

Royal Rehabilitation Centre **Sydney**

# **Professional Development Calendar 2008-09**



**ROYAL**  
REHABILITATION CENTRE **SYDNEY**

# PROFESSIONAL DEVELOPMENT SEMINARS 2008-09

## AngerWise: Dealing with Anger Wisely

**Dr Vivienne Riches, PhD**

*Centre for Developmental Disabilities Studies*

Anger is a normal human emotion, but dealing with one's own and other people's anger can be challenging. This workshop will explore anger in practical ways and provide insights and skills on how to manage anger wisely – both personally and when dealing with angry others.

This workshop will provide you with tools to identify triggers for anger and strategies to problem solve solutions. You will learn about 'anger banks' and gain skills in conflict resolution.

**Time:** 9AM – 4PM

**Date:** 29<sup>th</sup> April 2009

**Venue:** Ryedale Room, Ryde Eastwood Leagues Club, 117 Ryedale Rd West Ryde

**Cost:** \$650

**Early Bird:** \$575

## Supporting Staff to Support Clients

**Dr Vivienne Riches, PhD**

*Centre for Developmental Disabilities Studies*

Assisting staff in accommodation services to support people with disability who have high and complex needs, can be tough. Who do staff turn to for support? What support functions are needed by direct care staff? What contributes to resistance and staff satisfaction?

This workshop will be of interest to those of you who work with people with disabilities in group homes, independent living, day programs or employment services.

**Time:** 9AM – 12PM

**Date:** 9<sup>th</sup> April 2009

**Venue:** Ryedale Room, Ryde Eastwood Leagues Club, 117 Ryedale Rd West Ryde

**Cost:** \$320

**Early Bird:** \$275

## Dementia and Driving

**Jan Smead and Wendy Chandran**

A diagnosis of dementia does not mean automatic licence cancellation, as some

believe. Many people prove to be very competent and safe drivers, whilst still having significant memory changes. What does a driving assessment entail, what does it achieve and what are the indicators for concern with driving? The clinical experience of the presenters, case studies and research will be used to highlight the issues.

**Time:** 9AM – 11AM

**Date:** 8<sup>th</sup> October 2008

**Venue:** Ryedale Room, Ryde Eastwood Leagues Club, 117 Ryedale Rd West Ryde

**Cost:** \$320

**Early Bird:** \$275

**Time:** 9AM – 11AM

**Date:** 18<sup>th</sup> March 2009

**Venue:** Coles Room, State Library NSW

**Cost:** \$320

**Early Bird:** \$275

## Tools and Strategies for Successful Negotiations

**Carolyn Fettes**

Attending this workshop will provide allied health professionals with the tools to successfully conduct negotiations in the workplace.

Participants will be shown how to identify potentially stressful negotiation situations and taught how to apply tried and tested tools to address them

**Time:** 9AM – 1PM

**Date:** 19<sup>th</sup> November 2008

**Venue:** Coles Room, State Library NSW

**Cost:** \$320

**Early Bird:** \$275

**Time:** 9AM – 1PM

**Date:** 20<sup>th</sup> May 2009

**Venue:** Ryedale Room, Ryde Eastwood Leagues Club, 117 Ryedale Rd West Ryde

**Cost:** \$320

**Early Bird:** \$275

## Five Day Rehabilitation Nursing Professional Development Program for RNs

**Dr. Julie Pryor, PhD**

This highly interactive program, facilitated by recognised leaders in rehabilitation nursing

is designed for registered nurses working in rehabilitation or interested in developing rehabilitation-focussed practice. The program is based on the ARNA rehabilitation nursing competency standards.

To gain maximum benefit, the five day is delivered in two sessions held over a three week period.

**Time:** 8.00AM – 4.30PM

**Date:** 4<sup>th</sup> & 5<sup>th</sup> September & 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> September 2008

**Venue:** Charles Blunt Room, Royal Rehabilitation Centre, 59 Charles St Ryde

**Cost:** \$880

## Principles and Practice of Person-focused Teamwork in Rehabilitation

**Dr. Julie Pryor, PhD**

Professional Leaders: Belinda Carr (Occupational Therapy), Sarah Fereday (Physiotherapy), Diane Turner (Social work), Kate Makin (Speech Pathology), Samantha Grant (Psychology), Sandra Lever (CNC), Kate O'Reilly (CNC), Priya Iyer (Nutrition and Dietetics), Anne Roman (CNC), Nicole Kennedy (Case Management), Robert Price (Recreation Therapy), Roxanna Heriseanu (Rehabilitation Specialist)

This two-day program will introduce participants to the principles and practice of person-focused teamwork in rehabilitation. The program, which includes plenary sessions and interactive workshops based on contemporary case studies, has been developed by the professional leaders at the Royal Rehabilitation Centre. It is based upon exploration and critique of the literature and current practice in the pursuit of evidence based practice. In line with the philosophy informing the program, a team of rehabilitation health care professionals will facilitate the two-day program. Participants can look forward to a dynamic sharing of ideas and exploration of challenges in relation to person-focused teamwork in rehabilitation.

**Time:** 8.00AM – 4.30PM

**Date:** 29<sup>th</sup> & 30<sup>th</sup> October 2008

**Venue:** Ryedale Room, Ryde Eastwood Leagues Club, 117 Ryedale Rd West Ryde

**Cost:** \$625

**Early Bird:** \$500

## Sexuality Workshop

### Sandra Lever

This one-day workshop is designed to raise the knowledge, skills and comfort levels of service providers in the area of sexuality and acquired disability. The workshop covers attitudes towards sexuality, effects of acquired disability on sexuality, sex workers and legal issues. There will be trade displays of available services and equipment. The course will be facilitated by recognised leaders in sexuality and acquired disability field.

**Time:** 8.00AM – 4.30PM

**Date:** 17<sup>th</sup> June 2009

**Venue:** Ryedale Room, Ryde Eastwood Leagues Club, 117 Ryedale Rd West Ryde

**Cost:** \$230

**Early Bird:** \$180

## Disability Awareness Training Program for Primary Health Providers

### Dr. Robert Zoa Manga

To increase the capacity of health professionals and staff to deliver culturally sensitive, quality care to adults with physical and sensory disabilities, to solve related problems in their practices, and to comply with the requirements of the *Disabilities Discrimination Act of 1992*. Participants will gain a better understanding of health, wellness and care issues concerning people with physical disabilities, and acquire specific skills to increase good communication and rapport, which in turn enhances accurate assessment and delivery of quality care. Appropriate for students and professionals.

**Time:** 2PM – 4PM

**Date:** 19<sup>th</sup> November 2008

**Venue:** Coles Room, State Library NSW

**Cost:** \$300

**Early Bird:** \$275

**Time:** 2PM – 4PM

**Date:** 20<sup>th</sup> May 2009

**Venue:** Ryedale Room, Ryde Eastwood Leagues Club, 117 Ryedale Rd West Ryde

**Cost:** \$300

**Early Bird:** \$275

## Early Bird Discounts

Receive an early bird discount by booking 6 weeks prior to the event. Only for those events indicating an early bird rate.

## Group Discounts

Group discounts are available when 3 or more people from the same agency book at the same time for courses with early bird rates.

## Further details

Learning & Development  
Royal Rehabilitation Centre  
PO Box 6 Ryde NSW 1680 Australia  
Ph: 02 9808 9626  
enquiries@royalrehab.com.au

## GST

The Centre is obliged to pay GST on all courses and advertised prices includes 10% GST.

## Cancellation Information

Participants paying for their own airfares are encouraged to obtain travel insurance to cover losses in the event of course cancellation. The Centre reserves the right to cancel or postpone any course, workshop or seminar due to insufficient enrolments or any other reason. When the Centre cancels a course, the full course fee will be refunded. The Centre will make every effort to contact every registered participant if a course is to be cancelled.

## Venue Information

### Royal Rehabilitation Centre, Sydney

59 Charles St, Ryde NSW 2112  
Ph: 02 9808 9626

### State Library of New South Wales

Macquarie St, Sydney  
Ph: 02 9273 1414

### Ryde Eastwood Leagues Club

117 Ryedale Rd, West Ryde  
Ph: 02 9807 2444

## Privacy Statement

Royal Rehabilitation Centre is committed to your privacy. All information collected on this registration will be held in the strictest of confidence and in accordance with the Privacy Act 1988. Royal Rehabilitation Centre may add your information to a database. This will be used to primarily to contact you for ongoing research and notice of future events.

If you do not wish to receive information from Royal

Rehabilitation Centre please tick this box

To update or have your details deleted please advise us by contacting enquiries@royalrehab.com.au or by fax 02 9808 9645 or phone 02 9808 9626

## Parking Information

### State Library

Parking is offered by Secure Parking  
131 Macquarie St, Sydney  
Ph: 02 8912 4900  
Open until midnight Mon-Sat

### Metro Parking

8 Hospital Rd, Sydney  
Ph: 02 9223 1166  
Open until 9.30PM Mon-Fri

### Ryde Eastwood Leagues Club

Free undercover parking at venue and on street parking  
Open for early sessions and until midnight Mon-Sun

### Royal Rehabilitation Centre, Sydney

59 Charles St, Ryde  
Free parking on site and on street

2008 Royal Rehabilitation Centre  
ACN 000 025 794

# REGISTRATION / TAX INVOICE ABN 34 000 025 794

Title ..... First Name ..... Last Name .....

Position ..... Employer .....

Postal Address .....

Phone ..... Fax .....

Email .....

Seminar (please tick relevant date)	Early Bird	Cost	Time	Date
AngerWise: Dealing with Anger Wisely	\$575	\$650	9am-4pm	<input type="checkbox"/> 29 <sup>th</sup> Apr 2009
Supporting Staff to Support Clients	\$275	\$320	9am-12pm	<input type="checkbox"/> 9 <sup>th</sup> Apr 2009
Dementia and Driving	\$275	\$320	9am-11am	<input type="checkbox"/> 8 <sup>th</sup> Oct 2008 <input type="checkbox"/> 18 <sup>th</sup> Mar 2009
Tools and Strategies for Successful Negotiations	\$275	\$320	9am-1pm	<input type="checkbox"/> 19 <sup>th</sup> Nov 2008 <input type="checkbox"/> 20 <sup>th</sup> May 2009
Five Day Rehabilitation Nursing Professional Development Program for RNs		\$880	8am-4.30pm	<input type="checkbox"/> 4 <sup>th</sup> , 5 <sup>th</sup> , 17 <sup>th</sup> , 18 <sup>th</sup> & 19 <sup>th</sup> Sep 2008
Principles and Practice of Person-focused Teamwork in Rehabilitation	\$500	\$625	8am-4.30pm	<input type="checkbox"/> 29 <sup>th</sup> & 30 <sup>th</sup> Oct 2008
Sexuality Workshop	\$180	\$230	8am-4.30pm	<input type="checkbox"/> 17 <sup>th</sup> Jun 2009
Disability Awareness Training Program for Primary Health Providers	\$275	\$300	2pm-4pm	<input type="checkbox"/> 19 <sup>th</sup> Nov 2008 <input type="checkbox"/> 20 <sup>th</sup> May 2009

## Payment

Cheque  Purchase Order  Money Order  Visa

Name as it appears on card

Card Number

Expiry Date

Signature

**Where did you hear about our seminars?**  This flyer  Word of mouth  Website  Email

Other please specify .....

## How to register for seminars?

- You can register up to four working days before the seminar
- Fill in this registration form and fax to us on 02 9808 9645, or post to us at Learning and Development Resource Centre, Royal Rehabilitation Centre Ryde, 59 Charles St, Ryde 2112
- We will send you a confirmation email a week before the seminar
- If you have any questions about your registration please phone Anne Gildersleeve on 02 9808 9626

## Cancellation Information

If you are not able to attend a seminar, another representative from your organisation is welcome. However, if on-one is able to attend:

- A total refund will be provided if you give us 10 working days notice
- If you cancel after this date no refund will be provided
- A transfer to another date is only possible if you give us 5 working days notice

**Please fill in this registration form and fax to us on 02 9808 9645**

## PRESENTERS 2008-09

### Jan Smead

Jan Smead has completed both a diploma and a degree in occupational therapy.



Since that time she has worked mainly in rehabilitation. In 1994 she completed a post graduate certificate in Driver Rehabilitation at Sydney University. Jan is a registered driver assessor and has practiced in this field at the Royal Rehabilitation Centre Sydney for over 14 years. Jan is passionate about driving and driving issues and apart from her car licence holds a bus and a motor bike licence.

### Sandra Lever

Sandra is a Registered Nurse with 25 years in neurological, orthopaedic, and aged care rehabilitation. Sandra is currently the Clinical Nurse Consultant in Rehabilitation at the Royal Rehabilitation Centre Sydney. Sandra has completed a Masters of Nursing (Rehabilitation) and a Graduate Diploma in Sexual Health. Sandra is the Vice President of the NSW chapter of the Australasian Rehabilitation Nurses Association and co-chairs the NSW Stroke Services Stroke Rehabilitation and Stroke Recovery working party. Sandra is the coordinator of the sexuality clinic at the Royal Rehabilitation Centre.



### Dr. Vivienne Riches, PhD

Dr Vivienne Riches is a registered psychologist and has worked as a teacher, psychologist in private practice, consultant and lecturer and researcher in the disability field for a number of years. Vivienne is a Senior Research Fellow at the Centre for Developmental Disability Studies and The University of Sydney. She holds joint appointments as Clinical Senior Lecturer, University of Sydney and Clinical Psychologist, Royal Rehabilitation Centre.



### Carolyn Fettes

Carolyn trained as a social worker in the United Kingdom and then completed her Masters Degree in Public and Social Administration at Brunel University in London. She taught at Melbourne University for four years and completed research and publications on social service issues. Carolyn has over 20 years experience practicing as a social worker. In the last fifteen years Carolyn ran her own business in New York, teaching stress management and meditation and had a private counselling practice. She now lives and works permanently in Australia and is the Senior Social Worker in the Brain Injury Unit at the Royal Rehabilitation Centre Sydney.



### Wendy Chandran

Wendy Chandran trained as an occupational therapist in London and has 35 years experience working in the field. Wendy has worked in acute psychiatry and community settings. Wendy has completed a post graduate qualification to become a driving assessor and has worked exclusively in this speciality for over 13 years both at the Royal Rehabilitation Centre Sydney, and as an external consultant at Sydney University Driver Rehabilitation Team. She loves cars, and at the age of 50 obtained her motorcycle licence!



### Dr. Robert Manga

Dr Robert Manga MBBS, Master of Public Health, Master of Health Services Management. His experience includes working as a Senior Research Fellow, researching osteoporosis and menopause at the Sydney Menopause Centre, Royal Hospital for Women. Dr Manga has also held positions as a Clinical Research Manager, Natural Therapies Unit Royal Hospital for Women and consultant to the Rehabilitation Studies Unit, Royal Rehabilitation Centre. Dr. Manga has published regularly in the Medical Observer journal and is currently employed as Education & Research Consultant Royal Rehabilitation Centre, Sydney.



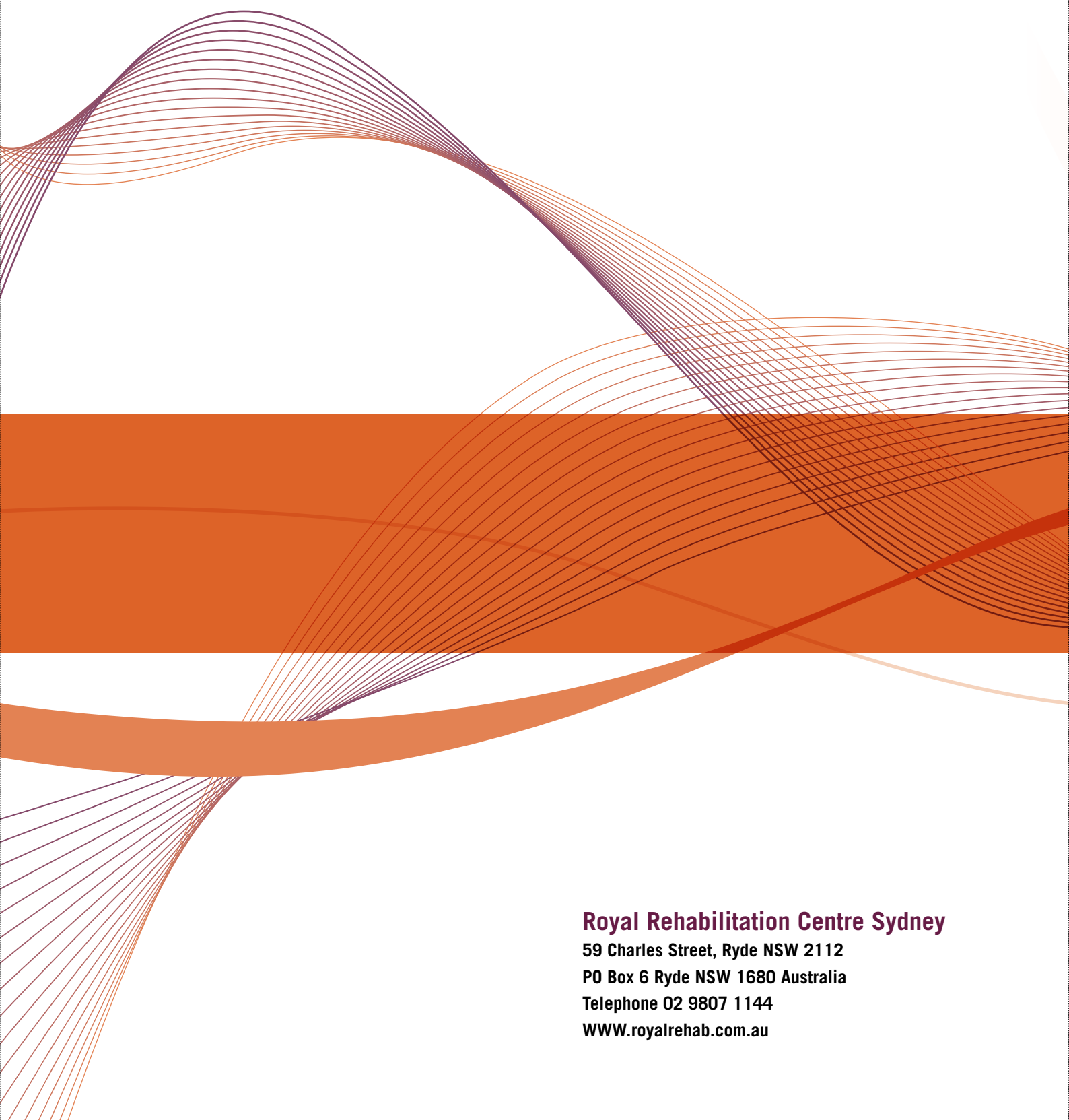
### Dr. Julie Pryor, PhD

Julie has held a variety of clinical, management, education and research positions in rehabilitation and has researched and published widely about rehabilitation.



Julie has worked as a registered nurse and midwife. She has studied education and human geography at Macquarie University and completed a Master of Nursing (Clinical Nursing) at University of Sydney and a Doctor of Philosophy at Deakin University.

Her substantive position at the Royal Rehabilitation Centre is as a researcher and consultant. In addition, Julie is an Associate Professor, Clinical Rehabilitation, at Flinders University, where she contributes to Australia's only postgraduate multi-disciplinary clinical rehabilitation programs. Julie also is an Adjunct Associate Professor in the School of Nursing and Midwifery at Charles Sturt University.



**Royal Rehabilitation Centre Sydney**

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