



Health Upwardly Mobile Inc.

Addiction, Mental Health and Chronic Pain

Date: Friday February 24th , 2012

Location: Pinebrook Golf and Country Cl
166 Pinebrook Way
Calgary, AB
403-246-3311
www.pinebrookgolfclub.com

Speakers: Dr Raju Hajela (Addictionist) + HUM team

0830-0900 Registration

0900-1030 Medication Management for Addiction, Mental Health and Chronic Pain

1030-1100 Break

1100-1230 Essentials of Bio-psycho-social-spiritual Assessment

1230-1330 Lunch

1330-1500 Challenges in Recovery-Case Studies

1500-1515 Break

1515-1630 Group Process

This full day workshop is geared towards physicians, other health care providers and individuals who would like more in-depth information specific to addiction, mental health and chronic pain. The goal of this workshop is to provide additional knowledge and skills when dealing with mental health, chronic pain, addiction and recovery issues.

Addiction is now defined as a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pursuing reward and/or relief by the use of substances and other behaviors.

Recovery from addiction is best achieved through a combination of self-management, mutual support, and professional care provided by trained and certified professionals. The afternoon sessions will focus on challenges and issues in recovery within an interactive format.

REGISTRATION

Payment

\$95/person EARLY BIRD (before January 20, 2012)

\$125/person (after January 20, 2012)

Includes refreshments and lunch

Registration information

Registration can be done by phone, email or in person. Please contact Chelsea Detheridge at:

403-536-2480

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