



Australian Government
Department of Veterans' Affairs

Mental Health and the Military Experience

> WEBINAR PANEL



Comorbid Mental Health Conditions in Veterans: Strategies for assessment, case formulation and treatment



Dr Mary Frost
Psychiatrist, NT

Dr Frost specialises in adult psychiatry. She initially worked as a general practitioner (GP) before gaining her FRANZCP

(Fellow of the Royal Australian and New Zealand College of Psychiatrists) in 1994.

As a member of The Royal Australian and New Zealand College of Psychiatrists forensic section, Dr Frost conducts independent medical examinations for insurers, employers, the Department of Veterans' Affairs, legal firms and the courts. As a clinical senior lecturer in psychiatry, Dr Frost teaches medical students from Flinders University.

For the past 20 years, Dr Frost has focussed her private psychiatric practice in Darwin on the assessment and management of military members and veterans, with an awareness of their physical and psychiatric co-morbidities.

She liaises extensively with GPs, psychologists and rehabilitation providers, as it is a team approach, which she believes is the key to obtaining the best outcomes in complex presentations.



Dr Jon Finch
Clinical Psychologist, Vic

Dr Finch is a clinical psychologist who specialises in the treatment of post-traumatic stress disorder (PTSD).

Jon began his career working with soldiers, war veterans/peacekeepers at the Veteran and Veterans' Families Counselling Service, in the role of counsellor and Deputy Director. He then worked for Davidson Trahaire Corpsych as the Victorian trauma services manager.

He moved on to work with police members at Victoria Police as the senior psychologist. Jon has also worked as a senior psychologist with Melbourne University Counselling Service, treating young people and staff at the university. He has worked in private practice since 2009 with a focus on treating people with complex trauma histories.

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Dr Cate Howell
GP, SA



OAM CSM CF
BMBS, BAppSc (OT), FRACGP,
FACPsychMed, Dip Clinical
Hypnosis, MHLthServMgmt, PhD
(Medicine)

Dr Cate Howell is a GP,
therapist, educator and author.

She is a Churchill Fellowship recipient
(2000) and has completed a PhD on depression.

In 2012 Cate was awarded the Order of
Australia Medal for services in mental health.

At the start of her medical career, she served in
the RAAF, and currently works as a GP at
Puckapunyal Army Base three days a week.

The remainder of her week involves directing a
small private practice focusing on mental health
and teaching activities.

Cate has a passion for writing and has authored
five books on mental health and counselling.
She loves spending time with her family, walking
her dog; Milly, reading and swimming.

Facilitator:

Professor Mark Creamer
Clinical Psychologist, Vic



Professor Mark Creamer is a
clinical and consulting
psychologist with over 30
years' experience in the field
of post-traumatic mental
health.

Mark is internationally
recognised for his work in the
field and provides policy
advice, training and research
consultancy to government and non-government
organisations, with the aim of improving the
recognition, prevention and treatment of
psychological problems following stressful life
events.

Mark is a Professorial Fellow in the Department
of Psychiatry at the University of Melbourne, and
has an impressive research record with over 180
publications.

Mark is an accomplished speaker and has given
numerous presentations (by invitation) at
national and international conferences.