

BUILDING CAPACITY TO BETTER ASSIST ADULTS WITH A DUAL DISABILITY

ANXIETY & DEPRESSION WORKSHOP

▶ A ONE DAY WORKSHOP

CDS

Centre for
Disability
Studies



Mental health problems occur more frequently in people with developmental disability than in others in the community. These conditions can significantly affect the quality of life and general well-being of the individual, family members and / or other carers.

WORKSHOP GOALS

This workshop aims to build the capacity of existing staff to provide psychotherapy/ counselling/support to: People who experience mild to moderate intellectual disability and who are also experiencing mild to moderate anxiety, depression.

This workshop covers the following topics:

- ▶ Assessment – including understanding the range of typical and atypical symptoms in clinical presentations of anxiety and depression in people with ID
- ▶ Tools and considerations (including adaptations to standard assessment procedures and methods of evaluation)
- ▶ Differential diagnosis
- ▶ Interventions
 - Engagement and communication
 - Typical and adapted counselling and intervention strategies
 - Case studies

THE FACILITATORS

Clinical Prof. **Vivienne Riches** is a registered psychologist, researcher and educator at the Centre for Disability Studies, Sydney Medical School, University of Sydney.

Laura Hogan is an Occupational Therapist (Bachelor of Applied Science), she also holds a Masters of Health Science (Developmental Disability) and a Certificate IV in Training & Assessment.

Laura has 15 years of experience working with people with disability across the lifespan with a special interest in supporting adolescents and adults with complex support needs.

COST

\$ 220.00 inclusive of GST.

- ▶ Includes training, workshop materials and catering

REGISTER

For workshop dates and further information please refer to our website.



Centre for Disability Studies - Medical Foundation Building, Level 1, 92 - 94 Parramatta Rd, Camperdown, NSW 2050

Phone: 02 9036 3600

Email: cds@cds.org.au

www.cds.org.au