



# Integrative Mental Health 2013

Ginseng • Bright Light Therapy • St John's Wort • SAMe • Dementia • Brain-Gut Axis



#### Who should attend

- General Practitioners
- Psychiatrists
- Psychologists
- Counsellors, Therapists
- Mental Health Care Providers
- Nurses and Allied Health
- Practitioners of Alternative Medicine

Saturday 23 November ● 9:00am – 5:00pm ● The University of NSW, Kensington

## Evidence and Experience of the Role of Complementary and Alternative Therapies in Mainstream Mental Health



**Prof Permindar Sachdev**  
Psychiatrist  
Changing Lifestyle to  
Prevent Dementia



**Prof Kerryn Phelps AM**  
General Practitioner  
St John's Wort  
in Clinical Practice



**Prof Philip Boyce**  
Psychiatrist  
Bright Light and  
Social Rhythm Therapy



**Prof Andrew Scholey**  
Psychopharmacologist  
Ginseng for  
Better Cognition



**Assoc Prof Felice Jacka**  
Epidemiologist  
Pregnant Mothers' Diet  
and Their Childrens'  
Mental Health



**Prof Con Stough**  
Neuropsychologist  
Cognitive Training  
for Dementia

## PROGRAM

REGISTRATION FROM 8:00AM  
SEMINAR: 9:00AM – 5:00PM  
EACH LECTURE APPROX 40MIN

TOPIC	SPEAKER
Cognitive Training for Dementia	Prof Con Stough
Ginseng for Better Cognition	Prof Andrew Scholey
St John's Wort for First Line Treatment of Mild to Moderate Depression	Prof Kerry Phelps
MORNING TEA	
Bright Light Therapy for Depression	Prof Philip Boyce
Social Rhythm Therapy for Bipolar	
Impact of Pregnant Mothers' Diet on the Mental Health of Their Children – Important New Findings	Assoc Prof Felice Jacka
LUNCH	
The Brain-Gut Axis and its Impact on Mental Health	Dr Simon Knowles
Meditation – Is it Mindfulness or Mind-Emptiness?	See <a href="http://healthed.com.au">healthed.com.au</a> for updates
AFTERNOON TEA	
Nutrient-Based Nutraceuticals for Psychiatric Disorders	Dr Jerome Sarris
Changing Lifestyle to Prevent Dementia – Examining the Evidence	Prof Perminder Sachdev
THIS PROGRAM WAS CORRECT AT TIME OF PRINTING AND IS SUBJECT TO CHANGE WITHOUT NOTICE.	

## ABOUT THIS UNIQUE EVENT

Until now the field of mental health care has remained narrowly focused on using psychopharmacology and psychotherapy despite the fact that their success is often limited.

Consumer interest in complementary therapies for mental illness and wellness is growing rapidly, as is the scientific evidence supporting their use.

To many researchers and clinicians it is becoming clear that a new paradigm is emerging that will lead to the integrative use of both mainstream treatments and "alternative" methods to more effectively address common mental health issues.

In this unique seminar you will be provided with essential information about the how such strategies might be implemented in mainstream health practice, the evidence for their effectiveness, appropriate clinical indications and important considerations concerning safety, adverse effects and interactions.

**Dr Ramesh Manocha MBBS BSc PhD**

## REGISTRATION INCLUDES

Program, lecture notes and satchel; morning tea, lunch and afternoon tea; attendance certificate; access to stakeholder and resources trade exhibition.

## SYDNEY 23 NOV 2013

### VENUE & PARKING

This venue has now been **moved** to CLB Theatre 7, UNSW, Kensington Campus (previously the Mathews Theatre). The venue is accessible by foot or taxi via gate 9, High Street and accessible by car via gate 11, Botany Street. Free parking is available on the campus via gate 11.

### BUS, TRAIN & TAXI

UNSW is accessible by Bus and Train. Please visit [www.131500.com.au](http://www.131500.com.au) for further information and timetables.

- Taxis Combined 133 300 • Premier Cabs 131 017

### HOTELS

- **Crowne Plaza**, Coogee Beach ★★★★★  
242 Arden St, Coogee 2034, Phone: 02 9315 7600
- **Adina Apartment Hotel** ★★★★★  
183 Coogee Bay Rd, Coogee 2034, Phone: 02 9578 6000

### PROFESSIONAL DEVELOPMENT

- Category 2: 12 CPD points have been approved
- Category 1: 40 CPD points for completing the ALM
- RCNA: Points applied for. Please call us for updates

### **Nutrient-Based Nutraceuticals for Psychiatric Disorders**

**Dr Jerome Sarris, Senior Research Fellow, Department of Psychiatry, University of Melbourne**

This presentation will cover the evidence for the application of S-Adenosyl Methionine in several psychiatric disorders, including depression. Clinical considerations for use are also detailed. The presentation concludes by outlining a current NHMRC-funded RCT trialling SAME and a combination nutraceutical to treat clinical depression.

### **Ginseng for Better Cognition**

**Prof Andrew Scholey, Co-director of the NICM, Centre for the Study of Natural Medicines and Neurocognition, Swinburne University**

Recent research has shown that many people, including students, academics as well as otherwise healthy middle-aged adults, are using cognitive enhancing agents to improve their intellectual performance. Probably one of the most well researched cognitive enhancing herbs is Ginseng. The scientific evidence and safety profile of this agent will be examined and its practical relevance explained.

### **Impact of Pregnant Mothers' Diet on the Mental Health of Their Children – Important New Findings**

**Assoc Prof Felice Jacka, Principal Research Fellow, School of Medicine, Deakin University**

This is the first study in the world to investigate the relationship between the dietary habits of pregnant mothers and the influence that this diet has on the mental health of children born from those pregnancies. The implications are startling, and promise to revolutionise the way that we understand the influence of lifestyle on mental health risk.

### **St John's Wort for First Line Treatment of Mild to Moderate Depression**

**Prof Kerryn Phelps, GP, School of Public Health, University of Sydney**

Should St John's Wort be the first-line option for treatment of mild to moderate depression? Therapeutic guidelines do not always match up with best available evidence, or there is a delay in transferring evidence into clinical practice. Prof Phelps will examine the evidence illustrating why clinically proven extracts of St John's Wort should be used more widely, for the benefit of our patients.

### **Meditation – Is it Mindfulness or Mind-Emptiness?**

See [healthed.com.au](http://healthed.com.au) for updates

There is a growing body of evidence for the role of meditation not only as an intervention for the reduction of stress but as primary preventive strategy for the maintenance of mental health and wellbeing. Includes a practical session.

### **Cognitive Training for Dementia**

**Prof Con Stough, Neuropsychologist, Head, Brain Sciences Institute, Swinburne University**

Is cognitive training effective for the management of early dementia? Prof Stough will explore the evidence in this field indicating positive effects for learning, memory, executive functioning, activities of daily living, general cognitive problems, depression and self-rated general functioning.

### **Social Rhythm Therapy for Bipolar**

**Prof Philip Boyce, Department of Psychiatry, Westmead Hospital**

This increasingly popular behavioural therapy recognises that although bipolar is biologically based, it cannot be fully treated with medication alone. By managing stressful events, disruptions in circadian rhythms and personal relationships, and conflicts arising out of difficulty in social adjustment, social rhythm therapy can reduce the severity and frequency of relapses.

### **Bright Light Therapy for Depression**

**Prof Philip Boyce, Department of Psychiatry, Westmead Hospital**

Also known as 'phototherapy' or 'heliotherapy', its usefulness for seasonal affective disorder is well established. However there is now emerging evidence for its usefulness in other forms of depression and possibly also bipolar disorder. We will examine the current evidence, practical application and safety issues.

### **Changing Lifestyle to Prevent Dementia – Examining the Evidence**

**Prof Perminder Sachdev, Centre for Healthy Brain Ageing (CHeBA), Faculty of Medicine, UNSW**

Prevention is better than cure, particularly with regard to dementia. The evidence for the effectiveness of simple lifestyle strategies to reduce the risk of dementia is growing. Prof Sachdev will review the evidence and translate it into practical strategies and recommendations that can be used in the clinic.

### **The Brain-Gut Axis and its Impact on Mental Health**

**Dr Simon Knowles, Senior Lecturer and Clinical Psychologist, Swinburne University**

Outlines the neurobiological processes involved in the brain-gut-microbiome and its influence on neuropsychiatric disorders. A particular focus will be the bidirectional processes that can influence mental health.

Integrative Mental Health Sydney 2013  
 Saturday, 23 November 2013, 9:00am–5:00pm  
 CLB Theatre 7, UNSW, Kensington, Sydney

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Super Early Bird until October 25	<input type="checkbox"/> \$170	<b>\$160</b>
Early Bird until November 8	<input type="checkbox"/> \$185	<b>\$170</b>
Standard after November 8	<input type="checkbox"/> \$199	<b>\$185</b>

**REGISTRATION FORM** \*denotes required information

I am interested in (tick box )  
 Register to attend seminar

RACGP QACPD/  
 ACRRM Education No: \_\_\_\_\_

I am a  Doctor  Nurse  Other \_\_\_\_\_

Dietary Choice  Gluten Free  Vegetarian  Vegan

\*Title \_\_\_\_\_ \*Given Name \_\_\_\_\_ \*Surname \_\_\_\_\_

\*Mailing Address \_\_\_\_\_  
 \_\_\_\_\_ \*State \_\_\_\_\_ \*Postcode \_\_\_\_\_

\*Work Ph \_\_\_\_\_ \*Work Fax \_\_\_\_\_

\*Email \_\_\_\_\_ Mobile \_\_\_\_\_

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I do not have an email address so please fax my tax invoice and confirmation.

Yes I wish to attend: (tick box ) and pay by:  Visa  Mastercard  Cheque \$ \_\_\_\_\_ Total

Cheques are to be made payable to: "HealthEd" All Prices are in Australian Dollars (AUD)

Card Number \_\_\_\_\_ Expiry \_\_\_\_ / \_\_\_\_

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**Return your registration form & payment to**  
**HealthEd Pty Ltd PO BOX 500 Burwood NSW 1805 or FAX 1300 797 792**

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