

Managing Anxiety: Lived Experience Forum

Managing Anxiety

When: Friday 27th September 2024, 12:25pm for a 12:30pm start until 4:35pm.

Where: RBWH Education Centre, Butterfield Street Herston 4006



12:30 – 1:15 What is Anxiety? Presented by Dr Katya Nelson

Dr Katya Nelson has over 13 years of experience as a consultant psychiatrist specialising in child and adolescent mental health, as well as working with young adults (18-25). She has a clinical interest in high functioning Autism Spectrum Disorder, Anxiety and Neurodevelopmental Disorders and other comorbidities. Having received her Bachelor of Medicine and Bachelor of Science (MBBS) in London, UK, she completed her psychiatry training at the Maudsley Hospital in South London, achieving a Certificate of Completion of Training in Child and Adolescent Psychiatry in 2011. She has been a member of the Royal College of Psychiatrists since 2009 and Fellow of the Royal Australia and New Zealand College of Psychiatrists (FRANZCP) since 2022. For over 9 years Dr Nelson has worked as a senior psychiatrist and has been a director, including at the Royal Brisbane and Women's Hospital. She has extensive experience in treating a wide range of mental health disorders. This session will help you to better understand anxiety symptoms, their purpose, their causes, and a brief look at potential treatment options. This will include information on medications for anxiety.

1:15 – 2:00 Sensory approaches for managing anxiety. Presented by Meg Schneck

Meg is a senior occupational therapist with experience working in Community Mental Health. She specialises in working with people with alcohol and other drug challenges, and she has an interest in sensory strategies for managing mental health challenges. This session will introduce you to an evidence-based intervention in mental health - Sensory Approaches. Sensory Approaches can assist people to regulate their feelings and ability to cope in challenging situations by providing alternatives for reducing distress that focus on the senses.

2:00 – 2:30 Anxiety - a Lived Experience. Presented by Rachel Ghee

Rachel is a strong First Nation's woman from Rockhampton. She has struggled with mental health challenges for most of her life. Rachel has addressed problems with alcohol and other drug use to build a happy and meaningful life. Rachel will share the story of her recovery journey.

2:30 – 3:00 Tea and coffee break – afternoon tea provided.

3:00 – 3:45 Thinking together about thinking: understanding and working with your worries. Presented by Christopher MacLennan

Chris is passionate about joining people in conversations as an equal participant about their recovery from severe mental illness. Chris strongly believes that the idea of recovery from severe mental illness is a deeply individualised and unique process that is achievable for every person in

their own right. Chris is a psychologist on the Adolescent Inpatient Unit. Outside of clinical work, Chris values spending time with loved ones, and is an avid soccer player. This session will aim to help you understand more about the ways in which we think about ourselves, others and the wider world, and how it has the potential to either help or hinder your wellbeing.

3:45 – 4:30 Practical strategies for coping with anxiety. Presented by Julie Saul

Julie is a Clinical Psychologist with the Northern Continuing Care Team at the Royal Brisbane and Women’s Hospital. She has worked in both the public and private sector and is passionate about supporting and empowering people to overcome challenges, identify their strengths, and create meaningful change in their lives. This session covers some evidence-based practical strategies that can be used to manage anxiety.

4:30 – 4:35 Feedback

Please RSVP by Friday 20th September 2024

For more information, please contact Imani:

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