisational Psychologists. and Adjunct Professor, Faculty of Health & Behavioural Sciences, Deakin University.

Do not miss this opportunity to work with and learn from one of Australia's leading Clinical Psychologists specialising in CBT and pain management.

Workshop Description

Research shows that anxiety precipitates muscular contractions, vasoconstriction and pain-instigating chemicals that increase pain severity. Pain-associated anxiety often triggers aberrant appraisal processes such as catastrophising or overvaluing bodily sensations; avoidance of activity; over-reliance on medication or professional help; and, perceiving oneself as a helpless victim, particularly in relationships.

Cognitive Behavioural Therapy (CBT) can help clients understand how cognitions and behaviours can influence the emotional experience of pain, and how they can self-manage it more effectively.

Professionals can tailor interventions for individuals experiencing chronic pain by learning the CBT model including assessment and problem-formulation strategies, coping skills interventions, and incorporating strategies from relaxation research and practice.

This workshop will provide you with 6 of the 10 mandatory FPS CPD hours you require per annual cycle to continue registration as a Medicare provider under the Better Access initiative.

APS Endorsed Activity
FOCUSSED PSYCHOLOGICAL STRATEGIES: MANAGEMENT OF CHRONIC PAIN USING COGNITIVE BEHAVIOUR THERAPY AND RELAXATION
6 CPD Hours
Code: 11-510
APS College Endorsed
CCLIN CCOUN CHP
Valid to: 31 October 2012

Morning Sessions

- Understanding CBT
- Chronic Pain and CBT
- Chronic Pain traps as Problem Formulations

Afternoon Sessions

- CBT Interventions
- (Hypno) Relaxation Interventions
- Audience questions
- Evaluation

This workshop will provide you with 6 hours of the 10 mandatory FPS CPD hours you require per annual cycle to continue registration as a Medicare provider under the Better Access initiative.

Workshop Objectives

From participation in this workshop, participants will:

- be able to describe and explain the CBT principles as they apply to the management of chronic pain clients;
- be able to describe basic pre-treatment assessment for chronic pain and well-researched chronic pain traps as precursors to problem-formulation and case-level formulation for treatment;
- be able to describe and implement coping skills strategies for use with chronic pain clients, including relaxation exercises; pacing; distraction and cognitive restructuring activities; and hypnosis.