

Responding to the needs of people experiencing social anxiety disorder



Ms. Catherine Madigan

Psychologist, Vic

Catherine Madigan is a clinical psychologist in private practice in Hawthorn. Catherine attended the University of

Melbourne and has been practising for almost twenty-five years.

During this time she has worked in a variety of settings including: private and public hospitals and a community mental health clinic. Catherine's work with anxiety sufferers has been featured in publications including The Australian, the Herald Sun, For Me magazine, New Idea and on websites such as The Huffington Post.

Catherine was formerly a committee member of the Anxiety Disorders Association of Victoria for several years and used to do a psychology segment for 3RRR's Midweek Crisis. Catherine's websites are www.anxietyaustralia.com.au and www.socialanxietyassist.com.au.



Associate Professor Lisa Lampe

Psychiatrist, NSW

Associate Professor Lisa Lampe is Convenor of the Joint Medical Program (BMedSci/MD), and

Psychiatry Discipline Lead at the University of Newcastle. As a Fellow of the Royal Australian

and New Zealand College of Psychiatrists (RANZCP), she held the position of Chair, Committee for Examinations, from 2012-2019. She is a Site Coordinator of Training (Assessment and CBT) in the Hunter New England RANZCP training program. In her role as a Staff Specialist (Academic) in the Hunter New England LHD, she has established a teaching clinic treating anxiety disorders. Lisa has also been a part-time member of the Mental Health Review Tribunal since 2002.

From 2008-2017 Lisa was the coordinator of teaching for Psychiatry and Addiction Medicine within the Sydney Medical School (University of Sydney), with clinical appointments at Hornsby Hospital and the CADE Clinic at Royal North Shore Hospital. In these roles, she introduced a number of innovative teaching and assessment strategies. Prior to 2008 Lisa had a long association with the Clinical Research Unit for Anxiety and Depression at St Vincent's Hospital, and worked in part-time private practice.

Lisa's particular areas of expertise are in cognitive behaviour therapy, anxiety disorders and medical education. She completed her PhD (USyd) on avoidant personality disorder and social phobia. She is a co-author of textbooks The Treatment of Anxiety Disorders (Cambridge University Press) and The Sydney Handbook of Anxiety Disorders, and has written books for a general audience including Depression: Lifting the Cloud (with Christine Read) and Take Control of Your Worry (Sydney University Press). Most recently, she is one of the authors of the RANZCP

Responding to the needs of people experiencing social anxiety

Clinical Practice Guidelines for the treatment of panic disorder, social anxiety disorder and generalized anxiety disorder.



**Dr Caroline Johnson MBBS,
FRACGP, GCUT, PhD**
General Practitioner, ViC

Caroline is a General Practitioner in metropolitan Melbourne with a special interest in Primary Mental Health Care. She is also a Senior Lecturer at the University of Melbourne and has extensive experience teaching about mental health in community, undergraduate, vocational training and post-graduate environments.

As a researcher, she has published on recovery from depression, mental health treatment plans and the important role of general practice in providing care for common mental disorders. She has held numerous roles in mental health advocacy at both state and national levels over the last twenty years.

After working in metropolitan and rural general practice and establishing a service for people with developmental disabilities at Monash Medical Centre, his current clinical work is limited to GP locums in remote areas of the Northern Territory.



**Facilitator: Professor Stephen
Trumble**
General Practitioner, Vic

Stephen Trumble is a general practitioner and Head of Medical Education at Melbourne Medical School.

He has held a variety of roles in GP education, including directing the RACGP Training Program and editing the Australian Family Physician journal.

1

2