

NATIONAL WORKSHOP

Anxiety Management in Palliative Care & Progressive Conditions

DAY ONE: Focusses on physical aspects of anxiety in palliative care and progressive conditions, informal assessment, psycho-education, physical management techniques, for patients, families and MDT members.

- Evidence and guidance
- Intervention styles
- Anxiety - physiology, symptoms and causes
- Considering anxiety for people with brain involvement
- Recognising anxiety
- Recognising and managing panic attacks
- Identifying risk of suicide
- Physical management techniques
- Personal resilience points, treatment ideas and examples

DAY TWO: Focusses on cognitive/behavioural aspects, management techniques and formal assessment - using MOHO, CBT and ACT principles.

- Barriers to exploring anxiety
- Thoughts/working with thoughts
- Behaviours/working with behaviours
- Formal assessment
- Problem solving and other cognitive treatment interventions
- Client studies
- Personal resilience points, treatment ideas and examples

2018 TOUR DATES

SYDNEY

TUES 10 & WED 11 APRIL
AERIAL UTS FUNCTION CTR

BRISBANE

TUES 17 & WED 18 APRIL
RYDGES FORTITUDE VALLEY

ADELAIDE

TUES 1 & WED 2 MAY
RYDGES SOUTH PARK

MELBOURNE

~~MON 7 & TUES 8 MAY
JASPER HOTEL CBD – SOLD OUT~~

PERTH

TUES 15 & WED 15TH MAY
METRO HOTEL

WORKSHOP FEES - Two Full Days

OTA Members \$750
Non-Members \$900

It is important for health professionals to be equipped to identify anxiety, and to feel confident to open discussions and offer management interventions appropriate to their role. This can help reduce suffering and enable effective care and treatment for families, friends and carers.

All health professionals who work holistically need to take into account the intricate connections between mind and body. To promote understanding, this course utilises Keilhofner's Model of Human Occupation (MOHO) (open system theory) to explore anxiety and its resultant effects on the environment and occupations of clients, families and also the MDT who deliver their care.

This course is particularly suitable for therapists and other health professionals who may already have a basic knowledge of anxiety management; are likely to see patients more than once; and provide goal led interventions. Whilst this course has an emphasis on palliative care and progressive conditions, much of the knowledge and skills learned on this course are transferable to most patient groups where anxiety is a feature.

PRESENTER



Mara Sheldon qualified as an Occupational Therapist in 1999, in Northampton, England and has over 10-years' experience working in specialist palliative care. She is a patient-centred practitioner with a passion for enabling people (including families and carers) to self-manage and improve their quality of life.

Mara has over 30 years' experience providing training and education to a variety of people, including occupational therapists, physiotherapists, nurses and medical consultants and other health care professionals. She has produced and presented a variety of training events over the years, including palliative care interventions for breathlessness, pain, fatigue/energy management and anxiety management.