

## Clinical Practice Workshop 1

*Sponsored by the School of Nursing & Midwifery, University of Newcastle*

### Caring in Question - The Trouble with Therapy

**Professor Michael Hazelton, University of Newcastle, NSW Australia**

**Dr Peter Morrall, University of Leeds, Yorkshire UK**



Peter Morrall's recent book 'The Trouble with Therapy' (2008, Open University Press/McGraw Hill) raises important questions about the therapeutic enterprise at a time when there is a growing debate about therapy and its place in global society. Morrall contends that therapy ought to be treated with healthy scepticism and provides an engaging and controversial argument as to how such a sceptical view might be constructed. Using sociology as a starting point, Morrall places therapy 'in therapy', analysing the relationships between therapy and science, therapy and power, therapy and reality and the nature of personal misery in the era of global society. He asks is therapy dysfunctional, arrogant, selfish, abusive, infectious, insane and deceitful? In this workshop Morrall will come face to face with the providers and recipients of therapy, outlining his critique of therapy and in turn hearing the responses of clients, clinicians, teachers and researchers involved in therapy. The workshop will be of 3 hours duration, and will include an overview of the main arguments outlined in 'The Trouble with Therapy', the response to these from members of a panel comprising those with experience of therapy, either as clients, clinicians, teachers or researchers. The final hour of the workshop will take the form of an open plenary in which all participants will be able to raise issues and make comments in relation to the broad themes of the workshop.

Dr Peter Morrall is Senior Lecturer in Health and Sociology at Leeds University, UK. He has nearly thirty years experience in the field of madness working; researching; teaching and writing.

Mike Hazelton is Professor of Mental Health Nursing and Head of Nursing and Midwifery at the University of Newcastle, Australia. He is a past Editor of the International Journal of Mental Health Nursing and a Life Member of the ACMHN.

**Grand Ball Room 2: 1000 – 1300 (Morning Tea Break 1100, Lunch 1300)**  
**Limit: 75 (Welcome Address & Symposium Keynote 0900)**

## Clinical Leadership Workshop 2

*Sponsored by the School of Nursing & Midwifery, Charles Sturt University*

### Lead and Inspire Your Team

**Eleanor Shakiba**, Director, Think Learn Succeed, Sydney Australia

#### Overview

Your team faces a number of challenges – including growing workloads, stressful working conditions and the potential for conflict between team members. Your role is to build a positive dynamic despite these challenges. This workshop gives you cutting edge tools for powering up your team. See how to infuse individuals with confidence and motivation. Discover how to help team members buy into team goals. Then hear how to have an impact when you talk. Walk away with practical tools for being a star leader.

#### Learning outcomes

During this one day program, you will learn how to:

- Discuss the challenges you face as leader
- Boost engagement in teams under pressure
- Use influential language patterns
- Challenge negative team dynamics

#### Topics

- Mastering the leadership challenge
- Powering up your team
- Building a shared vision
- Speaking the language of influence
- Creating positive team dynamics



This workshop will draw on participants' past experiences and help them create "practical wisdom." This keeps everyone engaged and makes the course content relevant to your practice. Exercises and case studies are customised to fit your context, so that they match participants' real life experience. The session will also contain a number of reflective exercises, in which participants will find solutions to real workplace problems.

Eleanor started her career as a writer and theatre director. From there she moved into a large library, where she supervised a customer service team responsible for handling client complaints regarding fines. In 1994, Eleanor entered the training and development field, occupying roles as a staff development officer and then as a training manager in the University of Sydney. Eleanor is now the Director of Think Learn Succeed - a training company specialising in presentation and communication skills, creative thinking and leadership development. Eleanor's qualifications include a Bachelor of Arts Degree, Graduate Certificate in Adult Education and Certificate IV in Workplace Training and Assessment. She holds Master Practitioner certification in Neuro Linguistic Programming (NLP) and is accredited to administer the Myers Briggs Type Indicator (MBTI) and Management Team Roles Indicator (MTR-i). Currently, Eleanor is completing a Masters of Counselling. All of her workshops are highly interactive and aligned with her personal vision of "creating success stories" with her clients.

**Hyde Park Room:** 1000 – 1700 (Tea Breaks 1100 & from 1500, Lunch 1300)

Limit: 25 (Whole Day: Welcome Address & Symposium Keynote 0900 – Excludes final Symposium Consumer Keynote 1420)

**Ass Professor Stephen Elsom, University of Melbourne, VIC Australia**



The Research Symposium is an opportunity for mental health nurses who are currently undertaking research or nurses who have an interest in developing research skills, to focus on research methodologies and methods, and to engage in discussion about research projects. The symposium format is a series of presentations that focus on, but are not limited to, the challenges of undertaking research with often vulnerable populations, research methodologies and ethical research practice. There will be time for discussion of the “curly” questions that often cannot be considered in the usual conference presentation format.

Professor Stephen Elsom is the Director of the Centre for Psychiatric Nursing at the University of Melbourne. His 30 year career as a mental health nurse includes extensive experience as a clinician, educator and researcher. He has a particular interest in advanced practice and practice development in mental health nursing.

**Phillip Room: 1000 – 1300 (Morning Tea Break 1100, Lunch 1300)**  
**Limit: 45 (Welcome Address & Symposium Keynote 0900)**

## Publication Workshop 3

### Writing for Publication

***Professor Brenda Happell, Central Queensland University, Australia***

This workshop will focus on the processes and skills required for successful publication in academic journals. Helpful information for writing for publication will be presented. Participants will develop an understanding of the skills required to turn an idea, or a project report, into a manuscript and finally a paper for publication. The framework and the goal of each section of a scholarly paper will be explained. The workshop will also consider what editors of journals are looking for in manuscripts, the process of manuscript review and how to manage reviewers' feedback. This workshop is suitable for participants who have never published but would like to, for beginning writers who want to know more about the process, and for more seasoned writers who want to refine their skills towards successful publication.



Brenda Happell is Professor of contemporary nursing and Deputy Director of the Institute for Health and Social Sciences at Central Queensland University, Australia and Editor of the International Journal of Mental Health Nursing.

**Castlereagh Rooms:** 1000 – 1300 (Morning Tea Break 1100, Lunch 1300)  
Limit: 36 (Welcome Address & Symposium Keynote 0900)

## Clinical Practice Workshop 4

### Tackling the Metabolic Syndrome: The Why's and How's of Running a Metabolic Clinic

**Andrew Watkins, Catherine Henry & Dr Jackie Curtis, SESIAHS, NSW Australia**

This workshop is designed to offer participants a theoretical basis and a practical guide to running a metabolic clinic for mental health consumers. It is now well established that there is a significantly increased risk of metabolic syndrome in consumers with psychotic illness. Metabolic syndrome (increased waist circumference and altered TGL, HDL, LDL, BP and/or fasting glucose) results in increased morbidity and reduced life expectancy (1). Lifestyle and pharmacological interventions for obesity and metabolic abnormalities in this population are effective (2, 3).

Participants will have the opportunity to gain a clear understanding of the relevance of metabolic syndrome to their practice in mental health. Current thinking and literature on metabolic syndrome will be discussed. A step by step process of how to monitor metabolic syndrome in consumers, will include information on which measurements to take, when, how to take them accurately, and how to provide information on healthy lifestyle (diet and exercise) in a consumer friendly way. There will also be information provided on interventions that can be used including pharmacological and whom to refer complicated cases to.



Andrew Watkins has been a mental health nurse for more than ten years working in the public health service in the Eastern Suburbs of Sydney. For the last four and a half years he has specialised in the field of early psychosis. He is currently in the final year of his Nurse Practitioner Masters at the University of Technology, Sydney.



Dr Jackie Curtis is a psychiatrist who has worked in the public mental health service in community setting for 13 years. Since 2002, she has worked with the Early Psychosis Programme in Bondi (SESAHS) and set up a Metabolic Clinic in conjunction with Catherine Henry and Andrew Watkins. She has presented on metabolic issues in youth with FEP both nationally and internationally, including at the IEPA conferences in 2006 and 2008. She is passionate about ensuring the physical health needs of young people with mental health problems are not neglected, and has facilitated a programme to ensure the integration of physical and mental health needs for this population. She is active in the education of mental health clinicians and GP's in metabolic issues in mental health. Jackie is the chair of the Metabolic special interest group at POW, and is on the area working party for the implementation of the recently released NSW Physical Health Care of Mental Health Consumer Guidelines. She is currently working as the Area Youth Mental Health Staff Specialist for SESIAHS.

**Grand Ball Room 2: 1345 – 1615 (Afternoon Tea Break from 1500)**  
**Limit: 45 (Followed by Symposium Consumer Keynote 1620)**

## Credentialing Workshop 5

### **Greg Neilson**

*Queensland Health & Chair, Credentialing Committee ACMHN, Australia*

### **Elizabeth Martin**

*Broken Hill University Department of Rural Health NSW & CPP  
Reviewer ACMHN, Australia*

### **Tessa Moriarty**

*Private practice*

Credentialing provides public recognition for nurses who have specialist mental health nursing qualifications and a commitment to continuing professional development. Additionally, Credentialed Mental Health Nurses may be eligible to participate in the Australian Governments', Medicare Mental Health Nurse Incentive Program (MHNIP).

This workshop will provide participants with a brief overview of the Australian College of Mental Health Nurses (ACMHN) Credential for Practice Program (CPP). The workshop will outline both the application and peer review processes that are required to complete the credentialing process. Emphasis will be placed on strategies to prepare a Credentialing application including presentation tips from an experienced peer reviewer and the identification of resources available to assist intending applicants.

*It is recommended that participants download the CPP Application Form and Evidence Based Record from the College website [www.acmhn.org](http://www.acmhn.org), read the requirements and begin completing these and/or document their major Continuing Professional Education (CPE) and Practice Development (CPD) activities during the past 3 years. This will enable participants who wish to (optional), complete their application and obtain maximum benefit, advice and support from the workshop. If you have any questions about being credentialed, please bring these with you.*



**Greg Neilson** - Greg is a Nursing Director within a large regional mental health service in Queensland. He has an extensive background in health service and nursing management. His clinical practice has been predominantly in acute, rehabilitation and secure services. Previously a reviewer for the Credential for Practice Program, Greg is currently the Chair of ACMHN Credentialing Committee.



**Elizabeth Martin** - Elizabeth has been a mental health nurse for 20 years and she became a credentialed MHN with the College at the end of 2008. Elizabeth received a Master of Nursing Science (NP) and gained authorization as a Nurse Practitioner this year. Elizabeth currently works as a mental health academic at the Broken Hill University Department of Rural Health and offers clinical services at a local GP surgery under the MHNIP. She is planning to practice as an authorized Nurse Practitioner in the community in the future.



**Tessa Moriarty** - Tessa has thirty years experience as a Psychiatric Nurse across public and private health care settings. She has undertaken roles including Nurse Educator, Psychiatric Nurse Consultant, Director of Nursing, Community Psychiatric Nurse and Clinical Nurse Specialist within a range of practice settings including Adult, Aged, CAMHS, In-patient, Outpatient, Crisis Assessment and University and TAFE settings. Tessa is currently working in private practice as a Counsellor, Psychotherapist, Clinical Supervisor, Educator-Trainer and Organizational Consultant. Tessa is member of the Australian College of Mental Health Nurses Credentialing Committee and Ambassador Program.

**Phillip Room: 1400 – 1530 (Afternoon Tea Break 1530)**  
**Limit: 25 (Followed by Symposium Consumer Keynote 1620)**

Please enrol as part of your on-line registration

[www.astmanagement.com.au/acmhn9](http://www.astmanagement.com.au/acmhn9)