

The innovative mental health practitioner: exploring stepped care and digital technologies for your practice

This fact sheet provides short biographies of the panellists for this webinar.

Professor Gerhard Andersson Clinical Psychologist

Professor Gerhard Andersson is full professor of Clinical Psychology at Linköping University, Sweden (appointed 2003) in the Department of Behavioural Sciences and Learning. He is also affiliated researcher at Karolinska Institute, Department of Clinical Neuroscience, Stockholm, Sweden, and is active as a clinician in audiology (working with tinnitus and noise sensitivity).



He is an internationally recognized researcher in the field of cognitive-behavior therapy delivered through information and communication technology, as evidenced by his over 500 publications in peer-reviewed journals. He is the author of the book "The Internet and CBT: a clinical guide. Boca Raton: CRC Press, 2014". In addition to his own work he is editor-in-chief for the journal Internet Interventions. Web: www.gerhardandersson.se

Dr Blake Dear Clinical Psychologist

Dr Blake Dear is a NHMRC Australian Public Health Fellow and Clinical Psychologist. He is a Director and the manager of the eCentreClinic (www.ecentreclinic.org); a specialist research unit that develops and evaluates innovative internet-delivered treatment programs for a range of common mental health and chronic physical health conditions.



He is also on the Senior Management Team of the MindSpot Clinic (www.mindspot.org.au); a national online mental health service for anxiety and depression, funded by the Federal Government. Dr Dear has a special interest in increasing access to

programs that support Australians with significant chronic physical health conditions to manage the impact of such conditions on their day-to-day lives and emotional wellbeing.

Dr Jill Newby Clinical Psychologist

Dr Jill Newby currently works as a Clinical Psychologist and holds a NHMRC Early Career Fellowship at the Clinical Research Unit for Anxiety and Depression, UNSW at St Vincent's Hospital.



She has developed a range of online CBT and mindfulness-based programs for depression and anxiety, conducts research into online (including CBT and mindfulness) and face-to-face treatments for anxiety and depression and regularly publishes papers on internet-delivered therapies. She has been working in the area of e-health since 2011, and has supervised hundreds of patients through internet therapy, both using internet therapy as a stand-alone intervention and as an adjunct to face-to-face treatment.

She has also been involved in a series of clinical trials of internet therapies, including evaluations of transdiagnostic internet CBT, the treatment of depression and anxiety in the context of chronic comorbid physical conditions (e.g., diabetes, arthritis and cancer), and health anxiety.

Webinar panel continued . . .

Dr David Kavanagh

Psychologist

David Kavanagh is a clinical psychology researcher at Queensland University of Technology, where he holds a research chair and leads a group that designs and tests web programs and phone or tablet apps that support self-management of wellbeing and recovery.



Facilitator

Ms Karlene Dickens

Clinical Project Officer

Karlene Dickens is the Clinical Project Officer for the eMHPPrac Project at the ANU.

Karlene is a registered Occupational Therapist with extensive experiences working in inpatient and community mental health settings. She is an experienced workshop and webinar facilitator.

