



## Evidence-based relaxation therapy: Psychoneuroimmunology.

**Evidence-based, non-invasive, simple, cost-effective and easy to implement techniques for health professionals to teach to clients.**

Psychoneuroimmunology (PNI) examines links between behaviour, neural, endocrine and immune function and their impact on health. PNI is the science of mind / body connections and offers a framework to understand that psychological conditions and physical health are intimately linked.

Relaxation Therapy is evidence-based, efficacious, non-invasive and cost efficient. Simple techniques such as deep diaphragmatic breathing, guided imagery and hands on skills can increase physiological and psychological health. Relaxation can improve pain, sleep disorders, depression, anxiety, wound healing, cognitive function and post-traumatic stress disorders. Relaxation can increase alpha and theta brainwaves, decrease heart rate and respiration, reduce production of stress hormones such as corticosteroids and improve a range of immune functions.

This unique one-day seminar identifies the latest evidence that demonstrates specific connections between thoughts, emotions and health.

It includes theoretical, scientific components, practical sessions in relaxation techniques and encourages successful implementation of relaxation into clinical practice to enhance patients' health and wellbeing.

Participants receive up-to-date handouts, review recent peer-reviewed studies in PNI and Relaxation Therapy, view relevant film clips, practise relaxation techniques and learn to effectively teach relaxation techniques to patients.

### Learning objectives of this training:

1. Examine latest evidence-based research about Relaxation Therapies and PNI;
2. Identify interactions between CNS, endocrine and immune systems;
3. Identify benefits of Relaxation for conditions such as pain, anxiety, trauma, depression and fatigue;
4. Experience relaxation techniques; and teach relaxation skills to clients/patients.



**Dr Judy Lovas** is a highly experienced speaker in Psychoneuroimmunology and Relaxation Therapy, with an approach that is both scientific and holistic. Judy is passionate about teaching health professionals how to successfully implement simple Relaxation techniques into their clinical practice, to improve patients' health and wellbeing. Judy's dynamic presentations explain the art and science of Relaxation Therapy. In our increasingly fast paced world, everyone needs to relax, yet few know how. Judy's extensive experience in teaching, clinical practice and research, enables her to offer important insights into the role of relaxation for stress related conditions such as anxiety, depression, PTSD, fatigue and pain. Join Judy in her unique presentations that include both theoretical and practical components and learn Relaxation to enhance your professional practice as well as your personal life.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

**View our range of training topics at [www.PDPseminars.com.au](http://www.PDPseminars.com.au) to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.**

Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

*We recommend checking with your association for the correct calculation of points.*

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

### **Morning Session**

Introduction to Relaxation and Psychoneuroimmunology.  
Review evidence of interactions between neural, endocrine and immune systems.  
PNI, stress-related conditions and stress-induced immunomodulation.  
Deep, diaphragmatic breathing (Theory and Practical).  
Relaxation, immunomodulation and efficacy in pain, fatigue and mood disorders.

### **Afternoon Session**

Guided Imagery (Theory and Practical).  
Latest peer reviewed journal articles on Relaxation research.  
Hands-on techniques e.g. Self Massage and Passive Movements (Theory and Practical).  
Clinical applications of relaxation skills and teaching Relaxation skills to patients (Practical).  
Evaluation and closing.

***“Evidence-based relaxation therapy is easy to teach and can empower patients while enhancing health and wellbeing outcomes.”***

Dr Judy Lovas

### **How will you benefit from attending this training?**

- Understand the science of PNI that supports Relaxation Therapy.
- Benefit professionally by teaching patients simple, effective Relaxation.
- Benefit personally by learning Relaxation techniques.

### **Booking process:**

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

### **We include:**

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates for all participants.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

This training workshop is suitable for mental health practitioners including psychologists, psychotherapists, counsellors, social workers, psychiatrists and allied health workers.

### **Feedback form Judy’s recent presentations of this training:**

*“An excellent seminar which I will be able to put into practice both for myself and my clients”*

*“A worthwhile practical seminar”*

*“Good evidence and well referenced so I can tell clients it works”*

*“Very informative and the relaxation exercises and practical was excellent”*

*“This seminar is helpful professionally and personally”*

*“The most useful seminar I’ve attended during the last 5 years”*

*“Excellent and very enjoyable and useful for both clients in my psychotherapy practice and myself”*

*“I’ve found the information from Judy useful and given in an easy to digest manner”*

*“Great to know about the scientific evidence underpinning mind/body system. The practical experience was very valuable for my future sessions with clients”*