



LA TROBE
UNIVERSITY

Care Economy
Research Institute

PSYCHOTHERAPEUTIC SUPPORT FOR FAMILY CAREGIVERS OF PEOPLE WITH DEMENTIA



Friday 15 August



2pm - 4pm



Online via Zoom

The **Care Economy Research Institute** (CERI) welcomes Professor Gabriele Wilz and invites you to a special webinar event.

Caring for a loved one with dementia can be profoundly rewarding but also emotionally and psychologically demanding. In this practical and evidence-based webinar, Professor Wilz shares her internationally recognised psychotherapeutic approach tailored to the needs of family caregivers.

Drawing on cognitive behavioural therapy, acceptance and commitment therapy, and client-centred methods, participants will gain skills to help caregivers manage dysfunctional thoughts, regulate emotions such as guilt and anger, and build resilience.

The first part of the webinar focuses on identifying and addressing common unhelpful cognitions in caregivers. The second part explores strategies for managing difficult emotions and breaking the cycle of distress, shame, and self-doubt. The model is grounded in robust research, including multiple random controlled trials (RCTs), and is designed for both individual and group delivery across in-person and telehealth settings.

GUEST SPEAKER



Gabriele Wilz

Gabriele is a Professor of Clinical Psychology and Head of the Department of Counselling and Clinical Intervention at Friedrich Schiller University (Jena), where she also directs the Psychotherapeutic Outpatient Clinic and the postgraduate qualification program in Cognitive Behavioral Therapy. She is a licensed clinical psychologist and supervisor, with a focus on cognitive behavioral therapy.

Her research and clinical work focus on supporting family caregivers of people with dementia and older people in need of care. Her intervention concept for family caregivers incorporates elements of cognitive behavioral therapy, acceptance and commitment therapy, and client-centered psychotherapy

FACILITATOR



Jo Antoniades

Jo is an Associate Professor of Health Communication in Society at La Trobe University, with an academic background that bridges public health, psychology, and primary care.

She is known for her work creating culturally appropriate dementia resources. She was a key collaborator in a series of short films aimed at raising dementia awareness for people from diverse backgrounds, including the Arabic, Mandarin, Tamil and Greek communities.

For further information please contact ceri@latrobe.edu.au

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