

MENTAL HEALTH FORUM OVERVIEW

Live event commencing Saturday, 25th February at 8:30am
 Building 10, Level 7/235 Jones St
 Ultimo, NSW 2007 Australia

DURATION	TOPIC	PRESENTER
	Event Start (8:30am)	
	SESSION 1	
10 minutes 8:30am	MC – Welcome	Dr. Mark Donohoe
40 minutes 8:40am	The role of NEM in Mental Health (ACNEM 4 Pillars)	Dr. Sally Price
40 minutes 9:20am	Neuroinflammation and Mental Health	Dr. Nicole Nelson
40 minutes 10:00am	Addictions	Dr. Sanjeev Sharma
	Morning tea (10:40am – 11:10am)	
	SESSION 2	
40 minutes 11:10am	Antidepressant tapering and discontinuation – Pharmacist perspective	Winston Lo
40 minutes 11:50am	Transitioning from mood medications with NEM	Daniel Baden
20 minutes 12:30pm	Case Study: Importance of Emotional Education for medication management	Gabriela Stilita
	Lunch (12:50pm – 1:30pm)	
	SESSION 3	
40 minutes 1:30pm	Panel Discussion – Mark Donohoe – M.C – Antidepressant tapering and discontinuation	Speaker Panel -> Winston Lo, Gabriela Stilita, Dr Sanjeev Sharma, Daniel Baden
40 minutes 2:10pm	Neural regulation and the polyvagal system	Dr. Christabelle Yeoh
40 minutes 2:50pm	Pre-menstrual Dysphoric Disorder	Dr. Cris Beer
	Afternoon tea (3:30pm – 4:15pm)	
	SESSION 4	
40 minutes 4:15pm	N.E.T – Neuro Emotional Technique	Bill Stathoulis
10 minutes 5:00pm	MC – Close	Dr. Mark Donohoe

DURATION	PRE-RECORDINGS	PRESENTER
SESSION 5		
Session 5.1	The impact of the Microbiome on Mental Health	Dr. Sally Price
Session 5.2	The role of the gut/brain axis and inflammation in anxiety	Jules Galloway
Session 5.3	Mind body approach to anxiety	Dr. Michelle Woolhouse
Session 5.4	Case Study: Managing Microbiome results for mental wellbeing	Dr. Sally Price
SESSION 6		
Session 6.1	Self-Care and Resilience - for Practitioners	Peter Webb
Session 6.2	Behaviour change and mindset -Motivational Interviewing	Dr. Adrian Lopresti
Session 6.3	Exercise and Mental Health	Dr. Jen Graham - Taylor
Session 6.4	EFT- Practical Session	Cecily Chun
SESSION 7		
Session 7.1	Psychedelic-assisted therapies for mental illness: why innovation in treatment is needed now more than ever	Tania de Jong
Session 7.2	Case Study: Intro to Medicinal Cannabis (anxiety)	Prof. Kylie O'Brien
Session 7.3	Targeted Amino acids in Mental Health	Vanita Dahia
Session 7.4	Vitamin D & it's role in neuropsychiatry	Dr. Sanjeev Sharma
SESSION 8		
Session 8.1	EMDR - Trauma	Mark Grant
Session 8.2	Perinatal Depression and Anxiety	Dr. Nicole Highet
Session 8.3	Mental health support for the LGBTQIA+ community	Sage King
Session 8.4	Case Study: No mood drugs for me	Daniel Baden
Session 8.5	Guided Mantra Meditation and awareness	Gayatri Phillips