

"What I wish my GP knew about Trauma: Interweaving theory, clinical practice and Indigenous experience"

**RACGP ACTIVITY NO.
139339**

Date:

Saturday, September 15th, 2018

RSVP:

Friday, September 7th, 2018

Time:

9am -5.30pm

Morning tea, afternoon tea and lunch will be provided.

Venue:

Collins Room
The Victoria Hotel
215 Little Collins St
Melbourne

Cost: (incl.GST)

ASPM Member: \$330

Non-ASPM Member: \$375

To book:

<https://www.trybooking.com/XKJC>

(30c booking fee applies)

Contact:

Ms Anne Malecki

Email: admin@aspm.org.au

Phone: 1300 888 606

Dr Johanna Lynch and Dr Nadeem Siddiqui from the ASPM, together with a guest Indigenous clinician, will present a Masterclass Workshop for GPs. CPD points for maintenance of "Level 1" and "Level 2" MH accreditation with Medicare are applicable.

This Masterclass brings together two skilled clinicians to teach practical skills for day to day practice. It will focus on Indigenous strengths and social and emotional wellbeing, while integrating physiology, neuroscience, and useful skills for assessment and care of trauma.

Real life cases will be drawn from the Indigenous context in order to teach skills applicable across general practice. It will directly address distress reduction behaviours such as addiction.

Group case consultation and self-reflection will be part of this day. Come and meet other general practitioners with and interest in mental health!

Presenters: **Johanna Lynch:** is a GP psychotherapist who has spent the last 10 years working with survivors of trauma and neglect, and is currently working on a Phd looking at generalist approaches to the whole person.

Nadeem Siddiqui is a GP with a Masters in neuroscience and an interest in mental health, trauma, drug and alcohol treatment. He is chief medical officer of the Winnunga Aboriginal Medical Service in Canberra.

Learning outcomes:

- Describe what is meant by "cultural safety" when working with Indigenous Australians and "sense of safety" for people who have experienced trauma
- Identify at least five historical and contemporary Social Determinants of health to be considered when working with Indigenous Australians to provide Social Emotional Well Being and Mental Health care
- Describe three Focused Psychological Strategies which can facilitate "sense of safety" for people seeking help for Mental Health and Social Emotional Well Being problems
- Identify three resources (personal, collegiate or web-based) to assist your self-care and sustainable practice.