



QRC: 2847

Price

One Day : \$385 inc. GST

Two Days: \$506 inc. GST

Date

04 - 05 Sep 2017

Venue

Rydges Sydney Central

28 Albion Street , Surry Hills, NW,

2010

CPD Hours

11 Hours | 15 Mins

Relaxation Therapy: Enhancing Immunity and Health 2017

2 Day Seminar for Nurses Includes: Improving Immunity: Evidence-Based Relaxation; Stress Reduction; Benefits of Deep, Diaphragmatic Breathing, Guided Imagery, Progressive Muscle Relaxation and Massage Therapy

Need for Program

Relaxation needs to be well taught and regularly practiced. Evidence-based relaxation can reduce stress related conditions. Psychoneuroimmunology (PNI) examines **links between psychological processes and resistance to disease**. It is well documented that inflammatory responses can increase the risk of disease and that stressful and traumatic events can impact the immune system and affect healing. Even nurses working shift work may experience stress, disease and inflammation.

Nurses can benefit from proficiency in relaxation, both personally and professionally. There is a strong body of evidence, based on PNI, that demonstrates the negative impact of stress and the benefits of relaxation on health. An understanding of PNI is important to nurses as it offers evidence for a holistic approach to care. This program reveals PNI research and offers efficacious relaxation strategies to promote mental and physical health.

Purpose of Program

The purpose of this seminar is to assist nurses and other health professionals to understand the evidence and experience the benefits of **relaxation therapy**. This seminar allows nurses to appreciate links between thoughts, emotions and resistance to disease using the model of psychoneuroimmunology. It teaches nurses the role of stress and relaxation on psychological and physical well being and offers **practical relaxation skills** to reduce stress-related conditions.

Learning Outcomes

At the conclusion of this program it is expected that the participants will be able to:

- Recognise evidence of relaxation therapy
- Define behavioural, cognitive and immune responses to stress and their impact on a range of medical conditions
- Identify effects of relaxation on immune, behavioural and cognitive responses and well being
- Experience relaxation techniques and learn to implement them in nursing practice

Program Schedule

Day One

8:30am - Registration and Refreshments

9:00am

Definitions, History and Development of Psychoneuroimmunology (PNI)

This introductory session sets the scene for the next two days. It takes you on a journey that reveals how science demonstrates links between mind and body. Includes:

- Learn about evidence of intimate links between the neural, endocrine and immune systems
 - How did research show that behavioural conditioning could suppress immune responses?
 - What were the implications of this research?
 - How has the fascinating history of medicine shaped our understanding of PNI today?
-

10:00am

The real meaning of Stress, Distress and Eustress

- What is the great myth about stress?
 - When does stress become distress?
 - How does psychological stress manifest physiologically?
-

10:30am - Morning Tea and Coffee

11:00am

To Relax or Not To Relax?

Relaxation is a term that is generally used to describe many types of (in)activity. In this session we

will discuss relaxation as a therapy.

- What actually is relaxation?
 - Learn fundamental principles of practicing relaxation techniques
 - How can relaxation influence health and immunomodulation?
 - Important principles of teaching and learning relaxation techniques
-

11:15am

Deep Diaphragmatic Breathing

Learn, experience and teach Deep Diaphragmatic Breathing (DDB).

- Myths, facts and research about breathing, the vagal nerve and abdomen muscles!
 - Practise the art of deep, diaphragmatic relaxation
 - Learn to teach patients how to take deep breaths to improve health and reduce conditions such as pain, inflammation, fatigue and anxiety
-

12:30pm - Lunch Break and Networking

1:15pm

Linking Stress to Health - Interactions Between Central Nervous System, Endocrine and Immune Systems

This session examines PNI research and introduces the world of cellular interactions and pathways. It reviews topics such as the role of cytokines in sickness behaviour and research that demonstrates intimate communications between immune, neural and endocrine systems.

Stress-related medical conditions and stress-induced immunomodulation are identified.

- Identify different moderators of stress
 - Outline links between psychological conditions, physical health and immune function
 - Examine common medical conditions that may be triggered by psychological stress
-

2:00pm

Progressive Muscle Relaxation Therapy (PMR)

PMR is an effective way to monitor and reduce muscular tension.

- Discover the history and development of PMR as therapy
- Understand how brief increase in muscle contractions can reduce sympathetic nervous responses
- Learn to isolate and reduce areas of muscular tension
- Discuss implementation of PMR in clinical practice

3:00pm

Integrating, combining and practicing DDB & PMR

3:30pm - Afternoon Tea and Coffee

3:45pm

More exciting, cutting edge evidence and Relaxation Therapies

- Identify high quality research to support benefits of relaxation
 - Feel confident to implement these evidence based techniques
-

4:15pm - Close of Day One of Program

Day Two

9:00am - Commencement of Day Two

9:00am

Review of Deep Diaphragmatic Breathing (DDB)

Now is the time to comment about your overnight experience with Deep Diaphragmatic Breathing.

- How did your overnight practice compare to during the day?
 - Did you feel a difference?
 - Which patients could benefit from DDB?
-

9:15am

Guided Imagery (GI): History, Theory, Evidence and Practice

This session introduces practical ways to experience, learn and teach GI. Topics include:

- What physiological pathways are involved in guided imagery?
- Discuss how patients can best benefit from GI
- Learn specific scripts for pain relief

10:30am

Clinical Considerations of Relaxation Therapy

All nurses need a 'toolbox' of therapies to suggest to patients. Relaxation therapy is an excellent adjunctive therapy, which can be helpful to patients experiencing a range of conditions. This session includes:

- Policies and implementation of relaxation into your clinical nursing practice
 - Cost effectiveness of relaxation therapy in health care
 - Identify issues of adherence, perception, frequency, locus of control and enjoyment in relaxation
-

11:00am - Morning Tea and Coffee

11:30am

But Wait, There's More Evidence...

Now, research even explores how relaxation can affect genetic expression. PNI demonstrates that relaxation can make profound changes in our minds and bodies. Find out what the future holds for relaxation in clinical practice.

11:45am

Massage Therapy and Hands on Techniques: Research & Evidence

Massage therapy (MT) is one of the oldest forms of therapy and has a rich, diverse history. This fascinating session will reveal how massage has assisted in the promotion of wellness over the past centuries and reviews latest evidence.

12:30pm - Lunch Break and Networking

1:15pm

Massage Therapy: Evidence and Practice

- How is massage therapy efficacious and can it cause harm?
- Learn hand massage self-massage and passive movements to joints
- Important considerations such as consent, contraindications and your posture!

2:30pm - Afternoon Tea and Coffee

2:45pm

More Evidence: Types of Relaxation for Different Conditions

Learn the latest evidence of relaxation therapies for:

- Depression
 - Pain
 - Fatigue
 - Stress, Depression and Post-Traumatic Disorder
-

3:00pm

Fine tune the theory and techniques covered yesterday and today

This final session allows for further questions and practice to maximise your ability to provide relaxation therapies for your patients.

4:00pm - Close of Seminar and Evaluations

Presenters

Judy Lovas

Dr. Judy Lovas' dynamic presentations explain the art and science of evidence-based relaxation therapy. In our increasingly fast-paced world everyone needs to relax, yet few know how. Judy is passionate about teaching simple relaxation skills for stress-related conditions such as anxiety, depression, PTSD, fatigue, pain and anxiety. Judy teaches Psychology, Psychoneuroimmunology and Relaxation Therapies in the tertiary and corporate sector and her presentations offer a scientific and holistic approach to improve both physical and psychological wellbeing.

Registration form

Please fill out this form and mail it to: **Ausmed Education Pty. Ltd.**
121 Arden Street,
North Melbourne VIC 3051



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