



2017 Series 3

May 12 to June 9

**Psychology
In
Action**

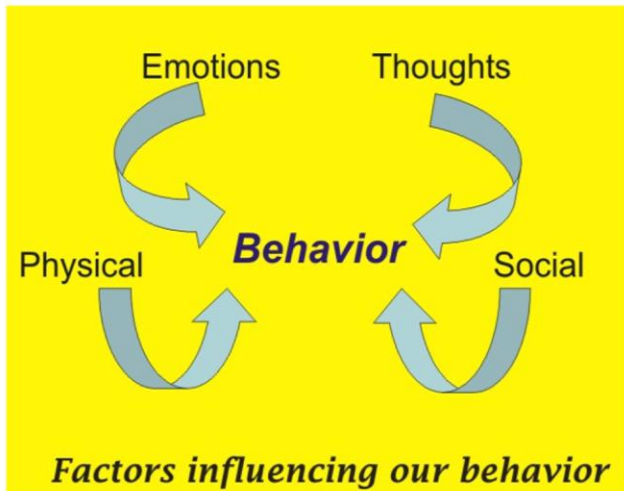
**"We see things
not as they are,
but as we are."
H. M. Tomlinson**

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dphillip@es.co.nz
 or go to our website:
www.u3ainvercargill.nz



Factors influencing our behavior

Venue: Windsor Community
Church Hall Windsor St.

Time: 10 a.m.

Cost: \$20 per person

Register and keep up for the price of a coffee.

Psychology in Action

Session 1 Friday May 12

Aggression and Violence In Healthcare

Presenter: Dr. Nicola Swain

Nicola is a Senior Lecturer at the Dunedin School of Medicine. She is an active health researcher and has published over 40 peer-reviewed journal articles. Her interests include pain and aggression and violence. Nicola is married, with four children and a giant dog. Having grown up in Invercargill she is looking forward to coming back to visit.

Session 2 Friday May 19

Issues in Child Development

**Presenter:
Dr. Samantha Farrimond**

Samantha works in the Behavioural Science Unit at the Dunedin School of Medicine. She is a Registered Clinical Psychologist also working in private practice. Here she deals with a range of problems. Treatments are empirically based with a primary emphasis on cognitive-behaviour therapy.

Session 3 Friday May 26

Psychological Treatments For Pain

Presenter: Dr. Nicola Swain

Chronic pain is the type of pain that stays for longer than three months. It includes things like arthritis and back and shoulder pain. Medication is often of limited use for ongoing pain. Nicola will introduce some other ways of coping with pain such as mindfulness and gratitude. She will illustrate how these work using experiential exercises.

Session 4 Friday June 9

Positive Interventions for Mental Health

Presenter: Dr Kumari Valentine

Kumari is a Senior Lecturer at the University of Otago and a Clinical Psychologist. During her career she has balanced clinical practice with academic work. Kumari's research interests have centred around emotion regulation, mindfulness and overthinking. While we might take our Mental Health for granted, tending to our Mental Health can see a boost in not just our psychological resilience, but also physical outcomes. Kumari will discuss a number of ways that we can boost our mental health and optimise flourishing.

Enquiries to
Brian Lucy 218 7614

Registration Form

Please enrol the person(s)
named on the reverse.
for

Series 3 2017

Amount enclosed
\$20 per person

Amount	Cash	Cheque
\$		

**Make direct credit payments to
03 1746 0080910 000
using your name, series and
telephone numbers.
Registration form not required.**

**Please Post your registration to:
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Daniel