

Programme Facilitators



George Jelinek and Sandra Neate



Craig Hassed

Professor George Jelinek MBBS, MD, Dip DHM, FACEM

Professor George Jelinek is Director of the Emergency Practice Innovation Centre at St Vincent's Hospital Melbourne, and has Professorial appointments at the University of Melbourne and Monash University.

He has an outstanding track record of academic achievement, being appointed to the first Chair in Emergency Medicine in Australasia in 1996, editing the MEDLINE-indexed journal *Emergency Medicine Australasia* from its foundation in 1989 to 2003 when he became *Emeritus* Editor.

He is also only the 7th recipient of the Australasian College for Emergency Medicine Medal in 2003 for his services to the development of academic Emergency Medicine in Australasia. He has over 100 publications in peer-reviewed journals, and has edited and authored three major textbooks in Emergency Medicine. Professor Jelinek was diagnosed with MS in 1999, and used his academic background to analyse the world literature on disease-modifying interventions in MS. He has published two editions of his first book *Taking Control of Multiple Sclerosis*, and now his second book *Overcoming Multiple Sclerosis* has been published in Australia and Europe. He has run live-in retreats for people with MS in Western Australia, the Australian Capital Territory, Victoria and New Zealand.

He presents an evidence-based approach to slowing the progression of MS with lifestyle modification, incorporating optimal nutrition, adequate sunlight, exercise, meditation, conventional medication, and reduction of risk factors. His message is one of hope, backed by credible medical research.

Dr Craig Hassed MBBS, FRACG

Dr Craig Hassed is Senior Lecturer at the Monash University Department of General Practice where he has authored and pioneered new topics into the undergraduate and post-graduate curricula. These include mindfulness-based stress management, meditation, holistic healthcare, mind-body medicine, psychoneuroimmunology, complementary therapies and self-care management. He also teaches in medical ethics.

Craig believes in the many benefits of educating the next generation of practitioners in a holistic and philosophical context, and introducing them to different knowledge systems in ways that are grounded, scientifically valid and clinically effective.

Extending his work as a General Practitioner, Craig's research and clinical interests focus on the management and treatment of chronic illnesses using mindfulness-based stress management. To date, he has published over 75 articles in several Australian medical journals.

Since 1999, he has been writing a regular column for the *Australian Family Physician* on the "*Philosophy of Medicine*", which was compiled into a book in 2000 called, *New Frontiers in Medicine*. He has since gone on to publish Volume 2 of *New Frontiers in Medicine* and another book called, *Know Thyself* focusing on mindfulness-based stress management.

Most recently he has published *The Essence of Health: The Seven Pillars of Wellbeing*, and a textbook co-authored with Kerry Phelps titled *General Practice: The Integrative Approach*.

Craig is a regular group leader and presenter at The Gawler Foundation's Residential Wellness programs, and leads meditation retreats for public and health practitioners.

He is also a Founding Board Member of Australasian Integrative Medicine Association (AIMA) and a Member and Fellow of the Royal Australian College of General Practitioners (RACGP).

In 2003, Craig won the Award for Outstanding Performance by the Monash University Department of General Practice.

Dr Sandra Neate MBBS, Dip RACOG DA(UK), FACEM, Grad Cert Forensic Medicine

Sandra is an emergency physician, Medical Director of Organ and Tissue Donation at St Vincent's Hospital in Melbourne and consultant physician in the Coroner's Prevention Unit at the Coroner's Court of Victoria. Her major interests are in healthcare for socially disadvantaged populations, medical education and prevention in the healthcare system. She is a teacher and examiner of medical students and trains post-graduate doctors in the field of emergency medicine.

She has a particular interest in diet and life style interventions in disease prevention and health promotion and the psycho-social factors affecting illness and recovery. She has undertaken research into homelessness, continuing medical education for postgraduate doctors, and has co-authored the Australasian College for Emergency Medicine's course for the continuing education of emergency physicians.

Sandra and George have run MS retreats together in Australia and New Zealand since 2004.

MS Auckland Region

The Multiple Sclerosis Society of Auckland and the North Shore Inc. is an independently funded, dynamic and progressive support organisation for people with MS.

Our mission is to reduce the impact of MS on the lives it touches and to support people with MS to thrive in their daily lives. For more than 40 years we have worked towards providing high quality information, support and services to those with this condition.

Increasingly, evidence shows that the impact of MS can be managed by making a series of lifestyle changes. MS Auckland Region encourages people to take responsibility for their own wellbeing along with the support offered by clinicians and other health professionals. The Society is delighted to be able to offer this retreat specifically for people with MS and their caregiver, partner or support person.

MS Auckland Region

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MS
AUCKLAND
REGION

Overcoming Multiple Sclerosis

MS Jelinek
Retreat 2012
♦ 30 Jan - 3 Feb ♦



**"Around MS,
People Thriving"**

Taking Control of Multiple Sclerosis

This 5-day retreat has been developed and is facilitated by Professor George Jelinek. It is based upon Professor Jelinek's books *Taking Control of Multiple Sclerosis* and *Overcoming Multiple Sclerosis*.

The programme is based on credible science, human experience, optimism and practicality. Whilst you will gain invaluable insight and information from the facilitators, most sessions will involve learning through direct participation and experience. Discussion is encouraged and there is plenty of time for questions and answers.

You will meet and be able to share with a group of wonderful and exceptional people, and experience the extraordinary power and potential in the group process.



Participants can expect to leave feeling inspired, informed and capable of taking more control of their lives. This experience will give them the tools for better health and wellbeing.

The 5 day retreat provides an opportunity to be looked after as you immerse yourself in the programme's gentle blend of relaxation, meditation, learning and sharing. With a high level of input from George and his colleagues, your questions will be answered, confidence built and a clear direction set.

- ◆ Address prevailing fears and misunderstandings of MS, seeking to clarify any confusion and transform it into a positive outcome.
- ◆ Assist participants to examine the meaning and purpose of their lives.
- ◆ Use the group process to facilitate communication and to generate a mutually supportive network.

Mana
The Quietly Beautiful Simplicity

The Retreat Aims to:

- ◆ Maximise healing and wellbeing.
- ◆ Create a sustainable programme for each participant to take with them in their ongoing lives.
- ◆ Increase awareness of the range of current options; including medical treatments, complementary medicine and self-help techniques.
- ◆ Generate confidence in participants that they have made the choices that will best suit their individual needs.
- ◆ Introduce participants to self-help and self-healing techniques, using a theoretical framework and experiential exercises.

Attending the Retreat with Support

Attending the retreat with a partner, support person or caregiver (where applicable) is recommended wherever possible. Sharing in the programme allows the support person to understand and support you in implementing and integrating what you have learnt. It is also a great opportunity for them to take some time out, to be refreshed and to learn how they can sustain themselves in their caring role.

The Cost

\$2,000 per person, shared room
\$3,400 for 2 people attending together

The price includes meals and accommodation and GST. Travel costs to and from the centre are not included.

Special Offer – book and pay before 30th November 2011 and receive a \$200 discount!

The Venue

We have again been fortunate to secure the Mana Retreat Centre on the Coromandel Peninsula.

Mana has been offering a wide range of experiences in the areas of body/mind education since 1988. Mana Retreat Centre is situated 20 minutes south of Coromandel Town, a two-hour drive from Auckland or Hamilton.

Set high on a hillside; embracing mountain, bush and sea; Mana provides a perfect atmosphere for the enrichment of mind, body and spirit.

Make a Booking

To register, please contact Gary on (09) 845 5921 or gary@msaki.org.nz and we will send out a booking form to you. When we have received your completed booking form and deposit payment we will send you the following:-

- A full programme outline
- Some general information about the Mana Retreat Centre and transport suggestions etc.
- A copy of Professor Jelinek's latest book *Overcoming Multiple Sclerosis* (if you don't already have a copy)

We recommend that you let your doctor and other health professionals know that you are attending this retreat.

Getting There

The Mana Retreat Centre is situated 20 minutes south of Coromandel Town, a two-hour drive from Auckland or Hamilton. The cost of travel to and from the centre is not included in the price of this retreat.

Getting Started

Before attending the retreat it is useful to have read a copy of *Overcoming Multiple Sclerosis*, Professor George Jelinek's book. If you don't already have one, a free copy of the book will be provided by us, once a booking is made and a deposit paid.