



## Personality disorders and substance use: tips on effective treatment approaches



### **Dr Trevor Crowe** **Psychologist**

Tasmanian based Dr Trevor Crowe is a registered psychologist, psychotherapist and certified addictions counsellor with over 25 years clinical experience. Trevor's clinical approach is integrative. He continues to teach mindful meditation and Gestalt psychotherapy.

While Trevor's clinical interests and experiences are broad, he has a specific clinical interest in relational approaches to working with trauma recovery, regardless of cause and manifestation (e.g. somatic, substance abuse, depression, anxiety, interpersonal distress, self-harm etc).

He previously held a senior lecturer position with the School of Psychology at The University of Wollongong, where he was Director of the Master of Professional Psychology course and Deputy Director of clinical training programmes.

He previously co-coordinated several research projects covering a range of topics including family recovery, coaching in mental health and substance abuse recovery settings, trauma recovery, sports and mental health and clinical supervision.

Trevor has developed several programmes to support recovery and psychological growth including for families, people with mental illness and/or substance abuse disorders, and clinicians and supervisors.



### **Dr Jeff Ward** **Psychologist**

Dr Jeff Ward is a clinical psychologist in private practice in Canberra, with a background in clinical research, clinical teaching and clinical practice.

Jeff worked at the National Drug and Alcohol Research Centre conducting clinical research on substance use from 1989 –1997.

He taught in the Department of Psychology, ANU from 1997 to 2007, teaching courses on personality psychology, and on treatments for substance use problems and other conditions.

He has completed three years of training in the conversational model of psychotherapy – a psychotherapy for personality disorders. He has been in private practice since 2007.

**Dr Hester Wilson**  
**General Practitioner**



A fellow of the Royal Australian College of General Practitioners, Hester is also a fellow of the Chapter of Addiction Medicine in the RACGP.

Having worked in primary health care settings for the last 25 years, Hester completed her Masters in Mental Health in 2013.

She currently works at the Langton Centre as a staff specialist in addiction and in general practice in Newtown, Sydney.

Hester is the chair of the NSW branch of the RACGP GPSI in addiction and has a particular interest in drug and alcohol issues in the primary care setting.

She has facilitated training for doctors and other health care workers since 2001.

**Facilitator: Dr Mary Emeleus**  
**Psychiatry Registrar**



Dr Mary Emeleus works as a psychiatry registrar in Far North Queensland having commenced psychiatry training in 2017.

Mary previously spent 18 years working as a GP with a mental health special interest, including 9 years at **headspace** sites working in youth mental health, and also as a psychotherapist with both young people and adults.

Currently, Mary's training and the prospect of exams is taking up most of her professional energy. She has contributed to medical education at all levels including teaching advanced mental health skills to experienced GPs.

Mary has been involved in MHPN activities for about ten years at both local and national levels and is particularly passionate about interdisciplinary collaboration and supporting rural and remote practitioners from all backgrounds, who work in mental health and counselling related areas.

Professional interests include trauma-informed psychotherapies, lifestyle medicine, adolescent mental health, early psychosis intervention, psychological and social approaches to psychosis, and GP mental health care provision.

Memberships include Australian Society for Psychological Medicine ([www.aspm.org.au](http://www.aspm.org.au)), The International Society for Psychological and Social approaches to Psychosis (ISPS) ([www.isps.org.au](http://www.isps.org.au)), The International Society for the Study of Trauma and Dissociation (ISSTD) (<http://www.isst-d.org/>)

