



BioMedica Mental Health Summit

22-23 July 2022

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Empowering practitioners to deliver enhanced person-centred care

## BioMedica Mental Health Summit Program

Friday 22 <sup>nd</sup> July, 1pm – 5.25pm		Saturday 23 <sup>rd</sup> July, 12 noon – 5.30pm	
12.00		12:00–12:10	Welcome Address
12.30		12:10–13:25	<b>Jules Galloway</b> Where to next? Long-term management of depression and anxiety for better outcomes. <b>Q&amp;A</b>
13.00	13:00–13:10 Welcome Address	13:30–14:30	<b>Kobie Allison</b> Peak performance for the modern practitioner. <b>Q&amp;A</b>
13.30	<b>Chandrika Gibson</b> Practitioner resilience in mental health practice. <b>Q&amp;A</b>	14:35–14:50	Self-care exercise led by Chandrika Gibson
14.00		14:50–15:20	Refreshment Break & Networking Sessions
14.30	<b>Jules Galloway</b> Troubleshooting the depressed and anxious client - finding the underlying causes in our modern world. <b>Q&amp;A</b>	15:25–16:10	<b>Lucie Lingrand (pre recorded)</b> The role of psychobiotics in depression, anxiety, and stress. <b>Q&amp;A</b>
15.00		16:15–17:15	<b>Despina Kamper</b> Prescriptive lifestyle medicine. <b>Q&amp;A</b>
15.30	15:35–16:00 Refreshment Break & Networking Sessions	17:15–17:30	Closing remarks
16.00	16:00–16:15 Self-care exercise led by Chandrika Gibson		
16.30	<b>Daniel Baden</b> Mood pharmaceuticals: it's complicated. <b>Q&amp;A</b>		
17.00	17:20–17:25 Closing remarks		
17.30			
18.00			

\*All session times are in AEST. Live Q&A is accounted for in each stated session time.

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