

# ANXIETY DISORDERS ASSOCIATION OF VICTORIA Presents

## BEV AISBETT, AUTHOR OF



Living With IT, Living IT Up, Letting IT Go and Taming the Black Dog and new book released in Feb 08 'The Book of IT'

Date: Wednesday, 26<sup>th</sup> August 2009  
Venue: Kingston City Hall, Level 3, Function Room B,  
985 Nepean Hwy, Moorabbin.  
Time: 7.30pm – 9.00pm  
Cost: \$20.00 non-members and \$10.00 ADAVIC members

### **First Topic: 'ANXIETY AND DEPRESSION 'Taking the fear out of IT'**

With Bev Aisbett releasing her latest publication **"The Book of It"** in 2008, this milestone has added to her already impressive portfolio of achievements. Having released five other publications which have gone on to sell hundreds of thousands of copies, and facilitating the **"WORKING IT OUT"** recovery program for sufferers, as well as running various lectures and workshops with our organisation, Bev is set to continue another year with the Anxiety Disorders Association of Victoria in 2009.

Having suffered from severe anxiety in the past, Bev's subsequent recovery led to her offering help as an author, counsellor and survivor to the many who suffer from anxiety, depression and OCD. Bev herself was diagnosed with an anxiety disorder and possible manic depression at the peak of her career, as she had just established herself as a freelance cartoonist and illustrator. Alongside panic attacks, the daily sense of terror and dread and a persistently racing heart, Bev dealt with insomnia, trembling, and severe bouts of depression. Bev found help in personifying her fears and anxiety into a character- "IT". Through giving her anxiety form, and through characterizing her affirmations, Bev created a therapeutic technique, which she saw had the potential to help others.

Bev's continued association and assistance to ADAVIC has been invaluable. She regularly hosts lectures, workshops and programs, as well as providing anxiety sufferers with her animated books. Bev's popularity ensures that her lectures are always well-received, and her publications along with her and workshops have steadily gained recognition from doctors, psychologists and government rehabilitation services as being highly effective in terms of the recovery process. Bev has used her experience as means to reach thousands of people suffering from anxiety and depression, and her down to earth, practical and empathetic approach is refreshingly direct.

Bev's reassuring and common sense approach to problem solving, self-awareness and empowerment has led graduates of her program to consistently report at least a 70% reduction in their anxiety levels and a far more relaxed attitude to life in general by offering help and hope.



# LECTURE

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



I would like to attend the following lectures: (Please circle):

- A. 'Anxiety & Depression – taking the fear out of IT' – Bev Aisbett (Wednesday 29<sup>th</sup> August 2009)  
**\$20.00 non-members and \$10.00 ADAVIC members**

## Please Complete the Following Details

No. of people attending: \_\_\_\_\_

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

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

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

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

Mailing List: Yes / No

How did you hear about the event?

## Credit Card Details

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

Credit Card Type:                      Visa      MasterCard      Bankcard

Credit Card No:                     

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

Expiry Date:    \_\_\_\_ / \_\_\_\_

Amount:                      \_\_\_\_\_ [NOTE: All credit card payments attract a **1.95% surcharge fee** and this is added at the time of transaction.]

Signature:                      .....

## Return to:



- 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.**

## OFFICE USE ONLY:

Processed by: \_\_\_\_\_

Date: \_\_\_\_\_

**MONIES NON REFUNDABLE**