



Perinatal Mental Health Conference 2022

Towards Healing:
Insights into the
Complexities of
Perinatal Mental
Health



16th
May

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On behalf of Gidget Foundation Australia, we are delighted to announce our inaugural **Perinatal Mental Health Conference 2022** which will be held in Sydney on Monday 16th May 2022.

We are thrilled to be joined by an array of inspirational presenters and leaders in the perinatal emotional wellbeing field, who come from all over Australia. They will be sharing the latest approaches, clinical interventions, and research. This will be a hybrid Conference, with both in-person and virtual registration opportunities available.

The theme of the Conference is **Towards Healing: Insights into the Complexities of Perinatal Mental Health**. Gidget Foundation Australia recognises the value of professional development both in our Clinicians and the wider perinatal community. You will have the opportunity to meet with each other, listen to ground-breaking new research as well as enhancing your skills in: infant mental health and assisted reproduction, fatherhood, complementary medicines, couples work, grief and loss, as well as learning about issues faced by Indigenous women in the perinatal period.

Following is an outline of the Conference program, as well as profiles of our speakers. We look forward to you attending this event.

Kind regards,



Arabella Gibson
CEO
Gidget Foundation Australia



Chris Barnes
Senior Clinical Team Leader and Clinical Psychologist
Gidget Foundation Australia

PROGRAM AT A GLANCE

MONDAY 16TH MAY 2022 ARRIVAL & REGISTRATION 8.00AM

- 8.30AM Acknowledgement of Country
Jami Seale
- 8.35AM Gidget Foundation Australia Welcome
Arabella Gibson, CEO, Gidget Foundation Australia
- 8.45AM Gidget Foundation Australia Welcome
Chris Barnes, Senior Clinical Team Leader, Gidget Foundation Australia
- 9.05AM Welcome Address
The Hon. Bronnie Taylor MLC, NSW Minister for Women, Regional Health and Mental Health

SESSION 1

- 9.20AM Navigating the legacy of developmental trauma during the perinatal period
Dr Sophie Reid and Jace Cannon-Brookes
- 10.35AM Morning Tea
- 10.55AM Hey you two! Include me: working with mother and baby
Beulah Warren
- 12.10PM The Fatherhood Mindset: Monash University
Dr Levita D'Souza, Dr Bronwyn Leigh, Svend Aage Madsen and Dawson Cooke
- 1.00PM Lunch

SESSION 2

- 2.00PM Integrative mental health care
Carrie Thomson-Casey
- 2.45PM The distinctive issues facing Indigenous mothers and the importance of culturally appropriate screening, assessment and engagement with women and their families
Associate Professor Roz Walker
- 3.45PM Afternoon Tea
- 4.00PM IVF
Dr Anthony Marren and Trish McAskill
- 4.45PM Mindset Reset
Chelsea Pottenger
- 5.15PM Conference roundup and evaluation
Arabella Gibson, CEO, Gidget Foundation Australia
Chris Barnes, Senior Clinical Team Leader, Gidget Foundation Australia
- 5.20PM Day concludes

Please note that this format is provisional and subject to change. Details will be confirmed closer to the conference.

PRESENTER PROFILES

JACE CANNON-BROOKES



Jace is Co-Director of Birchtree Centre of Excellence. She began her career as a Registered Nurse, working within Acute and General Psychiatry, Drug and Alcohol, Palliative Care and Eating Disorders. It was during these years that she retrained as a Clinical Psychologist. For fourteen years Jace then worked within the field of addiction in a variety of roles. She designed and co-ordinated a six week residential rehabilitation program, with a focus on the treatment of complex trauma for women with histories of substance dependence. Jace subsequently completed the three year Diploma of Psychotherapy with the Australian and New Zealand Association of Psychotherapy (ANZAP). It was through these professional experiences that Jace developed an interest and passion for working with survivors of complex trauma. Jace believes in the importance of creating a safe space that holds and contains both clinicians and survivors enabling them to come together to focus on healing and

recovery. This passion for working within the field of Complex Trauma resulted in Jace and Dr Sophie Reid opening Birchtree Centre in October 2015.

Jace has also taught for a number of years within the post graduate clinical psychology programs at the University of New South Wales, University of Technology and University of Sydney.

DR LEVITA D'SOUZA



Dr Levita D'Souza is a registered counselling psychologist and lecturer within the Faculty of Education at Monash University in Melbourne.

She worked in public and private settings before commencing a career in academia.

Her research interests are in the area of perinatal psychology, adverse childhood experiences and its impact on attachment patterns and subsequent parenting practices. Within this space, her current research projects are looking at psychological factors affecting first-time fathers as they transition to fatherhood. She is also undertaking research on cultural influences on parenting choices in relation to infant sleep.

DR BRONWYN LEIGH



Dr Bronwyn Leigh is a clinical psychologist, perinatal and infant clinician and early parenting consultant. She is the Director of the Centre for Perinatal Psychology and the Perinatal Training Centre.

Bronwyn is deeply interested in the psychological aspects of becoming a parent, the emotional development of infants, and parent-infant relationships.

She has co-authored a book, contributed to research and provided media interviews in the field.

DR ANTHONY MARREN



Dr Anthony Marren is a certified sub-specialist in Reproductive Endocrinology & Infertility. His private practice is in association with Genea Fertility and his rooms are in St Leonards and Sydney CBD. He has a public appointment at Royal Prince Alfred Hospital and academically with the University of Sydney / Institute of Academic Surgery.

Anthony offers comprehensive, evidence-based female and male fertility treatments. In addition to IVF, Anthony is a skilled laparoscopic surgeon specialising in complex surgeries such as endometriosis, fibroids and tubal reversals. He has a specific interest in the investigation and management of recurrent miscarriage / recurrent implantation failure, and pre-implantation genetic testing. He is also experienced in fertility preservation for men and women about to undergo chemotherapy.

CHELSEA POTTENGER



Chelsea Pottenger, a former Division one USA college basketball athlete and top senior corporate professional, was hit hard with postnatal depression in 2015.

Chelsea founded EQ Minds in 2016, driven by a passionate belief in the need for individuals and organisations to invest in their psychological wellbeing. Chelsea found her balance again with exercise, gut health, integrative medicine, meditation, mindfulness techniques and the help of clinical psychologists.

Chelsea became a proud ambassador for Gidget Foundation Australia in 2017. Chelsea is an international speaker on wellbeing and mindfulness, working with high-profile clients including CBA, eBay, Uber, Macquarie Bank, Estee Lauder, IAG and Google. Chelsea helps empower people to take control of their mental wellbeing and become more efficient, resilient and happy.

DR SOPHIE REID



Sophie is Co-Director of Birchtree Centre of Excellence and is a clinical psychologist with 20 years of experience. She holds a Masters of Clinical Psychology and a PhD in Child and Adolescent Psychology. Understanding families, relationships and the day-to-day challenges of both growing up and raising children underpin her clinical work. A passion for child advocacy has led Sophie to focus her clinical work on helping people heal from the trauma of childhood difficulties and trauma and to assist people to become a more peaceful integrated self and return to the person they were born to be. Sophie has extensive experience working with adults, children and adolescents, parents and families at the Royal Children's Hospital Melbourne, Royal Prince Alfred Hospital, with Sydney's homeless community, school communities, and in private practice.

Sophie has been a clinically focused academic at Sydney University, Monash University, Melbourne University, the Murdoch Children's Research Institute and the National Drug and Alcohol Research Centre.

Together with Jace Cannon-Brookes, Sophie established the Birchtree Centre of Excellence in Trauma, Addiction and Eating Disorders in 2015 to address the pressing need to provide a place for adult survivors of childhood trauma to be welcome, held and heal.

JAMI SEALE



Jami is a proud Wiradjuri woman born on Gaimariagal country. Jami has spent the last 10 years working in nursing across emergency, intensive care, general wards and community health. Jami is currently the Registered Nurse for Northern Sydney Local Health District Aboriginal Health Service.

She is passionate about improving health outcomes of mob and has deep awareness of providing a culturally safe space for her patients to engage in care.

Jami has personal experience with PNDA and understands how easy social emotional wellbeing can decline after having a baby. Jami incorporates this subject in her 715 health assessments on pregnant or postpartum Aboriginal and Torres Strait Islander women.

CARRIE THOMSON-CASEY



Carrie Thomson-Casey is a Clinical Psychologist who has worked in a variety of mental health settings for 25 years. Carrie is also a teaching academic at Southern Cross University. Her work roles have included sexual assault, domestic violence, depression and anxiety in private practice and public health settings.

Carrie also has qualifications in nutrition/naturopathy and is undertaking a PhD exploring integrative mental health care approaches.

ASSOCIATE PROFESSOR ROZ WALKER



Roz Walker has been involved in research, evaluation, education and training with Aboriginal communities and Community Controlled organisations and Government and non-Government agencies for over thirty five years.

She has extensive experience working with organisations and community groups to identify problems and develop solutions to improve outcomes in maternal, child and adolescent health, mental health and social and emotional wellbeing at individual, organisational and community levels as well as promoting system level change and individual and organisational cultural competence.

Key projects include: Working Together Aboriginal and Torres Strait Islander Mental Health and Wellbeing Principles and Practice; and the Health Service Needs of Young People in Western Australia which informed the development of the first WA Youth Health Policy in 2018. Roz worked with Professor Rhonda Marriott on the Birthing on Ngoongar Boodja.

BEULAH WARREN



Beulah Warren is a psychologist in private practice whose focus is on families and infants. Her work began over 40 years ago as a research psychologist with premature infants and their families. After training on the Brazelton Neonatal Behavioural Assessment Scale and becoming a trainer her clinical focus, whether in hospital or community settings, has been on helping parents see the unique qualities of their child, to better understand their own crucial role in their infant's development and the significance of the emerging relationship with their infant.

Beulah has a passion for educating professionals and parents on the needs of children and on the importance of the infant-parent or infant-caregiver relationships. Much of her professional life now is providing clinical supervision and consultation to younger professionals in agencies and in the field of infant mental health encouraging and endorsing reflective practice.

Beulah was the inaugural Co-ordinator of the Master of Infant Mental Health program at the NSW Institute of Psychiatry and has contributed chapters to books for professionals and parents and, with Dr Bijou Blick, produced three films for parents and professionals on infant emotional and social development.

She was a foundation member of AAIMHI and served on the NSW Branch Management Committee for 30 years. Beulah is Past President of the Council of the Tresillian Family Care Centres.

In 2014, at the WAIMH Congress in Edinburgh she was awarded the WAIMH Award 2014 "for outstanding contribution to the World Association for Infant Mental Health and its Affiliates".

However, Beulah's greatest pleasure is enjoying the lives of her 8 grandchildren: For Beulah, a day spent playing with a four-year-old is magic.

THANK YOU TO OUR CONFERENCE SUPPORTERS



Australian Psychological Society (APS) is the peak body for psychologists in Australia and represents over 25,000 members, advocating for the profession of psychology, supporting high standards, promoting community wellbeing and is dedicated to providing benefits to support its members.

Gidget Foundation Australia is grateful to have the support of the APS for the Perinatal Mental Health Conference 2022.



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Gidget Foundation Australia is proud of its long-standing partnership with L'Oréal Australia and is delighted to have them present the Perinatal Mental Health Conference 2022.

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Virtual Delegate: \$200

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For more information please [visit](#)

gidgetconference.org.au

Gidget Foundation Australia exists to support the emotional wellbeing of expectant and new parents to ensure they receive timely, appropriate and specialist care.



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