

Tips and strategies in using technology for mental health consultations



Ms Tessa Moriarty

Mental Health Nurse, Vic

Tessa Moriarty is an experienced, Credentialed Mental Health Nurse Consultant who has worked in senior executive roles, led and managed

teams and coordinated project work across primary health, public and private mental health sector services and run her own successful private practice/business for over thirty years.

Recently, Tessa developed Clinical Practice Guidelines for Credentialed Mental Health Nurses working in Primary Mental Health settings in partnership with South Eastern Melbourne Primary Health Network. She is strongly affiliated with the Australian College of Mental Health Nursing and is a Peer Reviewer for the Credentialing of Mental Health Nurses across Australia.

Tessa is also a trained Gestalt group and individual psychotherapist, facilitator, mentor and clinical supervisor and brings a wealth of knowledge, skill and experience to the individuals and teams with whom she works. Although a move to the Mornington Peninsula in recent years has reduced her psychotherapy and counselling work, Tessa has built up her telephone and video-conferencing provision of

clinical supervision and reflective practice to a range of professionals and clinicians, working in mental health settings. She also provides occasional telephone EAP (Employee Assistance Program) and short-term counselling.

Tessa believes commissioning organisations, health services and registration and professional bodies need to work together to ensure consistent frameworks and guidelines that support the safe and quality delivery of these programs and services.



Mr David Xuereb

Psychologist, Vic

David is a registered psychologist currently working out of two sites in Melbourne's western suburbs as part of the

group Healthy Minds. He has worked in a range of settings including education, occupational rehabilitation, emergency housing and disability services working in capacities such as psychologist, registered teacher and counsellor. Over the past 10 years, he has developed an increasing focus towards clients who have experienced trauma. Since 2016, he has provided Tele CBT services through North West Melbourne Primary Health Network under contract to PHNs in NSW to clients residing in Hay, Junee, and Murrumbidgee.

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Dr Monica Moore

GP and Psychotherapist, NSW

Dr Moore graduated in 1983 and undertook initial training in cognitive behaviour therapy (CBT) and Motivational Interviewing in 1996. As well as further training in CBT and acceptance and commitment therapy (ACT), Dr Monica Moore has completed the Advanced Certificate of Interpersonal Therapy; Diploma of Clinical Hypnosis; Certificate of Emotion Focused Therapy; and Eye movement desensitisation and reprocessing (EMDR).

Dr Moore has coordinated the Sutherland MHPN in NSW since its inception in 2009; and is a founding member of the Australian Society for Psychological Medicine. Since 2002, she has been involved in training GPs and allied health clinicians with: Royal Australian College of General Practitioners (RACGP); Professional Development People Seminars; General Practitioner Synergy; Central and Eastern Sydney Primary Health Network; Australian Society of Hypnosis; Black Dog Institute; General Practice Conference & Exhibition; New South Wales Institute of Psychiatry; Rural Doctors Association; Sphere; and the Sutherland Division of General Practice.



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 posttraumatic mental health.

Mark is internationally recognised for his work in the field; providing 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 invited addresses at national and international conferences.