Mental Health Issues and the Prescription of Exercise Physiology Programmes

Perth, 22 September 2016

Do you have patients that suffer from mental health issues? Do these issues create barriers to their engagement in exercise programmes and associated outcomes? Do you have adequate skills to identify and manage these issues?

Psychological issues can have an enormous impact on patient wellbeing, not only on their mental health, but physical health, including exercise-related outcomes. As allied health professionals, we need to be aware of the consequences mental health issues can have on patient engagement, compliance and outcomes, and develop skills to identify and manage these issues appropriately. This course will discuss common mental health conditions and prevalence in the community, and upskill participants on identification and risk assessment strategies, rapport building and communication techniques, and consulting techniques to minimise harm or non-compliance, and optimise outcomes.

Presented by Annika Demasi Registered Psychologist (AHPRA PSY0001577635)

Annika is the Principal Psychologist within her own consulting business, Demasi Consulting which she commenced in November 2013. Annika has been a consultant to organisations for human resource/psychological matters for the past 25 years. Annika is a highly experienced and well regarded consultant who has provided a wide range of injury and risk management, occupational health and safety and preventative services at strategic, educational and operational levels. She has spent much of her career working with organisations and workers compensation insurers to mitigate the human and financial cost of work related stress claims. In this capacity, Annika has worked closely with key stakeholders, particularly employers, to contain the potential adverse impact of stress, conflict, bullying and harassment and other human-related issues in the workplace. This often includes mediation and conflict resolution. Annika has also assisted individual employees through focussed employee/leadership coaching programmes and private Medicare counselling.

Further to working with individuals, Annika has presented at networking forums and industry conferences, and conducted workshops with employers to assist with the development of strategies and operations to retain and maintain healthy workforces. The business, Demasi Consulting combines Annika’s most recent work in ‘upstream’ preventative health services (such as psychometric testing for best-fit recruitment and selection decisions, organisational diagnostic assessments and vitality surveys, training and education) with her ‘downstream” risk/injury management work.

Registration

<table>
<thead>
<tr>
<th>Earlybird (Received on or before 22 August 2016)</th>
<th>Standard (Received on or after 23 August 2016)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESSA Member</td>
<td>ESSA Member</td>
</tr>
<tr>
<td>$60.00</td>
<td>$80.00</td>
</tr>
<tr>
<td>Non-Member</td>
<td>Non-Member</td>
</tr>
<tr>
<td>$95.00</td>
<td>$105.00</td>
</tr>
<tr>
<td>ESSA Student Member</td>
<td>ESSA Student Member</td>
</tr>
<tr>
<td>$30.00</td>
<td>$50.00</td>
</tr>
<tr>
<td>Student Non-Member</td>
<td>Student Non-Member</td>
</tr>
<tr>
<td>$40.00</td>
<td>$60.00</td>
</tr>
</tbody>
</table>

Registration is now available online or via the manual form attached. Places are limited.

Important Information

Target Audience: Any Accredited Exercise Physiologists
Date: Thursday, 22 September 2016
Time: 6:00pm – 8:00pm
Venue: Perth, WA

Audience Disclaimer: All accredited persons, regardless of any professional development completed/attended must refer to their accreditation’s Scope of Practice/Standards, and only treat/practice within the same.
Manual Registration Form

Online registration is available at ESSA Professional Development Centre
Once completed, please return to ESSA at education@essa.org.au or fax 07 3318 7666
One form per person

Mental Health Issues and the Prescription of Exercise Physiology Programmes
Perth, 22 September 2016

Title: __________ First Name: ___________________ Surname: __________________ ESSA #: __________
Address: __________________________________________________________
City: ______________________________ State: __________ Postcode: __________
Mobile: ___________________________ Email: __________________________

Your dietary requirements, if applicable: ________________________________

Registration:

<table>
<thead>
<tr>
<th>Registration</th>
<th>Earlybird (closes 22 August 2016)</th>
<th>Standard</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ESSA Member</td>
<td>$60.00</td>
</tr>
<tr>
<td></td>
<td>Non-Member</td>
<td>$95.00</td>
</tr>
<tr>
<td></td>
<td>ESSA Student Member</td>
<td>$30.00</td>
</tr>
<tr>
<td></td>
<td>Student Non-Member</td>
<td>$40.00</td>
</tr>
<tr>
<td></td>
<td>ESSA Member</td>
<td>$80.00</td>
</tr>
<tr>
<td></td>
<td>Non-Member</td>
<td>$105.00</td>
</tr>
<tr>
<td></td>
<td>ESSA Student Member</td>
<td>$50.00</td>
</tr>
<tr>
<td></td>
<td>Student Non-Member</td>
<td>$60.00</td>
</tr>
</tbody>
</table>

Payment Details:
Payment can be made by credit card, by a cheque/money order or direct deposit.

TAX INVOICE
☐ Please forward me a tax invoice for payment

CHEQUE
☐ I have attached a cheque (Made payable to “Exercise & Sports Science Australia”)

CREDIT CARD
I authorise ESSA to debit the following card for the amount of $____________ plus a 1.5% merchant fee

☐ Visa
☐ MasterCard

Card number: __ __ __ __ __ __ __ __ __ __ Expiry: __ __ / __ __

Name of Cardholder: ______________________________

Signature: ________________________________

Terms & Conditions:

Upon registering for any of ESSA’s Professional Development, you automatically agree to the below terms & conditions

Confirmation
You will receive a confirmation via email within 5 working days of your registration and payment being received by ESSA. If this is not received, contact education@essa.org.au

Registration Fees
All registration fees are listed within the marketing material and registration form. ESSA Member: Applicable to all current financial ESSA members.
Non-Member: Applicable to anyone, including accredited persons, who are not current financial ESSA members.
ESSA Student Member: Applicable to any ESSA Student Member, or current financial full ESSA member and a full time student (within our scope of practice at university institution). If full member, please complete the manual form and provide a copy of your student ID. Without this information, the member rate will apply.
Student Non-Member: Applicable to full time students, studying within our scope of practice, at a university institution. Student ID required.

Audience Disclaimer
All accredited persons, regardless of any professional development completed/attended must refer to their accreditation’s Scope of Practice, and only treat/practice within the same.

Payment Policy
• All Professional Development must be fully paid before registration is confirmed
• Payment can be made via cheque, direct deposit or credit card (Visa and MasterCard)
• Payment made via credit card will incur a non-refundable 1.5% merchant fee

• To receive the earlybird rate, registration with payment must be received by ESSA by Earlybird close. If payment is not received by this date, you registration fee will automatically be amended to the standard rate.

Cancellation Policy
If you wish to cancel to registration to any course, written notice must be provided to ESSA at education@essa.org.au. Cancellation fees are below (based on the day of written notification):
30 days prior to workshop: Full refund provided
29 – 15 days prior to workshop: 25% of your registration fee or $50.00 whichever is greater
14 – 0 days prior to workshop: 100% of registration

Substitution Policy
Substitutes/Replacements are welcome for all ESSA professional development, with the exception of Podcasts. A minimum of 3 working days’ notice is required providing full details of substitute attendee. Forward information to education@essa.org.au

Registration Numbers
All of ESSA’s professional development have a strict maximum number. Once this number is reached, no further registrations will be accepted. A waitlist will be offered if this occurs.

If insufficient registrations are reached ESSA reserve the right to cancel any course and 100% of your registration fee will be returned. ESSA take no responsibility for any additional costs incurred by the delegate.

Correct at time of printing: 11 August 2016