Welcome to Latrobe Regional Health, Alfred Health, Monash Health, Peninsula Health, & Synergy

Training News

(LAMPS represents the shining effect of training and education)

Local Training Workshops ................................................................. 1
Mindful self-compassion – 8 week program .............................................. 7
Launch of the mental health workforce attraction campaign .................. 9
Workshops at the International Federation for Psychiatric Epidemiology ..... 10
Invitation & Full program for GriefLine's Seminar .................................. 15
Bouverie Centre - Single Session Training in SALE Gippsland ................. 17
Monash Psychiatry Academic Day ........................................................... 18

To view the LAMPS Calendar:


Look under the heading: Training – click on ‘LAMPS training calendar 2017’.

Mindful Self-Compassion – 8 Week Program

Time: Every Thursday for 8 weeks
9:30am – 11.30am
Venue: Monash Health, Suite 1A - 314-316 Thomas St, Dandenong
Presenter: Certified MSC Teacher John Julian
See page 7 & 8 for details
## Local Training Workshops

### September

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
</table>
| 4th Sept & 26th Oct | **Mindful Self-Compassion – 2 day workshop – DAY 1** | Time: 10:00am – 4:30pm  
Venue: Level 2, Training Room, St Kilda Road Clinic  
Presenter: John Julian  
Register: gapsycheducation@alfred.org.au |
| 5th & 6th Oct | **Mental Health First Aid – 2 days**  
How to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis. The course curriculum is based on the MHFA Guidelines. Most professionals can claim attendance at a MHFA course (CPD) with their industry body | Time: 9:00am – 4:30pm  
Venue: Kingston Centre, Education Rooms  
Presenter: Southern Dual Diagnosis  
Cost: $75  
Register: sdds@monashhealth.org |
| 7th Oct | **Foundational CBT Skills**  
Time: 9:30am – 4:30pm  
Venue: MMC-Hudson Block E Level 4 Seminar Room RC18  
Presenter: John Julian & Greg  
| 13th Oct | **Foundational Counselling & Related skills for Experienced Mental Health Staff, with a focus on Trauma** | Time: 9:30am – 4:30pm  
Venue: Latrobe Valley CMHS Conf. Rms 1 & 2  
Presenter: John Julian  
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
</table>
| 13th | **OT Study Day**  
**Time:** 8:45am – 4:40pm  
**Venue:** Sandhurst Club, Clubhouse Lane, Sandhurst  
**Cost:** $30 – you can make payment at the door, or on-line at: [https://shop.monash.edu/occupational-therapy-study-day-2017.html](https://shop.monash.edu/occupational-therapy-study-day-2017.html)  
| 13th & 14th | **Single Session Family Consultation – 2 day workshop**  
**Time:** 9:00am – 4:30pm  
**Venue:** Comfort Inn, 5601 Princes Highway, Traralgon  
**Presenter:** Sarah Jones, Bouverie Centre  
| 19th | **Cultural Responsiveness: Introduction to Principles and Practices**  
Introduces participants to principles that inform culturally safe practice while encouraging the exploration of practical skills to enhance diversity responsive mental health practice.  
**Time:** 9:30am – 4:30pm  
**Presenter:** Victorian Transcultural Mental Health  
**Venue:** Dandenong ART Building, Meeting Rms 1 & 2  
| 27th | **Foundational CBT Skills**  
**Time:** 9:30am – 4:30pm  
**Venue:** Dandenong ART Building, Conference Room  
**Presenter:** Greg Coman  
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Time</th>
<th>Venue</th>
<th>Presenter</th>
<th>Cost</th>
<th>Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>3rd Oct</td>
<td>Mental State Examination</td>
<td>9:00am – 12:30pm</td>
<td>Kingston Centre, Education Rooms, 400 Warrigal Rd, Cheltenham</td>
<td>Southern Dual Diagnosis</td>
<td>$30</td>
<td><a href="mailto:sdds@monashhealth.org">sdds@monashhealth.org</a></td>
</tr>
<tr>
<td>5th Oct</td>
<td>Psych Meds &amp; Substances</td>
<td>9:00am – 12:30pm</td>
<td>Kingston Centre, Education Rooms, 400 Warrigal Rd, Cheltenham</td>
<td>Dual diagnosis Addiction Psychiatrist</td>
<td>$30</td>
<td><a href="mailto:sdds@monashhealth.org">sdds@monashhealth.org</a></td>
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October (Cont.)

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Venue</th>
<th>Presenter</th>
<th>Register</th>
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</thead>
<tbody>
<tr>
<td>26th Oct</td>
<td><strong>Mindful Self-Compassion – 2 day workshop – DAY 2</strong></td>
<td>10:00am – 4:30pm</td>
<td>Level 2, Training Room, St Kilda Road Clinic</td>
<td>John Julian</td>
<td><a href="mailto:gapsycheducation@alfred.org.au">gapsycheducation@alfred.org.au</a></td>
</tr>
<tr>
<td>2nd Nov</td>
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November

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<tr>
<th>Date</th>
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<th>Time</th>
<th>Venue</th>
<th>Presenter</th>
<th>Register</th>
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</thead>
<tbody>
<tr>
<td>27th</td>
<td><strong>Foundational Counselling &amp; Related skills for Experienced Mental Health Staff, with a focus on Trauma</strong></td>
<td>9:00am – 4:30pm</td>
<td>Peninsula Health – Training room</td>
<td>John Julian</td>
<td><a href="http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=2023">http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=2023</a></td>
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</tbody>
</table>
## December

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<tr>
<th>Date</th>
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<th>Time</th>
<th>Venue</th>
<th>Presenter</th>
<th>Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>6&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Foundational Counselling &amp; Related skills for Experienced Mental Health Staff, <em>with a focus on Trauma</em></td>
<td>9:30am – 4:30pm</td>
<td>Latrobe Valley CMHS Meeting Rm 1</td>
<td>John Julian</td>
<td><a href="http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1914">http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1914</a></td>
</tr>
<tr>
<td>14&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Foundational Counselling &amp; Related skills for Experienced Mental Health Staff, <em>with a focus on Trauma</em></td>
<td>9:00am – 4:30pm</td>
<td>Dandenong ART building, Meeting Rms 1 &amp; 2</td>
<td>John Julian</td>
<td><a href="http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1915">http://spppm-cf.med.monash.edu.au/southernsynergy/form.cfm?workshop_id=1915</a></td>
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Mindful self-compassion – 8 week program

The Mindful Self-Compassion program is an 8-week program designed to cultivate self-compassion skills for daily life and was founded in 2012 by Kristin Neff, PhD and Christopher K. Germer, PhD

How do you typically react to difficulties in life — work stress, feeling rejected, physical problems, or financial hardship? As human beings, most of us instinctively fight negative experiences and find fault in ourselves when things go wrong: “This shouldn’t be happening!” “What’s the matter with me!” Unfortunately, this tendency just adds stress to our lives and the critical self-talk defeats us before we know what’s happening. For example, the more we struggle to fall asleep, the harder it is to sleep; fighting with anxiety makes us feel worried all the time; and blaming ourselves for feeling bad just makes us depressed. But what would happen if, instead, you took a moment to calm and comfort yourself when you felt bad, just because you felt bad—much like you’d do for others? In other words, what if you learned the art of mindful self-compassion?

Self-compassion is a skill that can be learned by anyone, even those who didn’t receive enough affection in childhood or who find it embarrassing to be kind to themselves. Self-compassion is actually a courageous mental attitude that stands up to harm—the harm that we inflict on ourselves every day by overworking, overeating, over-analyzing, and over-reacting. With mindful self-compassion, we’re better able to recognize when we’re under stress and face what’s happening in our lives (mindfulness) and to take a kinder and more sustainable approach to life’s challenges. Self-compassion gives emotional strength and resilience, allowing us to recover more quickly from bruised egos to admit our shortcomings, forgive ourselves, and respond to ourselves and others with care and respect. After all, making mistakes is part of being human. Self-compassion also provides the support and inspiration required to make necessary changes in our lives and reach our full potential.

Research has shown that self-compassion greatly enhances emotional well-being. It boosts happiness, reduces anxiety and depression, and can even help you stick to your diet and exercise routine. And it’s easier than you think. Most of us feel compassion when a close friend is struggling. What would it be like to receive the same caring attention whenever you needed it most? All that’s required is shift in the direction of our attention—recognizing that as a human being, you, too, are a worthy recipient of compassion.

This program is largely experiential.
At the completion of this activity, participants should be able to:

- describe the theory and research supporting mindful self-compassion
- motivate themselves with encouragement rather than self-criticism
- relate to difficult emotions with greater moment-to-moment acceptance
- respond to feelings of failure or inadequacy with self-kindness
- begin to transform difficult relationships, old and new, through self-validation
- practice the art of savouring and self-appreciation
- integrate core mindfulness and self-compassion exercises into daily life
- teach simple self-compassion practices to patients, students, or clients

This program will be offered by John Julian, a certified teacher with the US-based Center for Mindful Self-Compassion and UCSD and who is also the LAMPS co-ordinator.

The 8-week program is one of the necessary pre-requisites for becoming a qualified trainer in MSC. A train-the-trainer program will be again offered in mid to late 2018 in NSW by Steve Hickman from the Center for MSC.

**Details of the Mindful Self-Compassion – 8 Week Program**

**Time:** Every Thursday for 8 weeks 9:30am – 11:30am  
**Venue:** Monash Health, Suite 1A - 314-316 Thomas St, Dandenong  
**Presenter:** Certified MSC Teacher John Julian  

**Weekly Mindfulness Sessions**

Every Wednesday  
2:30pm - 3:00pm  
Sacred Place, Dandenong Hospital  
Instructors alternating:  
Prof. Graham Meadows, Dr Fran Shawyer & John Julian
Launch of the mental health workforce attraction campaign

Dear all,

I am pleased to share with you phase one of the mental health workforce attraction campaign.

It is a vital part of Victoria’s Mental Health Workforce Strategy to address attraction and retention challenges affecting the sector – a key deliverable of Victoria’s 10-year mental health plan.

The purpose of this email is to invite you to contact the Department of Health and Human Services at helloopenminds@dhhs.vic.gov.au to explore opportunities to help promote the campaign to your networks.

**What does phase one aim to achieve?**

Developed in partnership with the mental health sector and the Mental Health Workforce Reference Group, the campaign seeks to build an overarching brand for careers in mental health.

Additionally, it raises awareness of the many positive aspects of working in mental health in the eyes of workers, potential workers, the public and consumers.

The site features two videos encouraging people to register their interest in a career in mental health by telling the shared stories of a mental health worker and consumer.

**What campaign resources are available to my organisation?**

You can access a range of campaign resources [here](#), which encourage people to register their interest in a career in mental health.

It includes a fact sheet, social media tiles, templates, a style guide and more.

**Get in touch**

Please contact the department at helloopenminds@dhhs.vic.gov.au to explore collaboration opportunities including sharing and promoting campaign resources with your networks.

**What will happen next?**

The project team will work with the mental health sector and the target audiences of the campaign to extend the reach and awareness of the helloopenminds brand.

It is recognised that this attraction campaign is one of a number of strategies to address attraction and retention challenges. Further work will be undertaken with the Mental Health Workforce Reference Group in relation to attraction and retention issues affecting the mental health sector in Victoria.

We encourage you to e-mail the project team at helloopenminds@dhhs.vic.gov.au so that we can keep you updated on developments.

Thank you in advance for your interest, time and support for this important initiative.

Regards, Matthew

**Matthew Hercus**

A/Director | Mental Health Branch | Health and Wellbeing Division

Department of Health and Human Services | 50 Lonsdale St, Melbourne Victoria 3000

t. 03 9096 7570 | m. 0421 056 497 | e.matthew.hercus@dhhs.vic.gov.au

w. www.dhhs.vic.gov.au
Register today

Register now for the 16th Congress of the International Federation of Psychiatric Epidemiology to be held in Melbourne, Australia from 17 to 20 October 2017.

The congress will bring together leading mental health researchers from around the world in an exciting program comprising plenary talks, oral and poster presentations, and a diverse range of symposia. More details are on the website.

We look forward to seeing you in Melbourne.

Professor Wulf Rössler
President, IFPE

Professor Peter Butterworth
Chair, Local Organising Committee

Keynote speakers include:

Prof Kathleen Merikangas
National Institute of Mental Health

Prof Athula Sumathipala
Keel University

Prof Simon Gilbody
University of York

Prof Andrew Cheng
Academia Sinica
The 2017 IFPE congress will be hosting 5 pre-conference workshops on Tuesday 17 October 2017:

Information on all workshops can be viewed on the 2017 IFPE website here: http://www.ifpe2017.org.au/workshops.html

**Workshop 2: The Delphi Expert Consensus Method in Mental Health Research**

**Venue:** RMIT Campus, Swanston Street, Melbourne  
**Time:** 8.30am - 12.30pm (morning tea provided)  
**Cost:** $110 (All prices are in AUD$ and include 10% GST).  
**Presenters:** Prof. Tony Jorm and Assoc. Prof. Nicola Reavley

Expert consensus is a fundamental underpinning of science. It is used to determine what are appropriate methodologies, to decide which grant applications will get funded, which manuscripts will get published and who will be admitted to learned societies of experts. Citation metrics can also be thought of as reflecting the consensus of a discipline about the importance of a publication. There are a number of methods of determining expert consensus, one of which is the Delphi method.

In mental health research, the Delphi method has been used to: (a) make estimations where there is incomplete evidence e.g. what is the global prevalence of dementia?; (b) make predictions e.g. what parenting practices will reduce an adolescent's risk of depression; (c) determine collective values e.g. what areas of research should be given the greatest priority; and (d) define foundational concepts e.g. how should we define "relapse".

The workshop will cover the rationale for expert consensus methods, how to carry out a Delphi Study (with detailed practical guidance on each step of the process) and how to implement the findings in practice. Workshop participants will also participate in a short Delphi Study on a mental health topic.

**Registration closes 12.00pm 15 October 2017**

About The Presenters:

Tony Jorm’s research focuses on building the community’s capacity for prevention and early intervention with mental disorders. He has published widely in the area of mental health, including many Delphi expert consensus studies to develop the content of interventions. He has been awarded a Doctor of Science for his research and elected a Fellow of the Academy of Social Sciences in Australia. He is an Associate Editor of the Australian and New Zealand Journal of Psychiatry. He has been listed in ISI HighlyCited.com as one of the most cited researchers in Psychology/Psychiatry.

A/Prof Reavley’s research focuses on improving public knowledge and beliefs about mental health problems, reducing stigma and discrimination and particularly on interventions that aim to improve support for those with mental health problems. She has led a number of Delphi expert consensus studies, including the development of guidelines for organisations supporting employees returning to work after an episode of anxiety or depression or implementing a strategy for the prevention of mental health problems, and guidelines for tertiary education institutions to support students with mental illness.
The 2017 IFPE congress will be hosting 5 pre-conference workshops on Tuesday 17 October 2017:

Information on all workshops can be viewed on the 2017 IFPE website here: http://www.ifpe2017.org.au/workshops.html

**Workshop 3: Brain Plasticity: How a Mindful, Active and Creative Life can Help us Grow into Old Age**

**Venue:** RMIT Campus, Swanston Street, Melbourne  
**Time:** 8.30am - 12.30pm (morning tea provided)  
**Cost:** $110 (All prices are in AUD$ and include 10% GST).  
**Presenter:** A/Professor Nicolas Cherbuin, Professor Felice Jacka, A/Professor Eileen Luders, A/Professor Ben Rattray, Alison Christie

Compelling scientific evidence indicates that we can optimise our own ageing trajectory by changing our behaviour and making healthier life choices. While early implementation, preferably from early adulthood or before, seems to be the key to gain maximum benefits, evidence has been accumulating that positive behavioural changes occurring even later in life can substantially contribute to healthy ageing. One challenge, however, is to identify where to direct our efforts for best results and how to adapt our behaviour to achieve a satisfying and sustainable lifestyle. This workshop will explore four areas where positive life choices can provide significant benefits in overall well-being and brain health across the lifespan: physical activity, diet, creative and cognitive engagement, and mindfulness. The scientific evidence underpinning each of the covered topics will first be presented by active researchers in these fields and will be followed by an interactive discussion with the audience exploring how achievable and positive behaviour choices can be implemented in our daily lives.

This workshop aims to stimulate an exchange between the audience and expert contributors. Plenty of time will be allocated to Q&A and attendees will be encouraged to interact with the presenters throughout the scientific and practical sessions.

**Registration closes 12.00pm 15 October 2017**

About The Presenters:

Associate Professor Nicolas Cherbuin is a Principal Research Fellow in the Centre for Research on Ageing, Health and Wellbeing at the Australian National University where he leads the NeuroImaging and Brain Lab (NIMBL). His research interests focus on investigating the factors that contribute to cognitive and mental health, and wellbeing across the adult lifespan, in identifying their cerebral correlates, and in developing tools and interventions to decrease risk in the population.

Professor Felice Jacka is an NHMRC Career Development Fellow at Deakin University where she is director of the Food and Mood Centre. She is founder and president of the International Society for Nutritional Psychiatry Research (ISNPR). Professor Jacka has pioneered and led a highly innovative program of research that examines how individuals’ diets, and other lifestyle behaviours, interact with the risk for mental health problems. Her current work focuses closely on the links between diet, gut health and mental and brain health. This research is being carried out with the ultimate goal of developing new, evidence-based prevention and treatment strategies for mental disorders.

Eileen Luders is an Associate Professor of Psychiatry at the University of California, Los Angeles (UCLA). Her research is focused on understanding the human brain using neuroimaging techniques. Central themes of her studies are the brain’s sexual dimorphism, brain development and aging, as well as abnormalities in brain anatomy as often associated with specific diseases, disabilities, and disorders. The topic closest to her heart is neuroplasticity, the brain’s remarkable capacity to adapt in response to internal or external demands, with particular focus on the effects of meditation and mindfulness practices.

Associate Professor Ben Rattray is based within the University of Canberra’s Research Institute for Sport and Exercise where he leads the Active Brain research group, a group investigating links between physical activity and the brain across a spectrum from elite athletes to healthy ageing. His work includes investigating different physical activity patterns on brain health in healthy ageing.

Alison Christie is a psychologist working in private practice in Canberra and a PhD candidate in clinical psychology at the ANU. Alison’s clinical work focuses on developing mindfulness skills in her clients as a means to improve insight, deal with strong emotions and unhelpful cognitions and improve their ability to make functional and values-based choices in daily life. These skills are used to address a diverse range of issues from work-place stress and anxiety, to OCD, PTSD, and even psychosis. Alison has recently submitted her PhD thesis which examines the role of mindfulness in promoting values-based behaviour.
GriefLine invites you to
"Born in One Country Dying in Another" – Power of Story
Wednesday 13th September 2017

“We want Victoria to be a place where diversity is not just tolerated, but a community where we celebrate the common humanity of all cultures” – Hon Robin Scott MP

Building tolerance & awareness about the struggles & cultural specific issues experienced by the Chinese & Indian Communities who call Australia home.

5.15pm  Registration
5.30pm  Seminar Opening
5.45pm  Dorothy Yiu OAM JP (Counsellor, Founder-Chinese Cancer Society of Victoria)
6.05pm  May Hu OAM JP (President & Founder of National Australian Chinese Women Association, Chair of Chinese International Arts Festival & Chinese Writers Festival)
6.20pm  Break & opportunity to network
6.45 pm Dr. Manjula O'Connor (Consultant Psychiatrist, Chair Family Violence Working Group, Executive Director Australasian Centre for Human Rights & Health)
7.15 pm Panel discussion – Moderated by Kristina Kukolja a multi award-winning journalist with SBS World News.

Panelists

Manpreet Kaur – a multi award-winning Journalist & Executive Producer for SBS Radio Punjabi & Member of the Media Advisory Group for Our Watch

Hao Wu – Social Worker with Australian Red Cross working in the Migration Support Program

Dolly Huang – Board Member for the Centre for Holistic Health & Social Worker specialising in care of older Chinese speaking immigrants.

Cr. George Hua – Councillor - City Of Kingston

Date & Time: September 13th, 2017 – 5.15pm – 8.15pm
Venue: GriefLine Community & Family Services Inc.
Level 1, 479 Warrigal Road, Moorabbin, 3189
Cost: $25 for General Public & Free for GriefLine Volunteers
Registration: By Friday 8th September – Phone (03) 9935 7444
Or Email susanm@griefline.org.au

Please forward this invitation to others who may be interested
Registration Form

Born In One Country Dying in Another – Power of Story

First Name: ……………………………………………………………………………………………………………………………

Last Name: ……………………………………………………………………………………………………………………………

Organisation: ………………………………………………………………………………………………………………………… (if applicable)

Address: …………………………………………………………………………………………………………………………………..

Suburb: …………………………………………………………………………………………………………………………… Postcode: ………

Telephone: BH: (03) …………………………………………… AH: (03) ……………………………………………………

Mobile: …………………………………………………………………………………………………………………………………..

Email: …………………………………………………………………………………………………………………………………..

Would you like to be placed on our mailing list? Yes / No

Cost: $ 25 for General Public & Free for GriefLine volunteers

Payment and Registration due Friday 8th September, 2017

Payment Options:

Cheque/money order: payable to GriefLine Community & Family Services Inc. and send to:
Level 1, 479 Warrigal Road, Moorabbin, 3189

or via Electronic Funds Transfer (EFT):

Account Name: GriefLine Services Inc.

BSB: 633 000 Account Number: 1390 68712

Reference: GLMS YOUR INITIAL & SURNAME (e.g. GLMS P SMITH)

Registration:

Send email to susanm@griefline.org.au or Phone (03) 9935 7444 by Friday 8th September

GriefLine Community & Family Services Inc.
ABN 34 129 389 173 www.griefline.org.au
Level 1, 479 Warrigal Rd, Moorabbin, 3189
Ph: 9935 7444
Single Session Work (SSW) describes a model of service delivery that acknowledges the likelihood that many clients will access a service only once or twice. This approach makes the most of each encounter with clients by treating each contact as though it may be the last, while laying the foundation for ongoing work, if required.

This workshop introduces the aims, practice principles, and techniques of SSW. Participants learn a range of skills associated with SSW, and explore implementation strategies for various service settings.

**Learning Outcomes**

On completion of this workshop participants will be able to:

- Describe the history, philosophy, and practice principles of the SSW approach
- Explain what SSW is, and what it is not
- Describe various applications of SSW ideas
- Identify particular skills associated with SSW, including intake, session, follow-up, and relevant paperwork, and apply these to their work with clients
- Develop a plan for implementing SSW in their service setting

**Who Should Attend**

Professionals, including counsellors, therapists, case managers, team leaders or managers interested in understanding and/or applying a SSW approach either in their individual clinical practice or as a treatment modality within their agency.
MONASH FACULTY OF MEDICINE
NURSING AND HEALTH SCIENCES

MONASH PSYCHIATRY ACADEMIC DAY

DATE: TUESDAY, 12 SEPTEMBER 2017
TIME: 8.30AM TO 4.30PM
VENUE: LECTURE THEATRES: G29 & G30
NEW HORIZONS, 20 RESEARCH WAY
MONASH UNIVERSITY CLAYTON CAMPUS

Sharing our research in a day that we hope will bring clinicians and academics together
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Chair/Presenter</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.30am</td>
<td>1</td>
<td>REGISTRATION</td>
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<tr>
<td>9.00am</td>
<td>1</td>
<td>Prof Maurice Eisenbruch</td>
<td>How is violence shaped by culture? Gender based violence and acid attack, and sexual and physical abuse of children in Cambodia</td>
</tr>
<tr>
<td>9.20am</td>
<td>1</td>
<td>Dr Vidy Swaminathan</td>
<td>Is epidermal growth factor system dysfunction associated with schizophrenia subtypes?</td>
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<tr>
<td>9.40am</td>
<td>1</td>
<td>Dr Joanne Brooker</td>
<td>Mindful Self-Compassion Program for people diagnosed with cancer: A feasibility and acceptability study</td>
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<tr>
<td>10.00am</td>
<td>1</td>
<td>Ms Alexandra Creighton</td>
<td>An examination of anxiety among older adults in residential care</td>
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<tr>
<td>10.20am</td>
<td>1</td>
<td>MORNING TEA</td>
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<tr>
<td>10.50am</td>
<td>2</td>
<td>Chair: Dr Phyllis Chua</td>
<td>Taking psychological distress epidemiology to scale: a cross-national equity study comparing Australia and Canada</td>
</tr>
<tr>
<td>11.10am</td>
<td>2</td>
<td>Dr Jo Enticott</td>
<td>End of life care in dementia</td>
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<tr>
<td>11.30am</td>
<td>2</td>
<td>Ms Felicity Moon</td>
<td>Preventing postnatal demoralisation: a cluster randomised controlled trial of a brief psychoeducational intervention</td>
</tr>
<tr>
<td>11.50am</td>
<td>2</td>
<td>Dr Irene Bobevski</td>
<td>Evaluating the role of modelling in healthcare decision-making: A case study</td>
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<tr>
<td>12.10pm</td>
<td>2</td>
<td>Ms Katrina Long.</td>
<td>Initial Validity and Reliability of a New Measure of Distorted Maternal Representations (in a high-risk clinical sample): The Mother-Infant Relationship Scale</td>
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<tr>
<td>12.30pm</td>
<td>2</td>
<td>LUNCH</td>
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<tr>
<td>1.30pm</td>
<td>3</td>
<td>Chair: Dr Glenn Melvin</td>
<td>Post-migration determinants of mental illness among humanitarian migrants; longitudinal analysis of findings from the first two waves of large cohort study</td>
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<tr>
<td>1.50pm</td>
<td>3</td>
<td>Mr Sam Cooper</td>
<td>Repetitive Transcranial Magnetic Stimulation for the Treatment of Anxiety in Adolescents with Depression</td>
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<tr>
<td>2.10pm</td>
<td>3</td>
<td>Ms Emily Wallman</td>
<td>Young adults' view on health apps</td>
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<tr>
<td>2.30pm</td>
<td>3</td>
<td>Mr Jae Oh</td>
<td>Associations between attachment and child behaviour and emotional problems in Autism Spectrum Disorder</td>
</tr>
<tr>
<td>2.50pm</td>
<td>3</td>
<td>AFTERNOON TEA</td>
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<tr>
<td>3.10pm</td>
<td>4</td>
<td>Chair: Prof Suresh Sundaram</td>
<td>Child behaviour outcomes of a multi-component early intervention program in primary school settings: a cluster randomized trial</td>
</tr>
<tr>
<td>3.30pm</td>
<td>4</td>
<td>Ms Sarah Buchanan-Pascal</td>
<td>Investigating learning and memory by disrupting BDNF/TrkB-signalling at parvalbumin-inhibitory interneurons</td>
</tr>
<tr>
<td>3.50pm</td>
<td>4</td>
<td>Ms Adrienne Grech</td>
<td>Can We Reduce Clozapine Dose and Side-Effects by Augmenting with Fluvoxamine?</td>
</tr>
<tr>
<td>4.10pm</td>
<td>4</td>
<td>Dr Frank Giorlando</td>
<td>Re-presentations to Emergency Department: Continuously learning what our complex patients require</td>
</tr>
<tr>
<td>4.30pm</td>
<td>4</td>
<td>FINISH</td>
<td></td>
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</tbody>
</table>
RSVP Form
I wish to register for the Monash Psychiatry Academic Day on Tuesday, 12 September 2017

<table>
<thead>
<tr>
<th>Name:</th>
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<tbody>
<tr>
<td>Affiliation:</td>
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<td>Email:</td>
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<td>Phone:</td>
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**Please tick:**
- All Day: [ ]
- Part/Half day: [ ]

**From:**

**To:**

- Morning Tea required: [ ]
- Lunch required: [ ]
- Afternoon Tea required: [ ]

**Any special dietary requirements?**

*This is a free event but registration is essential. Please complete and return the RSVP form to Andrea Peres at andrea.peres@monash.edu by Thursday, 7 September 2017.*