



### **Continuing Professional Development Workshop Entitled: Stress Awareness and Stress Management Sunday 22 April 2012**

#### **INTRODUCTION:**

There are many proven skills that we can use to help manage stress and stressors which are part of the normal experience of day to day living. These skills can help us to remain calm and effective in high pressure situations, and help us avoid the problems of long term stress. The one day workshop is very effective in helping participants to understand the biological and psychological impact of stress and how we can manage daily stressors to reduce the long term psychological and physiological effects.

#### **WORKSHOP OUTLINE:**

- Models for Understanding Stress
- Ideas for coping with Stress
- Effects of Stress
- The Biology and Chemistry of Stress
- When Anxiety is a Problem
- What is Anxiety
- What starts and Maintains Anxiety
- How Thoughts can Increase Anxiety
- How avoidance increases Anxiety
- Understanding Panic Attacks
- Relaxation
- Progressive Muscle Relaxation
- Hyperventilation
- Procedures for Controlling Hyperventilation
- Challenging Upsetting Thoughts
- How to arrive in the Chill Out Zone

**WHO SHOULD APPLY:** Anyone interested in learning more about the subject area

**DATE FOR ONE DAY CDP WORKSHOP:** Sunday the 22 April 2012 from 9.30am to 4.30pm

**WORKSHOP FACILITATOR:** Dr. Fergus Heffernan PhD, Psychology, MSc Counselling Psychology and Family Therapies. Member Associations of Family Therapists, IOC, IIPT.

**AWARD:** Certificate of Attendance and Participation and 6 hours towards CPD.

**VENUE:** IICP Education and Training, Killinarden Enterprise Park, Killinarden, Dublin 24

**WORKSHOP FEE:** €90.00 (cheques, postal orders to be made out to IICP)



## IICP Education & Training

### One Day Workshop in Stress Awareness and Stress Management (Sunday 22 April 2012)

**Full Name:** \_\_\_\_\_

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

**Tel No:** \_\_\_\_\_

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

**Occupation:** \_\_\_\_\_

**Source:** \_\_\_\_\_

*(Where did you hear about the Workshop /IICP?)*

**Full payment of €90.00 Enclosed:**

*Deposit payment is non-refundable*

#### **Cheques/postal orders to be made payable to IICP Education and Training**

\*Receipts will be made available to you/your organisation on receipt of deposit/full payment. Please note all remaining course fees are due at registration or in advance. Cancellations must be made five working days in advance, or the course fee will be charged. Fees are non-refundable and full fees will be charged for no-shows on the day. Substitutions can be made at any time, subject to availability. We reserve the right to reschedule a course should the need arise. By completing and returning this Application Form you agree to our terms and conditions above.

**Applications to:** Ms. Gloria Fitzpatrick, IICP Education & Training,  
Ground Floor, Main Building, Killinarden Enterprise Park, Dublin 24