



## OCD & Anxiety Disorders Week 2018

Community Education Seminar, Saturday 4th August

### **ANXIETY AND CHILDREN** (Morning session program: 9.30am-12.00pm)

#### **Jasmine Loo & Cassandra Murphy - Anxiety and Autism**

Individuals with Autism Spectrum Disorder (ASD) will often be faced with more intense levels of anxiety in their day-to-day life. Difficulties navigating the social world, understanding emotions and managing sensory processing issues are common factors associated with the heightened levels of anxiety amongst individuals on the spectrum. The talk will explore some of the links between anxiety and ASD in children, overlaps in the symptoms of the two disorders, as well as strategies that are helpful for better coping and management. They will also talk about girls on the autism spectrum, whose difficulties are often overlooked because of their 'masking' abilities & tendency for social mimicry.

#### **Rachel Yeo & Melissa White – Exploring School Refusal in School Aged Individuals**

School refusal occurs when severe emotional distress/anxiety leads to a significant amount of school absence. This can be challenging not only for the child/young person, but for the whole family unit. This presentation will provide an overview of school refusal, and will explore strategies and resources available.

#### **Brendan O-Connell - Anxiety Aware Classrooms**

The story of taking clinical expertise into the classroom setting through a Local Learning & Employment Network (LLEN), local schools and Anxiety Recovery Centre Victoria Partnership. This presentation by the Executive Office of Bayside Glen Eira Kingston Local, Learning & Education Network explores the development of resources that can be used in the classroom with students experiencing anxiety. There will be free downloadable resources at the end of this presentation.

#### **A Personal Story – Anil**

Anil will share his parenting journey of supporting an anxious child.

### **ANXIETY AND ADULTS** (Afternoon session program: 1.30pm-5.00pm)

#### **Dr Maja Nedeljkovic – Anxiety and Perfectionism**

Maja supervises the perfectionism group program at the Swinburne University Psychology Clinic and will discuss positive and negative types of perfectionism, and explore practical strategies that can assist to create a healthier relationship with perfectionism.

#### **Dr Jo Fraser – Why Self-Compassion is an Essential Foundation for Emotional Health and Well-Being**

Jo will provide an introduction to the Self-Compassion approach, and discuss how self-compassion is an essential foundation for optimal health, well-being, and resilience. Then, through guided experiential exercises, Jo will introduce audience members to basic self-compassion practices that can be used to respond to emotional distress and improve emotional health in daily life.

#### **A Personal Story – Erin Bateman (Married at First Sight – Season 2)**

Erin will share her own personal journey of living with anxiety, in particular, trichotillomania. Erin has been refreshingly open about her experience with trichotillomania, sharing her journey with her online followers.

#### **Rachel Kable – Anxiety, Stress and Mindfulness**

This presentation will focus on mindfulness and how it can be used as a stress and anxiety management strategy. You'll hear real-life stories about how mindfulness and other types of meditation have supported people during experiences of stress and anxiety, as well as some practical techniques you can apply yourself.

**Cost:** Morning OR Afternoon session: **ARCVic Members \$20 / Non-Members \$35**

Full day: **ARCVic Members \$35 / Non-Members \$60**

**Venue:** The Vibe Savoy, 630 Little Collins Street, Melbourne (opposite Southern Cross Station)

Bookings Essential. For further information or to register visit [www.arcvic.org.au](http://www.arcvic.org.au) or call ARCVic Office: 9830 0566