

Leaders in Women's Mental Health

MIND HER MENOPAUSE CONFERENCE PROGRAMME

Date	Saturday 27 February 2027
Time	9:00am – 5:00pm
Venue	Rydges Melbourne, 186 Exhibition Street, Melbourne
Convenor	Professor Jayashri Kulkarni AM
Host Organisation	HER Centre Australia, Monash University

AUDIENCE & PURPOSE

This one-day conference is designed for medical and other health care practitioners who are keen to learn more about managing mental ill health conditions that commonly occur in women going through the menopausal transition.

PROGRAMME

TIME	SESSION	PRESENTER(S)
9:00 – 9:15am	OPENING Welcome & Background Context for this conference, introducing the two main themes: "Menopause and Mental Health" in the morning and "Special Issues for Midlife Women" in the afternoon.	Professor Jayashri Kulkarni AM Consultant Psychiatrist, Women's Mental Health Expert & Director of HER Centre Australia
MORNING THEME · Menopause and Mental Health		
9:15 – 10:00am	TALK 1 Psychiatry and Menopausal Depression The diagnostic challenges, the MENO-D, differential diagnoses, and hormone management plus psychiatry medications.	Professor Jayashri Kulkarni AM
10:00 – 10:30am	<i>Morning Tea</i>	
10:30 – 11:15am	TALK 2 General Practice and Menopausal Patients Working with midlife women in general practice and providing holistic care.	Dr Ceri Cashell Women's Health Specialist GP and Co-Founder of Healthy Hormones
11:15 – 11:45am	PANEL Case Discussions	Professor Jayashri Kulkarni AM Dr Ceri Cashell

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TIME	SESSION	PRESENTER(S)
11:45am – 12:30pm	TALK 3 Menopause & Cognition Common issues, testing cognition in clinical practice, differential diagnoses, and cognitive training for midlife women.	A/Professor Caroline Gurvich Neuropsychologist & Deputy Director HER Centre Australia
12:30 – 1:30pm	<i>Lunch</i>	
AFTERNOON THEME · Special Issues for Midlife Women		
1:30 – 2:15pm	TALK 4 Migraines, Hormones & Menopause Migraines and gonadal hormones, current treatment of migraines, and special concerns for using estrogen-based therapies in women with migraines.	Dr Lakshini Gunasekera Consultant Neurologist & Headache Expert
2:15 – 3:00pm	SESSION Sex in Midlife	Nadia Boscaglia Clinical Psychologist, Somatic Sexologist
3:00 – 3:30pm	<i>Afternoon Tea</i>	
3:30 – 3:35pm	LAUNCH Midlife Module of the Women's Mental Health Short Course	HER Centre Australia Team
3:35 – 4:20pm	SESSION Exacerbation & Management of Other Menopausal Mental Ill Health Conditions Complex PTSD – Professor Kulkarni ADHD – A/Professor Gurvich	Professor Jayashri Kulkarni AM A/Professor Caroline Gurvich
4:20 – 5:00pm	PANEL Case Discussion	Professor Jayashri Kulkarni AM Dr Ceri Cashell A/Professor Caroline Gurvich Dr Lakshini Gunasekera
5:00pm	CLOSE Closing Remarks	Professor Jayashri Kulkarni AM