

Making Sense of Veteran Mental Health Presentations



Ms Kristi Heffernan

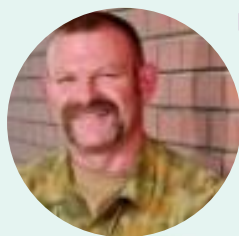
Clinical Psychologist, NSW

Kristi Heffernan is a clinical psychologist and currently works for Phoenix Australia –

Centre for Posttraumatic Mental Health and in private practice in Sydney. She also continues to serve in the Australian Army as a psychologist (reserves).

Kristi has many years' experience working as a military and defence psychologist and has provided clinical assessment and treatment to current and ex-serving veterans, emergency services personnel and other community-based clients.

She deployed on several occasions with the Australian Defence Force to Afghanistan, Iraq, East Timor and the Solomon Islands. She has provided prevention, early intervention and clinical treatments to those exposed to trauma and other workplace and interpersonal stressors, and recently completed her PhD investigating the cognitive mechanisms military personnel use to adjust to military deployments.



Dr Jonathan Lane

Psychiatrist, Tas

Dr Lane works at the Hobart Clinic, Murray Street rooms, seeing outpatients.

Approximately 60 per cent of his practice is with current military and veteran patients. He completed psychiatry fellowship training in Tasmania in 2014, and his previous work includes a significant forensic and military component.

Dr Lane has been in the Australian Army in both full-time and Reserve roles for some 27 years, including a range of general Army duties for ten years, before completing his medical degree and working for the Army as a doctor.

Dr Lane was deployed to Afghanistan in 2013 and worked with US Forces for six months as part of the Mental Health Team in the NATO ROLE 3 in Kandahar in the south of Afghanistan. He is still an active Reservist and works with a range of units around Australia.

He was awarded a Churchill Fellowship to look at mental health programs for military personnel and veterans, which he completed in 2015. As part of the fellowship, he visited various US military and Veterans' Affairs treatment facilities to look at a range of inpatient, outpatient, and peer-led group programs for both serving and retired military personnel. He intends to develop similar programs in Hobart.

Dr Lane's primary interests are young adults, and the military / veteran population groups. He continues to have a strong educational focus as well, providing education on mental health and post-traumatic stress disorder (PTSD) issues to Tasmania Police, emergency services, and The

Australian Army. Dr Lane also teaches third and fourth year medical students at the University of Tasmania.



Dr Phil Parker

General Practitioner, Qld

Dr Phil Parker is a Brisbane-based general practitioner with extensive expertise in veterans' health. He provides consultation to practitioners about a wide range of veteran health care issues, including post-traumatic stress disorder (PTSD).

Phil served with the Australian Army for 28 years, which included roles in signals, infantry and the medical corps. In 2012, he deployed to Afghanistan as the Task Force Surgeon. This role involved operational coordination of coalition health forces in Uruzgan, mentoring of senior Afghan Army, police and civilian health staff, and treatment for trauma patients. Phil has also held senior medical officer roles within the Army, with significant involvement in capability and policy development.

As a community general practitioner Phil has a special interest in veterans' health. He is also actively involved in the advice and education of other practitioners about PTSD management. Phil is GP Ambassador for Gallipoli Medical Research Foundation and also serves as a medical educator with General Practice Training Queensland.



Facilitator:

Ms Nicole Sadler

Psychologist, ACT

Nicole Sadler joined Phoenix Australia – Centre for Posttraumatic Mental Health in July 2017 and she is the Head of Policy and Service Development.

Nicole is a clinical psychologist with an in-depth understanding of issues and challenges for individuals working in high-risk organisations, and the systems and services to improve and maintain mental health and wellbeing.

Before joining Phoenix Australia, she served in the full-time Army for 23 years and she completed her career in the senior Army psychology position at the rank of Colonel. She also commanded the unit responsible for providing deployable mental health support to all Australian Defence Force operations. Throughout her career, Nicole has developed considerable experience in psychology service provision, training, research and evaluation, and leading multi-disciplinary teams.

Nicole continues to serve in the Army Reserves and she is one of the defence investigators on the joint Departments of Veterans' Affairs and Defence Transition and Wellbeing Research Program.