



## Expression of Interest

### Counselling for Occupational Therapists

**Dr Pamela Meredith**

Friday June 11, 2010

BRISBANE

#### About the Workshop

As occupational therapists we often find ourselves in a position to provide counselling for our clients and their families. This may occur in any of the fields in which we work, as we find the people we work with adjusting to the loss of roles, relationships, expectations, hope, and even loss of life.

While basic counselling skills are covered during undergraduate university degrees, practitioners often find that workplace demands necessitate more advanced self awareness and counselling abilities. In this workshop the basics of counselling will be revisited from several theoretical perspectives, including cognitive-behavioural and attachment approaches. Opportunities to apply skills in case study situations including those from participants own workplaces will be available. While not the sole focus of the workshop, bereavement counselling and approaches to grief/loss for adults and children, and spirituality, will be covered.

#### About the Presenter



Dr Pamela Meredith is registered as both an occupational therapist and a psychologist, with a special interest in the factors that influence adaptive functioning across the lifespan. This encompasses areas such as childhood experiences of trauma, parenting, work, coping with chronic illness, and managing major life transitions. Her honours degree in psychology explored links between maternal attachment pattern, infant temperament and postnatal depression, while her PhD addressed the implications of adult attachment patterns for coping with chronic pain.

Pam presently lectures in occupational therapy at The University of Queensland.

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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.



## Expression of Interest

### Counselling for Occupational Therapists with Dr Pamela Meredith

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I am interested in attending the workshop, Counselling for Occupational Therapists on Friday June 11, 2010. I request to be placed on an Expression of Interest list which will ensure I receive early notice of this workshop. This will enable me the best opportunity for a position to attend. I also understand that this Expression of Interest in no way binds me to attend the workshop or binds OT AUSTRALIA Qld to present the workshop.

I would like all information regarding this workshop to be sent to the following:

**Name**

**Email**

**Phone/Fax**

**Address**

Street address

Suburb/State/

Post Code

**FAX to OT AUSTRALIA Qld on (07) 3397 6599 or scan and email to info@otqld.org.au**

For all course enquiries, contact OT AUSTRALIA Qld on (07) 3397 6744 or email profdev@otqld.org.au.