

Working collaboratively to address the mental health of people experiencing chronic pain



Professor Michael Nicholas

Psychologist, NSW

Professor Michael Nicholas is a Clinical Psychologist and Director of Pain Education and Pain Management Programs at the Pain Management Research Institute, University of Sydney and Royal North Shore Hospital.

He has an international reputation in the field of pain – as a clinician, researcher and educator – with over 200 publications and over 10,000 citations in the scientific literature. He also has a long history of training all health disciplines on interdisciplinary pain management.

In the last six years, Professor Nicholas has been actively engaged in training health workers in the provision of pain self-management training for people with chronic pain in rural and low resource settings in Australia and South East Asia.

He has been on the executive of the Agency for Clinical Intervention's (ACI) Pain Network since its inception in 2011 and Co-Chair for the last three years.

Professor Nicholas was the secretary of the International Association for the Study of Pain (IASP) Governing Council and is also an invited member of an international taskforce advising the World Health Organisation (WHO) on pain diagnoses for the recently approved International Classification of Diseases (ICD) 11.



Dr Simon Holliday

General Practitioner and
Addiction Physician, NSW

Dr Simon Holliday has been a rural general practitioner in NSW for three decades and a part-time Staff Specialist for the Drug and Alcohol Clinical Services of the Hunter New England Local Health District at the Manning Hospital in Taree.

He is the immediate past chair of the Royal Australian College of General Practitioners Specific Interests Network of Pain Management and a Conjoint Lecturer at the School of Medicine and Public Health at the University of Newcastle. He has been principal author or collaborator on several opinion pieces and research studies on the management of pain, addiction and psychoactive pharmaceuticals in general practice and the evaluation of such education for GPs.

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Catherine Ketsimur
Physiotherapist, QLD

Catherine is an Australian Physiotherapy Association (APA)

Pain Physiotherapist with extensive musculoskeletal physiotherapy experience in public and private healthcare both in the UK and Australia.

Catherine worked as an Extended Scope Practitioner in the UK, working within multidisciplinary orthopaedic teams including Guys' and St Thomas National Health Service (NHS) Foundation Trust, London and the Central London Community Healthcare Trust, and she became a founding member of the Association of Foot and Ankle Physiotherapists (AFAP).

In 2012, she completed her Master of Science (Pain: Science and Society) at Kings College, London and gained titling with the APA as a Pain Physiotherapist in 2018.

Catherine has worked within multidisciplinary pain teams including the Northern Pain Centre (Sydney) and the Managing Pain Clinic (Gold Coast) and has undertaken research with the Pain Management Research Institute at the University of Sydney.

Currently, she is a Director and Physiotherapist at All About Physio on the Gold Coast. Additionally, she is an invited lecturer for the Macquarie University Doctorate of Physiotherapy, and examiner on the Masters of Science in Medicine (Pain Management), through the University of Sydney.



Facilitator: Professor Stephen Trumble
General Practitioner, Vic

Stephen Trumble is a general practitioner and Head of Medical Education at the Melbourne Medical School.

He has held a variety of roles in GP education, including directing the RACGP Training Program and editing the Australian Family Physician journal.

After working in metropolitan and rural general practice and establishing a service for people with developmental disabilities at Monash Medical Centre, his current clinical work is limited to GP locums in remote areas of the Northern Territory.