

Diaphragmatic Breathing for Chronic Conditions

WHEN Starts: Thursday, October 5th 2023 at 2:00 PM
Ends: Thursday, October 12th 2023 at 4:00 PM

WHERE Online

COST From \$495.

Diaphragmatic Breathing (DB) is evidence-based, non-pharmacological, non-invasive, cost-effective and simple. Social workers are ideally placed to integrate DB for chronic conditions such as anxiety, depression, pain, sleep disorders and trauma.

This two-part interactive workshop will provide participants with the opportunity to experience, and learn and develop proficiency in slow, diaphragmatic breathing as a simple skill for mental health practice.

Presenter - Dr Judy Lovas is dedicated to teaching psychoneuroimmunology-based interventions for chronic conditions. She has a PhD from Faculty of Medicine and Health, University of Sydney. Judy presents to health and medical professionals, at universities and in seminars, conducts relaxation classes in aged care and neurological rehabilitation, is an international speaker and will speak about links between cognition, emotion, health, stress, disease, relaxation and health to anyone interested!



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