

# Anxiety, Depression, Medication, Treatment! (Q&A Information Session) Wednesday 4<sup>th</sup> July 2018



## Anxiety Disorders Association of Victoria presents “QUESTIONS AND ANSWERS”

Anxiety, Depression, Medication, Treatment!

An evening with Dr Scott Blair-West, Psychiatrist and Sally-Anne McCormack, Clinical Psychologist

This information evening provides an opportunity to have your questions answered...

Please come prepared with specific questions as this session is an informational question and answer format. Both Sally-Anne and Scott will welcome every question asked and answer them to the best of their ability. It might be a good idea to write down your questions beforehand – you know what it is like when you forget, especially when you are anxious!

### About the presenters



**Sally-Anne McCormack** is a Clinical Psychologist, media commentator, former teacher and author of two books – “**Stomp Out The ANTs – Automatic Negative Thoughts**” and the children’s book “**Living With ANTs**”. Even more importantly, she is a mother of four and runs a successful psychology practice in the eastern suburbs of Melbourne. She also makes regular appearances on TV shows (including her own “The Sally-Anne Show” on Foxtel’s Aurora Channel) and is often interviewed for various print and radio media. Sally-Anne currently works with adults suffering from depression, anxiety and stress and various personal issues, but is probably best known for her work with children and adolescents covering many areas (mood disorders, educational issues, gifted, etc.) and for her parenting and behavioural management service.

**Dr Scott Blair-West** graduated in Medicine from the University of Melbourne in December 1983 and after 3 years as a medical officer at Geelong Hospital, entered the psychiatric training program. He obtained his Fellowship of the Royal Australian & New Zealand College of Psychiatrists in 1993 and his Diploma of Psychological Medicine from the University of Melbourne later that year. He subsequently worked as a lecturer in the Department of Psychiatry for The University of Melbourne in the Consultation-Liaison Psychiatry area for 5 years at The Austin Hospital, Heidelberg, Victoria.



In addition, he started his private practice in 1993, specializing in cognitive behavioural therapy particularly for Obsessive Compulsive Disorder and Panic Disorder. This has increased significantly over the last 18 years, during which time he has seen more than 1200 patients with OCD and related disorders. He has been in full time private practice since 1998, commencing as Medical Director of the inpatient CBT treatment program, The Anxiety and Depression Programme (ADP) at The Melbourne Clinic in 2002. He co-founded the Melbourne Clinic's OCD program in 2005 and acts as Medical Director currently. He now specializes in comprehensive management of anxiety disorders, developing new intensive inpatient programmes for OCD, novel treatment approaches for OCD and CBT supervision for psychiatrists and psychiatry trainees. He regularly teaches Anxiety Disorder Management and CBT to trainees, psychologists and psychiatrist colleagues and talks to community and self-help organizations on anxiety-related issues.

Date	Wednesday 4 <sup>th</sup> July 2018
Time	7.30pm-9.00pm
Location	Balwyn Library Meeting Room 336 Whitehorse Road Balwyn. VIC. 3103
Cost	\$20 Standard fee \$15 ADAVIC members
Bookings	Phone: ADAVIC (03) 9853 8089 Email: <a href="mailto:adavic@adavic.org.au">adavic@adavic.org.au</a> Website: <a href="http://www.adavic.org.au">www.adavic.org.au</a> BOOKINGS ESSENTIAL! Monies non-refundable (no credits available)

Anxiety Disorders Association of Victoria, Inc.

ABN 70 607 186 815 | Ph: (03) 9853 8089 | Fax: (03) 9853 8021

## PAYMENT AND REGISTRATION FORM

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☐ I would like to attend the **Question & Answer** session presented by **Sally-Anne McCormack and Dr Scott Blair-West** on **Wednesday 4<sup>th</sup> July 2018**

### PLEASE COMPLETE THE FOLLOWING DETAILS

Total no. of people attending: \_\_\_\_\_

Name/s: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Would you like to receive free Enews & Email updates? Yes ☐ / No ☐

How did you hear about this event? \_\_\_\_\_

### PAYMENT (please tick)

☐ \$20.00 Standard fee      ☒ No. of people attending \_\_\_\_\_

☐ \$15.00 ADAVIC Members      ☒ No. of people attending \_\_\_\_\_

*MONIES NON-REFUNDABLE – NO CREDITS AVAILABLE*

### PLEASE FIND ENCLOSED MY

☐ Cheque / Money Order (Made out to *Anxiety Disorders Association of Victoria*)

☐ Credit Card Details

Name on Card: \_\_\_\_\_

Credit Card Type:      Visa      MasterCard

Credit Card No:     

CVV Number      \_ \_ \_      (last three digits on the back of your credit card)

Expiry Date:      \_ \_ / \_ \_

Amount/s:      \$.....      Signature: .....

  
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- Cheques to be made out to *Anxiety Disorders Association of Victoria*.
- Please return this Payment Form via email to [adavic@adavic.org.au](mailto:adavic@adavic.org.au)
- Or post to: **ADAVIC**, P.O. Box 625, Kew. Vic. 3101
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