



**DEMENTIA
TRAINING**
STUDY CENTRES
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Shared Wellbeing in Dementia Care

**Learning from contemporary
research and current practice
in psychology**



This half day seminar for health professionals presents two perspectives on nurturing wellbeing in dementia care settings. The first perspective is from clinical psychologist, **Carol Hunter**, who will present on the practical application of Spaced Retrieval in clinical practice with the overarching aim of supporting wellbeing for people living with a cognitive disability. Spaced Retrieval is a memory intervention strategy which can help people to recall information which is important to them and thereby help alleviate the stress and anxiety which might otherwise be present.

The second perspective on wellbeing is from **David Duong**, PhD student from the School of Psychology at the University of South Australia. David's work examines the way we manage not only our own feelings but also the feelings of other people in dementia care settings. Managing the feelings of ourselves and those around us is important; it allows us to be satisfied with our jobs, to build rapport with others, but most importantly, to be able to act in a meaningful and purposeful way. David will offer his insights based on his research within aged care, to develop skills associated with managing feelings in the workplace to improve worker wellbeing and workplace outcomes.

Date: Friday 12th February 2016

Time: 9.30 am—12.30 pm

Venue: The Monastery
15 Cross Road
Glen Osmond SA 5064

Catering: Morning tea provided

Cost: No Charge (Govt. funded)

To register: <http://dtsc.com.au/events/>

REGISTRATION IS ESSENTIAL

For more information, please contact Trudy on 08 8372 2100 or at dtsc@alzheimers.org.au

We hope you can join us for this insightful event!



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About the Presenters

Carol Hunter



Carol Hunter is a clinical psychologist specialising in providing care and treatment to older people in aged care settings or living at home. She has a background working in acute psychogeriatrics, aged care and primary mental health. Her particular passion for the study of mental health in older persons is in improving outcomes for individuals, their families and care staff. She is a guest lecturer for the clinical psychology and health psychology masters courses at the University of Adelaide on the topic of working clinically with older people and care of the old and very old and writes the content for and tutors the mental health topic in the applied gerontology masters course at Flinders University. She provides marking and feedback on research papers in masters and undergraduate psychology at the University of South Australia and for academic journals. She delivers training and teaching to a range of healthcare professionals including nursing staff on acute wards, aged care staff and Alzheimer's Australia staff, and Masters Psychology students. She also has a private practice providing therapy and consultancy to older persons, families and aged care facilities. She is the National Chair and State Convenor of the APS Psychology and Ageing Interest Group and has published on working effectively with older people in aged care.

David Duong

David Duong is currently a PhD student at the University of South Australia. His thesis examines the way emotions are experienced, managed and expressed in the workplace and how this influences employee health and wellbeing. His research interests include job stress, resilience, emotion regulation, work-life balance and interventions to improve worker health and wellbeing.