

2016 Conference 'Mental Health for Young People - Creating Positive Futures'

**ACCSSQ School Counsellors
Annual Conference**

**1st – 3rd June 2016
Mercure Gold Coast Resort
Palm Meadows Drive
Carrara Queensland**



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Wednesday 1st June	3pm-7pm 5.30 pm 6.00 pm	Early Bird arrival and check-in Drinks Dinner	Bar The Restaurant
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DAY 1 – Resources and Strategies for School Counsellors

Thursday 2nd June	7.00 am	Morning Walk (Meet at Mercure reception)	
	8.00 am	Registration	
	8.45 am	Official Welcome	Barb Davies President ACCSSQ
	9.00 am	Prayer	Joanne O'Bryan
	9.15 am	Conference Opening	Dr Lee-Anne Perry Executive Director QCEC
	9.30 am	Keynote Presentation Title: Digitising Counselling: Plugging in the Technology for Young People's Mental Health and Well-Being	Associate Professor Jane Burns CEO Young and Well Cooperative Research Centre
	11.00 am	QIEU	Nicole Cahill
	11.15 am	MORNING TEA – DISPLAYS	
	11.45 am	Concurrent Workshops Workshop 1A : Title: Teasing out the differences Inside Out: Factors to consider when undertaking Mental Health Assessments with Culturally and Linguistically Diverse (CALD) Children and Adolescents	Belinda Khong Multicultural Mental Health Coordinator CYMHS
		Workshop 1B : Title: Responding to Alcohol and Drugs within the School Context: Effective School-based Prevention and Intervention Programs	Cameron Francis Social Worker, Dovetail
1.00 pm	LUNCH – DISPLAYS Express Neck Massages on the Mezzanine level		
2.00 pm	Keynote Presentation Title: Awakening Compassion, Motivating Change	Dr Stan Steindl Clinical Psychologist	
3.30 pm	AFTERNOON TEA		
4.00 pm	*Yoga		

Optional recreational activities

Golf Conference Packages available – (9 holes, including cart - \$39.50) – Please contact Mercure Concierge/Reception to book golf package

Future Therapy Massage and Day Spa - Onsite Mercure Resort - Contact direct www.futuretherapy.com.au

6.00 pm Pre-dinner drinks - Poolside Deck - Catherine Neylan (Guitarist)

**7.00 pm CONFERENCE DINNER- Phoenix Room
Annual General Meeting**

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DAY 2 – Self-Regulation in Children and Adolescents

Friday 3rd June	7.00 am	*Tai Chi	
	8.00 am	Registration	
	9.00 am	Keynote Presentation Title: Improving Self-Regulation in Disadvantaged Younger Children: An Opportunity Too Good to Miss	Professor Sharon Dawe Griffith University
	10.30 am	MORNING TEA	
	11.00 am	Keynote Presentation Title: Under Construction: Impulse Control and Self-Regulation in Adolescence	Dr Matthew Gullo University of Queensland
	12.00 pm	Concurrent Workshops Workshop 2A Title: Developing and Enhancing Emotion Recognition and Regulation in Adolescents: An Introduction to the Tuned In and Mind Your Mind Programs	Dr Genevieve Dingle Dr Jeannie Sheffield University of Queensland
	12.00 pm	Workshop 2B Title: Mindful Self-Regulation for Adolescents	Freya Reynolds Educational and Developmental Psychologist
	1.00 pm	Plenary Session Speakers to address submitted questions, and questions from the floor	
	1.30 pm	LUNCH	
	2.30 pm	CONFERENCE CLOSE	

***YOGA**

Thursday 2 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 3 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)

BIOS are on the website www.bne.catholic.edu.au/ACCSSQ