



EVENT DETAILS

Date:

Wednesday 10 April 2019

Time:

9:00am - 4:00pm

Location:

Dementia Australia
27 Conyngham Street
Glenside

Registration fee:

\$220 (AASW members)
\$330 (Non-members)
\$110 (Student members)
\$165 (Student non-members)
\$165 (New Grads / Retired)

[Prices are incl. GST]

To receive an invoice please choose the BPay option when registering

[REGISTER HERE](#)

Please be aware of our Terms and Conditions for event registration, including our Cancellation and Refund Policy

This workshop provides you with the opportunity to further improve how you determine and construct collaborative action plans with people who suffer from anxiety conditions. The workshop is informed by the processes and principles grounded in a cognitive behavioural approach with a particular focus on potent mechanisms of change – behavioural experiments and graded exposure. Through individualised formulations and shared decision making clinicians can improve their engagement and assist people to overcome anxiety through targeted and structured interventions informed by feedback and outcome tools that help monitor and review progress.

The workshop is intended for clinicians that are seeking to improve their understanding of the mechanisms that support lasting behaviour change and identify ways to harness a person's own intrinsic reasons for facing and working through difficult activities to foster autonomy and self-efficacy.

Topics covered in this one-day workshop will include:

- Harnessing collaborative empiricism to enhance engagement
- Individualising formulations for tailored action plans
- Using feedback and outcomes monitoring to improve recovery
- Behavioural experiments and graded exposure
- Value-guided goal setting

Meet the presenter

Paula Redpath

Paula is a Consultant Psychotherapist and the Course Coordinator of the Cognitive Behaviour Therapy (CBT) Postgraduate Courses in the College of Medicine and Public Health at Flinders University, Adelaide. She has designed and facilitated workshops in Australia and Internationally for interdisciplinary health professionals for more than 15 years in the areas of CBT, high prevalence psychological disorders, focused psychological strategies and motivational interviewing. Her clinical experience spans more than 17 years in a broad range of settings and she has provided clinical supervision to more than 100 health professionals, postgraduate and undergraduate students.