Invites you to a one day workshop

**Somatic Symptoms in Children & Adolescents: How the body signals stress, distress, or disruptions in physiological regulation**

presented by

**Dr Kasia Kozlowska, Child Psychiatrist**

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| **Date:** **Friday, 7th April 2017**  **Time:** 9.30am. to 4pm. Registration and Coffee from 9am.  **Venue:** Robertson Gardens, 281 Kessels Road, Nathan, Southside Brisbane  **Registration fees**: $319 (GST incl) Morning tea, afternoon tea and lunch provided  **Super Early Bird Special:** 20% discount for those people registering and paying in full by 7th February 2017  **Early Bird Special**: 10% discount for those people registering and paying in full by 7th March 2017  **Full time students** receive a 20% discount – a copy of your current student card needs to be sent with your registration form. |

**Workshop description:**

Somatic symptoms are a common signal and expression of distress. These symptoms include dizziness, nausea, stress-induced vomiting, threat-induced fainting, pain, and functional neurological symptoms (paralysis, sensory loss, blindness, tremor, and non-epileptic seizures).

Although somatic symptoms occur in children and adolescents across the globe, they are typically not addressed in training programs in medicine or other health professions. Moreover, they can result in significant functional impairment, substantial burden on the family and health care system, and even in stigmatization, simply because they are not understood for what they are. Understanding somatic symptoms so that treatment interventions can be implemented is important across the disciplines of primary care, paediatrics, and child and adolescent psychiatry.

This workshop aims to provide clinicians with an updated theoretical framework for understanding the body systems that mediate stress-induced somatic symptoms. An overview of the key body systems involved in homeostasis and human responses to stress will be provided. Commonly occurring somatic symptoms and typical presentations will be discussed via brief vignettes. Treatment options will be discussed. It is hoped the workshop will also elicit a discussion of cultural dimensions of somatic presentations in clinical practice.

Key Points/Learning Outcomes:

* Knowledge of the broad range of somatic symptoms experienced in the context of stress
* Knowledge of underlying neurobiology underpinning different somatic symptoms
* Knowledge of the stress systems and their role in somatic symptoms
* What to look for during the assessment
* Helpful interventions

**About the speaker:**

Dr Kasia Kozlowska is a Child Psychiatrist who heads a consultation-liaison team at the Children's Hospital Westmead. She is also on the faculty of Sydney University Medical School and a member of the Brain Dynamics Centre, Westmead. Her clinical interests include the treatment of children with somatic symptoms (e.g., conversion disorders, somatoform pain and factitious illnesses), the development of multimodal family-based interventions, and the integration of attachment assessments into clinical practice. Her research interests fall along these same lines.

Kasia is affiliated with

* The Children’s Hospital Westmead, NSW
* Departments of Psychiatry and Paediatrics and Child Health, Sydney Medical School, University of Sydney
* Brain Dynamics Centre, Westmead Millennium Institute of Medical Research, Westmead

**Venue:**

Robertson Gardens is situated 15 km from Brisbane city and 23km from Brisbane Airport.

For information about the location and transport to the venue go to their website <http://www.robertsongardens.com.au/about/locations/>

For those people needing an overnight stay, there is accommodation available at the venue – see their website for details.