

# GP Wellbeing Workshop

## Using Meditation for Less Stress and Better Wellbeing

An enjoyable, hands-on workshop for medical and other health professionals.

**Sydney — Saturday, 19th July**

Eastern Avenue Auditorium, Sydney University, Darlington Campus.

**Melbourne — Saturday, 9th August**

Copland Lecture Theatre, University of Melbourne, Parkville Campus

**Meditation** can be a simple, effective and enjoyable method to manage stress. At this unique event you will learn an evidence based form of meditation to help manage your own stress as well as that of the people you care for. This simple skill can become a lifelong asset to enhance your health & wellbeing. The meditation technique recommended in this programme is based on world leading research conducted under the auspices of the School of Women's and Children's Health, Faculty of Medicine, University of New South Wales and the Natural Therapies Unit, Royal Hospital for Women.

### Programme

1.00pm	<b>How to Practice Medicine and Have a Life</b> Dr Ray Seidler, GP Medical Issues Commentator with special interest in Mental Health and Wellbeing of Health professionals
1.30pm	<b>Scientific Evidence and Practice of Meditation</b> Dr Ramesh Manocha, GP, Doctoral Fellow, Faculty of Medicine, UNSW, Coordinator, Meditation Research Programme, Natural Therapies Unit, RHW
2.30pm	<b>Interactive Practical Session 1</b> Dr Bohdan Shehovych, GP with more than 20 years experience in meditation instruction in the community
3.45pm	<b>Tea &amp; Coffee Break — Informal Interaction</b>
4.15	<b>Interactive Practical Session 2</b> Dr Greg Turek, Dentist, Meditation Instructor
5.30	<b>Q&amp;A — What to do now — Distribution of Home Practice Materials — Wrap up</b>
In your time	Home Practice, self interactive — 15 min's 2x per day over 2 weeks

*While the majority of GPs have recommended meditation to patients at some time in the course of their practice only a minority have had any formal training or education about it!*

(Pirrotta MV, Cohen MM, Kotsirilos V, Farish SJ. Complementary therapies: have they become accepted in general practice? Medical Journal of Australia. (172(3):105-9, 2000 Feb 7)



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### This Initiative is a Non-profit, Non-commercial Service for Australian GPs

This Initiative is a Non-profit, Non-commercial Service for medical practitioners and other health professionals Registration fees are set to cover costs however any excess funds will be used exclusively to further the availability of this programme to health professionals. All financial accounts relating to the conduct and execution of this programme are independently audited and are available for inspection.

### CPD OPTIONS

Category 1 (40 points):  
Workshop + Home practice diary  
& pre/post questionnaire.

Category 2 (10 points): Workshop only

### Our Sponsors Provide their support to subsidise the operating cost of this service:

Registration facilities and advertising provided by Australian Doctor/Reed Business. Programme Development provided by Centre for Evolutionary Leadership CPD administration and event management provided by Healthed. Other sponsors: Displaycom, Enlightened Therapies.



## Special Price

## Registration Form



Title \_\_\_\_\_ Surname \_\_\_\_\_ Given Name \_\_\_\_\_

Company/Practice: \_\_\_\_\_

RACGP or ACRRM Membership No: \_\_\_\_\_

Mailing Address \_\_\_\_\_

\_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_

Work Ph \_\_\_\_\_ Work Fax \_\_\_\_\_

Mobile \_\_\_\_\_ Email \_\_\_\_\_

Yes I wish to attend: (tick box ) and pay by:  Visa  Mastercard  Cheque \$66

Cheques are to be made payable to: "Reed Business Information" All Prices are in Australian Dollars (AUD)

Card Number \_\_\_\_\_ Expiry \_\_\_\_\_ / \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

YOU CAN REGISTER ONLINE, BY MAIL, FAX OR PHONE:

**Mail:** Post your completed registration form to: Australian Doctor Seminars Locked Bag 2001, Chatswood DC NSW 2067  
**Online:** Go to [www.australiandoctor.com.au/seminars](http://www.australiandoctor.com.au/seminars) and follow the prompts. **Fax:** Credit card registrations can be faxed to (02) 9422 2922. **Phone:** Call 1300 360 126 or (02) 9422 2666 to register over the phone.