

Invitation - Free Morning Workshop

The Role of Psychological Treatment in the Management of Chronic Disease

Workshop focus:

- ✓ Review Co morbidity rates of mental health disorders and chronic disease
- ✓ The effectiveness of psychological interventions
- ✓ An overview of the ACT model and it's application to treating chronic disease
- ✓ Case study: Obesity

Presenters: Christine Mitchem & Michelle McBride

Christine Mitchem is a registered psychologist in Queensland and has a Masters degree in Psychology (Health). She has previous experience working in Government Mental Health, Community Health services and private practice in Far North Queensland and Western Australia. Christine's area of special interest and developed expertise is the treatment of depressive disorders, particularly in women. She also has experience in treating adolescents and adults with mood and anxiety disorders, grief and loss, relationship difficulties and workplace issues.

Michelle McBride is a registered psychologist in Queensland with over 18 years experience. She has worked in public health services, non-government community organisations and private practice. Michelle's areas of expertise include the treatment of anxiety disorders and depression, as well as stress management strategies to enhance emotional and mental wellbeing. Michelle also has experience treating substance abuse disorders and weight management issues.

About Ahead Psychology

Ahead Psychology is a network of psychologists in private practice in the Brisbane North area. Our psychologists are highly skilled in providing counselling for the treatment of emotional, behavioural and mental health issues. They have experience working with children, adolescents, adults, couples and families, and can also provide assistance with managing workplace difficulties.

Ahead Psychologists are registered with the Psychologists Board of Queensland and members of the Australian Psychological Society. Each psychologist is an approved provider with Medicare, Brisbane Mind and private health insurance funds.

Workshop Details

- Date** **Thursday 8th October 2009**
- Time** **7.00am – 8.30 am** Light breakfast provided by Ahead Psychology
- Venue** **GPpartners, Boardroom, Suite 2 Centro Lutwyche,
543 Lutwyche Rd, Lutwyche**
Free parking under Centro Lutwyche Shopping Centre. Entrance outside off Lutwyche Road between Suncorp ATM and Bank of Queensland.
- Cost** **FREE - Numbers limited to 20.**
- RSVP** **6th October 2009. Contact Ahead Psychology on 3352 3577 or complete this form and fax to 3352 7793.**

GP Name

Practice Name

Address:.....

Phone Fax

Mobile (SMS reminder)

Dietary Requirements

What would you most like from this workshop?

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