

NHMRC CRE in Recovery Following Road Traffic Injuries

Integrating stress management and exercise to improve recovery after injury



Thursday 5th, 12th, 19nd, 26th November 2020

12noon – 2pm via Zoom

TRAINING SESSION 1	
Introduction to StressModex program	Speaker(s)
Rationale, overview and evidence for StressModex intervention	Prof Michele Sterling
Introducing Stress Inoculation Training to injured people Educating patients about identifying and understanding stress Enhancing therapeutic alliance	Dr Rachel Elphinston
Participant practice in virtual breakout rooms	Both

TRAINING SESSION 2

Teaching patients to develop skills to manage stress – Part 1

Relaxation skills: Abdominal breathing & body scan meditation	Dr Rachel Elphinston
Participant practice in virtual breakout rooms	Both
Feedback and questions	Both

TRAINING SESSION 3

Teaching patients to develop skills to manage stress – Part 2

Problem solving for stressful situations Relationships between thoughts, feelings, & behaviours & use of positive coping statements	Dr Rachel Elphinston
Participant practice in virtual breakout rooms	
Feedback and questions	Both

TRAINING SESSION 4

Applying skills in various stressful situations to develop tolerance and confidence

Assisting patients to develop a coping plan Coping skills maintenance & identifying early warning signs	Dr Rachel Elphinston
Participant practice in virtual breakout rooms	
Integrating SIT with exercise	Prof Michele Sterling
Feedback and questions	Both