



REGISTRATION DETAILS

I would like to attend **"Busting Burnout and Chronic Stress: The Whole Body Self-Care Approach"** presented by John Arden, Ph.D.



SYDNEY 10 March 2020
SMC Conference and Function Centre,
66 Goulburn St, Sydney



MELBOURNE 13 March 2020
Bayview on the Park,
52 Queens Rd, Melbourne



BRISBANE 19 March 2020
Mantra on Queen,
570 Queen St, Brisbane

COST

Early Bird Rate **\$343 per person**
(early-bird, for registrations prior to 3 February 2020)

Standard Rate **\$363 per person**

TIME

9.15am - 4.30pm

PRESENTER

John Arden, Ph.D.

TO ENROL

- Only cancellations in writing will be accepted. No refund will be given for cancelling less than 5 business days before a workshop nor will a refund be given if you are unable to attend on the day. Cancellation policy is final and non-negotiable.
- TATRA regrets difficult personal circumstances that prevent participants from attending; however the logistics of event management prevent
- TATRA from assuming responsibility for these contingencies. Registrations are transferable to another person in full.
- TATRA is unable to accept responsibility for the failure of the presenter to appear due to extreme weather conditions, flight cancellations and/or sudden health issues.
- Morning/afternoon tea and lunch will be provided. Please let us know if you have any dietary requirements.
- All courses are run subject to minimum numbers.
- Reminder letters and certificates of attendance will be sent via email. Please provide TATRA with your email address.

1. Tick a box above and complete the registration details below
2. Send this form with payment (cheque or credit card details) to TATRA Corporate & Allied Health Training Services via fax, email or post.
3. If you wish to pay via bank transfer, please complete this form (leaving the credit card section blank) and forward to us first, we will then issue an invoice for payment. **Remittance notice quoting invoice number MUST be forwarded to TATRA upon your EFT payment, we will not secure your booking unless we are advised that payment has been made.**
4. If you wish to pay via PayPal, please use the online checkout on our website: www.tatratraining.com

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CREDIT CARD NUMBER

EXPIRY DATE

AMOUNT

\$

SIGNATURE

DATE

TATRA

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TATRA

CORPORATE AND ALLIED HEALTH TRAINING SERVICES

BUSTING BURNOUT AND CHRONIC STRESS:

*The Whole Body
Self-Care Approach*

1-Day Workshop for Professionals

Presented By

John Arden, PhD

APS: Members can accrue 7 CPD hours by participating in this activity.
AASW: Members can accrue 7 CPD hours by participating in this activity.
PACFA: Members can accrue 7 CPD hours by participating in this activity.
ACA: Members can accrue 5 CPD points by participating in this activity.



ABOUT THE WORKSHOP

Because over half the population unknowingly suffers from self-inflicted immune system dysregulation, psychotherapy in the 21st century must promote lifestyle and behavioural health changes. This means that whole body self-care factors should be addressed as foundational factors to mental health. To conduct therapy without addressing these underlying factors is like building a house on a sandbar by a hurricane-swept beach.

Brain-Based Therapy synthesizes neuroscience, evidence-based treatment, psychotherapy research, and attachment theory into a hybrid therapeutic model and it envisions the therapeutic process as a method to change the brain in order to change mood and behaviour. You will learn how to use Brain-Based Therapy to more effectively educate and treat clients with chronic stress and inflammation that enables stress, burnout and disease.

Dr Arden will offer invaluable help in recognizing, controlling, and reducing chronic stress and preventing burnout and compassion fatigue. Since chronic stress may intensify the progression of other diseases or conditions, Dr. Arden will explore the interaction between chronic stress and medical problems including diabetes, thyroid conditions, and many more.

Throughout the workshop, he will offer helpful strategies that are based in the newest brain research and that will assist you to adapt to stress.



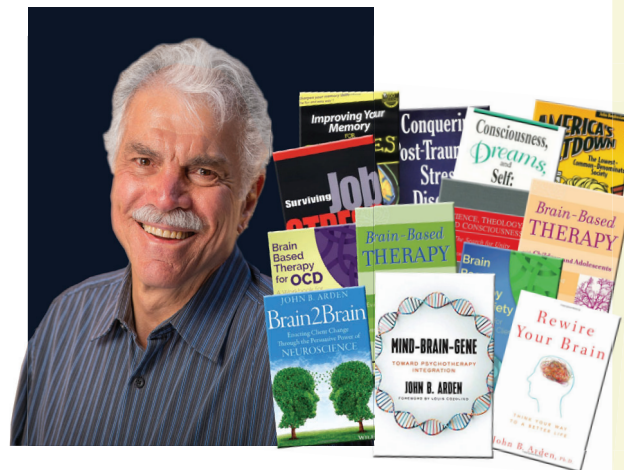
This is a fundamentally important workshop that will help you and your clients to cope with stress, to minimize its negative effects, and improve the quality of life.



ABOUT THE SPEAKER

Dr Arden's study of neuropsychology has inspired him to integrate neuroscience and psychotherapy, synthesizing the biological and psychological aspects into a new vision for psychotherapy: ***Mind-Brain-Gene: Toward the Integration of Psychotherapy***. His work incorporates what is currently known about the brain and its capacities, including neuroplasticity and neurogenesis, with psychotherapy research, mindfulness, nutritional neuroscience and social intelligence. He has presented in all US States and in 35 countries around the world.

John Arden, PhD, ABPP, is a psychologist specializing in neuropsychology. He is widely known as an entertaining speaker and is talented at integrating diverse fields. Author of 15 books, including ***Brain2Brain***, ***The Brain Bible***, ***Rewire Your Brain***, ***Brain-Based Therapy with Adults*** and ***Brain-Based Therapy with Children and Adolescents***. His new book is entitled ***Mind-Brain-Gene: Toward the Integration of Psychotherapy***. He presents workshops on brain-based therapy internationally and in the United States.



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This seminar will examine the use of Brain-Based Therapy to enhance outcomes with people who suffer from Chronic Stress, Burnout and Compassion Fatigue. Dr Arden will show you how self-care behaviours have major effects on the immune system, the brain, and the body in general, and how these interactions have a profound effect on mental health.

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PROGRAM OUTLINES

- » WHY WHOLE BODY SELF-CARE IS KEY TO LONG-TERM HEALTH.
- » SELF-CARE BEHAVIOURS THAT HAVE MAJOR EFFECTS ON THE IMMUNE SYSTEM, THE BRAIN, AND THE BODY.
- » HOW CHRONIC STRESS AND POOR SELF-CARE INAPPROPRIATELY ACTIVATE THE IMMUNE SYSTEM WITH DAMAGING EFFECTS LEADING TO CHRONIC CONDITIONS AND DYSREGULATED IMMUNE SYSTEMS.
- » CHRONIC INFLAMMATION AS A COMMON FACTOR BETWEEN MANY PSYCHOLOGICAL DISORDERS AND POOR HEALTH.
- » REDUCTION OF STRESS AND ANXIETY METHODS.
- » FACTORS THAT IMPROVE RESILIENCY.
- » ATTITUDINAL FACTORS THAT IMPROVE LIFE SATISFACTION.
- » ENHANCING GENE EXPRESSION THROUGH HEALTHY BEHAVIOURS.
- » PSYCHOTHERAPY RESEARCH
 - » The demise of Pax Medica, evidence-based practices, what clients say works.
 - » New developments in neuroscience that inform and can be a part of the dialogue in therapy.
 - » Affect asymmetry, neuroplasticity, neurogenesis, social brain networks, the prefrontal cortex, the fast and slow routes to the amygdala.
- » HOW STRESS IS RECONCEPTUALISED
 - » Allostasis.
 - » Allostatic load affecting the brain and psychological functioning.
 - » Brain-based therapeutic approaches for panic and flashbacks.
 - » The fast and slow track to the amygdala.
 - » Interceptive exposure.
- » BRAIN-BASED THERAPEUTIC APPROACHES FOR CLIENTS WITH PTSD WITH DEPRESSION
 - » The role of anxiety.
 - » Cytokines and “sickness behaviour”.
 - » The effort-driven reward system.
 - » The use of self-regulation techniques.
- » REGULATION OF THE IMMUNE SYSTEM.
- » RECALIBRATING THE BRAIN NORMAL SLEEP ARCHITECTURE.
- » THE USE OF SELF-REGULATION TECHNIQUES.