

Working Together to Recognise and Treat Complicated Grief

Webinar date and time: Tuesday, 23rd February 2016, 7:15 – 8:30pm AEDT

Webinar panellists

Dr Konrad Kangru (Qld-based GP)

Dr Konrad Kangru gained his MBBS from University of Queensland in 2000. He has been in private Rural General Practice in the Whitsundays region of Queensland since 2005, where he has been a GP Supervisor and Medical Educator since 2009. He has remained a very active advocate for improving the support of rural doctors, especially through the Rural Doctors Association of Queensland, having convened their 2011 and 2015 conferences. Dr Kangru has also undertaken and presented his research on the Self-Care of rural doctors, and has special interests in Medical Education and Diabetes management, particularly in up-skilling colleagues about this important condition.



Associate Professor Moira O'Connor (WA-based psychology academic)

Associate Professor O'Connor is a Senior Research Fellow in the School of Psychology and Speech Pathology, Curtin University. Associate Professor O'Connor's programme of research is applied and community based with a focus on health and wellbeing and addresses psychological aspects of cancer and palliative care.



Moira has a particular interest in family carers, especially after bereavement, and has many publications on people's experiences of grief and how health professionals support people who are bereaved. Moira's current research projects address the experiences and needs of family members and family carers, patients, and health professionals working in the areas of palliative care and oncology. Moira uses several methodologies including qualitative research, Randomised Controlled Trials of interventions, and surveys. To date Associate Professor O'Connor has over seventy refereed papers and book chapters and has secured over \$3,000,000 in external funding.

Associate Professor O'Connor has been a chief investigator on collaborative grants in the areas of carers' support needs and support after bereavement, and is currently involved in teams looking at screening for complications of grief in palliative care family carers and interventions for people experiencing complications of grief. Many of these collaborative projects have been in response to identified needs and gaps in the community.

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Mr Greg Roberts (Vic-based social worker and bereavement counsellor)

Greg Roberts is a social worker with 19 years' experience working in the health and community services sector.

In 2001 Greg began to specialise in the field of grief, loss and trauma. He worked as a Counsellor/Educator with HOPE Bereavement Care/SIDS & Kids from 2003 to 2009 and then as a Regional Specialist Bereavement Counsellor for Australian Centre for Grief and Bereavement from 2009 to 2011.

Greg currently works as a counsellor, educator and consultant, specialising in his key interest areas of grief, loss, trauma, stress management and men's health. Greg is an accredited member of the Australian Association of Social Workers, and has met the criteria for accreditation as both counsellor and educator with the National Association for Loss and Grief (NALAG). Greg has presented a broad range of interactive training workshops to a variety of audiences throughout Australia. Greg has recently completed his PhD at Deakin University having conducted longitudinal research on bereaved parents' experiences of spontaneous creativity after the death of a child.



Professor Kay Wilhelm (NSW-based psychiatrist)

Professor Kay Wilhelm is Clinical Director of Consultation-Liaison Psychiatry and Research Director of Faces in the Street: St Vincent's Urban Mental Health and Wellbeing Research Institute, at St Vincent's Hospital, Sydney. She is a Conjoint Professor in Psychiatry, UNSW and a Professorial Fellow at the Black Dog Institute.

Her interests are depression, deliberate self-harm, gender differences, smoking cessation, brief interventions to improve wellbeing and mental health services research. At St Vincent's, she works collaboratively with medical teams, with special interest in the Intensive Care Unit, the Heart/Lung Transplant Program, and Diabetes and Respiratory Services.



Webinar facilitator

Ms Vicky Cowling (psychologist and accredited mental health social worker)

Vicki Cowling, OAM, works as an independent practitioner in child and family mental health. Vicki has worked with children and families in government and non-government settings, including public child and adolescent mental health services, in Victoria and New South Wales.

She has also held positions in the field of mental health promotion, and has conducted research concerning children of parents with mental illness and their families, leading to publication of books and articles. Vicki is an Accredited Mental Health Social Worker, Registered Psychologist, and member of the National Mental Health Committee of the Australian Association of Social Workers.

