



# 2009 ANNUAL FORUM

## *The Science of Stress and the Art of Managing Wellbeing for Humanitarian Aid Workers*

MELBOURNE, AUSTRALIA 12<sup>th</sup> – 14<sup>th</sup> November, 2009

*Applied biopsychosocial science for the benefit of international aid workers*

### **Features of the conference**

- Latest scientific thinking in the field of stress, fatigue, resilience and wellbeing
- Principles of assessment and intervention for managing a traumatic event
- Why mindful meditation practices work
- Presentations of current stress and wellbeing research conducted with international aid agencies
- Examples of staff care practices that work presented by aid agencies
- Disability inclusive staff support programs
- Occupational Health and Safety issues for the Aid Sector
- Introduction of a newly developed psychosocial risk management tool specifically tailored for aid agencies by the Antares Foundation Inc (Australia)
- Range of pre-conference workshops
- International, Pacific regional and Australian presenters
- Interactive workshops
- Professional and social networking opportunities
- Exhibitions

### **Guest speakers**

Professor Rob Moodie (Nossal Institute)

Professor Alexander McFarlane (Psychiatry, University of Adelaide)

Colonel Peter Murphy (Director, Australian Defence Force Psychology Organization)

Dr Amanda Comoretto (Universidad Autónoma Barcelona)

Dr Craig Hassed (Monash University Department of General Practice)

Dr Ali Maginness (University of Tasmania)

Forum MC: Professor Nick Haslam, University of Melbourne

### **Venue**

Angliss Conference Centre (William Angliss Institute, 555 LaTrobe Street, Melbourne)

### **Registration**

Go to: [http://www.antaresfoundation.org.au/documents/reg\\_annual\\_forum\\_09.pdf](http://www.antaresfoundation.org.au/documents/reg_annual_forum_09.pdf)

**Cost** Early Bird AUD \$380 or AUD \$210 per day (by 30<sup>th</sup> September, 2009)  
After 1<sup>st</sup> October, 2009 AUD \$480 or AUD \$260 per day

