

# SASMA Symposium

Living Well in a  
Complex Life

17th September 2014  
At Morphettville Racecourse



**SASMA**

South Australian  
Self Management Alliance

*Empowering Consumers Through Collaboration*

# Living Well in a Complex Life

**8:00 am**      **REGISTRATION DESK OPENS**

**8:45am**      **OFFICIAL WELCOME** – Jenny Hughes, Chief Executive, Seniors Information Service Inc.

**9:00am**      **OPENING ADDRESS** – **Stop the Bus - I want to get back on.** Monica Hall.

**9:25am**      **KEYNOTE SPEAKER** – **Stepping Outside of the Consulting Room Box.** Dr Andrew Horwood.

**10:00am**      **KEYNOTE SESSION** – **Tai Chi for Mind, Body and Spirit.** Brenda and George Hum.

**10:30am**      **KEYNOTE SPEAKER** – **Developing Psychological Flexibility to Improve Quality Of Life: Acceptance and Commitment Therapy.** Dr Matthew Smout.

**11:00am**      **MORNING TEA**

**11.30am**      **WORKSHOP BREAKOUT SESSIONS** (Choose one session)

**1A: Dr Andrew Horwood**

**Becoming More Me.**

#Tapping into the wisdom that lies within each person.

#The joy of deep listening & being heard.

#Experience how connected we all are.

**1B: Dr Matthew Smout**

**Acceptance and Commitment Therapy Strategies For Building Psychological Flexibility.**

#Introducing participants to some popular Acceptance and Commitment Therapy strategies to help them develop more courage, more freedom from habits of thought, more self-awareness and more clarity about what they care about and how they intend to live.

Applications to common mental and physical health problems can be discussed.

**12:30pm**      **LUNCH & NETWORKING**

**1:30pm**      **KEYNOTE SPEAKER** – **‘Building Positive Wellbeing: Helping People to Flourish’.**  
Amanda Shields & Mark Marston.

**2.00pm**      **PRACTICAL SESSIONS** (Rotation)

**A – Amanda Shields & Mark Marston**

**Practical Strategies for Building Positive Wellbeing.**

#Exploring positive psychology strategies, life balance, strengths and values.

**B – Jenny Bennett & Vivienne Tomlinson**

**Enhancing Consumer Self-management through Empowerment.**

Participants will #Understand the meaning of empowerment.  
#Have knowledge of tools that can be used to enhance empowerment.  
#Practise using the decision making tool.

**C – Abby Takrade**

**The Wisdom of Yoga in Contemporary Society.**

#Become aware of your breathing and identify your patterns of stress.  
#Improve your circulation - which is compromised when we sit too much!  
#Enjoy the practice of mindfulness amid the busy lives we have chosen to live.

**3:30pm**      **AFTERNOON TEA**

**3:50pm**      **KEYNOTE SPEAKER** – **From a Tadpole to a Frog- A Journey to Empowerment.**  
Jenny Bennett & Vivienne Tomlinson.

**4:20pm**      **SUMMATION SOAPBOX** – Lui DiVenuto & Kate Dobie.

**4:30pm**      **CLOSE AND PRIZE PRESENTATION**

# Living Well in a Complex Life - Presenters

## MONICA HALL

Monica Hall has a background in television. She is an exercise instructor. She is trained in the delivery of self – management programs. She lives in her own complex world and is an inspiration for all who meet her.

## DR ANDREW HORWOOD

Dr Andrew Horwood is a holistic GP, workshop presenter, mentor, poet and Program Director at the Riverdell Spiritual Centre. Andrew has studied holistic medicine, counselling and personal spiritual growth, and regards his commitment to expressing his own inner reality as central to what he can offer others. Andrew knows that our experience of wellbeing and health is primarily the result of the interplay between the physical, mental, emotional and spiritual aspects of ourselves. He is also a certified Attunement practitioner.

## BRENDA AND GEORGE HUM

Brenda Hum has over 35 years' experience in Tai Chi. George Hum has been assisting and team teaching with Brenda for the past 8 years. Brenda is a Master Trainer in Dr Paul Lam's Tai Chi for Health Programs and in particular Tai Chi for Arthritis and Tai Chi for Osteoporosis. She has experience in a variety of Tai Chi and Qigong and is the South Australian Representative of Tai Chi Association of Australia.

## DR MATTHEW SMOUT

Dr Matthew Smout is a clinical psychologist and Team Leader, Centre for Treatment of Anxiety and Depression, Adelaide. He is a clinical lecturer in psychology at University of Adelaide, UniSA and Flinders University, with an ongoing research interest in Acceptance and Commitment Therapy (ACT). He authored a manual on psychological treatment of amphetamine, has several publications and was the inaugural national convenor of the Australian Psychological Society ACT Interest Group.

## MARK MARSTON

Mark Marston has a Masters of Teaching and a Bachelor of Information Technology. He is co-director of Be Inspired Group which aims to improve health outcomes in the community. Mark is passionate about helping people reach their potential and lead full rich lives. He regularly undertakes community projects such as fundraising events. His motto is Inspire and Be Inspired.

## AMANDA SHIELDS

Amanda Shields is co-director of Be Inspired Group and Project Manager for a Chronic Disease Consulting Service at Royal Adelaide Hospital. She is an experienced Occupational Therapist and health coach who enjoys helping people to develop the skills and resilience to flourish. She is passionate about promoting a health sector that is consumer centred and supports people to build both physical and mental wellbeing.

## JENNY BENNETT AND VIVIENNE TOMLINSON

Jenny Bennett and Vivienne Tomlinson are the Co-founders of LEAP SA "Let's Empower All People" developing programs and support networks for all ages, based on years of experience delivering and training in self- management and pain management and as consumers living with chronic conditions. They are Master Trainers in the Stanford CDSMP, Chronic Disease Self-management program and the LIFE, Living Improvements for Everyone program, and Senior Trainers in the UK Challenging Pain program. Their journey, as LEAP SA, has been achieved through their passion and dedication to empowering both consumers and professionals to be able to deal with whatever challenges they face throughout life's journey.

## ABBY TAKRADE

Abby Takrade has studied with various yoga teachers around the world beginning in 1998. Making the traditional and genuine teachings of yoga accessible to all, including those that work in stressful office environments and people with illness or disability, is the focus of her work. Having completed her Bachelor of Health Science at Flinders University in 2010 and now studying a Graduate Certificate in Disability Studies she is equipped with an understanding of the human condition from an academic perspective whilst keeping firmly grounded in the teachings of the ancient wisdom tradition of yoga. Most importantly Abby values an intelligent, compassionate and practical application of yoga.

# Notes Page



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