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Association of Psychologists of Nova Scotia

The Meeting of Mind & Body: Health Anxiety & Chronic Pain

May 28, 2010, 9 am - 4:30 pm - Dalhousie University Club

The Meeting of Mind & Body - Registration

Fees

| | *early bird | after may. 25 |
|----------------------------------|-------------------|---------------|
| Members | \$175 | \$225 |
| Non-members | \$250 | \$300 |
| Student members | \$75 | |
| Student non-members | \$100 | |
| Group (4 + from one org.) | \$25 off / person | |

Contact APNS for more info

*Early Bird prices in effect until April 30th

Total

Contact Information

Name _____

Organization _____

E-mail _____

Phone _____

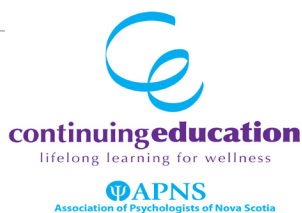
Method of Payment

Cheque/Cash MasterCard Visa

Credit Card # _____

Expiry Date _____

Signature _____



Deadline for registration is Noon, May 27th. Please contact APNS before then to reserve space. A non-refundable administrative fee of \$35.00 will be charged for all cancellations. Notification must be received by APNS one week prior to the workshop to be eligible for a refund. Participants may name a colleague to attend in their place at no extra cost. This person must be named prior to the day of the workshop.

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The Meeting of Mind and Body: Health Anxiety and Chronic Pain

Health Anxiety

Many people are unduly worried about their health. People with excessive anxiety about health commonly present to medical clinics and are often referred to mental health services. Excessive health anxiety can be complex and difficult to treat.

The purpose of this 1-day workshop is to review the current state of knowledge about the etiology, assessment, case formulation, and treatment of excessive health anxiety.

Emphasis will be on hypochondriasis, which is among the most clinically challenging forms of health anxiety, as well as on presentations complicated by chronic pain. Cognitive-behavioural interventions will be discussed in detail along with promising new approaches

for treating health anxiety. Common obstacles to successful treatment will be identified and potential solutions will be offered.

Participants in this workshop will have the opportunity to develop a cognitive-behavioural case formulation and treatment plan of selected cases. There will also be an opportunity for participants to share their own clinical experiences and to obtain consultation regarding their own cases.

Learning Objectives

- Describe the important clinical features of excessive health anxiety, with an emphasis on hypochondriasis.
- Review the current state of knowledge concerning the etiology of excessive health anxiety, including predisposing, precipitating, perpetuating, and protective factors.
- Describe a case-formulation approach relevant for treatment planning.
- Review relevant assessment instruments and methods.
- Understand the comparative efficacy of treatments for excessive health anxiety, as well as the components of cognitive-behaviour therapy for health anxiety.
- Develop a cognitive-behavioural case formulation and treatment plan for selected cases.

The Meeting of Mind and Body: Health Anxiety and Chronic Pain

with Gordon J.G. Asmundson, Ph.D.



Gordon J. G. Asmundson, Ph.D., R. D. Psych is currently a Full Professor of Psychology at the University of Regina, an Adjunct Professor of Psychiatry at the University of Saskatchewan, a Canadian Institutes of Health Research (CIHR) Investigator.

Dr. Asmundson holds several editorial posts, including North American Editor of *Cognitive Behaviour Therapy*, the Behavioral Medicine Section Editor for *Cognitive and Behavioral Practice*, The PTSD Section Co-editor for *Psychological Injury and Law*, and serves on the editorial boards for the *Journal of Anxiety Disorders*, the *Journal of Behavior Therapy and Experimental Psychiatry*, *Clinical Journal of Pain*, and several other journals.

He has published over 240 journal articles and book chapters (regarding the anxiety disorders,

chronic pain, and overlap between the two) as well as 5 books, including *It's Not All in Your Head: How worrying about your health could be making you sick and what you can do about it* (with Steven Taylor; 2005, New York: Guilford), *Health Anxiety Disorders: A Clinical Guide to Assessment and Treatment* (with Steven Taylor; 2003, New York: Guilford), and the edited volume *Health Anxiety: Clinical and research perspectives on hypochondriasis and related disorders* (with Steven Taylor and Brian J. Cox; 2001, New York: Wiley).

He served as a member of the DSM-IV Text Revision Work Group for the Anxiety Disorders, trained as a Beck Scholar at the Beck Institute for Cognitive Therapy and Research (2005-2006), and recently received the highest accolade available to scientists and scholars in Canada – induction as a Fellow of the Royal Society of Canada (2009).

He is actively involved in clinical research, clinical research supervision, has a small private practice, and has research and clinical interests in assessment and basic mechanisms of the anxiety disorders, health anxiety, acute and chronic pain, and the association of these with disability and behavior change.

Schedule

| | |
|-------|-------------------|
| 8:30 | Registration |
| 9:00 | Morning session |
| 10:30 | Refreshment break |
| 10:45 | Session resumes |
| 12-1 | Lunch |
| 1:00 | Afternoon session |
| 2:30 | Refreshment break |
| 2:45 | Session resumes |
| 4:30 | Session ends |



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