The domain of school counselling and psychology is dynamic and complex, responding urgently to an explosion of research into child and adolescent mental illness; research which states that half of all mental health issues emerge by age 14. More than ever, school counsellors and psychologists must be across the latest research and practice interventions, including rapidly emerging and exciting technologies.

Now in its 9th year, Propsych’s SCAP Conference is firmly established as an iconic National conference for school counsellors, psychologists and other practitioners who engage therapeutically with young people; meeting a multitude of needs in the field.

Propsych is proud to announce another exciting program and warmly invites you to take part in the 2015 SCAP Conference.
## Thursday 26th November

The Academic Conference Program will be held at the Accolade Function Rooms, Etihad Stadium, Docklands, Melbourne.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.30 - 9.20 AM</td>
<td>Registration</td>
</tr>
<tr>
<td></td>
<td>Welcome and Opening Remarks</td>
</tr>
<tr>
<td>9.30 AM</td>
<td>Opening Keynote Address</td>
</tr>
<tr>
<td></td>
<td><strong>Understanding Psychosis: Bad Things Happen And Can Drive You Crazy</strong></td>
</tr>
<tr>
<td></td>
<td>Dr. John Read</td>
</tr>
<tr>
<td>10.45 AM</td>
<td>Morning Tea</td>
</tr>
<tr>
<td>11.10 AM</td>
<td>School Based Programs, Research &amp; Reality</td>
</tr>
<tr>
<td></td>
<td><strong>Strong Minds: an innovative Positive Psychology and Acceptance and</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Commitment Therapy school-based early-intervention program</strong></td>
</tr>
<tr>
<td></td>
<td>Rowan Burckhardt &amp; Grace Stone</td>
</tr>
<tr>
<td></td>
<td><strong>BITE BACK: Wellbeing challenges to engage teens with Positive</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Psychology</strong></td>
</tr>
<tr>
<td></td>
<td>Nic Newling</td>
</tr>
<tr>
<td>12.40 AM</td>
<td>Lunch and Resources Expo</td>
</tr>
<tr>
<td>1.35 PM</td>
<td>Proactivity and Practice</td>
</tr>
<tr>
<td></td>
<td><strong>Mental Health Screening in Schools: Why, What, When, How, Who?</strong></td>
</tr>
<tr>
<td></td>
<td>John Burns</td>
</tr>
<tr>
<td></td>
<td><strong>Using technology to support engagement and disclosure with young</strong></td>
</tr>
<tr>
<td></td>
<td><strong>people</strong></td>
</tr>
<tr>
<td></td>
<td>Sally Bradford</td>
</tr>
<tr>
<td>3.05 PM</td>
<td>Afternoon tea</td>
</tr>
<tr>
<td>3.20 PM</td>
<td>Keynote Address</td>
</tr>
<tr>
<td></td>
<td><strong>Developing Emotional Resilience Through Mindful Self-Compassion</strong></td>
</tr>
<tr>
<td></td>
<td>Kristy Arbon</td>
</tr>
<tr>
<td>4.30 PM</td>
<td>Day Close</td>
</tr>
<tr>
<td>4.35 PM</td>
<td>APS Psychologists in Schools Interest Group AGM</td>
</tr>
</tbody>
</table>
**Friday 27th November**

The Academic Conference Program will be held at the Accolade Function Rooms, Etihad Stadium, Docklands, Melbourne. Delegates have the opportunity to attend two workshops.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.15 - 9.00 AM</td>
<td>Registration</td>
</tr>
<tr>
<td>9.00 AM</td>
<td>Keynote Address</td>
</tr>
<tr>
<td></td>
<td>Practice what we preach? Is there value in the personal practice of therapy techniques for counsellors' professional and personal development? A/Professor James Bennett-Levy</td>
</tr>
<tr>
<td>10.15 AM</td>
<td>Morning Tea</td>
</tr>
<tr>
<td>10.45 AM</td>
<td>Workshops</td>
</tr>
<tr>
<td>12.15 PM</td>
<td>Lunch and Resources Expo</td>
</tr>
<tr>
<td>1.00 PM</td>
<td>Workshops - Repeated</td>
</tr>
<tr>
<td>2.30 PM</td>
<td>Afternoon Tea</td>
</tr>
<tr>
<td>2.50 PM</td>
<td>Keynote Address</td>
</tr>
<tr>
<td>4.00 PM</td>
<td>Close</td>
</tr>
</tbody>
</table>

On Friday 27th November, delegates have the opportunity to attend two of the following workshops:

**Workshop 1**
Against resilience: transference and permeability.
David Pereira, Clinical Psychologist & Psychoanalyst

**Workshop 2**
Tic, tic, tic, tic... Boom!
Tourette Syndrome and associated challenges in schools: A Practical Workshop.
Dr Shannon Morton, Psychiatrist

**Workshop 3**
An introduction to compassion-based approaches for enhancing psychological wellbeing.
A/Professor James Bennett-Levy

Please see our website for full presentation abstracts and speaker biographies:
www.propsych.com.au
**Presenters**

**Dr John Reid**

After working for nearly 20 years as a Clinical Psychologist and manager of mental health services in the UK and the USA Dr Read joined the University of Auckland, New Zealand. There he published over 100 papers in research journals, primarily on the relationship between adverse life events and psychosis. He also researches the negative effects of bio-genetic causal explanations on prejudice, and the role of the pharmaceutical industry in mental health. John is on the Executive Committee of the International Society for Psychological and Social Approaches to Psychosis and editor of the ISPS’s scientific journal ‘Psychosis’. In February 2015, Dr Read took up the post of Professor of Clinical Psychology at Swinburne University of Technology in Melbourne.

**Kristy Arbon**

Kristy Arbon is an Australian living in the United States, with qualifications in Mindful Self-Compassion and Internal Family Systems Training. She is the Administrative Director of the Center for Mindful Self-Compassion founded by the creators of the MSC program, Kristin Neff, PhD, and Christopher K. Germer, Ph.D. She is an MSC teacher and has assisted or co-taught with Chris and Kristin since 2012. She also works for the Institute for Meditation and Psychotherapy a US-based mindfulness oriented organization. She previously worked at the Barre Center for Buddhist Studies. She has practiced meditation and mindfulness, mainly in the Buddhist tradition, for 25 years and has made a conscious decision to focus her work on easing suffering, both for herself and for those she comes into contact with. Mindful Self-Compassion practice and teaching are the mainstays of this endeavour for her.

**A/Professor James Bennett-Levy**

James Bennett-Levy is A/Professor at the University of Sydney, Australia. He is a highly published researcher in the field of therapist training. In particular, his articles on a self-experiential approach to cognitive behavioural therapy (CBT) training, known as self-practice/self-reflection (SP/SR), and his model of therapist skill development, are widely cited. This work is encapsulated in his new book, *Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists* (Bennett-Levy, Thwaites, Haarhoff & Perry, 2015, Guilford Press). He has co-written/co-edited three other books - the *Oxford Guide to Behavioural Experiments in Cognitive Therapy* (2004), the *Oxford Guide to Imagery in Cognitive Therapy* (2011), and the *Oxford Guide to Low Intensity CBT Interventions* (2010) - which have been influential in enhancing the practice of CBT therapists. He has become interested in compassion-based approaches to therapy, and is now co-writing another self-experiential workbook for therapists, *Experiencing Compassion-Focused Therapy from the Inside Out*.

**Dr Dom DiMattia**

Dr. DiMattia is a Human Relations Consultant who has been Executive Director and Senior Staff Supervisor at the Albert Ellis Institute. He was previously Vice President of Human Resources for the Fireman Group in New York. He is Professor Emeritus of Counselling and Human Resources at the University of Bridgeport, and has written numerous journal articles and conducted hundreds of workshops and seminars as a corporate consultant and mental health trainer in Australia, the United States and Europe. He is a member of the American Psychological Association and the Australian Psychological Society.

**Nic Newling**

Nic Newling is an outspoken advocate for mental health and suicide prevention. Having lived through the personal experience of suffering with a mood disorder throughout high school and losing his brother to suicide, he has since dedicated himself to changing the way mental illness is addressed in schools, media, workplaces, and communities. Over the last 11 years Nic has reached millions of people by sharing his personal experiences of mental illness through TV, radio, print media, and live presentations. He has been featured on Australian Story and is a subject of his mum’s award winning memoir, *Missing Christopher*. Nic spends most of his time working on BITE BACK; a national online wellbeing and resilience program for young people through the Black Dog Institute in Sydney along with an upcoming first-of-its-kind app built on discovering and utilising personal values.

**John Burns**

John Burns is a Clinical Psychologist who has spent the last 20 years working ‘at the coalface’ in a school of over 1600 students in Sydney. His primary interest relates to the early detection of, and intervention with, young people with mental health difficulties. He is the current convenor of the APS Psychologists in Schools Interest Group and an Adjunct Supervisor in the Clinical Psychology program at Macquarie University. Before working in schools, John worked as a family therapist in a residential care facility and at the Children’s Hospital in Sydney.
Dr Shannon Morton

Dr. Shannon Morton is a Child and Adolescent Psychiatrist with a special interest in treating Tourette Syndrome and related conditions. She co-facilitates "Bubble & Squeak", a monthly support group for young people and families living with Tourette Syndrome. She is the Clinical Director of the "The Kooky Kid Clinic", a multidisciplinary clinic with a difference in Brisbane, where humour and holistic, expressive therapies are used to celebrate differences, reframe medical symptoms and sufferings, and challenge stigmatizing stereotypes head on. She has assisted in research data collection for Deep Brain Stimulation (DBS) treatment of severe Tourette Syndrome, and was one of the youngest speakers invited to present at the World Congress of Biological Psychiatry in Paris, on the topic of refractory Tourette Syndrome in Adolescents.

Sally Bradford

Sally Bradford is a psychologist and PhD candidate in Clinical Psychology at the University of Canberra. She is winner of the 2015 Cooperative Research Centre Association Early Career Researcher Showcase, and has received an Australian Postgraduate Award and Young and Well-CRC scholarships. Her PhD focuses on the use of technology in face-to-face mental health care with young people, and how this can facilitate engagement, increase disclosure, and improve service delivery. This research is embedded within a larger collaborative project with the Young & Well-CRC, in partnership with headspace National Mental Health Foundation, and the University of Melbourne.

Grace Stone

Grace Stone is a career teacher and currently holds the position of Director of Student Development and Wellbeing at Roseville College in Sydney. She has worked in welfare positions in high schools over the past 15 years as a Year Advisor and Head of Senior School. As such she has noted with concern the impact of anxiety, depressive related illness on young people’s lives and their academic progress. She believes that schools can play a role in proactively equipping teenagers with skills to successfully navigate life’s challenges.

David Pereira

David Pereira is a psychoanalyst in private practice in Melbourne and Geelong. He is currently a Director of The Freudian School of Melbourne: School of Lacanian Psychoanalysis and has written numerous articles on theoretical and clinical psychoanalysis. David has for the past 14 years held a Seminar on Psychoanalysis, Philosophy and Theology. He was formerly Consultant Psychoanalyst with the Alfred Hospital Child and Adolescent Mental Health Service, and Senior Clinician with the Department of Child Psychotherapy, Royal Children’s Hospital.

Rowan Burckhardt

Rowan Burckhardt is a clinical psychologist and has been a researcher in the field of positive psychology for over 10 years, during which time he was part of the team that developed and evaluated a positive psychology website for young people. He and Vijaya Manicavasagar have recently developed a new wellbeing program for high school students, 'Strong Minds', which combines positive psychology with acceptance and commitment therapy. They evaluated this program in a sample of 267 high school students in a randomised controlled trial. When not doing research, Rowan works as a clinical psychologist at his private practice, at the Black Dog Institute Psychology Clinic, and the Gambling Treatment Clinic at the University of Sydney.

Sandra Jelley

Sandra Jelley is a registered psychologist, has been in the education sector for more than 20 years, and has extensive experience in Youth mental health. As a secondary teacher for a decade, she fulfilled a number of key leadership positions before moving into a counselling role and completing her additional training in psychology. Currently Sandra works as a school psychologist at the Well Being Team at Sacred Heart College, Geelong while simultaneously working within the ProPsych team as a senior consultant. ProPsych is delighted that Sandra will once again be the MC for this year’s SCAP Conference.
Registration
Propsych encourages you to register online – www.propsych.com.au

Conference Opening Venue Wednesday 25th November 6-7.30pm:
The Meat Market, 53 South Wharf Promenade, South Wharf, Melbourne

Academic Program, Thursday 26th & Friday 27th November:
Accolade Rooms, Level D, Gate 6, Etihad Stadium

Accommodation
Quest Docklands is kindly offering all SCAP Conference delegates a special conference rate of $245.00 per night (subject to availability). Simply call the Corporate office, mention you are attending the Propsych Conference at Etihad Stadium and follow on from there.

Tel: 1800 334 03
International Toll Free Number: +61 3 9645 8357

Please see our website for various other accommodation options in Melbourne: www.propsych.com.au

CPD points
The 2015 SCAP Conference is equivalent to 11 CPD hours.

APS Member Please Note: Continuing Professional Development (CPD) hours can be accrued by participating in CPD activities that you determine to be relevant to their individual professional skills, learning plans and goals. These may be self-initiated. CPD activities do not need to be endorsed by the APS.

Conditions of Registration
1. A confirmation email will be sent within 14 days upon receipt of registration form AND payment. If you do not receive an email, please contact Propsych ASAP: info@propsych.com.au
2. The conference cost includes attendance at the Official Conference Opening, all keynote and workshop presentations, a conference pack, conference notes (electronic version) refreshments including lunch on full conference days. Please note that some presenters choose not to make available a copy of their presentations.
3. Conference costs do not include accommodation or parking.
4. Registrations are considered valid and are payable unless notification is made in writing BEFORE the cancellation date to propsych: info@propsych.com.au
5. Cancellations: Refunds less an $80 administration fee for cancellations received in writing via email or mail to Propsych Friday 30th October 2015. Propsych cannot be responsible for any refunds after this date. Registrations may be transferred in full to another person.
6. The registration form is a tax invoice. Please retain a copy for your records. If an individual tax invoice is required, please contact Propsych by email: info@propsych.com.au
7. Shared registrations: It is not possible for two people to share a registration at the two day rate. Please contact Propsych for further details if you wish to share a registration.
8. While every effort is made to retain the integrity of the conference programme, there may be unforeseen circumstances that require changes. Propsych reserves the right to alter the programme without notice.

Please see our website for full conditions of registration and cancellation policy: www.propsych.com.au
Tax Invoice: Registration Form

(This form is a TAX INVOICE upon payment. Please keep a copy for your records.
To register your place at the 2015 SCAP Conference please register online or complete the following details.

Title: __________ Name: ________________________ Position: ________________________

School / Organisation: __________________________________________________________________

Address: ____________________________________________________________________________

Town / Suburb: ______________________ State: __________ Postcode: __________

Telephone: ______________________ Mobile: ______________________ Fax: ______________________

Dietary Requirements: ___________________________________________________________________

Please add the Propsych email to your address book as this is our primary means of communicating with you.

Email: ______________________________________________________________________________

☐ I agree to the conditions of registration, including the cancellation policy.

☐ Please indicate if you need a separate invoice sent to your school/employer
Order No (if applicable): __________________________________________________________________

Attending the SCAP Conference Opening: ☐ YES ☐ NO

Please choose two of the three workshops to attend on Friday:

☐ Workshop 1 ☐ Workshop 2 ☐ Workshop 3

Registration Costs – all rates include GST

$595 Extra Early Bird (before 18th September 2015)
$665 Early Bird (18th September – 24th October 2015)
$725 Standard (after 24th October 2015)

Payments

Cheques: made payable to Propsych
Mail to: Propsych, PO Box 5292, South Melbourne VIC 3205

Bank transfers: to the Bendigo Bank
BSB: 633 000 Acc: 153 168 216

PLEASE QUOTE NAME OF DELEGATE

Credit Card Payment:

☐ VISA ☐ Mastercard Card No: ________________________ Exp: __________

CVV: __________ Name on Card: ________________________ Date: __________

Signature: ________________________
$595 Extra Early Bird (before 18th September 2015)
$665 Early Bird (18th September – 24th October 2015)
$725 Standard (after 24th October 2015)

Full details available online:
Conference Speakers, Program, Presentation Details, Conditions of Registration

www.propsych.com.au