

## **EVIDENCE BASED RELAXATION THERAPY AND PSYCHONEUROIMMUNOLOGY - Evidence-based, non-invasive, easy to implement techniques for teaching to clients.**

Relaxation Therapy is evidence-based, efficacious, non-invasive and cost efficient.

Simple techniques such as deep diaphragmatic breathing, guided imagery and progressive muscle relaxation can increase physiological and psychological health. Relaxation can improve pain, sleep disorders, depression, anxiety, wound healing, cognitive function and post-traumatic stress disorders. Relaxation can increase alpha and theta brainwaves, decrease heart rate and respiration, reduce production of stress hormones such as corticosteroids and improve a range of immune functions.

Psychoneuroimmunology (PNI) examines links between behaviour, neural, endocrine and immune function and their impact on health. PNI is the science of mind / body connections and offers a framework to understand that psychological conditions and physical health are intimately linked.

This unique one-day seminar identifies the latest evidence that demonstrates specific connections between thoughts, emotions and health.

It includes theoretical, scientific components, practical sessions in relaxation techniques and encourages successful implementation of relaxation into clinical practice to enhance patients' health and wellbeing.

Participants receive up-to-date handouts, review recent peer-reviewed studies in PNI and Relaxation Therapy, view relevant film clips, practise relaxation techniques and learn to effectively teach relaxation techniques to patients.

### **Learning objectives of this training:**

- Examine latest evidence-based research about Relaxation Therapies and PNI.
- Identify interactions between CNS, endocrine and immune systems.
- Identify benefits of Relaxation for conditions such as pain, anxiety, trauma, depression and fatigue.
- Experience relaxation techniques
- Demonstrate proficiency in teaching relaxation skills to clients/patients.
- Understand importance of relaxation for self-care, stress reduction and burn-out prevention.

### **Trainer:**

**Dr Judy Lovas** is an experienced educator in evidence-based Relaxation Therapy and Psychoneuroimmunology and infects others with her passion and enthusiasm for these subjects.

Judy teaches simple relaxation techniques so people can cope better with anxiety, depression, pain, sleep disorders, trauma and chronic conditions. She translates leading research in Psychoneuroimmunology into simple and easily understood concepts.

In the tertiary sector, Judy lectures in psychology, relaxation therapy, psychoneuroimmunology and cellular health. She researched psychological and immunological outcomes of relaxation in people with spinal cord injury. Judy conducts Relaxation Therapy Classes in Sydney and is a coordinator of the Northern Sydney Persistent Pain and Mental Health Professional Network.

When not teaching and presenting, Judy relaxes with family and friends.

**N.B.** This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

A CPD certificate for 6 hours of training is issued in the week following attendance at this event.

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

*We recommend checking with your association for the correct calculation of points for this event.*