

WEBINAR  
PANEL

## Better outcomes in schizophrenia: a patient-centered approach



**Dr Cathy Andronis**

General Practitioner, Victoria

Dr Cathy Andronis is a GP in inner Melbourne. She is also a family therapist with clinical membership of the Australian

Association of Family Therapy.

Cathy is a tutor at Monash and Deakin Universities and GP lead (Deakin) Eastern Health where she teaches medical students about the patient centred approach in consultations with patients.

Cathy is a member of the Victorian RACGP-RANZP liaison sub-committee, a FPS trainer with the Australian Society of Psychological Medicine and RACGP, and is the RACGP representative to Mental Health Australia.



**Dr Melissa Connell**

Clinical Psychologist, Queensland

Michelle is a clinical psychologist working in the area of psychosis, trauma and substance use

research and treatment. Michelle also works in private practice and as a manager developing and implementing a model of Trauma Informed Care and Practice for a public health Alcohol and Drug Service. She holds an Honorary Research Fellow position at the University of Queensland Centre for Clinical Research.

Over the last 10 years Michelle's worked in a range of mental health settings but has largely focused on working with young people with psychosis.

Michelle has been working with other researchers, clinicians and people with lived experience to try to understand more about the relationship between trauma, psychosis or extreme states, substance use and distress. She is a founding member and the national convenor of the Australian Psychological Society's Psychosis and Psychology Interest Group and founding member and secretary of the Australian branch of the International Society for Psychological and Social approaches to Psychosis (ISPS).



**Mr Russell Syphers**

Lived Experience Advocate,  
Victoria

Russell has lived with schizophrenia for over 20 years. He is constantly working on a path to self-improvement and recovery. He is married with two children and working full time.

He has had a couple of roles as a peer support worker in the past and contributed to speaking engagements within schools, universities and other working groups. He believes one of the most important things in psychiatric care is understanding the person prior to illness and that wellness is not just treatment of symptoms.

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**Dr Richard Lakeman**

Mental Health Nurse,  
Queensland

Richard has worked in the mental health field as a clinician, manager, teacher and researcher for approximately 30 years.

He has researched and published extensively (80+ publications) on a diverse range of topics including how people cope with extra-ordinary experiences such as voices and how people recover from a suicidal crisis.

His doctoral research examined how homeless sector workers deal with vicarious trauma. He is a psychotherapist and nurse with experience in primary care settings and tertiary mental health services working largely with people with considerable psychosocial complexity.

Most recently he worked in youth mental health and in an Acute Care Team in an Emergency Department. He is presently a Senior Lecturer at Southern Cross University responsible for co-ordinating an on-line Masters of Mental Health programme.



**Facilitator: Nicola Palfrey**

Clinical Psychologist, South  
Australia

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 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. She 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.