

Doctor's Wellbeing Workshop

Using Meditation for Less Stress and Better Wellbeing

An enjoyable, hands-on workshop for medical and other health professionals.

Sydney — Saturday, 19th July

Eastern Avenue Auditorium, Sydney University, Darlington Campus.

Melbourne — Saturday, 9th August

Copland Lecture Theatre, University of Melbourne, Parkville Campus

Meditation can be a simple, effective and enjoyable method to manage stress. At this unique event you will learn an evidence based form of meditation to help manage your own stress as well as that of the people you care for. This simple skill can become a lifelong asset to enhance your health & wellbeing. The meditation technique recommended in this programme is based on world leading research conducted under the auspices of the School of Women's and Children's Health, Faculty of Medicine, University of New South Wales and the Natural Therapies Unit, Royal Hospital for Women.

Programme

1.00pm	How to Practice Medicine and Have a Life Dr Ray Seidler, GP Medical Issues Commentator with special interest in Mental Health and Wellbeing of Health professionals
2.00pm	Scientific Evidence and Practice of Meditation Dr Ramesh Manocha, GP, Doctoral Fellow, Faculty of Medicine, UNSW, Coordinator, Meditation Research Programme, Natural Therapies Unit, RHW
3.00pm	Interactive Practical Session 1 Dr Bohdan Shehovych, GP with more than 20 years experience in meditation instruction in the community
3.45pm	Tea & Coffee Break — Informal Interaction
4.15	Interactive Practical Session 2 Dr Greg Turek, Dentist, Meditation Instructor
5.30	Q&A — What to do now — Distribution of Home Practice Materials — Wrap up
In your time	Home Practice, self interactive — 15 min's 2x per day over 2 weeks

While the majority of doctors have recommended meditation to patients at some time in the course of their practice only a minority have had any formal training or education about it!

(Pirrotta MV, Cohen MM, Kotsirilos V, Farish SJ. Complementary therapies: have they become accepted in general practice? Medical Journal of Australia. (172(3)):105-9, 2000 Feb 7)



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This Initiative is a Non-profit, Non-commercial Service for Australian Doctors

This Initiative is a Non-profit, Non-commercial Service for medical practitioners and other health professionals. Registration fees are set to cover costs however any excess funds will be used exclusively to further the availability of this programme to health professionals. All financial accounts relating to the conduct and execution of this programme are independently audited and are available for inspection.

CPD OPTIONS

Category 1 (40 points):
Workshop + Home practice diary
& pre/post questionnaire.

Category 2 (10 points): Workshop only

The organisers gratefully thank our sponsors whose support is essential for this seminar:

- Australian Doctor is providing registration facilities and advertising.
- Healthed is providing CPD administration and event management.
- Centre for Evolutionary Learning is providing programme development.
- Other sponsors include Displaycom and Enlightened Therapies.



Special Price

Registration Form



Title _____ Surname _____ Given Name _____

Company/Practice: _____

RACGP or ACRRM Membership No: _____

Mailing Address _____

_____ State _____ Postcode _____

Work Ph _____ Work Fax _____

Mobile _____ Email _____

Yes I wish to attend: (tick box) and pay by: Visa Mastercard Cheque \$66

Cheques are to be made payable to: "Reed Business Information" All Prices are in Australian Dollars (AUD)

Card Number _____ Expiry _____ / _____

Name on Card _____ Signature _____

YOU CAN REGISTER ONLINE, BY MAIL, FAX OR PHONE:

Mail: Post your completed registration form to: Health Professional Wellbeing Locked Bag 2001, Chatswood DC NSW 2067

Online: Go to www.healthprofessionalwellbeing.com.au and follow the prompts. **Fax:** Credit card registrations can be faxed to (02) 9422 2633. **Phone:** Call 1300 360 126 or (02) 9422 2666 to register over the phone.

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For more info go to www.healthprofessionalwellbeing.com.au