

# Making the connection: the interplay between diabetes, heart disease & mental health

## 2012 Health Professional Training Program

### OVERVIEW

Research into chronic illness consistently supports clinicians' experience of the bi-directional relationship between psychological factors and physical health. This workshop provides possible biological and behavioural pathways to explain the links between chronic illness and psychological comorbidities. The workshop is also highly practical and offers health professionals the opportunity to examine the psychological resources their clients need to successfully manage a chronic condition. Experiential activities and case scenarios will demonstrate how clinicians can maximise client's coping resources and their willingness to accept difficult health-related situations.

### TOPICS WILL INCLUDE:

- Biological and behavioural pathways linking depression to poorer clinical outcomes
- Practical strategies to strengthen optimism, self-esteem, self-efficacy, and social support.
- Acceptance-based strategies
- Tools to screen for psychological comorbidities
- Relevant MBS item numbers to refer patients to a mental health professional

### WHO SHOULD ATTEND

This workshop is suitable for nurse educators, dietitians, practice nurses, psychologists and other allied health professionals working with patients who have a chronic illness.

### DATE:

Friday, 20 July 2012

### TIME:

9.00am to 1.00pm

### VENUE:

Seminar room 1  
Baker IDI Heart & Diabetes Institute  
The Alfred Centre  
Level 4, 99 Commercial Road  
Melbourne, Victoria, 3004

### COST:

\$155 (includes GST) or  
\$125\*\* (includes GST) if paid by 20 June 2012

### REGISTRATION DETAILS

Program registration forms are available through the Baker IDI website, [www.bakeridi.edu.au/health\\_professionals\\_training](http://www.bakeridi.edu.au/health_professionals_training)

### FOR FURTHER INFORMATION

For further information regarding our training programs for health professionals, contact **Training Program Coordinator** on

**Email:** [training@bakeridi.edu.au](mailto:training@bakeridi.edu.au) or **Ph:** (03) 8532 1844, (03) 8532 1842 or **Fax:** (03) 8532 1100

**\*\* Early bird fee:** To take advantage of early bird special rate, registration & full payment must be received by closing date.



This workshop has been endorsed by Royal College of Nursing, Australia (RCNA) according to approved criteria. Attendance at these programs will attract RCNA Continuing Nursing Education (CNE) points as part of the RCNA Life Long Learning Program (3LP).

**This workshop will attract 3 CPD points towards the APS Continuing Professional Development Program.**

**This workshop will attract 3 RCNA Continuing Nursing Education (CNE) points.**

**This workshop will attract 3 hours towards the DAA Continuing Professional Development Program**