

Tarnie Fulloon, MA and Penny Small, PhD Presents

# BEHIND PAIN & WEIGHT GAIN

A MIND-BODY APPROACH FOR ALLIED HEALTH PROFESSIONALS

29-30 April 2017  
Mudgee NSW, Australia

## ABOUT THE WORKSHOP

This introductory, experiential, two-day workshop will bring together cutting edge mind-body medicine and introduce emerging models of health care interventions. Clients often present with issues that are unresolved, such as reoccurring pain, digestive disturbances, and weight regain. New research and clinical practices enable clinicians to approach healing with a more bold and effective wholistic model, which leads to a positive outcome for both clinician and client. The first day will cover theory and practice. Day two will offer a deeper dive into the practical application of the mind-body tool box in clinical practice.

### WHAT YOU WILL LEARN

- Define what mind-body medicine encompasses
- Understand the benefits of taking a mind-body approach to health and healing
- How to identify and become familiar with alternative practices and techniques for use with challenging clients
- How to reveal the root cause of your client's suffering
- Somatic techniques to move your client past their pain
- How to teach clients to overcome emotional and stress behaviours

### TOPICS WE WILL COVER

- Why Allied Health practitioners are interested in finding alternative practices to help their clients heal
- The theory and process of mind-body practices
- Exploring when clients fail to heal or maintain behaviour change
- Introduction and experience of mind-body tools
- Somatic based therapy
- Mindful-based interventions
- The importance of experiential learning
- Habits of the mind and habits of the body
- What to do when diet is not enough when working with IBS
- Specific techniques to work with in transforming pain

### WHO SHOULD ATTEND

Behind Pain & Weight Gain workshop is a multidiscipline Allied Health event relevant to all health professionals. Clinical examples will be taken from Allied Health.

## ABOUT THE PRESENTERS



### **Tarnie Fulloon, MA, Physiotherapist**

Tarnie Fulloon is an Australian physiotherapist, with her Masters of Arts in Psychology and trained in Somatic awareness techniques. Tarnie makes her home in Los Angeles, where she works as a transformational coach, speaker (TedxPresenter), author. She was the owner of Mosman Physiotherapy and Sports Injury Practice. Using her signature BodyFreedom™ method, she guides her clients through body-centered and somatic practices to discover the hidden causes of their pain. With a focus on back and neck pain, she mentors clients to find the freedom from their pain, and live with confidence, calmness, and joy.

[www.tarniefulloon.com](http://www.tarniefulloon.com)

### **Penny Small, APD, PhD**

Dr. Penny Small is a dietitian that works for NSW Health and is an Adjunct Associate Professor with CSU. She has vast experience in nutrition and dietetics and a passion for wholistic practice. In 1998 Penny started working as part of a multidisciplinary team incorporating psycho-social education to improve clinical outcomes and trialling an innovative 'Beating Emotional Eating' Program. Current research interests include behaviour change through the use of mindfulness-based interventions for chronic disease and weight rehabilitation. Penny is a mindfulness teacher having trained with the Centre for Mindfulness at the University of Massachusetts in the USA.



## WORKSHOP DETAILS

**Dates:** Saturday 29 April & Sunday 30 April 2017

**When:** Saturday 9:30 am to 4:30 pm  
Sunday 9:30 am to 2:00 pm

**Location:** The Stables  
82 Market Street, Mudgee NSW

**Inquiries:** Penny Small  
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**SPACE IS LIMITED**

**\$249.00**

**REGISTRATION & MORE DETAILS**

Direct Booking Link: <https://www.trybooking.com/PLGE>