



LECTURES - Payment Form



Anxiety Disorders Association of Victoria, Inc.
ABN 70 607 186 815
Ph: (03) 9853 8089

**Pauline McKinnon, Author and Psychotherapist
And
Merryn Snare, Psychologist**

Date: Wednesday 23rd July, 2008
Venue: Phyllis Hore Room, Kew Library
Cnr. Civic Drive and & Cotham Road, Kew.
Time: 7.30 p.m
Topic: **Mastering Anxiety: Learn Strategies to reduce your anxiety and stress.**
Cost: \$20.00 Non-Members and \$10.00 for ADAVIC Members (pre-payment required)

Merryn Snare is a registered psychologist specialising in the treatment of anxiety disorders in adults, adolescents and children.

Psychologist, Merryn Snare will talk about Understanding Anxiety:

Anxiety is a response to an unrecognized fear – sometimes referred to as a faulty perception of danger. It manifests on physiological, behavioural and psychological levels, affecting our entire being. Whilst anxiety is a normal part of life, it is important to understand where and when anxious responses are appropriate. Anxiety disorders are different from everyday anxiety in that the anxiety associated with disorders is more intense, last longer, and can lead to phobias.

What is important from the perspective of daily living and quality of life is to understand how one's anxiety manifests, what keeps it active, and how one can learn to alter responses to, and therefore master anxiety.

Rather than being afraid of your anxiety – allow yourself to take control of it.

The importance of:

Self Esteem	Self talk and Mistaken Beliefs
Exercise	Relaxation
Nutrition	Sound sleep

Useful techniques and treatment Options:

CBT - thought stopping / challenging irrational thoughts
ACT - (Acceptance and Commitment Therapy)
HYPNOSIS (including imagery)

Psychotherapist Pauline McKinnon is widely known as the author of *In Stillness Conquer Fear*. Having personally experienced 8 years of agoraphobia and recovered some 30 years ago, Pauline offers the secrets of success and experience. She specializes in the unique Stillness Meditation originated by Australian psychiatrist, Dr Ainslie Meares and together with her books and recordings, she has helped thousands of people to achieve mental rest and discover anxiety relief.

At this event, Pauline will discuss her own view of the development of anxiety, effective and lasting anxiety reduction and calmness, courage and increased self-confidence.

Question time will be allowed and if possible, a brief taste of Stillness Meditation Therapy (S.M.T.™) will be experienced. This presentation will be of interest and guidance to anyone who desires stress free living and a foretaste of her upcoming workshop, Mastering Anxiety, to be held on Saturday 18th October at Balwyn Community Centre 10am – 4pm. Cost to be advised.

SEE PAYMENT FORM BELOW

Or email us at adavic@adavic.org.au



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I would like to attend the following lectures: (Please circle):

- A. Identifying Depression in Children and Adolescents – by Sally-Anne McCormack, Psychologist (Mon 28th April 2008) - **\$20.00 non-members and \$15.00 ADAVIC members.**
- B. Overcoming Anxiety & Depression – by Bev Aisbett, Author of Living With IT (Wed 28th May 2008) **\$20.00 non-members and \$10.00 ADAVIC members**
- C. Don't Panic: You Can Overcome Anxiety Without Drugs – by Dr Sallee McLaren, Psychologist (Wed 18th June 2008) - **\$10.00**
- D. Mastering Anxiety: Learn Strategies To Reduce Your Anxiety and Stress – Pauline McKinnon & Merryn Snare (Wed 23rd July 2008) **\$20.00 non-members and \$10.00 ADAVIC members**

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