

Working collaboratively to support students experiencing exam anxiety

Wednesday, 25th May 2016, 7:15 – 8:30pm AEST

Webinar panellists

Associate Professor Craig Hassed (Vic-based GP)



Associate Professor Craig Hassed is a Senior Lecturer at the Department of General Practice where he has been teaching at both undergraduate and post-graduate levels since 1989. He is also coordinator of mindfulness programs at Monash University. He has been instrumental in introducing a variety of innovations into medical education and practice in Australia and overseas with an emphasis on the application of holistic, integrative and mind-body medicine in medical practice. His teaching, research and clinical interests include mindfulness-based stress management, mind-body medicine, meditation, health promotion, integrative medicine and medical ethics. Craig is regularly invited to speak and run courses in Australia and overseas in health, professional and educational contexts. He was the founding president of the Australian Teachers of Meditation Association and is a regular media commentator on a variety of health-related subjects.

Professor Valsamma Eapen (NSW-based psychiatrist)



Professor Valsamma Eapen MBBS., FRCPsych., FRANZCP., PhD is currently Chair of the Infant, Child and Adolescent Psychiatry at the University of New South Wales (UNSW) Australia and Head of the Academic Unit of Child Psychiatry, South West Sydney (AUCS). As a Child Psychiatrist with special expertise in developmental and childhood mental health disorders, her research interests include neurodevelopmental disorders as well as neurobiological underpinnings of attachment and intergenerational transmission of anxiety. She has a particular interest in early identification and intervention of developmental and child psychiatric disorders and health equity. She serves as Associate Editor of the Asian Journal of Psychiatry, Academic Editor of PLOS ONE and member of the Editorial Board of the Journal "Autism Research and Treatment". She is a member of the Cochrane Developmental, Psychosocial and Learning Problems Group and is a Sentinel Reader for the McMaster Online Rating of Evidence. She holds National Health and Medical Research Council (NHMRC) funded research grants and is a Project Theme Leader in the Autism Cooperative Research Centre (CRC). She has published five books, 15 book Chapters and over 150 peer-reviewed journal articles including reviews on management of childhood depression and anxiety.

Mental Health Professionals' Network

Emirates House
Level 8
257 Collins Street
Melbourne
VIC 3000

postal
PO Box 203
Flinders Lane
VIC 8009

email
contactus@mhpn.org.au

telephone
1800 209 031

www.mhpn.org.au

Ms Jodi Nilsson (Qld-based clinical psychologist)



Jodi Nilsson is a Clinical Psychologist working as part of a multi-disciplinary team at headspace Cairns. Jodi works daily alongside Social Work, General Practice, Psychiatry, Occupational Therapy, employment specialists and health promotion. Jodi has a special interest in developmentally and culturally appropriate adaptation of standard psychological therapies.

Jodi has a Masters in Clinical Psychology, and combined her studies with a Degree in Anthropology to help pursue her interest in providing culturally relevant therapy to rural and remote Australians.

Mr Paul Jameson (Vic-based social worker)



Paul Jameson is a school social worker with the Department of Education and Training in Victoria. He is the current convener of the AASW School Social work practice group and is passionate about work with children and schools. Like many social workers, Paul trained as a mature aged student. Prior to being a social worker he was a qualified arborist. Before working with the Department, Paul worked in community mental health and in drug and alcohol treatment.

Webinar facilitator

Dr Mary Emeleus (Qld-based GP and psychotherapist)



Mary has a mixed psychotherapy/GP role at headspace Cairns, part salaried/part private practice which includes seeing clients for medical, psychological medicine and psychotherapy appointments, and participating in peer supervision, intake and case review activities. She works one day per week in a private general practice, and has recently developed a keen interest in developing and teaching counselling skills courses for GPs and consulting in this field, as well as a small amount of Medical Educator work visiting GP registrars in their teaching practices. In 2016 this role has expanded to include monthly visits to Mt Isa!

Her other professional interests include lifestyle medicine, adolescent mental health, early psychosis intervention, psychological and social approaches to psychosis, and treatment of complex trauma. Her psychotherapy work is eclectic, with low-intensity CBT, EMDR therapy, Psychodynamic, Jungian and Existential influences.

Memberships include Australian Society for Psychological Medicine (www.aspm.org.au) (president-elect and principal author of Level 2 FPS training program), RACGP NFSI Psychological Medicine Network, Rural Doctors Association of Australia, and the International Society for Psychological and Social Approaches to Psychosis (ISPS) (www.isps.org.au).

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