Working with Women with PCOS: Navigating the Real-Life Challenges
Workshop Friday September 20th 2019 SYDNEY
Facilitator: Terrill Bruere APD

About the Workshop
Polycystic Ovary Syndrome (PCOS) is a common lifetime condition in women that presents Dietitians with many challenges beyond advice about diet and lifestyle. This one-day workshop aims to increase confidence in navigating the broader issues and difficult conversations we sometimes have to have, while remaining client centred, evidence informed and within our scope of practice. Core challenges the facilitator will explore include issues concerning appetite, hormones, body weight (including realistic expectations), body image and eating disorder risk. Addressing these matters can be a complex process. Sound work in this area walks a skillful line to prevent chronic dieting and eating or exercise disorders in a high-risk population, while helping clients to manage important lifestyle choices. There are learnable ways of doing this well to better support our clients. In this workshop a mixture of practical skills, counselling techniques and self-reflection will be used to explore how we can develop an ethical and effective Dietetic practice that can make a real, long-term difference to our clients with PCOS. Registration includes a workbook with a CPD quiz and full days catering. Class size is capped for your optimal learning experience.

What you will learn
• An understanding of where health, hormones and weight fit together in PCOS
• How HAES® meets the PCOS 'picture' and the evidence to support this
• Knowledge to untangle the intersection of hormonal appetite issues with intuitive eating skills and emotional eating problems.
• Strategies for holding ourselves steady when we cannot provide certainty or meet all the client's wishes and hopes.
• Skills for negotiating the expectations of the client so that you are on the same page from the beginning.
• Skills for integrating body image concerns into your work and remaining within a Dietitian's scope of practice.
• How to discuss menstruation, fertility, sexuality, mood & hormones with more ease.

How this will help you in your work
• Increase your confidence in working with your clients experiencing PCOS
• Make your contribution to PCOS treatment consistent with the ethos of first do no harm
• Press Refresh’ and enjoy a great day of learning and affirming your skills with colleagues

Feedback from Terrill Bruere’s PCOS Workshop
'This was such a fabulous opportunity to hear from one of the best. Terrill provided clarification on a topic that is so unclear and reminded me of some of the real reasons I do what I do.' A.T.

'Terrill has incredible depth of experience. She shared many valuable examples which encouraged us to think more broadly about the experiences our clients are bringing to us. Such a privilege to hear all of her wisdom.' F.S.

'This training was honest and down to earth, very practical and useful. Terrill's honesty about the lack of definite answers in this field was surprisingly refreshing and so reassuring.' S.W.
About the Speaker

Terrill Bruere has been working as a Dietitian since 1982 and has more than 25 years’ experience, specialising in women’s health including positions at Royal Women’s Hospital in Melbourne, Melbourne IVF and Jean Hailes Australia’s leading and most trusted women’s health organisation. She is best known for her work in emotional eating, body image and particularly polycystic ovary syndrome. She has further training in counselling skills and has been training Dietitians in counselling skills for over 18 years. Terrill is a strong advocate for developing broader and more sustainable client centred approaches that fit with the evidence based practice of a Dietitian. Terrill currently works at the Body Image and Eating Disorders Treatment and Recovery Service (BETRS) for Austin and St Vincent’s Health in Melbourne and in private practice. Terrill provides clinical supervision to Dietitians and is experienced in group facilitation, teaching, resource development and is sought after for her public speaking. Practice Pavestones is proud to host Terrill’s work and expertise at this event.

Workshop Details

When: Friday September 20th 2019. 8.45am for 9am – 5pm

Where: The Crows Nest Centre. 2 Ernest Place Crows Nest NSW 2065
https://www.crowsnestcentre.org.au/

Cost: All Fees are inclusive of GST and incur 50c Booking Fee

- Standard Registration $295.00
- Group Discount $265.00 (bookings of 3 or more)

Registrations close 6/9/19

To Book: Click on the ‘Register Now’ button or go https://www.trybooking.com/BBMZ

Enquiries: tara@taramacgregor.com.au

Register Now

We use the secure service of trybooking.com

About Practice Pavestones www.taramacgregor.com.au

Practice Pavestones is a unique training and skills development service for health and counselling professionals wanting to incorporate an evidence based, client centred orientation to their practice to enhance behaviour change outcomes for their clients. Practice Pavestones provides a particular skill focus for working with eating behaviours within the HAES® approach & is owned and operated by Tara MacGregor PACFA Reg & APD. Services include Quality Experiential Training, Free Monthly Skills Newsletter and Clinical Supervision & Mentoring. For optimal learning experiences & outcomes, workshop sizes are capped and all printed materials & catering are included.

Practice Pavestones is owned and operated by Tara MacGregor PACFA Reg Clinical & APD. ABN 70 130 316 799 www.taramacgregor.com.au