

# WorkCover conference exploring the connection between mind and body in return to work outcomes

Much time and effort has been put into researching the connection between the mind and the body when it comes to pain. There is now no doubt that psychological health plays a large part in injured workers remain at or return to work outcomes.

Dr Lorimer Moseley and Associate Professor Eoin Killackey will discuss different aspects of psychological health as it relates to the work place in their sessions at the sixth annual WorkCover conference, *Staying Connected*, to be held in Adelaide next month.

With a focus on how pain works in the brain, Dr Moseley will explore the difference between pain and actual tissue damage, and the ways in which pain can hinder a successful return to work. He will share what he has discovered through his studies into pain and the body, and offer a new approach to return to work, which involves retraining the body after an injury.

Associate Professor Killackey will then explore mental illness and the ways in which people with mental illness can be supported in their return to work. He also looks at the barriers to participation in the workforce for people with a mental illness.

Killackey believes employers and clinicians play crucial roles in supporting workers with mental illness to remain at or return to work. People with mental illness, and especially the young, should be engaged in the mainstream through employment and rehabilitation. An important aspect to the rehabilitation of someone with a mental illness is reengaging them in the workforce in a meaningful capacity.

*Staying Connected*, WorkCover's annual conference will be held at the Convention Centre on 14 September. Keynote speakers are internationally renowned occupational health expert Professor Kim Burton and former Winter Olympics hopeful turned inspirational speaker Janine Shepherd. Guest speaker for the event will be well-known psychologist Amanda Gore.

Tickets to this full-day conference are only \$250 (with an early bird rate if booked before 20 August of \$200). Register now to reserve your place and gain practical tips and strategies on how staying connected can help injured workers recover better at work. For further details, go to [www.workcover.com/conference](http://www.workcover.com/conference) or phone 13 18 55.

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Centre - (08) 8226 1990 and ask for an interpreter to call WorkCover on 13 18 55.

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