

WEBINAR  
PANEL

## Treating a health professional with mental health issues



**Dr Roger Sexton**  
General Practitioner, SA

Dr Roger Sexton has practised as a rural procedural GP for over 35 years in the Adelaide Hills and Barossa regions and as a rural locum across SA. He has enjoyed a very broad clinical practice which has included obstetrics, anaesthetics and emergency rural medicine.

His special interest and contribution to medical education have been recognised. He has a long-standing interest in doctors' health and played a major role in establishing the rural doctors' Dr DOC program in 2000, the Doctors' Health SA Program in 2010 and the Doctors' Health NT program in 2016. He is recognised nationally for his work in this area.

Roger has been a member of the national Pharmaceutical Benefits Advisory Committee (PBAC), board director of the National Prescribing Service (NPS MedicineWise) and the last Presiding Member of the Medical Board of SA in 2010 as it transitioned into the national regulator.

He is currently Deputy Chair of medical indemnity provider, MIGA, Chair of its Clinical Risk Management Committee and member of its Claims Committee and Governance Committee.

He is a board director of Doctors' Health Services Pty Ltd which oversees the doctors' health programs across Australia.

He completed his MBA at the University of Adelaide in 2015 and was awarded the prize for Strategic Management. He has a strong belief in the benefits of life-long professional development as a doctor and board director.

Roger's unique experience in and understanding of rural clinical medicine, education, medical indemnity and doctors' health drive his long-standing commitment to improving the health of the profession for the good of the community.



**Dr Emma Adams**  
Psychiatrist, ACT

Dr Emma Adams is a Canberra-based psychiatrist who specialises in perinatal mental health as well as being a long-time clinician and persistent advocate for doctors' mental health and wellbeing. In her 18 years post-fellowship Dr Adams has worked in a multitude of settings in Australia and overseas, as well as running her own private practice. She is the author of an award-winning memoir, *Unbreakable Threads*, and continues to write based on her sabbatical adventures in the bush and riding a bike solo around Ireland.

## Treating a health professional with mental health issues



**Christina Sougleris**  
Psychologist, SA

Christina is a clinical psychologist in private practice in South Australia.

She is experienced in working with adults, university students, older persons, doctors and medical students, healthcare professionals (nurses, fellow clinical psychologists, social workers and paramedics), police, military and veterans. Her clinical interests are depression, anxiety, adjustment issues, PTSD and trauma, grief and loss. Christina utilises evidence based therapies, including Cognitive Behaviour Therapy, Schema Therapy, EMDR and clinical hypnosis. She has particular expertise in Schema Therapy and is one of a handful of therapists in SA certified as a Schema Therapist Supervisor Trainer by the International Society of Schema Therapy.

Christina's special interest is the mental health of doctors and medical students. For several years, in collaboration with the Doctors' Health Service SA, Christina has provided a confidential clinical psychology service, in person and via tele-health, to medical professionals, at all stages of their career (medical student, intern, registrar, consultant), who reside locally, interstate and in rural and remote locations. Christina provides tele-psychology to rural doctors to complement the telemedicine offered by Doctors' Health SA. She is passionate about doctors' mental health and understands the unique issues often faced by those in medicine. Although based in Adelaide, Christina offers tele-health services to doctors across Australia.

Christina understands how difficult it can be to reach out for help and the fear, stigma, shame, embarrassment that holds people back. Mental health matters and she believes in a strong therapeutic relationship and the importance of finding a psychologist you 'click with' to improve mental health.



**Facilitator: Dr Mary Emeleus**  
Psychiatric Registrar, QLD

Dr Mary Emeleus is currently a Stage three psychiatry trainee in Queensland, with a prior background as a General Practitioner and medical educator. She completed her GP training in FNQ and worked as a GP in Ravenshoe and Townsville. Having always held a strong interest in mental health, she completed a Masters in Psychotherapy in 2004. She later spent nine years working in youth mental health at headspace sites in Townsville and Cairns, and commenced psychiatry training in 2017. She has been active in teaching mental health skills to medical students, psychiatry registrar colleagues, GP registrars and GPs, through the Australian Society for Psychological Medicine and JCU-GP Training. Mary is passionate about interdisciplinary collaboration and supporting rural and remote practitioners and has been involved with the Mental Health Professionals Network (MHPN) as a facilitator of their national webinars for some years.