

**The Psychology Special Interest Group Welcome You  
to an Online Study Session:**

**Wednesday 6<sup>th</sup> October 2021  
4pm – 6pm**

**Mental Health in Diabetes Care and  
Working with Barriers to Diabetes Management**

*“Diabetes isn’t just a physical health challenge there are mental challenges too”*

This session will include:

- A discussion about relationships between mental health and diabetes
- Review of psychological factors that impact living with diabetes
- Discussion of psychological strategies and skills for working with patients
- Ideas for how to advocate for psychology service

**About the Speakers:**

**Dr Joanna McClintock** (DipClinPsych) is a clinical psychologist and has worked in diabetes care for 15 years at Waikato District Health Board, covering paediatrics through to young adults. She also works for Rural Child and Adolescent Mental Health Services. Jo is a strong advocate for a multidisciplinary approach to diabetes care and the promotion of resiliency.

**Dr Rikki Thompson** (PGDipClinPsych) is a clinical psychologist working for the Canterbury District Health Board in both the adult Diabetes and Specialist Mental Health Services. Rikki believes in empowering patients to improve their own diabetes self-care by supporting them to identify, understand, and overcome their unique barriers.

**Lisa Hoyle** (DipHealthPsych) is a health psychologist at Counties Manukau District Health Board working in both the Diabetes and Renal Services. She is also Acting Professional Leader – Psychology for Counties Manukau DHB. Lisa is dedicated to improving outcomes for those living with diabetes; particularly reducing inequities, complications and improving mental wellbeing.

**Moderator: TBC**

**General Information**

<b>Registrations:</b>	<a href="#">NZSSD Study Session Zoom Webinar Registration</a>
<b>Registrations Close:</b>	Friday 1 <sup>st</sup> October
<b>Costs:</b>	Free for NZSSD members (you must still register for the webinar) \$80 for allied health and nursing/\$150 for physicians – this will also entitle you to access member only benefits and future study session for 2021 – <a href="#">JOIN HERE</a>
<b>Study Session Queries:</b>	<a href="mailto:nzssdstudysessions@gmail.com">nzssdstudysessions@gmail.com</a>
<b>Membership Queries:</b>	<a href="mailto:nzssdmembership@gmail.com">nzssdmembership@gmail.com</a>
<b>Seminar Presentation:</b>	A Zoom Webinar link will be provided to registrants. The webinar will be available on the NZSSD member website <b>AFTER</b> the webinar has occurred. (subject to change)

**Upcoming Study Sessions for 2021**  
**Put them in your diary!**  
**Registrations will Open 4 weeks prior to each Study Session**

**November 3<sup>rd</sup>**

**Primary Care Special Interest Group and ACDN Hosting:**  
Medication Updates – What’s Been Happening in 2021

**2022 Calendar will be Out Shortly**

**Are there topics you would like study sessions on? Please be in touch:**

**[nzssdstudysessions@gmail.com](mailto:nzssdstudysessions@gmail.com)**