# UWS Mental Wellbeing Conference 2010
## Innovative Integration: roadmap to mental wellbeing
### Clinical Workshops - Tuesday 14 September 2010

<table>
<thead>
<tr>
<th>Title</th>
<th>Lecturer</th>
<th>About the Workshop</th>
<th>Who should attend</th>
<th>Max. No</th>
<th>Benefits of participation</th>
<th>Duration</th>
<th>Cost A$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creative Writing as Burnout Prevention for Mental Health Practitioners</td>
<td>Dr Hilton Koppe 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.</td>
<td>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.</td>
<td>General Practitioners and other Mental Health Practitioners</td>
<td>30</td>
<td>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.</td>
<td>6 hours (full day)</td>
<td>$390</td>
</tr>
<tr>
<td>OCD and Related Disorders</td>
<td>Dr Rocco Crino 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.</td>
<td>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.</td>
<td>This workshop would be suitable for those wanting to learn more about assessment of Obsessive Compulsive Disorder, current empirical interventions, and clinical applications.</td>
<td>25</td>
<td>Benefits to participants will be a better understanding of both the condition, and its treatment.</td>
<td>3 hours (morning)</td>
<td>$195</td>
</tr>
<tr>
<td>The fundamentals of psychopharmacological practice for non-psychiatrists: a comprehensive integration between biological treatments and psychological interventions</td>
<td>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.</td>
<td>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 pharmacological and psychotherapy (or psychological interventions) to achieve wellbeing.</td>
<td>Clinical Psychologists, Psychologists, General Practitioners and other Allied Health Practitioners</td>
<td>25</td>
<td>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.</td>
<td>3 hours (morning)</td>
<td>$195</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Spiritually augmented wellbeing therapies</td>
<td>Dr Russell D’Souza 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.</td>
<td>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.</td>
<td>Clinical Psychologists, Psychologists and other Allied Health Practitioners,</td>
<td>50</td>
<td>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.</td>
<td>3 hours (afternoon)</td>
<td>$195</td>
</tr>
<tr>
<td>Management of ADHD</td>
<td>Caroline Stevenson 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.</td>
<td>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.</td>
<td>Clinical Psychologists, Psychiatrists, General Practitioners and other Allied Health Practitioners</td>
<td>30</td>
<td>Update on latest information on treatment and National Practice Guidelines for ADHD and Policy changes. Evidence based practice on assessment of ADHD in adults</td>
<td>3 hours (afternoon)</td>
<td>$195</td>
</tr>
</tbody>
</table>