

# Mental Wellbeing Conference 2010

First International Conference on  
**Innovative Integration:  
roadmap to mental wellbeing**

## REGISTRATION, CONFERENCE PROGRAM AND CLINICAL WORKSHOP PROGRAM

**Sydney Convention and Exhibition Centre  
Darling Harbour, Sydney, Australia**

**14–16 September 2010**

The aim of the conference is to bring together mental health practitioners, researchers and policy makers from a wide range of disciplines in a forum which encourages participants to share input and discuss today's important mental health issues. In doing so, it aims to stimulate future cross-disciplinary collaboration and effective action.

The Conference will be run concurrently with TheMHS Conference, an international mental health and psychiatric educational forum, attracting over 1,000 mental health consumers, carers/families, clinicians, managers, researchers, cultural and Indigenous workers, educators and policy makers annually. NSW Transcultural Mental Health Centre (TMHC) will also be holding their conference within TheMHS conference program.

Registration at the UWS *Innovative Integration: roadmap to mental wellbeing* Conference will also allow attendance at sessions of TheMHS Conference and the Transcultural Mental Health Conference.

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For further information and registration visit:  
***[www.uws.edu.au/mentalwellbeing](http://www.uws.edu.au/mentalwellbeing)***



## Sydney, Australia

Visit Sydney, gateway to Australia, set on one of the world's most stunning harbours. Explore Darling Harbour and its restaurants and shopping, the Chinese Gardens, Chinatown, IMAX theatre, Sydney Aquarium, Sydney Wildlife World, Australian National Maritime Museum, Powerhouse Museum and Star City Casino with its clubs, casino and Lyric Theatre. Dine alfresco at Cockle Bay Wharf, King Street Wharf or Harbourside Shopping Centre, all within easy distance of the Sydney Convention and Exhibition Centre.

Just a 10-minute walk from the Sydney Convention Centre is the central business district of Sydney along with grand buildings including The Strand Arcade and Queen Victoria Building. You may also enjoy walking around The Rocks and Circular Quay to the Opera House and Botanical Gardens. Or you may care to go further afield to visit vibrant Sydney neighbourhoods including Newtown, Glebe, Balmain, Leichhardt, Bondi, Coogee, Paddington, Darlinghurst, Kings Cross, Manly and Northern Beaches. For more information about activities and events in Sydney go to: [www.sydney.com](http://www.sydney.com) or [www.visitnsw.com](http://www.visitnsw.com) or [www.australia.com](http://www.australia.com)

### The weather

Sydney's average temperature range in September is a pleasant 11 – 19°C (52 – 66°F); rainfall is light and on average two out of three days are sunny.

### Passports, entry visas, customs

All international visitors require a valid passport and visa for entry into Australia (most New Zealand visitors require a valid passport only).

### Some useful websites are:

Tourist visas	<a href="http://www.immi.gov.au">www.immi.gov.au</a>
Customs and quarantine	<a href="http://www.customs.gov.au">www.customs.gov.au</a>
Quarantine	<a href="http://www.ffa.gov.au">www.ffa.gov.au</a>
<i>(all food, plant and animal materials must be declared)</i>	
Foreign embassies	<a href="http://www.dfat.gov.au">www.dfat.gov.au</a>

### Sydney transport

A network of buses, trains and ferries will take you to Sydney's major tourist attractions including beaches, shopping precincts and the city's famous eat streets. The main terminal for rail transport is Central Station, which is also the terminus for intra and interstate trains. Sydney Buses operates the 'red' Sydney Explorer buses which provide the best means of transport to see the city's key attractions. Circular Quay is a busy transport hub on the harbour with ferries, trains, buses, taxis and water taxis available.

### Taxis

The cost of a taxi from Sydney airport to the city is approximately \$35–50. For further information about taxis from Sydney airport visit the website: [www.sydneyairport.com](http://www.sydneyairport.com)

### Social events

The University of Western Sydney will host a welcome reception on Tuesday 14 September which is complimentary for all full conference registrants. Guests of registrants and workshop attendees are welcome to attend at a cost of \$60.

On Wednesday 15 September, TheMHS Conference will hold their welcome event and registrants at the UWS *Innovative Integration: roadmap to mental wellbeing* Conference may also attend this event at a cost of \$60.

## Keynote Speakers



### Professor Peter Tyrer

Professor of Community Psychiatry, Imperial College, London, UK and Editor, British Journal of Psychiatry

**Topic:** *The road to recovery for people with chronic mental illness: a radical appraisal.*



### Professor Gabriele Bammer

Professor at the National Centre for Epidemiology and Population Health, ANU College of Medicine, Biology and Environment, at the Australian National University. She is also a visiting fellow at the Kennedy School of Government at Harvard University.

**Topic:** *Integration for mental wellbeing: can integration and implementation sciences help?*

### Professor Beverley Raphael

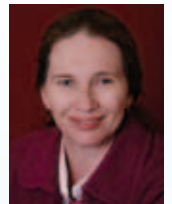
Professor Beverley Raphael is Professor of Population Mental Health and Disasters at the University of Western Sydney (UWS) and Professor of Psychological Medicine at the Australian National University, Canberra. She has been extensively involved in mental health policy; program development and implementation, as well as extensive research in child and adolescent mental health, prevention and disasters.



**Topic:** *Challenges of Mental health – the Future?*

### Professor Phillipa Hay

Phillipa Hay is Professor of Mental Health, Population Health at UWS. She is internationally recognised for her leadership and expertise in eating disorders, and is immediate Past-President of the Australian and New Zealand Academy for Eating Disorders.



**Topic:** *Body image and sense of self.*



### Professor Jon Currie

Professor Currie is a neurologist and addiction medicine specialist, and is Director of Addiction Medicine and Translational Neurobiology at St Vincent's Hospital, Melbourne. He is currently a member of the Research Committee within the NHMRC, and is Chair of the Victorian Drug and Alcohol Prevention Council, and of the expert Working Committee that has recently reviewed the NHMRC Australian Alcohol Guidelines.

**Topic:** *Addiction is a brain disease, and it matters! Implications for the optimal treatment of addictions.*



### *Directions in Music Therapy and Music and Wellbeing in research and training at UWS*

Presented by Professor Michael Atherton, Associate Dean (Research), College of Arts, UWS with Dr Alan Lem, Alison Creighton, Kirstin Robertson-Gillam and Hart Cohen

### Dr Raymond Tint Way

Dr Raymond Tint Way is a senior consultant psychiatrist in private practice and a VMO psychiatrist in the Mood Disorders Unit at Northside Clinic, a private psychiatric in-patient facility at Greenwich, NSW.



**Topic:** *The vicissitudes of migration and refugee status; The concepts of trauma and mental wellbeing in a cross-cultural setting and self-psychology as a treatment modality*

## Debate

### *Can recovery be measured? The Debate*

Held in conjunction with TheMHS Conference. Presented by Alan Rosen with Phillip Burgess, Anthony D. Mancini, Tim Coombs and Professor Peter Tyrer

# Preliminary Conference Program

## Innovative Integration: roadmap to mental wellbeing

Wednesday	Bayside Terrace, SC&EC
Time	Speaker
	<b>Keynote Addresses</b>
9.00am–9.15am S04	<b>Welcome to delegates – Professor Alison Jones</b> , Dean of Medicine, University of Western Sydney
9.15am–10.15am S04	<b>Professor Peter Tyrer</b> Professor of Community Psychiatry, Imperial College, London UK and Editor, British Journal of Psychiatry  <b>Topic – The road to recovery for people with chronic mental illness: a radical reappraisal.</b>
10.15am–11.00am S04	<b>Professor Beverley Raphael</b> Professor of Population Mental Health and Disasters, University of Western Sydney and Professor of Psychological Medicine, Australian National University, Canberra  <b>Topic – Challenges of Mental Health: The Future?</b>
11.00am–11.30am	<b>Morning Tea</b>
Session Chair	<b>Addiction, Comorbidity &amp; Trauma</b>  Dr Adelma Hills Head of School, School of Psychology, University of Western Sydney
11.30am–12.15pm S18	<b>Professor Jon Currie</b> Director of Addiction Medicine and Translational Neurobiology, St Vincent's Hospital, University of Melbourne  <b>Topic – Addiction is a Brain Disease, and it matters! Implications for the optimal treatment of addictions</b>
12.15pm–12.45pm S18	<b>Dr Raymond Tint Way</b> Consultant Psychiatrist  <b>Topic – The vicissitudes of migration and refugee status: The concepts of trauma and mental wellbeing in a cross-cultural setting and self-psychology as a treatment modality</b>
12.45pm–1.00pm S18	<i>The comorbidity of alcohol, cannabis, heroin and mental health disorders among inpatients presenting to hospitals in NSW – (Harry) Man Xiong Lai</i>
1.00pm–2.00pm	<b>Lunch</b>
Session Chair	<b>Special Populations</b> Professor Raj Sitharthan Associate Head of School, School of Psychology, University of Western Sydney
2.00pm–2.15pm S32	<i>Mental Health Disorders and Comorbidity among Juvenile Detainees: findings from 2009 NSW Young People In Custody Health Survey – Natalie Mamone</i>
2.15pm–2.30pm S32	<i>Restoring the pathways to relational wellbeing and learning for a young person with autism – Leigh Burrows</i>
2.30pm–2.45pm S32	<i>Finding those emerging issues, and engaging mental health carers – Linda Rosie</i>
2.45pm–3.00pm S32	<i>Partners in positive ageing – Josephine Boylan</i>
3.00pm–3.30pm	<b>Afternoon Tea</b>
	<b>Debate</b> (in Auditorium)
3.30pm–5.00pm S33	<i>Can Recovery be Measured? The Debate</i>  Alan Rosen, Phillip Burgess, Anthony D Mancini, Tim Coombs, Peter Tyrer

Thursday	Bayside 105, SC&EC
Time	Speaker
	<b>Integration for Mental Wellbeing</b>
9.00am–9.15am S48	<b>Welcome to delegates – Professor Branko Celler</b> , Executive Dean, College of Health and Sciences, University of Western Sydney
9.15am–10.00am S48	<b>Professor Gabriele Bammer</b> National Centre for Epidemiology and Population Health, Australian National University <b>Topic – Integration for Mental Wellbeing: Can Integration and Implementation Sciences Help?</b>
10.00am–10.30am	<b>Morning Tea</b>
Session Chair	<b>Body Image And Wellbeing</b> Professor Jane Ussher Professor of Women's Health Psychology, School of Psychology, University of Western Sydney
10.30am–11.00am S53	<b>Professor Phillipa Hay</b> Professor of Mental Health, Population Health, University of Western Sydney <b>Topic – Body Image and Sense of Self</b>
11.00am–11.15pm S53	<i>Body image concerns in male and female adults. The effects of psychological group intervention – Vivienne Lewis</i>
11.15am–11.30pm S53	<i>Behaviourally bisexual married men: sexual identity and psychological wellbeing – Dr Jim Malcolm</i>
11.30am–11.45am S53	<i>What helps and hinders GP capacity to support young people? – Dr Ann Dadich</i>
11.45am–12.00pm S53	<i>The Protective Effects of Optimism on Psychological Wellbeing – Dr Danuta Chessor</i>
12:00pm–12.15pm S53	<i>The effects of genital image and body image on sexual functioning in women – Frances D'Arcy-Tehan</i>
12.15pm–12.30pm S53	<i>Attachment typologies and Post-Traumatic Stress Disorder, depression and anxiety: a latent profile analysis approach – Cherie Armour</i>
12.30pm–1.30pm	<b>Lunch</b>
Session Chair	<b>Music Therapy</b> Associate Professor Kate Stevens Associate Head of School, School of Psychology, University of Western Sydney
1.30pm–3.00pm S66	<b>Symposium – Directions in Music Therapy and Music and Wellbeing in research and training at University of Western Sydney</b> <b>Professor Michael Atherton</b> , Associate Dean (Research) College of Arts, University of Western Sydney, with Dr Alan Lem, Alison Creighton, Kirstin Robertson-Gillam and Hart Cohen
3.00pm–3.30pm	<b>Afternoon Tea</b>
	<b>Promoting Mental Wellbeing In Different Cultures</b>
3.30pm–3.45pm S79	<i>A qualitative study to develop a mental wellbeing measure in Singapore – Isnis Isa</i>
3.45pm–4.00pm S79	<i>Creating a supportive environment for mental wellbeing in an Australian Macedonia community – Ilse Bignault</i>
4.00pm–4.15pm S79	<i>Psychological distress among Iraqi refugees presenting for treatment. An examination of heart rate variability – Dr Shameran Slewa-Younan</i>
4.15pm–4.30pm S79	<i>Rapture or Rupture? Perceived intercultural experiences and their impact on self-perceptions for Indigenous and non-Indigenous Australian students – Dr Gawaiian Bodkin-Andrews</i>
4.30pm–4.45pm S79	<i>Beginning again. West African women's stories of being migrants in Australia – Dr Olayide Ogunsiji</i>
4.45pm–5.00pm S79	<i>Enhancing patient medication adherence using the Medication Alliance Program – Mitchell Byrne</i>
5.00pm–5.10pm	<b>Closing Ceremony</b>

# Clinical Workshop Program – Tuesday 14 September 2010

## *Innovative Integration: roadmap to mental wellbeing*

Title	Lecturer
<b>Creative Writing as Burnout Prevention for Mental Health Practitioners</b>  (Full Day)	<b>Dr Hilton Koppe</b> is a General Practitioner in Lennox Head, NSW and a senior medical educator with North Coast GP Training. He has been presenting workshops and writing in the medical literature about Wellbeing for doctors for over a decade, and is well respected as a leader in this field.
<b>Obsessive Compulsive Disorder and Related Disorders</b>  (Morning)	<b>Dr Rocco Crino</b> is a Clinical Psychologist and Associate Professor in Clinical Psychology at UWS. He is Head of the OCD and Anxiety Disorders Clinic at UWS. He has 30 years of experience in clinical practice and specialises in the research and treatment of Obsessive Compulsive Disorder, Body Dysmorphic Disorder, and related conditions.
<b>The fundamentals of psycho-pharmacological practice for non-psychiatrists: a comprehensive integration between biological treatments and psychological interventions</b>  (Morning)	<b>Dr Raymond Tint</b> Way is a senior consultant psychiatrist in private practice and a VMO psychiatrist in the Mood Disorders Unit at Northside Clinic, a private psychiatric inpatient facility at Greenwich, NSW.
<b>Spiritually augmented wellbeing therapies</b>  (Afternoon)	<b>Dr Russell D'Souza</b> is an Australian pioneer in the incorporation of spirituality in psychiatry and mental health. He is Director of Clinical Trials and Research at the Northern Psychiatry Research Centre of the Department of Psychiatry Melbourne University.
<b>Management of ADHD</b>  (Afternoon)	<b>Caroline Stevenson</b> has extensive clinical and research experience with children and adults with ADHD. Caroline works part-time as a Clinical Psychologist in the Psychology Clinic at Macquarie University and part time in private practice. Caroline's research interests include evaluating parenting and social skills programs for children with disruptive behaviour and evaluating intervention programs for adults with ADHD.

Please note registration for workshops opens at 8.00am on Tuesday 14 September. Full day and morning workshops commence at 9.00am. Afternoon workshops commence at 1.30pm and conclude at 5.00pm. Information is correct at the time of printing. Workshop numbers are limited.

About the Workshop	Who should attend	Benefits of participation
<p>The workshop will allow participants to experience the use of stories and writing as a means of better managing some of the more challenging aspects of their working life, and to make sense of what it means to be a health practitioner. Practical writing exercises will guide participants through a series of creative tasks which assist them in reflecting on the effect their clinical practice has on their lives, with the goal of increasing their enjoyment of work, and of life in general.</p>	<p>General Practitioners and other Mental Health Practitioners</p>	<p>Attendees will learn simple, achievable, practical strategies to improve health and happiness at work. They will also set clearly identified personal goals for improving their own wellbeing.</p>
<p>The primary aim of this workshop is to review current assessment and cognitive behavioural treatment strategies in the management of Obsessive Compulsive Disorder. In addition to discussion of standardised assessment, cognitive behavioural assessment and individualised formulation will be emphasised through the presentation and illustrated via the discussion of selected cases. Treatment strategies, based on individual formulations will be discussed and demonstrated with case illustrations. Specifically, the workshop will cover: 1) OCD and its presentations, 2) Standardised assessment instruments of OCD, 3) History taking and monitoring for CB formulation 4) Engagement in treatment, and 5) CB treatment strategies as illustrated by case examples.</p>	<p>This workshop would be suitable for those wanting to learn more about assessment of Obsessive Compulsive Disorder, current empirical interventions, and clinical applications.</p>	<p>Benefits to participants will be a better understanding of both the condition, and its treatment.</p>
<p>Aims: to grasp how principles of psycho-pharmacology apply to clinical practice: how and when drugs are prescribed; their therapeutic &amp; side effects; clinical case presentations &amp; discussion; use of combined pharmaco- and psychotherapy (or psychological interventions) to achieve wellbeing.</p>	<p>Clinical Psychologists, Psychologists, General Practitioners and other Allied Health Practitioners</p>	<p>Effects of concurrent treatment; classification of psycho-tropic medicine; medication history; basics of how medications work; drugs of abuse; drug-drug interaction; medication adherence; use of this knowledge base when needed.</p>
<p>The workshop will cover briefly the science and neurobiology of wellbeing, and the evolution of spiritually augmented cognitive behaviour therapy (SACBT). The components of SACBT and wellbeing psychiatry will be discussed. The workshop will provide a framework for using the SACBT wellbeing concept.</p>	<p>Clinical Psychologists, Psychologists and other Allied Health Practitioners,</p>	<p>Learn to take a spiritual history and how to incorporate the spiritual domain into the management of wellbeing. The participant will also understand the science of wellbeing and the character traits involved in achieving wellbeing.</p>
<p>This workshop will examine the conceptualisation of ADHD as a neurobiological life-long disorder, including clinical presentations to front-line clinicians, co-morbidities, assessment and management. A review of the NHMRC National Practice Guidelines will be presented including policy recommendations for clinical practice.</p>	<p>Clinical Psychologists, Psychologists, Psychiatrists, General Practitioners and other Allied Health Practitioners</p>	<p>Update on latest information on treatment and National Practice Guidelines for ADHD and policy changes. Evidence based practice on assessment of ADHD in adults</p>

## Conference Registration

Please register **ONLINE** at  
[www.uws.edu.au/mentalwellbeing](http://www.uws.edu.au/mentalwellbeing)

Registration must be **received and fully paid before Thursday 9 September 2010**. On-site registrations may be available but please check with the organisers before attending the conference.

Morning/afternoon tea and lunch are included in the registration fee. The welcome reception on Tuesday September 14 is included in the 2 day registration fee. Conference papers and satchel are also included.

### Conference Registration Fees in Australian dollars

#### Tuesday Clinical Workshops 14 September 2010

##### *Innovative Integration: roadmap to mental wellbeing* Conference

- \$390 Creative Writing as Burnout Prevention [full day]
- \$195 OCD and Related Disorders [morning]
- \$195 The fundamentals of psychopharmacological practice for non-psychiatrists: [morning]
- \$195 Spiritually augmented wellbeing therapies [afternoon]
- \$195 Management of ADHD [afternoon]

### Conference

#### Wednesday 15 to Thursday 16 September 2010

##### *Innovative Integration: roadmap to mental wellbeing* Conference

Registration at this conference allows attendance at sessions of TheMHS Conference and the Transcultural Mental Health Conference which will run concurrently.

- \$590 Conference registration (Wednesday and Thursday, does NOT include Tuesday workshops)
- \$295 Wednesday only
- \$295 Thursday only
- \$750 Three day package – UWS conference + Friday at TheMHS Conference
- \$710 Three day package – Earlybird (if received by 29 July)

### Professional development

If you require a certificate of attendance at this conference to fulfil your Continuing Professional Education (CPE) requirements, please fill in appropriate box on the Registration Form. Please collect your CPE certificate at the registration desk on the last day of your attendance at the conference.

### Insurance

It is strongly recommended that delegates take out adequate medical, travel and personal insurance prior to the commencement of travel to cover any loss of fees, accommodation or airfares, should you be unable to participate in the conference for any reason.

### Disclaimer

The information given by presenters at the conference does not represent the views of the University of Western Sydney, and does not constitute therapeutic advice. We strongly advise conference presenters to take out their own professional indemnity insurance.

In the event of industrial action, force majeure or other unforeseen disruption, the conference organisers do not take responsibility for any loss of monies incurred by conference delegates. We strongly advise conference delegates to arrange their own personal insurance. The conference will not be liable for any participant failing to take out their own insurance.

Delegates and other invitees must observe the requests and/or the directions of the conference organisers and Sydney Convention and Exhibition Centre staff.

### Privacy statement

Your name and contact details will be used only to notify you of future mental health related events organised by the University of Western Sydney. If you do not wish to have your details used for this purpose please advise the organisers .

### Cancellation policy

Fees will be refunded in full if the organisers are notified by the 29 July 2010. 50% of fee will be refunded if notification is received by 12 August 2010. No refund will apply after the 12 August 2010 except at the discretion of the organisers.