

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:

- 1: Croissant, scrambled eggs with Ashgrove cream, smoked ham.
- 2: Poached egg with duchess house bean
- 3: Duchess Granola with poached apples, blueberries, coconut yogurt and almond milk

Please note 1 tea or coffee is included with breakfast



**Professional
Development Breakfast
Series,
Hobart**

**Tuesday
15th Feb 2022**

Please arrive by 7:15am to
order tea, coffee
Breakfast Served 7.30am
Presentation and discussion
from 7.45am
Event concludes 8.30am

The Duchess Cafe
231 Sandy Bay Rd
Sandy Bay

Contact : admin@tavrp.com.au



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 – Hobart
Presenter: Hailey Buchhorn & Riley Bartholomew – 15 Feb 2022

RSVP: With payment and breakfast order by 09 Feb 2022

Return by email to admin@tavrp.com.au

Name: _____ Address: _____

Phone: _____ Email: _____

Company: _____

Breakfast Order (Circle): Option1 Option 2 Option 3

Special dietary requirements for health reasons: _____

Please select your fee category:

- Members \$25.00 (Includes GST of \$2.50)
- Non-Members \$35.00 (Includes GST of \$3.50)

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.