



BioMedica Mental Health Summit

22-23 July 2022

biomedicasummit.com.au

Empowering practitioners to deliver enhanced person-centred care

MENTAL HEALTH SUMMIT SYNOPSES

DAY 1 from 1pm – 5.25pm – **DAY 2** from 12 noon – 5.30pm



Chandrika Gibson

Adv Dip Appl Sc (Nat), MWell,
C-IAYT (Yoga Therapist),
PhD cand.

Practitioner resilience in mental health practice

Health professionals of all disciplines are at high risk of burnout, especially those in mental health care. Conscientious, empathetic caregivers who seek to support the suffering of others are frequently exposed to vicarious trauma. Without adequate support, this repeated exposure to trauma may impact their ability to care for themselves and their loved ones, leading to symptoms of burnout including emotional exhaustion, depersonalisation and a loss of professional satisfaction. In order to sustainably serve those in need of mental health support, practitioners require trauma-informed environments, compassionate communication skills, and personal resilience scaffolding such as embodied practices of mindfulness and self-compassion.

KEY LEARNING OUTCOMES:

- Be familiar with different forms of trauma including vicarious trauma.
- Consider the impact of repeated exposure to trauma on the nervous system and consequences for practitioner resilience.
- Understand the differences between sympathy, empathy and compassion.
- Be familiar with compassion fatigue and compassion satisfaction.
- Understand the role of compassionate communication in mental health care.
- Be familiar with the evidence behind embodied practices of mindfulness and self-compassion for practitioner resilience.
- Understand the principles of trauma-informed workplaces and communities.
- Understand common motivations for mental health care practitioners and reflect on your career through a trauma-informed lens.
- Learn and practice micro-skills of embodied mindfulness and self-compassion.

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Jules Galloway

BHSc (Naturopathy)

SESSION 1:

Troubleshooting the depressed and anxious client - finding the underlying causes in our modern world

We are currently experiencing an epidemic of depression and anxiety. Stress is at an all-time high. Even as the world returns to a "new normal," many of our clients are feeling worse than ever. In this session, Jules will take you through the various presentations of depressed and anxious clients, their predisposing and contributing factors, and how to gently unravel the case to achieve lasting results.

KEY LEARNING OUTCOMES:

- The different phenotypes of depression and anxiety and how they present in clinic.
- Using a functional medicine approach to identifying the root causes.
- Pathology testing to identify underlying drivers.
- Management of depression and anxiety - both acute and longer term.
- Case studies.

SESSION 2:

Where to next? Long-term management of depression and anxiety for better outcomes

You've created an acute care plan, identified the underlying issues to be addressed... now what? In this session, Jules will take you through a framework for exploring the next layers of care, other associated health issues to look out for, and how to keep the ball rolling so that your client continues to improve (and thrive!).

KEY LEARNING OUTCOMES:

- Long-term health issues associated with depression and anxiety.
- Proactive care of the depressed or anxious client - staying on top of their health.
- Digging deeper to prevent a relapse of mental health symptoms.
- Creating an ongoing management plan for your client.
- Case studies.



Daniel Baden

ND

Mood pharmaceuticals: it's complicated

Australia is the second highest prescriber of antidepressants in the OECD (10% adult population) and it has been demonstrated that antidepressant prescribing is not consistent with current clinical guidelines – *AJGP Volume 50, Issue 12, December 2021*. At the same time, the prescription rate of anxiolytics has increased by 31% and the long-term use of these medications is of concern to many professional bodies. Many patients who seek out Natural Medicine for their mood disorders often wish to come off current medications or have done so recently, which commonly exacerbates the original symptom picture. In this lecture, we will discuss the physiological changes associated with mood drugs and opportunities to restore homeostasis with diet, lifestyle and supplemental intervention, with a view to achieving better long-term outcomes.

KEY LEARNING OUTCOMES:

- A better understanding of physiological changes associated with mood drugs.
- Treatment options to support patients whilst on common specified medications or going through withdrawal.
- The impact of holistic medicine on better long-term outcomes.



Kobie Allison

BPsych(Hons), MAppPsych(Couns),
MPsych(Clin)

Peak performance for the modern practitioner

Kobie Allison is an experienced psychodynamically trained Psychologist and the Director of a multidisciplinary allied health clinic, Modern Minds. Kobie's practice is trauma-informed with her special interests being complex trauma, personality disorders and eating issues. In this session, Kobie will illuminate opportunities to provide co-ordinated and collaborative care, recognising that true healing and health optimisation can only be realised when a person is supported in mind, body and soul. Kobie will introduce psychodynamic principles for the modern practitioner, in order to facilitate optimal mental health outcomes for the both patient and clinician alike. Practical clinical examples will enable immediate integration into naturopathic and holistic medicine practice.

KEY LEARNING OUTCOMES:

- The modern practitioner and the importance of working holistically.
- A self-monitoring approach to prevent compassion fatigue, ruptures, and ego stories.
- Identifying core mental health problems and their treatment.
- Boundaries and operating within roles, tasks and responsibilities of your profession.
- Emotional maturity and case management, identifying the need for cross referral and appropriate language and the interpersonal skills required to recommend therapy.

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Lucie Lingrand

The role of psychobiotics in depression, anxiety, and stress. A shift in neuroscience: targeting the gut to get to the brain

Over the past decade, neurobiologists and microbiologists have paid increasing attention to the microbiome-gut-brain axis (MGBa). In this session, the existing evidence on flagship psychobiotics will be reviewed and an update on the most recent research and insights emerging from the literature will be provided. Promising new research on the MGBa and its effects on specific conditions and disorders will also be discussed.

KEY LEARNING OUTCOMES:

- Discover the most documented psychobiotic: Cerebiome®.
- Learn about the documented effects of Cerebiome® in clinical studies.
- Explore the potential modes of action of Cerebiome® on the MGBa.
- Gain insights on the potential and future perspectives of psychobiotics'.



Despina Kamper

MHNut

Prescriptive lifestyle medicine

--INFORMATION COMING SOON--