



2015 ACCSSQ CATHOLIC SCHOOL COUNSELLOR
ANNUAL CONFERENCE

'WELLBEING FOR LEARNING'

3rd – 5th JUNE

HOTEL MERCURE GOLD COAST RESORT



GOLD COAST RESORT

PRESIDENT'S WELCOME

Welcome to the 2015 ACCSSQ Annual Conference on 'Wellbeing for Learning'.

Schools are increasingly being called upon to not only educate young people but to provide care and support for students' social, emotional and behavioural needs. A growing body of research suggests that childrens' capacity to learn correlates strongly with their emotional wellbeing.

School counsellors are integral to the whole school community approach to wellbeing, offering individualised assistance to students and their families, and working collaboratively and in partnership with educators, sharing their knowledge and expertise.

We hope that you enjoy the opportunity at this annual conference to participate in relevant professional learning and reflection, and to take time to relax and network in a sharing collegial environment.

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PROGRAM

WEDNESDAY 3RD JUNE

3pm - 7pm	Early Bird arrival and check in
5:30pm	Drinks
6:00pm	Dinner

DAY 1 – THURSDAY 4TH JUNE ‘Wellbeing for Learning’ THE ROLE OF THE SCHOOL COUNSELLOR

7:00am	Morning Walk (from Mercure to Emerald Lakes)	
8:00am	Registration	
8:45am	Official Welcome	Barb Davies - President
9:00am	Prayer	Lesley Lavercombe & Anita Smith
9:15am	Conference Opening	Professor Jim Nyland Associate Vice Chancellor ACU
9:30am	Keynote Presentation Working Collaboratively To Improve Student Outcomes: Professional And Ethical Considerations For School Counsellors.	Dr Monica Thielking
11:05am	QIEU	Nicole Cahill
11:15am	MORNING TEA - DISPLAYS	
11:45am	Concurrent Workshops	Petris Lapis
	Workshop 1A: Overcoming Compassion Fatigue	
	Workshop 1B: Technology and Teens in the 21st Century. Apps for Wellbeing	Pam Day
1:00pm	LUNCH - DISPLAYS	
2:00pm	Keynote Presentation Enhancing Student Wellbeing and Resilience For Learning	Dr Christina Grima-Farrell
3:30pm	AFTERNOON TEA	
4:00pm	Yoga Golf* Future Therapy Massage and Day Spa*	Room to be advised
6:00pm	Pre-dinner drinks	Poolside
7:00pm	CONFERENCE DINNER Annual General Meeting	Club Room

DAY 2 – FRIDAY 5TH JUNE ‘Wellbeing for Learning’ MANAGING ANXIETY IN CHILDREN AND ADOLESCENTS

7:00am	Tai Chi	Room to be advised
8:00am	Registration & Breakfast	
9:00am	Keynote Presentation Cause and Care of Anxiety in Children and Adolescents	Associate Professor James Scott
10:30am	Keynote Presentation Cognitive-neuroscience of Emotional Disorders	Associate Professor Allison Waters
11:30am	MORNING TEA	
12:00pm	Concurrent Workshops Workshop 2A Anxiety in the Classroom and the School: Management Approaches Including Acceptance and Commitment Therapy (ACT)	Dr Jeanie Sheffield
	Workshop 2B Thriving Under Pressure: Maximising Wellbeing to Enhance Performance	Lana McCloughan
1:00pm	Plenary Session Speakers to address submitted questions and questions from the floor. Mediators: Lesley Lavercombe and Heather Clark	Dr James Scott Dr Alison Waters Dr Jeannie Sheffield
1:30pm	LUNCH	
2:30pm	CONFERENCE ENDS	

YOGA

Thursday 4 June

4 pm to 5 pm

Feel relaxed and recharged through the easy stretching and yoga combination with deep relaxation and meditation. This session is soothing and restorative, benefitting your mind, body and soul.

TAI CHI

Friday 5 June

7 am to 8 am

Improve your mind and body connection through the control of breath and movement. Be guided through a series of tranquil movements to promote harmony in mind and body, mobility suppleness and mental alertness.

(Remember to bring comfortable clothing for these sessions)

*Optional recreational activities

Golf Conference Packages available - Contact Palm Meadows direct - (07) 5594 2450

(9 holes, including cart - \$39.50)

Future Therapy Massage and Day Spa- Onsite Mercure Resort- Contact direct www.futuretherapy.com.au (30 min Swedish massage for \$50 - book early)

KEYNOTE SPEAKERS – BIOGRAPHIES

PROFESSOR JIM NYLAND



Professor Jim Nyland took up the role of Associate Vice-Chancellor (Brisbane) at the Australian Catholic University (ACU) in October 2011. Previously, he has held academic appointments at the University of Queensland, where he was the Director of Corporate Education and Director of UQ Business School Downtown. Prior to this he was Manager and Principle Advisor in the Vice-Chancellor's Office for Engagement at Griffith University. Professor Nyland holds a Doctorate in Education from the University of Derby and has published widely in the areas of innovation and learning in higher education.

DR MONICA THIELKING



Monica Thielking is an important researcher in the field of youth homelessness and mental health, at-risk youth, school and community integration and school psychology.

From 2003 - 2010 Monica Thielking worked as a school psychologist with teenagers and their families, predominantly in schools classified as 'disadvantaged'. Prior to this, Monica was a qualified youth worker where she also concentrated her efforts on the delivery of group-based interventions for at-risk youth. The students and families she worked with were mainly from marginalised backgrounds, including refugees and culturally and linguistically diverse (CaLD). She completed her PhD in 2006 where she investigated the professional issues associated with the role of school psychologists. Following her PhD she became the APS National Adviser to Psychologists in Schools, and the Adviser to Public Sector and NGO Psychologists where she not only provided ethical and professional guidance, she also developed a range of landmark resources for psychologists in such areas of practice. Monica founded and currently convenes the APS Psychologists in Schools Interest Group. Her work at Swinburne University of Technology also includes supervising students on placement in the Masters in Counselling Psychology program and lecturing in ethics. She is also currently coediting a first-ever Handbook of Australian School Psychology for Springer Publishing.

Monica Thielking's work has had a significant impact on government policy. Including, an improved school psychologist to student ratios in schools; the changes to the Commonwealth Government's National School Chaplaincy Program, especially in relation to increasing standards, accountability, and ensuring ethical practice and her recent work on The Geelong Project, a new model of intervention for at-risk youth, is now being implemented in sites around Australia.

DR CHRISTINE GRIMA-FARRELL



Dr Christine Grima-Farrell has taught in schools in various capacities for over 20 years and is currently working in the area of Inclusive Education and enhancing wellbeing and resilience at the Australian Catholic University, Sydney. Chris was awarded a NSW Premier's Teaching award for Excellence in her work in the area of Inclusive Education and Research to Practice Initiatives.

Her PhD titled "Identifying factors that bridge the research to practice gap in inclusive education: An analysis of 6 case studies" was awarded the 2013 Beth Southwell Outstanding Doctoral Thesis Award and the Charles Sturt Most Outstanding Thesis award for 2013. Chris has most recently been honoured with an Australian Government Citation for Outstanding Contribution to Student Learning and holds University Excellence in Teaching Award.

Chris lives her scholarly work as she strives to raise awareness of ways to merge research and practice initiatives to support the diverse needs of students and enhance their wellbeing and resilience through promoting collaborative partnerships.

DR JAMES SCOTT



James is an Associate Professor at the UQ Centre for Clinical Research, Faculty of Medicine and Biomedical Sciences. He is a child and adolescent psychiatrist whose main focus of research is broadly encapsulated under (i) child and adolescent mental health and (ii) early psychosis. He has extensive clinical and research experience in areas of child and adolescent mental health including depression, anxiety, aggression, self harm, developmental disorders and pharmacotherapy. His research interests in early psychosis are prevention, phenomenology and treatment options.

James is currently engaged in a program of research examining psychotic-like experiences in otherwise healthy individuals, mental health outcomes of bullying in adolescents, the role of cytokines in adolescent depression, the outcomes of early intervention in young children with autism and the outcomes of adolescents experiencing their first episode of psychosis. The programs are a combination of clinical work with patient samples and epidemiological studies in collaboration with large mental health surveys and birth cohort studies.

DR ALLISON WATERS



Dr Waters is an Associate Professor in Clinical Psychology and an Australian Research Council Future Fellow in the School of Applied Psychology at Griffith University, Mt Gravatt. She completed her PhD in Clinical Psychology at The University of Queensland and a Post-Doctoral Research Fellowship at the University of California, Los Angeles, before commencing her work at Griffith University in 2004. Dr Waters conducts laboratory research on the cognitive-neuroscience of emotional disorders in children and adolescents and translates findings from laboratory and basic science work into clinical practice using current generation treatments and novel interventions for childhood emotional disorders. Dr Waters has published over 70 peer-reviewed book chapters and journal articles, and her research is funded by the Australian Council, National Health and Medical Research Council, Australian Rotary Health, Financial Markets for Children, Queensland Health and Griffith University. Dr Waters serves on the Research Advisory Committee of the Queensland Children's Medical Research Institute and is an Associate Editor of "Psychopathology Review" and the Australian Journal of Psychology". She is the recipient of Griffith Vice Chancellor and Pro-Vice Chancellor (Health) Awards for Research Excellence (Team Category) and an Australian Psychological Society Early Researcher Career Award in recognition of her research.

WORKSHOP PRESENTER BIOGRAPHIES

1A – COMPASSION FATIGUE

'How To Overcome Compassion Fatigue' workshop will cover the following areas:

- What compassion fatigue is and what the risk factors are
- How to recognise compassion fatigue
- Time to complete a compassion fatigue self-test, the professional quality of life scale and access to a life stress test
- How to overcome compassion fatigue

The workshop would be run in an interactive style with participants working in groups and interacting with each other and the presenter.

PETRIS LAPIS



Petris is a Senior Trainer, Presenter and Facilitator with Commerce and Law degrees. Petris has had a varied working career ranging from the business world, to University lecturer, to advisor, to author, to trainer and company director. She experienced a life changing event which changed her direction and saw her begin running programs in schools in South East Queensland for school children and teachers.

While she has continued her connection with the business world, it is her work in schools which remains a passionate focus.

She also provides a website, Life Skiller, with resources for counsellors and teachers interested in furthering the emotional, mental and social wellbeing of children and adolescents.

1B -TECHNOLOGY AND TEENS IN THE TWENTY FIRST CENTURY

Love it or loathe it, technology is here to stay with more and more young people turning to the internet and smart phones to seek help.

This interactive workshop will provide information and a demonstration of the most effective emotional health and wellbeing apps, websites and online programmes for young people. Bring along your iPad, iPhone, android phone, tablet (internet connection required) for an hands on experience exploring a number of apps and websites and how they can be utilised within the school setting.

PAM DAY



Pam Day is the District Ed LinQ Co-ordinator for Gold Coast Child and Youth and is an experienced Mental Health Clinical Nurse Consultant with thirty years working background of mental health and counselling, including six years as a senior practitioner working within child and adolescent mental health services within the UK.

Ed LinQ is a specialist programme of the Gold Coast Mental Health Service, funded by Gold Coast Hospital and Health Service (Queensland Health) and is designed to improve partnerships between Child and Youth Mental Health Services and School Communities to enhance prevention, early intervention and support for school aged children and young people with/or at risk of developing a mental health problem.

Pam's passion lies in mental health education, promotion, prevention and early intervention and she has been instrumental in the design, delivery and training of a number of creative strengths based emotional health and wellbeing programmes, some of which schools have incorporated within their curriculum/well-being framework and is the author of What is Friendship, Games and Activities to Help Children Understand Friendship (2009) Jessica Kingsley Publishers.

Pam is also a Master Youth Mental Health First Aid (YMHFA) Instructor and an InRhythm Drum Therapy facilitator.

ANXIETY IN THE CLASSROOM AND THE SCHOOL: MANAGEMENT APPROACHES INCLUDING ACCEPTANCE AND COMMITMENT THERAPY (ACT)

DR JEANIE SHEFFIELD



Dr Jeanie Sheffield is a clinical psychologist and lecturer in the School of Psychology at The University of Queensland. Her research interests include investigating the nature and treatment of child and adolescent psychopathology (particularly depression, anxiety, and eating disorders); building resilience through enhancing life skills using a strengths-based framework; the use of the internet in treating mental disorders and chronic health conditions; and investigation and delivery of Acceptance and Commitment Therapy (ACT). She has worked on large-scale research studies evaluating the efficacy of different intervention approaches to the prevention of adolescent depression and anxiety and has also researched disordered eating and body dissatisfaction in adolescents. She has ongoing collaborations with beyondblue and has worked with that organisation to develop the SenseAbility suite, a series of curriculum materials designed to build resilience in adolescents. She has trained practitioners in the delivery of Triple P parenting programs and also runs a private practice at The University of Queensland of Queensland where she treats adolescents and adults with a variety of mental health problems.

2B THRIVING UNDER PRESSURE: MAXIMISING WELLBEING TO ENHANCE PERFORMANCE

LANA McCLOUGHAN



Lana McCloughan is a high performance consultant and registered psychologist with a Masters degree in Sport and Exercise Psychology. She has undertaken research with the Australian Institute of Sport on psychological recovery and sleep, and is a published author in the area of anti-vilification in adolescent sport. Lana has a background in elite sport as an athlete and a coach, and has worked with children and teens for over 15 years in sport, schools, and private practice. In her current position as a Personal Excellence Advisor for the Australian Institute of Sport, Lana provides and manages "the right support at the right time" in the key areas of dual career, progression, and the sport-life balance of Australia's most elite athletes.

Athletes strive to attain peak performance, a state where athletes perform at their optimal level and achieve outstanding results. At the highest level of international competition athletes are required to manage a diversity of psychological factors and perform under

pressure. The strategies used by sport psychologists to enhance psychological wellbeing and build resilience in athletes will also equip students with the ability to cope effectively with pressure and perform at their best.

The workshop presentation will explore:

- Impact of wellbeing on performance
- Psychological skills required to effectively perform under pressure
- Ways to overcome performance anxiety
- Strategies for psychological recovery from stress including sleep.

Pressure can facilitate or debilitate performance, depending on how an individual responds. Developing the ability to self-regulate the range of psychological factors relevant to successful performance will enable students to learn to thrive under pressure.

SPEAKER NOTES

Access to the conference notes and power points will be provided on the website www.accssq.org.au as soon as possible after the conference

OUR THANKS TO THE ORGANIZING COMMITTEE

Barb Davies - Loreto College
Maree Rose - Carmel College
Jorge Ruiz - Marist Ashgrove
Lesley Lavercombe - BCEO
Lisa Farrow- Mt Alvernia College
Heather Clark - Marymount College
Anita Smith - BCEO
Kate Mulherin - Loreto College

OUR THANKS TO OUR REGIONAL REPRESENTATIVES:

Toni Foley, Gerry Collins - Cairns
Marilyn Parsons - Townsville
Anne Czekanski and Peter Robertson - Rockhampton
Vicki Goodsell - Toowoomba

WE WISH TO ACKNOWLEDGE OUR SPONSORS FOR THEIR ONGOING SUPPORT OF OUR CONFERENCE



PEARSON

