

Anxiety Disorders Association of Victoria presents

Sleep Disorders: Management without drugs



An information session with **Moira Junge**,
Registered Psychologist

Overview:

Sleep disorders are complex and often occur alongside other conditions such as depression, anxiety and in the context of trauma. Dr Moira Junge will give an overview of sleep and difficulties with sleep such as insomnia and nightmares, in a relaxed and informal atmosphere. The Australian Sleep Health Foundation and the Australasian Sleep Association believe that sleep is as important to our health as diet and exercise. People like Moira consider it to be one of the three main pillars of health. Causes of sleeping difficulties as well as treatment options will be outlined and discussed including Cognitive Behaviour Therapy for Insomnia (CBT-i) and Mindfulness based reduction (MBSR).

About the presenter:

Dr Moira Junge is a registered psychologist, having completed a Doctorate in Health Psychology. She has twenty years' experience in the healthcare sector and has worked in the sleep field since 1994.

Moira uses cognitive behavioural therapy (CBT) techniques as well as drawing on hypnosis, mindfulness, imagery rehearsal therapy (IRT) and well-developed counselling skills. She is committed to providing the highest standard of psychological care and is passionate about and actively involved in, educating other psychologists about treating sleep disorders.



Audience:

General public & health professionals

Wednesday 16 September 2015

7.30pm - 9.00pm

Altona Meadows Library and Learning Centre
Central Square Shopping Centre
2 Newham Way
Altona Meadows, 3028

Cost:

\$15.00 Standard fee

\$10.00 ADAVIC members

Bookings:

Phone: ADAVIC (03) 9853 8089

Email: adavic@adavic.org.au

Website: www.adavic.org.au

This event and associated information resources
are supported by the Lord Mayor's Charitable
Foundation.

**Australian Communities Foundation: Hobsons
Bay Community Fund (Extension)**



Hobsons Bay City Council



BOOKINGS ESSENTIAL! Monies non-refundable (no credits available)

PAYMENT AND REGISTRATION FORM

Anxiety Disorders Association of Victoria, Inc.
ABN 70 607 186 815 | Ph: (03) 9853 8089

I would like to attend the information session on **“Sleep Disorders: management without drugs” presented by Moira Junge on the 16th of September, 2015.**

PLEASE COMPLETE THE FOLLOWING DETAILS

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- \$10.00 ADAVIC Members **X** No. of people attending _____

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