

Collaborative approach to working with children affected by grief



Dr Andrew Leech

General Practitioner, WA

Dr Andrew Leech believes every child deserves

comprehensive, quality healthcare starting at their local GP. Children's health is evolving and the role of the GP is more significant than ever; supporting families on their journey, walking with them, understanding their needs and finding the right pathway. The complexity of children's needs has expanded beyond simple day-to-day problems.

As we learn more about the effects of a child's early development and influences, we have come to realise we can do so much to make a difference. If we can intervene earlier, we can then change the trajectory of that child's entire life. Andrew considers himself a paediatric GP, and feels his calling is focussed in this direction. While he also works as an 'everyday GP', his interest area is improving the health and mental health outcomes of children and their caregivers.

Following graduation from medical school at the University of Notre Dame, Fremantle, Andrew achieved Fellowship at the Royal Australian College of General Practitioners (RACGP) and then completed further studies with a diploma in child health. Andrew advises both the RACGP and Emerging Minds as part of their course development and training for GPs. He has

spoken to a number of organisations on various child health and mental health topics. This year, Andrew became part of the RACGP Future Leaders program.



Dr Kristy Felsea

Psychologist, WA

Kristy is a registered psychologist and has postgraduate qualifications in

grief and palliative care counselling, counselling bereaved children and working with creative therapies. For the last 13 years, Kristy has worked and volunteered in a range of bereavement services including: The Bereavement Care Centre/National Centre for Childhood Grief (A Friends Place); SIDS and Kids (now Red Nose); CanTeen (The Australian Organisation for Young People Living With Cancer); B4 Dawn Bereavement Service and Lionheart Camp for Kids, among other more general non-bereavement services.

Kristy is passionate about grief and the impact that it can have on individuals and families. Kristy focuses her work on continuing familial bonds and the uniqueness of every person's journey and experience. She is particularly passionate about supporting and educating families around childhood grief and the best way for their main caregiver/s and families to support the grieving children in their lives.

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Julianne Whyte OAM
Social Worker, NSW

Julianne graduated in nursing in 1978 at St Vincent's Hospital, Melbourne, and since then has worked across the public and private health care sectors in rural and regional communities in both acute and community nursing roles.

After 25 years in nursing, Julianne wanted to expand her knowledge of human behaviour and health inequalities, and so she attained a Bachelor of Social Work from La Trobe University, Wodonga, Victoria in 2003.

As an agent for change, Julianne established the Amaranth Foundation – a medium sized not-for-profit organisation that currently employs 25 staff and provides a range of services across the rural communities of the Riverina and Murrumbidgee regions of New South W. Amaranth was established to respond to an identified need for evidence-based psychosocial responses for people with complex or advanced chronic health illnesses and has expanded over the past 10 years to provide evidence based therapeutic interventions and programs for people living with the effects of grief, loss and trauma and other mental health concerns, as well as a growing National Disability Insurance Scheme (NDIS) program.

The person-in-environment approach and ethical base of social work resonates well with Julianne's own values around clinical care, workforce and leadership development, research and education. Julianne is a member and a Director of the Australian Association of

Social Workers (AASW) and an Accredited Mental Health Social Worker. She holds various positions on local community groups and has represented the social work profession on the Medicare Primary Health Care Taskforce.

Julianne's clinical approach includes narrative and dignity psychotherapy, values orientation, narrative and cognitive grief and trauma therapy. She is deeply committed to providing Field Education and supervision for social work students and regularly provides presentations and lectures on grief, loss and trauma. Julianne is working towards completing her PhD in the field of social work and palliative care and in 2017 she was awarded an Order of Australia medal for her work in advancing palliative care in the community.

Julianne is a people orientated health professional who is actively involved in person centred care approaches and is motivated by her commitment and passion to make real change for vulnerable people and their families and care givers, especially those living with the impact of complex physical and mental health concerns and illnesses.



Facilitator: Nicola Palfrey
Clinical Psychologist, ACT

Nicola Palfrey is a clinical psychologist and researcher who has worked extensively with children, adolescents and adults who have experienced significant adversity and trauma.

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In her current role as Director of the Australian Child & Adolescent Trauma, Grief & Loss Network at the Australian National University (ANU) she is responsible for developing and delivering resources, training and interventions based on the latest evidence base to support individuals and families affected by adversity and trauma.

Nicola is the ANU lead for the National Workforce Centre for Child Mental Health, an initiative to support workforces identify, assess and support children under twelve who are at risk of experiencing mental illness.

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