

WEBINAR
PANEL

Psychological treatments for Trichotillomania

Panellist biographies



Dr Imogen Rehm

Clinical Psychologist Registrar, Vic

Dr Imogen Rehm is a clinical psychology registrar in private practice and lecturer (Early Career Development Fellow) at RMIT University.

In 2016, Imogen received her PhD in clinical psychology from Swinburne University of Technology for her work exploring the role of unhelpful thinking styles and beliefs in trichotillomania (hair pulling disorder).

Imogen continues to research and raise awareness of trichotillomania and other body-focused repetitive behaviours. She was a recipient of the 2017 SANE Australia Hocking Fellowship in support of developing training resources for clinicians to work with people affected by these conditions. Her related educational articles for The Conversation have been read by almost a quarter million readers internationally.

In her clinical practice, Imogen provides treatment for anxiety and obsessive-compulsive related disorders, including trichotillomania.

She is currently lead facilitator of the Swinburne Psychology Clinic hoarding disorder group therapy program in collaboration with Dr Maja Nedeljkovic.

Imogen serves the Anxiety Recovery Centre of Victoria committee of management, Australian Psychological Society technology advisory group, and RMIT human research ethics committee.



Dr Scott Blair-West

Psychiatrist, Vic

Dr Scott Blair-West graduated in medicine from the University of Melbourne, completing his psychiatric training in 1993.

While working as an academic he also commenced private practice specialising in CBT for OCD and panic disorder.

In 2002, Scott commenced as medical director of the Melbourne Clinic's inpatient CBT program and co-founded the intensive inpatient OCD program in 2005.

He specialises in comprehensive management of OCD and anxiety disorders, research in OCD, teaching and advocacy.



Dr Johanna Lynch

General Practitioner, QLD

MBBS FRACGP Grad Cert (Grief and Loss) FASPM Member ISSTD
PhD candidate

Dr Johanna Lynch loves making quilts – where each coloured fragment of material becomes an important part of the whole pattern. As she approaches care for each person, her focus is on caring for and welcoming each part of the whole. Those wise, kind, sad, angry, creative, chaotic, organised, overwhelmed, thoughtful, emotional, spiritual and brave parts of each of us matter.

Johanna’s original training was in medicine, where she gained an awe for our interconnected physical bodies (graduating from the University of Queensland – UQ in 1992).

She has post graduate experience in rehabilitation (in Brisbane) and psychiatry (in London) and gained a respect for the part that the mind plays in health.

In 2003 Johanna became a Fellow of the RACGP and loves knowing the big picture of someone’s life story, while caring about the details. Johanna loves caring for whole families, working to prevent illness and helping people own and understand their own health.

In response to the needs of her community Johanna undertook further training in grief and loss through UQ, and professional development across neuropsychotherapy, attachment, trauma, sensorimotor and internal family systems therapy. She is currently in her third year of a PhD working at integrating these fields of research into everyday practice.

Johanna is the founding director of Integrate Place, which ran a multidisciplinary clinic for five years, and now focusses on research and education - teaching whole person care to medical students, training rural GPs in mental health, running a number of multidisciplinary case consultation groups, and caring for a small weekly caseload of psychotherapy patients.

Johanna has a special interest in helping people manage internal self-talk, overwhelming memories, hopelessness and feelings of not belonging, as part of their journey of growth to find a sense of safety, comfort and hope. She aligns herself with the founder of medicine – Hippocrates, who says our goal should be to “cure sometimes, heal often and console always”. She also holds the attitude of the priest Henri Nouwen who says: “What does hospitality as a healing power require? It requires first of all that the host feel at home in his own house and secondly that he create a free and fearless place for the unexpected visitor”.



Facilitator: Dr Mary Emeleus

Psychiatry Registrar, QLD

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

She previously spent 18 years working as a GP with a mental health special interest, including nine years at headspace sites working in youth mental health, and as a psychotherapist with young people and adults.

Currently, Mary's training and the prospect of exams is taking up most of her professional energy, but in the past 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 around ten years at both local and national levels and she particularly passionate about interdisciplinary collaboration and supporting rural and remote practitioners from all backgrounds who work in mental health and counselling related areas.

Mary's 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](#), [The International Society for Psychological and Social approaches to Psychosis](#) (ISPS), [The International Society for the Study of Trauma and Dissociation](#) (ISSTD).