

Introduction to Psychoneuroimmunology: Mind Body Science

WHEN Monday, September 25th 2023
2:00 PM – 5:00 PM

WHERE Online

COST From \$280.



Scan for [more information](#)
and [registration details](#)

This workshop explores the world of Psychoneuroimmunology (PNI) and ways that PNI is relevant in contemporary social work practice. PNI studies how thoughts, emotions and health are intimately linked. Join Dr Judy Lovas a passionate PNI educator, to understand evidence in mind body interactions and how PNI supports a holistic, scientific clinical approach for chronic conditions.

This action-packed 3 hours introduces PNI, its historical development and current importance. It explores evidence in communications between nervous, endocrine and immune functions and explains mind body interactions at cellular and molecular levels.

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!

