

WEBINAR PANEL

Self-care for mental health professionals

Panellist biographies



Ms Ann Evans

Psychologist, NSW

Ann Evans is the National Manager of Client Services at Lifeline Australia.

Ann is a psychologist who leads the provision of best practice and efficient and consistent services, including the 13 11 14 crisis support line and Crisis Support Chat.

In her role, Ann supports Lifeline Centres around the country to provide services to help-seekers and to look after the wellbeing of Crisis Supporters.

Ann has worked in primary mental health care in Australia and the UK, and has also worked in mental health and suicide prevention training, as well as mental health policy.

position within NorthWestern Mental Health, coordinating the graduate and postgraduate mental health nursing programs. Her other role involves providing training and professional development opportunities for mental health clinicians.

Katherine's key interest areas are suicide prevention, physical health and wellness programs. She is acutely aware that health professionals are experiencing high rates of burnout, post-traumatic stress, vicarious traumatisation and mental illness related to their work, and Katherine is therefore particularly interested in promoting wellbeing initiatives which support clinicians in their practice.

She believes self-care is integral to being a safe and competent practitioner and she personally tries to practice mindfulness whilst walking, eating and being with friends and family.



Ms Katherine Fairest

Mental health nurse, Vic

Katherine Fairest is a registered nurse with specialist qualifications in mental health, and has worked as a mental health nurse for over 25 years.

Katherine has worked in a variety of clinical settings over her career and is currently in a dual



Associate Professor Louise Nash

Psychiatrist, NSW

Associate Professor Louise Nash is a psychiatrist with expertise in teaching, research and clinical work.

She is the Associate Director of Teaching and Learning at the Brain and Mind Centre of The University of Sydney and consultant psychiatrist with Sydney Local Health District.

She has diverse clinical experience in rural, remote and metropolitan Australia having worked in Darwin, Alice Springs, Dubbo, Orange and Sydney.

Her recent research projects include promoting doctors' health and wellbeing, improving the junior doctor experience of psychiatry terms, exploring innovative ways to change workplace culture, promoting rural psychiatry training and youth mental health.

Her PhD examined the impact of medico-legal matters on the health and practice of Australian doctors.



Professor Simon Willcock
GP, NSW

Simon is a general practitioner and the Director of Primary Care at Macquarie University Hospital.

His education and research interests include the health of doctors, generational change in the medical workforce, men's health and musculoskeletal medicine.

Simon trained as a rural procedural GP, and practiced in Inverell, NSW where his practice included obstetrics and anaesthetics. For the past twenty years he has worked in academic and clinical practice in Sydney and has had several educational leadership roles.

Simon is currently the Chair of the Avant Mutual Group and a board member of the Sydney North Health Network, the NSW Doctors' Health Advisory Service and a member of the NSW AMA Council of General Practice.



Facilitator: Dr Catherine Boland
Clinical psychologist, NSW

Dr Catherine Boland is a clinical psychologist with expertise in working with children, young people and parents who are experiencing relationship issues and are in situations of family conflict and separation.

Catherine is an experienced therapist offering services to families in court proceedings where children are involved. She recently launched RelationSpace Online, an innovative e-therapy program for parents in high conflict separation or divorce situations. This program helps parents manage their emotions, improve their communication and reduce their conflict.

Catherine holds a Doctorate in Clinical Psychology, a Master of Clinical Psychology (Hons), a Bachelor of Psychology (Clinical, Hons) and a Bachelor of Education.

Catherine is a full member of the Australia Psychological Association (APS), the Australian Association for Cognitive Behavioural Therapy (AACBT) and the Association for Contextual Behavioural Science (ACBS).

Catherine has worked in a range of sectors as a clinical psychologist such as hospitals, educational and community settings prior to working exclusively in private practice as principal of The RelationSpace. Catherine has launched an effective online behavioural change program, authored a number of papers in the field of clinical psychology and speaks at conferences on child development, parenting and clinical intervention in high conflict families.