



Your trusted partner in diabetes care

# Emotion, behaviour and applied psychology in diabetes education

**ADEA Thought Leadership Lecture series**

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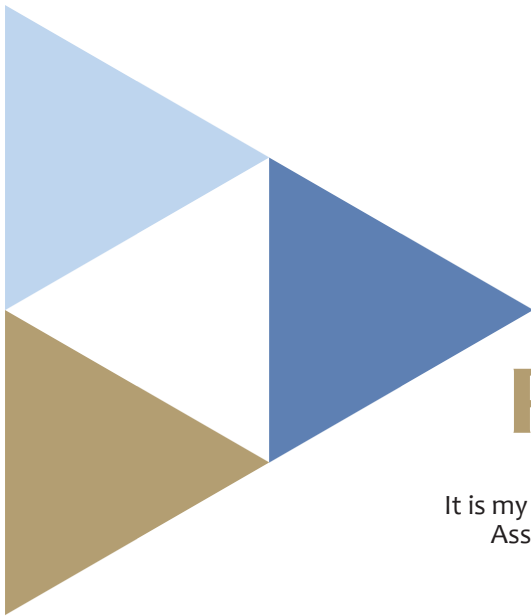


**THE UNIVERSITY OF QUEENSLAND**  
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**This program is financially supported by**





# President's Welcome

It is my great pleasure to invite you on behalf of the Australian Diabetes Educators Association (ADEA) to the inaugural Thought Leadership Program on *Emotion, behaviour and applied psychology in diabetes education*.

Internationally recognised Professor William H. Polonsky is the inaugural presenter and he will discuss issues on the psychological aspects of diabetes education and how we can address them.

The program will be delivered at our partner universities in Australia:

Friday 6 November	The University of Queensland	The psychological side of diabetes: What healthcare professionals need to know
Tuesday 10 November	Deakin University	Understanding depression and diabetes burnout
Wednesday 11 November	University of Technology, Sydney	Engaging the disengaged: Behavioral strategies for promoting successful diabetes self-management

You will have an opportunity to hear of the inspirational work of Professor Polonsky and network with many in the field, from young starters in the health sector to those with extensive experience. Be prepared to be challenged with thought provoking presentations.

Students in a range of health disciplines are encouraged to attend and participate in this stimulating and challenging program.

I encourage you to make the most of this opportunity to learn from and grow with others in this important aspect of diabetes education.

Register now to be part of this exciting program and gain insights, tools and motivation to empower yourself to achieve the goals of your career in diabetes education.

In this program booklet, you will find details on the speaker, his abstracts, how to register, and much more.

I look forward to seeing you all at the first ADEA Thought Leadership Program.

Yours sincerely,



Tracy Aylen  
President

# Speaker



## **Dr. William H. Polonsky, PhD, CDE** **Associate Clinical Professor, University of California, San Diego** **President and Founder of the Behavioral Diabetes Institute (USA)**

**The world's first organisation dedicated to tackling  
the unmet psychological needs of people with diabetes**

Dr. Polonsky is President and Founder of the Behavioural Diabetes Institute, the world's first organisation wholly dedicated to studying and addressing the unmet psychological needs of people with diabetes. He is also Associate Clinical Professor in Psychiatry at the University of California, San Diego. Dr. Polonsky received his PhD in clinical psychology from Yale University and has served as Senior Psychologist at the Joslin Diabetes Center in Boston, faculty member at Harvard Medical School and Chairman of the National Certification Board for Diabetes Educators. Most recently, he received the American Diabetes Association's 2014 Richard R. Rubin Award for distinguished contributions to behavioural medicine and psychology.

An active researcher in the field of behavioural diabetes, Dr. Polonsky has served on the editorial boards of Diabetes Care, Diabetes Forecast, Clinical Diabetes, Diabetes Self-Management and Diabetes Health. His most recent research projects have focused on quality of life in diabetes, diabetes-related distress and depression, hypoglycemic fear, blood glucose monitoring behaviour and attitudes in people living with diabetes, physician and lay attitudes towards insulin and oral medications, group-based behaviour change programs, the influence of continuous glucose monitoring on quality of life, and emotional and behavioural responses to the diagnosis of diabetes.

A licensed clinical psychologist and certified diabetes educator, Dr. Polonsky has also authored several books for the lay audience (e.g., Diabetes Burnout: What to Do When You Can't Take it Anymore) and co-edited several others for health care professionals (e.g., A CORE Curriculum for Diabetes Education).



# Abstracts

## November 6

### The psychological side of diabetes: What healthcare professionals need to know

An overview of the many psychosocial obstacles to managing diabetes effectively that patients face, followed by practical suggestions for how busy health providers can help their patients to address and overcome these critical barriers and thereby promote more successful self-management.

## November 10

### Understanding depression and diabetes burnout

Through frequently contributing to poor metabolic control, critical emotional issues such as depression and diabetes burnout have often been underappreciated, ignored, mislabelled and/or inappropriately addressed in clinical care. This presentation will re-examine this large body of data and propose a new way to understand these two phenomena, concluding with several key strategies for identifying and addressing these important issues.

## November 11

### Engaging the disengaged: Behavioral strategies for promoting successful diabetes self-management

How do we reach those patients who seem unreachable or who just don't seem to care? This presentation will review our new understanding of motivation in diabetes and illustrate how the proper framing of diabetes messages and more appropriate ways of sharing personalised metabolic data can overcome the shame, hopelessness and discouragement that so many of our patients feel.

# Agenda

8.15 am	Registration
8.50 am	Welcome
9.00 am	Lecture
10.00 am	Morning tea
10.45 am	Workshop 1/ Discussion/Q&A
11.45 am	Close

# Registration rates

Student or ADEA Student member	ADEA member	Non-member	Registered by
\$60	\$70	\$80	19 July
\$65	\$80	\$90	2 August
\$70	\$90	\$100	6 September
\$70	\$100	\$110	29 October

Registration at: [adea.com.au/?p=12359144](http://adea.com.au/?p=12359144)



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