

# Tasmanian Association of Vocational Rehabilitation Providers (TAVRP) Inc.

## Invitation

**Topic: Lifestyle psychiatry for occupational injuries**

**Presenters: Hailey Buchhorn & Riley Bartholomew, Guardian Exercise Rehabilitation**

*Best practice treatment for mental illness is no longer defined by the typical offering of just pharmacotherapy and psychotherapy. Instead, a more collaborative and whole person wellbeing offering which now includes what is termed "lifestyle psychiatry" has been shown to be more effective, and to support a durable recovery.*

*Lifestyle psychiatry incorporates optimal nutrition and regular and routine exercise. Hailey and Riley will discuss the practical application of exercise physiology for people with a psychological injury – as well as their insights from working exclusively in occupational injury schemes.*

### Registrations Now Open

**We require prepayment and your breakfast order by the RSVP date**

#### Breakfast Choices:

- **Option 1** - Eggs (poached, scrambled or fried – please specify) & bacon on toast
- **Option 2**- Honey toasted muesli with rhubarb, apple, yoghurt & milk
- **Option 3** - Pancakes with poached pears, strawberries, brown butter syrup, mascarpone & toasted hazelnuts
- **Option 4** – Coconut & chia pudding, with nectarines and granola

 **One only tea, coffee or juice is included with breakfast**

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**Please complete registration details on the next page.**



**Professional  
Development Breakfast  
Series,  
Launceston**

**Thursday  
17<sup>th</sup> Feb 2022**

Please arrive by 7:30am  
Speak to restaurant staff on arrival to indicate that you are there for the "TAVRP breakfast"  
Presentation and discussion from 8:00am  
Event concludes 9:00am

**Grain of the Silos  
Lindsay St,  
Invermay**

Contact : [admin@tavrp.com.au](mailto:admin@tavrp.com.au)



[www.tavrp.com.au](http://www.tavrp.com.au)



**TAX INVOICE ABN 96 128 479 496**

(This page is your tax invoice – no receipts will be issued).

**TAVRP Professional Development Breakfast series – Launceston.**

**Presenter: Hailey Buchhorn & Riley Bartholomew – 17 Feb 2022**

**RSVP: With payment and breakfast order by 11 Feb 2022**

Return by email to [admin@tavrp.com.au](mailto:admin@tavrp.com.au)

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Company: \_\_\_\_\_

**Breakfast Order (Circle): Option1    Option 2    Option 3    Option 4**

Special dietary requirements for health reasons: \_\_\_\_\_

**Please select your fee category:**

- Members \$22.00 (Includes GST of \$2.00)
- Non-Members \$33.00 (Includes GST of \$3.00)

**Payment options:**

Direct deposit: TAVRP Inc, BSB: 037001 Account: 186192  
(please include your name on the deposit receipt/reference section) **OR**

Charge \$ \_\_\_\_\_ to my AMEX, Visa, MasterCard

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiry: \_\_\_\_/\_\_\_\_ CVC: \_\_\_\_\_

Signature: \_\_\_\_\_

**Please note: There are no refunds or credits available after the RSVP date.**