

AACBT National Awards Night & AGM

Distinguished Career Award Winner and Tracey Goodall Award Winner Presentations



Join us for a special night of presentations by the 2016 AACBT Distinguished Career Award Winner and Tracey Goodall Early Career Award Winners

2016 DISTINGUISHED CAREER WINNER PROF LOUISE SHARPE

Improving early access to effective cognitive-behavioural interventions to prevent and manage chronic pain

Chronic pain is one of the most prevalent medical conditions affecting 1 in 5 Australians. Despite this, medical interventions are typically of limited value. In contrast, there are many randomised controlled trials that attest to the efficacy of CBT for people with chronic pain.

Find out how to improve pain outcomes and prevent chronic pain by:

- Increasing the reach of interventions
- Adopting earlier intervention
- Incorporating new approaches how pain is interpreted

Don't miss this award winning talk by our own international superstar of health psychology! Professor Sharpe is a great speaker in high demand!

2016 EARLY CAREER WINNER DR JILL NEWBY **Overcoming health anxiety**

Severe health anxiety is a debilitating and costly condition but often goes undetected because people seek support from medical rather than psychiatric services due to their worries about physical symptoms.

- Discover the latest in what we know about health anxiety
- Find out how imagery biases and behaviours maintain health anxiety
- Learn about an innovative online CBT treatment for health anxiety.

Come and hear one of our best and brightest up and coming CBT stars!

- **When** 6:30-8.30pm, Friday 4 November 2016 (includes AGM)
- **Where** The Grace Hotel, 77 York St Sydney
- **Tickets** Free AACBT Members / Non-Members \$15

Drinks and Canapés will be served

Louise Sharpe is an internationally recognised expert in Health Psychology with particular expertise in cognitive behavioural treatments for patients coping with chronic pain and physical illness. She has published over 150 peer-reviewed publications and received more than \$5.5 million in research funding.

Jill Newby is a Lecturer, NHMRC Early Career Fellow and Clinical Psychologist in the School of Psychology at the University of New South Wales (UNSW). She conducts clinical research into the treatment of anxiety and depression, with a focus on health anxiety, transdiagnostic interventions, and internet-delivered treatments.



Book now at <https://www.aacbt.org.au/events/>

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