



## CONFERENCE DETAILS

**Friday, 26<sup>th</sup> November: 9am to 5pm**  
**Registration and coffee from 8.30am**

Loewenthal Auditorium, Education  
Block, Westmead Hospital

Corner Hawkesbury &  
Darcy Roads, Westmead

**Public transport recommended**  
Ten minutes walk from Westmead Station

Limited paid parking available at  
Westmead Hospital,  
Children's Hospital Westmead,  
and UWS campus

### REGISTRATION & ENQUIRIES:

#### Email:

RedbankConference@swahs.health.nsw.gov.au

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## CONFERENCE THEME

Working in a mental health setting, or with mental health issues, can be tough. Our clients and their families present to us with difficult, sometimes impossible, situations; they look to us with the hope that we might have the solutions that have evaded them. We are asked to tolerate pressures on available resources; use evidence-based interventions appropriate to particular diagnoses; contain and minimise risk; work collaboratively with other services who sometimes hold a very different conceptualisation of the problem; and document all this on special forms in the space provided.

The Redbank House Conference deliberately asks the provocative question "Are mental health services killing thinking?" in order to invite consideration of how not only clinicians, but also clients, their families, and the wider systems, respond to the cumulative and invisible stresses that are inherently tied to our lives, our professional responsibilities, our workplaces, and our home-life contexts. The question extends beyond Mental Health Services *per se*, to all settings faced with overwhelming presentations and high stress.

The Conference will consider the relationship between stress and clear thinking, and the impact of arousal on clients, their families, therapists, and wider systems. It will consider how the set up and priorities of services enhance or limit thinking in ourselves, our clients, and our collaborators. For example, how the pressure to treat symptoms quickly and to minimise risk affects the decisions we make as clinicians, and impacts on the thinking of our clients and their families, and of leaders in organisations.

Taking this one step further, the Conference will explore ways clinicians from different professional and theoretical backgrounds have worked at retaining thinking whilst also responding to the realities of their work contexts.

This Conference will be of value to clinicians from all professional backgrounds working with complex presentations in stretched settings. Participants will be invited to use the Conference as a means of developing ways of keeping their thinking alive as they return to their own workplaces.

The morning will consist of presentations by our invited speakers; after lunch there will be several concurrent interactive workshops, followed by a complex case presentation and panel discussion.

## KEYNOTE SPEAKERS

### **A/Professor Carolyn Quadrio: Plenary**

Carolyn Quadrio is Associate Professor in Psychiatry at the University of New South Wales. She practises in Forensic and Child and Family Psychiatry, with a particular interest in Family Law and Child Protection issues, especially in relation to intrafamilial violence. She is well known for her work in Women's Mental Health and in introducing a feminist and gender analysis to mainstream psychiatry in Australia. As a teacher of marital and child and family therapy, Professor Quadrio has been a supervisor of multi-disciplinary teams at most of the major teaching hospitals in Sydney. Her major research has been on women's mental health; sexual ...

A/Professor Quadrio continued... abuse of patients in therapy; and the long-term sequelae of childhood sexual abuse. Her current interests are in the role of early childhood trauma, including exposure to domestic violence, in determining adult psychiatric disturbances.

### **Dr Josephine Anderson: A Medical Perspective**

Josey Anderson is the Director of Child and Adolescent Mental Health at Sydney West Area Health Service, and Visiting Medical Officer to the Program for Early Intervention and Prevention of Disability at St Vincent's Hospital, Sydney. She has had over 20 years experience in child and adolescent psychiatry in rural and metropolitan settings, including child and adolescent psychotherapy, acute and community child and adolescent psychiatry, forensic child and adolescent psychiatry, and administrative psychiatry. Her clinical role has been complemented by teaching and supervision in psychiatry and psychotherapy, and research and academic writing. In her various roles, Josey has had to negotiate and show leadership in anxious and stressed systems.

### **Jenny Brown: A Bowen Perspective**

Jenny has worked as a Social Worker and Family Therapist for over 20 years. She is well regarded for her training in Murray Bowen's Family Systems Theory and has been dedicated to developing the application of this model in clinical practice and training since the early 1990s. Since 1996, Jenny has worked in private practice, supervised many teams of clinicians and has presented widely her applications of Bowen's model to academic institutions, agencies and national conferences. While being passionate about the depth of Bowen's model, she remains committed to exploring its interplay with other approaches and with wider socio-political contextual issues such as gender, culture and religion.

### **Richard Elms: A Narrative Therapy Perspective**

Richard's professional training is as a Social Worker. He works in private practice with people suffering from a wide range of difficulties including depression, anxiety, relationship problems, child and adolescent emotional and behavioural problems, drug and alcohol problems, and victims of violence and abuse. Richard has been providing training to professionals since 1985. He has also consulted to a range of organizations including a psychiatric hospital, youth services, child protection workers, residential care services, and drug and alcohol services. Richard provides clinical supervision to a diverse range of mental health and welfare staff and agencies, and also to teachers and school counsellors.

### **Dr Megan Chambers:**

#### **Case Presentation and Panel Discussion**

Dr Megan Chambers is the Director of the Department of Child, Adolescent and Family Psychiatry at Redbank House, and a consultant in the Adolescent and Family Unit. She also has extensive experience in working systemically with children and adolescents in out-of-home care through the Alternate Care Clinic, which was awarded a commendation in the 2008 Premier's Awards in the category "Delivering Services Locally".