

WEBINAR
PANEL

Working together to prevent heart disease for people living with psychiatric illness



**Associate Professor
David Colquhoun**
Cardiologist, QLD

Associate Professor David Colquhoun is a cardiologist in private practice and has an extensive research background. Over the last 25 years, David has been involved in multi-centre international trials and investigator initiated trials in the area of lipids, nutrition, nutraceuticals and physiological aspects of heart disease, diabetes and obesity.

David has presented his research at national and international meetings. He is head of cardiovascular research at Greenslopes Private Hospital, and has a private research organisation, CORE Research.

David was a member of the National Heart Foundation of Australia Nutrition and Metabolism Committee. He is a grant assessor for the National Health and Medical Research Council, National Heart Foundation Australia and Diabetes Australia.

David has published and been a referee for major journals. He is the AMA spokesperson for cardiology in Queensland. He is a member of the Scientific Committee of National Institute of Complementary Medicine.

In 2008, David was the only cardiologist invited to attend the 2020 Summit. He is a former member of the Queensland Government Smart State Council working group on prevention and early

intervention approaches to tackle chronic disease and currently writes a column for *Prevention* magazine.



Dr Helen Stanley
General Practitioner, Vic

Dr Helen Stanley works in general practice at Clocktower Medical Centre in Sale, a rural town of 14,000 people that's 220 km east of Melbourne.

Helen trained in acceptance and commitment therapy (ACT) in order to conduct Focussed Psychological Strategies (FPS) with her patients.

She found the ACT training very valuable for promoting lifestyle changes in her chronic disease patients and for reducing the use of psychotropic medications.



Dr Philip Tully
Clinical Psychologist, SA

Dr Philip Tully has a Masters and PhD in clinical psychology and is a current National Health and Medical Research Council (NHMRC) early career research fellow in the discipline of medicine at the University of Adelaide. He is a postdoctoral fellow at Bordeaux University in France and Freiburg University in Germany.

Philip has extensive expertise providing psychology support to adult cardiac patients with recent

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myocardial infarction, cardiac surgery, heart transplant, heart failure, arrhythmia, left ventricular assist device and implantable cardioverter defibrillator.

He is editor of the book *Cardiovascular Diseases and Depression Treatment and Prevention in Psychocardiology* and has authored over 100 peer-reviewed papers primarily on the neuropsychiatric outcomes of cardiovascular diseases including cognitive impairment, depression and anxiety.

His research led to the first transdiagnostic CBT intervention in cardiac populations (CHAMPS) and the development of a new CBT model for Panic Attack Treatment in Comorbid Heart Diseases - PATCHD *How to Calm an Anxious Heart and Mind*.



Facilitator: Nicola Palfrey

Clinical Psychologist, SA

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

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 12 years who are at risk of experiencing mental illness.