



Message from the President:

Another year is almost at its end, so it is timely to take a moment to review what was achieved this year, both individually and as a group - and consider the year ahead.

The TAVRP Executive Committee have worked to ensure the ongoing recognition of Rehabilitation Professionals in Tasmania, including the Red Tape Review submission to WorkSafe Tasmania (with the outcome being that accreditation for WRP's would remain).

A number of high quality Professional Development seminars have also been provided this year for our members and guests. Our monthly breakfast program has included some very interesting topics and we thank our guest presenters for covering these issues, including:

- * Physio's working with persistent pain
- * Steps to returning back to work
- * Considering a Second Injury Scheme in Tasmania
- * Functional Capacity Assessment's - What? When? And How?
- * Rehabilitation Processes within MAIB
- * Legal aspects of Documentation, Report Writing & Court appearances

The TAVRP End of Year/Christmas function at the Signal Station on 6 December 2016 provided an opportunity for Members and their partners to relax and enjoy delicious food—and the wonderful panoramic view. Cheryl Cushion won the lucky draw prize!

I trust that you and your families have a safe and happy festive season and wish you the best for 2017.

Anne-Marie Dean



At this time of year, it is important to stop and take a moment (or two) for ourselves. Follow this link for 25 Self-Care Tips for the Body & Soul:
<http://strongsensitivesouls.com/25-self-care-tips-for-the-body-soul/>

PTSD & RTW Workshop

A very interesting and informative PTSD & RTW Seminar was conducted by Dr Mandy Matthewson, from the University of Tasmania, on 10 November 2016.

PTSD was defined as a trauma related disorder that develops from being exposed to, or witnessing, a life-threatening event. It results in intrusive memories, nightmares, dissociation, intense distress and physiological reactivity. Diagnosis requires intrusive symptoms for >one month, causing functionally significant avoidance, cognitive distortion, and negative mood.

Symptoms include gastrointestinal disturbance, fatigue, sleep disturbance, physiological arousal, muscle tension, difficulty with self-care, reliance on maladaptive coping strategies (typically substances), and ongoing medical problems. PTSD is often co-morbid with anxiety, depression, agitation, relationship problems and withdrawal.

The best treatment regime is trauma focussed CBT.

PTSD clients must be allowed to control the amount of information divulged, in order to avoid re-engaging feelings of trauma. There is no need to quiz too much, as the information can be obtained from other sources. RTW barriers include severity of symptoms, access to effective mental health support, education levels, cognitive functioning and resistance.

Beneficial approaches include building rapport, prior knowledge of PTSD, effective counselling throughout the RTW process, co-ordination with the mental health practitioner, a supportive employer, appropriate job skills, effective training, and social support. (review by Cheryl Cushion)

Final notes

1. A reminder to update and return your company's staffing details to *WorkSafe Tasmania* now, and at any time you have changes in staffing.
2. Don't forget about the Injury Management Scholarship being offered by *WorkCover Tasmania* (details on the WorkCover website) – applications close 2 January 2017.
3. The Tasmanian Department of Treasury and Finance recently advised all WRP's that a Tender process to establish a preferred panel of accredited workplace rehabilitation providers is intended to be set up. The Request for Tender will be advertised early in 2017 and also on Treasury's Tender website at www.tenderstas.gov.au.

Exciting TAVRP news for 2017!!!
While we are currently working on the final details of our Symposium...

~ Save the Date ~



Tasmanian Association of Vocational Rehabilitation Providers Inc.

**Tasmanian Association of Vocational Rehabilitation Providers Inc.
proudly announces the date for its Symposium:**

"The Dark Side of Rehab"

**A look at the more complex and controversial aspects of occupational rehabilitation
Friday 16th June 2017**

**Conveniently scheduled for you to enjoy Dark MOFO
and Tasmania's Mid-Winter Feast
<https://darkmofo.net.au/>**

**Email admin@tavrp.com.au to indicate your interest in receiving more
information, including Program and Registration details**

Be sure to book early to ensure good accommodation and flight deals!



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