

Geelong Community Mental Health Speakers Program

providing more options for those with a Mental Illness

Saturday 14th October 2017

Starts 1pm promptly, finishing at 3.30pm;

Held at SalvoConnect, 35 Myers Street, Geelong

Guest Speakers

Susan Bassett – EMDR Therapy (Eye Movement Desensitisation & Reprogramming)

Susan Bassett, is a counsellor who utilises EMDR Therapy in her practice and specialises in anxiety in younger individuals. Susan has a vast experience in the community mental health sector, with a background in nursing.

EMDR Therapy is a powerful psychological treatment that has been used effectively for over 20 years in a variety of international settings and cultures with many different types of psychological distress.

Rachel Penn – The Benefits of Art Therapy for Good Mental Health

Rachel Pen, Art Therapist, pursued training in Art Therapy following the beneficial impact it had on her own lived experience with Anxiety. This firsthand insight enables her to provide unique instruction and interaction. As part of Rachel's presentation you will be invited to take part in a brief Art Therapy session.

By expressing yourself through art, an art therapist can help you see things about yourself that you otherwise may not have comprehended. Art therapists can help you process emotions and feelings that you are struggling with, so you can begin healing

Cost: \$10 full fee

Pay at the door

Refreshments provided

\$5 concession

To book your spot, call Nicci Wall on 0419 874 350 or email info@thisismyreality.com.au

Attendance without booking will be based on availability of seating not already booked.

Future Sessions - Acceptance & Commitment Therapy, Advanced Statements, Mental Illness – The Lived Experience, IMHA - Independent Mental Health Advocate, Interpersonal & Social Rhythm Therapy, Transcranial Magnetic Stimulation (TMS), Positive Psychology, Self-Care, Safety Planning.



www.mindworksgeelong.org.au



www.salvoconnect.com.au



www.thisismyreality.com.au