

Military and Veteran Mental Health: Innovations in Treatment

27-28th July 2018, Pullman on the Park, Melbourne

DAY 1: Friday 27th July 2018	
8.15 – 8.45	Registration Desk Open/ Coffee
8.45	Welcome and acknowledgement of Wurundjeri country – <i>Associate Professor Andrea Phelps, Phoenix Australia; Air Vice-Marshal Tracy Smart AM, Defence; Dr Stephanie Hodson, VVCS</i>
9.00	Master class: Treatment of Posttraumatic Stress Disorder: From Pharmacotherapy to Psychotherapy to Virtual Reality – <i>Professor Barbara Rothbaum</i>
11.00 – 11.30	Morning Tea
11.30	Master class: Treatment of Posttraumatic Stress Disorder (continues)
12.30 – 1.30	Lunch
1.30	Master class: Skills Training in Affective and Interpersonal Regulation (STAIR): Treatment Essentials – <i>Professor Marylène Cloitre</i>
3.15 – 3.45	Afternoon Tea
3.45	Minister for Veterans' Affairs launch of Practitioner Support Service, Centenary of Anzac Centre
4.00	Master class: STAIR Treatment Essentials (continues)
5.15	Closing remarks – <i>Associate Professor Andrea Phelps, Phoenix Australia</i>
5.30 – 6.30	Networking Drinks



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CENTENARY OF
ANZAC
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A PHOENIX AUSTRALIA INITIATIVE

DAY 2: Saturday 28 th July 2018 (for invited Defence, DVA, VVCS and Phoenix Australia delegates)			
8.15 – 8.30 Registration Desk Open/ Coffee			
8.30 Introductory remarks – Associate Professor Andrea Phelps, Phoenix Australia			
8.45 ‘Innovation’ keynote addresses: Social Bonds and Emotion Regulation: Critical Resources for Trauma Recovery – Professor Marylène Cloitre, National Center for PTSD, USA Novel Models of Posttraumatic Stress Disorder: Enhancing Extinction and Retention – Professor Barbara Rothbaum, Emory University School of Medicine, USA			
10.45 – 11.15 Morning Tea			
11.15 Symposium 1	Ballroom 1 and 2	11.15 Symposium 2	Ballroom 3
Threats to self and others Chair: Mr David Morton, Defence		Realities of providing effective treatment Chair: Mr Doug Scott, VVCS	
1. Reflections on the AIHW study on suicide in serving and ex-serving ADF members: What does it mean for practitioners? Nicole Sadler (Phoenix Australia) and Dr Loretta Poerio (DVA) 2. Categorising patients by their risk of future suicide. Associate Professor Christopher Ryan (University of Sydney) 3. Violent offender treatment: Does it work? Professor Michael Daffern (Swinburne University of Technology) 4. Putting it all together: Reflections on clinical realities of managing at-risk serving and ex-serving military members. Dr Andrew Khoo (Toowong Private Hospital) & Dr Stephanie Hodson (VVCS)		1. Patterns and predictors of response to treatment for military veterans with PTSD. Associate Professor Andrea Phelps (Phoenix Australia) 2. Barriers to providing evidence-based treatments for veterans. Anne-Laure Couineau (Phoenix Australia) 3. Dealing with complexities: How to use case formulation to improve Cognitive Processing Therapy for PTSD. Professor Reg Nixon (Flinders University) 4. From individual to families: A client-centred framework for involving families. Dr Jeff Young (Bouverie Centre)	
12.45 – 1.45 Lunch plus breakout session			
1.00 – 1.30 Breakout session		Ballroom 1 and 2	
“I’ve got an idea!” – Chair: Professor Richard Bryant (University of NSW) Share your ideas for innovations and improvements in military and veteran mental health			
1.45 Symposium 3	Ballroom 1 and 2	1.45 Symposium 4	Ballroom 3
Biological innovations Chair: Professor Alexander McFarlane, DVA Adviser		Emerging interventions Chair: Associate Professor Darryl Wade, Phoenix Australia	
1. Update on pharmacotherapy for military and veteran mental health problems. Dr Duncan Wallace (Defence) and Dr John Cooper (Phoenix Australia) 2. rTMS for PTSD. Jane Nursey (Phoenix Australia) 3. Self-management of chronic conditions: What we know, what we need to know as practitioners. Professor Sharon Lawn (Flinders University) 4. Future options for biological treatment in PTSD. Professor Malcolm Hopwood (University of Melbourne)		1. Moral injury and treatment innovation for traumatic horror, anger, guilt and shame. Professor Zachary Steel (University of NSW) 2. Exercise as an intervention for PTSD. Dr Simon Rosenbaum (University of NSW) 3. Yoga as an adjunctive intervention for combat-related PTSD. Dr Linda McCarthy (Repatriation General Hospital, SA) 4. Cognitive and emotion processes in the prevention and treatment of mental health problems. Dr Winnie Lau (Phoenix Australia) and Dr Tracey Varker (Phoenix Australia)	
3.15 – 3.45 Afternoon Tea			
3.45 Panel discussion: “What have we learnt? Where do we go from here?” Professor Mark Creamer, University of Melbourne (Chair) Professor Marylene Cloitre, National Center for PTSD, USA; Professor Barbara Rothbaum, Emory University, USA; Mr David Morton, Dept of Defence; Dr Stephanie Hodson, VVCS; Professor Richard Bryant, University of NSW; Professor Mal Hopwood, University of Melbourne; Professor Alexander McFarlane, University of Adelaide; Professor Meaghan O’Donnell, Phoenix Australia			
5.00 Closing remarks - Associate Professor Andrea Phelps, Phoenix Australia			