



The
Australian
Psychological
Society Ltd



Workshop Program

Professor Charles Spielberger and Professor Stevan Hobfoll

These two internationally regarded STARs have kindly agreed to conduct workshops on Sunday the 14th July 2002. The Workshops will be held at the Offices of the Australian Psychological Society in Collins Street, Melbourne (full details and a map will be provided upon enrolment).

0930 –1230 (Workshop 1A)

Professor Spielberger will present: *Measuring emotional states and personality trait*

This workshop will focus on the nature of anxiety, anger and depression, and the assessment of these vital psychological signs as emotional states and personality traits. Research on the relations between measures of the experience, expression and control of anger with hypertension, cardiovascular disease and cancer will be reviewed. The recent development of measures of state and trait depression, and lifestyle defense mechanisms that are associated with heart disease and cancer will also be examined.

0930-1230 (Workshop 1B)

Professor Hobfoll will present: *Introduction and applications of conservation of resources theory: The impact on health and wellbeing*

This workshop will discuss the implications of COR theory for healthy, present supporting research, and discuss case examples from research and clinical work. Applications of COR theory to treatment will be discussed.

1330-1700 (Workshop 2)

Professor Hobfoll will present: *Conservation of Resources Theory: Stress and relationships*

COR theory sees relationships as a lifetime resource which can help sustain wellbeing, but which can cause stress or become damaged by the stress. This workshop will apply COR to the study of stress in relationships.

Please complete this section and return both to
Dr Kate Moore, School of Psychology, Deakin University, 221 Burwood Hwy, Burwood 3125
OR FAX + 61 3 9244 6475

Please indicate the workshop(s) you would like to attend:
(Please note you must choose between Workshops 1A and 1B but you can select either of these with/without Workshop 2)

Workshops: Sunday 14th July, 2002 at APS, Collins Street Melbourne

0930-1230

1A Professor Charles Spielberger \$121.00 (inc GST)

OR

1B Professor Stevan Hobfoll ... \$121.00 (inc GST)

AND / OR

1330-1700

2 Professor Stevan Hobfoll \$121.00 (incl GST)

I authorize you to charge my Visa Card / Mastercard (please circle & the amount) \$A121 \$A242

Card Number _____

Expiry Date _____

Name on Card _____

Your name if different to card _____

Your address (include email)

OR

I enclose a cheque in Australian Dollars for the amount of \$A _____ (as indicated above)

Upon acceptance of your Workshop(s) you will be sent a package including full directions, times, etc.

I look forward to seeing you at the Workshops

Kate

NB: APS members – PD Points Pending