



OT AUSTRALIA Qld

Australian Association of Occupational Therapists - Queensland Inc.

CONTINUING PROFESSIONAL DEVELOPMENT EVENT

9am -
1pm

Mindful & Alert: Beating Burnout in OT (half day)

Dr Anne Poulsen, Ms Julie Henderson and

Ms Vonny Castrisos

Friday, August 27, 2010

WORKSHOP DETAILS:

No matter what profession, or who you are, it is not uncommon for people to experience burn out in their careers. The challenging part, is overcoming it.

Mindful and Alert: Beating Burnout in OT is designed to provide occupational therapists with the most recent scientific evidence for strategies to enhance resilience and engagement at work, improve work life balance and prevent burnout in workers.

In addition to providing the latest information on reducing occupational stress in health care workers you will learn specific techniques such as how to:

- Apply focused-attention training at work
- Be introduced to mindfulness techniques
- Shape everyday experiences through the positive science approaches of savouring, basking and day reconstruction
- Use Values in Action (VIA) strengths profiling
- Utilise sensory alerting strategies in workplace settings
- Compartmentalise work and out-of-work occupations

This practical, evidence-based workshop provides opportunities for health care professionals to create healthier, more productive lives. This has implications for thriving within a range of work settings and has flow-on effects for organisations and consumers of health care services.

PRESENTER DETAILS:

Anne Poulsen, Julie Henderson and Vonny Castrisos work together as The Work Life Balance Solutions (WLBS - Qld) group, and use a Research Around Practice (RAP) model to present evidence-based findings about how to improve job satisfaction and prevent burnout in health practitioners.

Dr Poulsen has a strong research background with her first scientific article reporting on levels of burnout in OTs in 1983. Anne has broad clinical experience across both private and public health sectors and has published widely on topics such as work life balance and burnout, motivation, community-research partnerships, and the relationship between life satisfaction and activity engagement. She is also in demand as a keynote presenter at national and international conferences and was recently recognised with the 2009 OT Australia Research Award for most outstanding postgraduate research throughout Australia.

Together with Julie and Vonny, the WLBS-Qld trio offer almost 100 years of combined experience. Both Julie and Vonny run flourishing private practices in Brisbane. Julie, a former Director of OT services has worked in private practice for the past decade. Vonny not only runs a busy private practice, but also works at the Taigum Early Childhood Development Unit employed by the Association for Preschool Education of Deaf Children Inc.

Each member offers unique perspectives on how to combine busy personal lives and carer responsibilities with demanding work schedules. In addition, each technique that they present is backed by critical scientific appraisal and positioning of its current evidence-based position within the Work Life Balance Literature.

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By attending this Continuing Professional Development event you may be able to claim points towards the Accredited Occupational Therapist Program CPD points. Please check the CPD section in your AccOT manual.



OT AUSTRALIA Qld has the right to make changes to its CPD calendar.

MINDFUL & ALERT: Beating Burnout in OT (half-day)

Date: Friday August 27

Time: 9.00am - 1.00pm (registration opens at 8.30am)

Venue: Mantra, Southbank

Workshop Fees: Early Bird Member \$200; Standard Member \$250; Non Member \$300

Registration Closes: Early bird closes Friday July 30; Registration closes Friday August 13

REGISTRATION FORM OVERLEAF



Mindful & Alert: Beating Burnout in OT (half-day) Friday August 27, 2010

Registration Form/Tax Invoice

This registration form is a tax invoice upon payment ABN: 37 355 993 657

REGISTRATION FEES:
(All prices include GST)

Members' Early Bird
(by Friday July 30)

Non Early Bird
(by Friday August 13)

OT AUSTRALIA Members
Non Members

\$200

\$250

\$300

Closing Date for Registrations: Friday August 13, 2010

YOUR DETAILS:

Name: _____ Professional Association Member Number: _____

Postal Address: _____

Suburb: _____ Postcode: _____ Contact Phone: _____

Email (for confirmations): _____

Profession: _____ Workplace: _____

SPECIAL REQUIREMENTS:

DIETARY: Vegetarian Gluten Free Other: (please specify) _____

ACCESS: (please specify) _____

OTHER: (please specify) _____

PAYMENT METHOD:

Cheque/Money Order: (Make payable to AAOT-Qld and post to OT AUSTRALIA Qld, PO Box 729, Stones Corner 4120)

Credit Card Card Number: _____ / _____ / _____ / _____ Expiry Date _____ / _____

Name on Card: _____ Signature: _____

Employer Funded Payment enclosed (Cheque or Credit Card - complete details above)

Please issue tax invoice (Complete information below)

Attention: _____ Department: _____

Organisation: _____ Phone Number: _____

Postal Address: _____

Line Manager's Signature: _____ Line Manager's Name: _____

Note: Employer funded registrants must send a copy of their registration form to OT AUSTRALIA Qld and provide confirmation of employer's intent to pay.

Cancellation Policy: OT AUSTRALIA Qld reserves the right to cancel or postpone any event. If this occurs registration fees will be refunded, but the Association bears no responsibility for any costs incurred (such as flights, accommodation, travel expenses) or loss of income. Should you be unable to attend, a substitute delegate is welcome on notification to the association. If the substitute is not a member, the non-member fee will apply and extra payment will be due prior to attendance. If you cancel, a refund less \$30 or 10% (whichever is greater) will be given for a written cancellation received 7 days prior to the event. Cancellation within 7 days or failure to attend will result in no refund. The complete registration policy is available on the website: www.otqld.org.au

I give permission for photos taken of me at the course to be used for OT AUSTRALIA marketing purposes only.

I acknowledge that I have read and understood all the content on this registration form.

Signature of Applicant: _____ Date: _____

Return completed form with payment details by fax to: (07) 3397 6599