



The 2021 School Counsellors & Psychologists Conference (SCAP)

Novel Perspectives on Adolescent Mental Health

Thursday 18th - Friday 19th November 2021
Virtual Conference

Gold Sponsor

MAN CAVE





THE **2021** SCHOOL COUNSELLORS & PSYCHOLOGISTS CONFERENCE

Presenters

Andrew Chanen is Director of Clinical Programs and Services and Head of Personality Disorder Research at Orygen in Melbourne, Australia. He is also a Professorial Fellow at the Centre for Youth Mental Health, The University of Melbourne. Andrew's clinical, research and knowledge translation interests lie in prevention and early intervention for severe mental disorders, principally personality disorder, along with mood and psychotic disorders. He established and directs the Helping Young People Early (HYPE) prevention and early intervention program for severe personality disorder in young people. HYPE has been recognised with several awards for advancing healthcare. Andrew currently receives grant funding from the National Health and Medical Research Council (NHMRC) and the Australian Research Council. He has over 150 scientific publications. He serves on several Editorial Boards and on a number of expert mental health groups. He is a Past President of the International Society for the Study of Personality Disorders (ISSPD) and the recipient of the 2017 Award for Distinguished Achievement in the Field of Severe Personality Disorders from the Borderline Personality Disorder Resource Centre and Personality Disorder Institute, New York.



Jenny Brown has been working in the field of child and family mental health and family therapy since the 1980's. She has consulted and trained professionals in the field for over 3 decades in Australia and the USA. Her PhD research was exploring parent's experience of their child's mental health treatment.

She is a writer and speaker on family systems applied to family and non-family relationship groups. Amongst several publications, Jenny is the author of the best-selling book: 'Growing Yourself Up'. Her most recent publications is: 'Confident Parenting'. She has developed a manualised program to enable parents to be a confident resource for their struggling children (The Parent Hope Project). She has a number of articles published in peer reviewed journals.



Nick Busietta is Managing Director of virtual reality company Liminal VR. A former IT/IP lawyer, Nick manages an award winning team of neuroscientists, psychologists and software developers who are focused on leveraging principles of neuroscience and cognitive psychology to empower people to choose how they feel and perform. In 2018, in partnership with Wellbeing in Schools Australia, Liminal was awarded a major grant from VicHealth and Creative Victoria to develop and pilot the Liminal Platform for resilience, emotional regulation and wellbeing in schools. The platform is currently being used as a tool for wellbeing in workplaces, schools and hospitals. Liminal also develops VR experiences and applications for clients, including training simulations, clinical products and marketing experiences.



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Dr. Maria Di Biase is an early career research fellow based at Melbourne University. Her primary research objective is to understand neurobiological factors that underpin schizophrenia and psychosis. She embraces the grand challenges facing psychiatry research including biological heterogeneity and the hunt for clinically meaningful biomarkers. After honing her expertise in neuroscience during two years of postdoctoral training at Harvard Medical School (Boston, USA), Dr. Di Biase returned to Australia to launch her own research program dedicated to understanding developmental brain mechanisms in schizophrenia. She currently holds an NHMRC Investigator Grant and heads the brain imaging stream of the North American Prodrome Longitudinal Study (NAPLS).



Dr James Kirby is a Senior Lecturer & Clinical Psychologist at School of Psychology at the University of Queensland. He is also the Co-Director of the Compassionate Mind Research Group. He has broad research interests in compassion, but specifically examines factors that facilitate and inhibit compassionate responding. He uses and integrates multi-modal assessment approaches to better understand the mechanisms of engaging and acting in compassionate behaviour (e.g., self-report, physiology, observations, fMRI). He also examines the clinical effectiveness of compassion focused interventions, evaluating both Compassion Focused Therapy and Compassionate Mind Training, specifically in how they help with self-criticism and shame that underpin many depression and anxiety disorders.



Dr Sarah Hetrick is a clinical psychologist and Associate Professor of Youth Mental Health in the Department of Psychological Medicine, University of Auckland, and an honorary Principal Fellow in the Centre of Youth Mental Health, University of Melbourne with strong collaborative working partnerships with Orygen, The National Centre of Excellence in Youth Mental Health. She has an international reputation in evidence synthesis, including as a senior editor for the Cochrane Common Mental Disorders Group. Building on her primary research and her reviews in the area of youth depression and suicide risk, she held an NHMRC Training Fellowship focused on knowledge transfer and led a range of practice improvement initiatives for young people being treated for depression. Sarah is now the co-theme lead of the Resilient Teens theme of A Better Start E Tipu E Rea National Science Challenge funded by the New Zealand Government's Ministry of Business, Innovation and Employment (<https://www.abetterstart.nz>). This works is a strengths-based approach utilising digital technology to facilitate greater access to positive support for young people. Within this, Sarah is leading work on digital interventions to assist young people to manage intense emotions, including suicidal ideation and to prevent self-harm.



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Professor Amy Jordan is Director of the John Trinder Sleep Laboratory and Professor in the Melbourne School of Psychological Sciences at the University of Melbourne. She is also an Honorary Fellow at the Institute for Breathing and Sleep, Austin Health. Prof Jordan completed her PhD at the University of Adelaide in the Adelaide Institute of Sleep Health. She then completed a post-doctoral fellowship and attained a Junior Faculty position at Harvard Medical School and the Brigham and Women's Hospital in Boston, before returning to Australia and joining the University of Melbourne in 2009. Her research interests span all aspects of "sleep". However, the vast majority of her research has investigated the causes and consequences of Obstructive Sleep Apnea. Current projects include several investigating the neural control of upper airway muscles, the relationship between sleep and mental health in airline cabin crew, as well as the role of sleep in the development of Post-Traumatic Stress Disorder.

Colleen Golding is a psychologist with over 20 years' experience in schools. She has worked in various roles providing support to students and consultancy to school staff. Throughout this time Colleen has developed particular expertise in the areas of cognitive assessment and diagnosis of intellectual disability. Currently, Colleen is the Clinical Manager (Psychology) working in Assessment Services at MAX Solutions, where she continues to draw on her experience and skills to support a range of school projects.



Alexander Digiacomo is a School Counsellor with a background in teaching. He holds three Masters titles and is currently completing a Graduate Certificate in Positive Mental Health and Wellbeing in Education. He recently published a paper in a Cambridge Journal that explores the lived experiences of School Counsellors. He is interested in student wellbeing and how schools can work collaboratively to help students in need. There are two philosophies that guide his practice: it takes a village to raise a child and behaviour can be communication.

The Man Cave is a preventative mental health and emotional intelligence charity that works with young men, parents and teachers. Our mission is to empower boys to become great men by providing them and their communities with impactful programs, role models and resources.



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Conference Program

THURSDAY 18th NOVEMBER

9.30 - 10.45 AM SESSION 1

Welcome and Introduction

Personality Disorder in Young People: now is the time to act

Professor Andrew Chanen

Director of Clinical Programs and Services & Head of Personality Disorder Research, Orygen

10.45 - 11.00 AM

Morning Tea Break

11.00 - 1.00 PM SESSION TWO

Family Therapy: How to engage parents who just want experts to fix their kids.

Jenny Brown

Family Therapist, Writer, Speaker, and Founder of Family Systems Institute, Sydney

15 min break

Sleep Changes in Young People; a Biologic Perspective, Impacts of Technology on Sleep, Improving sleep in Young People

Professor Amy Jordan

Director, Sleep Laboratory & Professor, University of Melbourne. Honorary Fellow, Institute for Breathing and Sleep, Austin Health

1.00 - 1.45 PM

Lunch Break

1.45 PM - 2.45 PM SESSION 3

Cognitive Assessments: Transforming words into real information and supports for students

Colleen Golding

Clinical Manager (Psychology), Assessment Services, MAX Solutions. Previously, School Psychologist

2.45 - 3.05 PM

Afternoon Tea Break

For those interested, Colleen Golding will be available in the break to talk to delegates about work options outside the school sector

3.05 - 4.15 PM SESSION 4

An investigation into the experiences of school counsellors working with adolescents

Alexander Digiacomio

School Counsellor, NSW

Day 1 Concluding Remarks and Close

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Conference Program

FRIDAY 19th NOVEMBER

9 - 10.00 AM SESSION ONE

The Search for Meaningful Biomarkers in Schizophrenia

Dr. Maria Di Biase

Early Career Research Fellow, Melbourne University & Head, Brain Imaging Stream, North American Prodrome Longitudinal Study (NAPLS)

10.00 - 10.15 AM

Short Break

10.15 - 11.15 AM SESSION TWO

Antidepressant Prescribing for Youth Depression

Dr Sarah Hetrick

Clinical Psychologist, A/Professor, Youth Mental Health, University of Auckland. Honorary Principal Fellow, Centre of Youth Mental Health, University of Melbourne

11.15 - 11.45 AM

Morning Tea Break

11.45 AM - 1.15 PM SESSION THREE

What is Compassion and How it Can Help Support Your Mind & Body during COVID

Professor James Kirby

Senior Lecturer & Clinical Psychologist, School of Psychology, University of Queensland. Co-Director, Compassionate Mind Research Group

THE MAN CAVE

1.15 - 2.15 PM

Lunch Break

Representatives from The Man Cave will be available during the break to chat to delegates about their programs

2.15 - 3.45 PM SESSION FOUR

Liminal Platform: Virtual Reality for Resilience, Emotional Regulation and Wellbeing in Schools

Nick Busietta

Managing Director, Liminal VR

Conference Close

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Registration, fees & T&Cs

Please register online: <https://propsych.com.au/conferences/school-counsellors-psychologists-scrap-conference/school-counsellors-psychologists-scrap-conference-registration-2021/>

Registration Fees

Extra Early Bird (31st July): \$330 inc GST

Early Bird Rate (15th October): \$352 inc GST

Standard Rate: (after 15th October): \$407 inc GST

Terms & Conditions

Including Cancellation Policy: please refer to our website for the 2021 SCAP

Conference T&Cs: <https://propsych.com.au/conferences/school-counsellors-psychologists-scrap-conference/school-counsellors-psychologists-scrap-conference-registration-2021/>

SCAP Conference Webpage

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