

# **WELLNESS SEMINARS**

## **COMBINING BODY, MIND, SOUL AND SPIRIT**

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### **TOPICS**

- 1. 12 common reasons for compulsive overeating and ways to overcome them.**
- 2. Stress management and self care.**
  - Ways of reducing stress.
- 3. Problem solving.**
  - A detailed method of solving problems that look like they have no solutions. This can be used when problems appear insurmountable and it's just too hard to cope with life.
- 4. Negative self-talk and cognitive behaviour therapy.**
  - A structured way to sort this out on an everyday basis to increase self-esteem and different behaviours that will help in most areas.
- 5. Core beliefs and self-sabotage.**
  - Beliefs we carry around about ourselves and how to challenge them.
  - Overcoming setbacks and self-sabotage.
  - Techniques to identify and remove the root causes of the problem.
- 6. Narrative Therapy Techniques**
  - Externalising the problem.
  - Building up a view of yourself that is separate from the problem.
  - Finding the people, places etc. that have helped build up the helpful and unhelpful sides of you.

VENUE: Unley Citizen Centre – 18 Arthur Street, Unley.

TIME: 7 - 9 PM

DATES: 08/09/09, 21/10/09, 27/10/09, 4/11/09, 10/11/09, 17/11/09.

COST: \$15 per session = \$90.00 plus \$20.00 for the booklet.  
Additional booklet \$20 - highly recommended as follows course and has questionnaires for emotional overeating and stress management.

GIVEN BY: Dr Jill Benson, MB.BS.DCH.FAG Psych Med.MPH and  
Dr Margaret Anderson, BSc(Pharm)M.B.ChB.,FRACS

**Booking is essential for details contact Sue Tsutsulis on [suetsutsulis@yahoo.com.au](mailto:suetsutsulis@yahoo.com.au) or 0405 824 971 or 8162 5008 after 8pm.**

**There will be one session at the end of this course; the topic of this night is "Plastic Surgery Information – What next? Where do we go when we lose the weight?" This night is free for people who have attended the wellness seminars. The date is yet to be confirmed.**