

Conference Day One

EMDR – Eye Movement Desensitization and Reprocessing

Learn about this form of psychotherapy that was developed to resolve symptoms resulting from disturbing and unresolved life experience.

Presenter: **Marina Hewlett**

A Psychologist, mediator and EMDR therapist, Marina formerly worked as a psychologist, manager & executive member of Central NL school boards. Marina was a leading psychologist in her former life in the area of Learning Disabilities and now specializes in trauma and also provides EAP services throughout NL.

High Sensitivity Personalities

This session will identify the characteristics of employees with high sensitivity personalities and make suggestions for how we can gain insight and understanding to provide support to employees with this personality type.

Gail Carroll, BSW, RSW, MSc

Has over 25 years' experience working in organizational development and wellness, conflict management, human resources, personality assessment, coaching, and team development. Gail coaches in the Alternate Dispute Resolution Courses with the University of Windsor Law School Certificate Program. She is a member of Family Mediation Canada and is an experienced trainer and conference presenter. Gail is the author of the award winning article "A Matter of Respect" © Newfoundland and Labrador Health Boards Association (2004) and the Canadian College of Health Service Executives.

Providing Psychologically Safe Workplaces: Panel/Discussion

David Parsons – *Canada Post*

Cathy Murphy – *RWP Coordinator (Gov. NL)*

Debbie Forward/Mary Prideaux – *NLNU*

Dennis Mahoney – *Labour Lawyer*

Conference Day Two

Addictions and Mental Health Issues In The Workplace

Scope, current evidence, approaches and challenges. An intensive full day presentation on Substance Abuse and Addictions in the workplace.

Dr. Brian Furlong, MD,FRCP(C)

Born, raised and educated in NL started his career as a social worker at Central Newfoundland Regional Health and Waterford Hospital. He completed his medical school and residency at McMaster University and is the Community Division Director at Homewood Health Centre and Assistant Professor of Psychiatry at McMaster University. Clinically Dr. Furlong works in Emergency Psychiatry and also as a Consultant Psychiatrist to an Assertive Community Treatment Team.

Addiction and the Brain: A new perspective

Dr. H.R. Vedelago, MSc., MD, CCFP, FCFP, ASAM, ABAM

Received his medical degree and did his Family Medicine Residency at McMaster University. He is certified by the American Board of Addiction Medicine and is a senior staff physician at the Homewood Health Centre Addiction Division where he has practiced inpatient addiction medicine since January 2003. He has published a peer reviewed paper in the Canadian Journal of Addiction Medicine and is leading a research study looking at the prevalence of trauma and true PTSD in the addicted populations.

Day One Lunch Session

Health & Stress Management – Finding Balance (Lunch Session)

Meridian Stress Assessment is completely safe, non-invasive and gives insight into the whole body / mind / spirit connection.

Eddi Kenny Boyd RN, ND, PhD

Eddi specializes one on one with individuals or in group settings to determine methods to help achieve holistic health and wellness, through awareness, nutrition and meridian stress assessments. Her degrees earned in Canada and the USA, are in nursing, nutrition, natural medicine, energetic balancing and personal growth. Her approach is through teaching and awareness of each individuals healing potential. The goal is to balance the physical, emotional, nutritional, structural and spiritual.

Schedule

Day 1, November 09, 2011

08:00 - 08:30	Registration	
08:30 - 08:45	Welcome from the president	Marie Wall
08:45 - 10:10	EMDR – Eye Movement Desensitization and Reprocessing	Marina Hewlett
10:10 - 10:15	Stretch Break	
10:15 - 10:30	Nutrition Break	
10:30 - 12:00	EMDR – Eye Movement Desensitization and Reprocessing	
12:00 - 1:45	Finding Balance – Lunch* with Dr. Eddi Boyd	
1:45 - 3:15	High Sensitivity Personality	Gail Carroll
3:15 - 3:30	Nutrition Break	
3:30 - 4:30	Panel Discussion: The Psychologically Safe Work Place	
4:30 - 6:00	Wine & Cheese	

Day 2, November 10, 2011

08:00 - 8:30	Registration	
08:30 - 08:45	Welcome from the President	Marie Wall
08:45 - 10:15	Addiction and Mental Health Issues In The Workplace	Dr. Brian Furlong
10:15 - 10:35	Nutrition Break	
10:35 - 12:00	Addiction and Mental Health Issues In The Workplace	
12:00 - 1:30	Lunch* and Annual General Meeting	
1:30 - 2:40	Addiction and the Brain: A New Perspective	Dr. Vedelago
2:40 - 2:45	Stretch with Bryan Harris	
2:45 - 3:00	Nutrition Break	
3:00 - 4:15	Addiction and the Brain: A New Perspective	
4:15 - 4:30	Wrap Up & Conference Close	

* Lunch Registration required to attend.

Conference Registration Fees

Full Registration

NLEAPA Members – \$225.00
Early Bird Registration – \$200.00
Non Members – \$275.00
Early Bird Registration – \$250.00

One Day Registration

NLEAPA Members – \$115.00
Non Members – \$145.00
Early Bird Deadline – September 30, 2011
Cancellation Deadline – October 28, 2011
Cancellation Fee – \$50.00

CEAPA Members Receive NLEAPA Rate

Conference 2011

NLEAPA

P. O. Box 6436
East Postal Station
St. John's NL
A1C 6J9

www.nleapa.com



Registration

NAME _____
ORGANIZATION _____
ADDRESS _____
CITY _____
PROVINCE _____ POSTAL CODE _____
TELEPHONE _____
PAYMENT ENCLOSED \$ _____

NLEAPA MEMBER	[]
NON-MEMBER	[]
DAY ONE	[]
DAY ONE – LUNCH*	[]
DAY TWO	[]
DAY TWO – LUNCH*/AGM	[]

* Lunch Registration required to attend.

SEND REGISTRATION FORMS TO

Conference 2011

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East Postal Station
St. John's NL
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CONFERENCE

2011



Active Approaches to Sustaining Healthy Workplaces

November 9 & 10, 2011
Holiday Inn, St. John's
Newfoundland