

Presented by AMA (ACT) and Drs4Drs ACT



DRS4DRS
ACT

Safe Space **4**

A morning of facilitated sessions with talks on mental health, grief and making change, and writing for creativity, science and advocacy. Followed by interactive workshops with activities selected for positive mental health.

9am – 2pm, Sunday
26 November 2023

AMA Federal Office, Level 1,
39 Brisbane Ave, Canberra

FREE
for all doctors
and medical
students in the
ACT region



TICKETS

Register for your FREE ticket
trybooking.com/CMPKF

Guest Speakers

Dr Emma Adams - Psychiatrist; Perinatal, Infant and Reproductive, Occupational Psychiatry, medicolegal expert and author

Dr Kerrie Aust - FRACGP, AMA ACT President Elect

Dr Walter Abhayaratna - AMA ACT President

Dr Marjorie Cross - MBBS FRACGP OAM, Drs4Drs ACT

Dr Paresh Dawda - Director and Principal Prestantia Health and Next Practice Canberra

Dr Antonio Di Dio - Agency Head, Medical Doctor, Non-Executive Director, Volunteer

Dr Rachel Gibbons - MBBS, Consultant Psychiatrist, Psychoanalyst, Group Analyst (pre-recorded talk)

Lorraine Haase - Head Of Communications, Australian Medical Association

Dr Kathryn Hutt - MBBS, BSc(Med), MPH, MA (Applied Ethics), GAICD, Medical Director Doctors' Health NSW

Dr Jess Webster - Clinical Psychologist; Perinatal mental health, infertility, children and families

Program

9.00 - 9.15 Registration and a cuppa

9.15 - 9.25

Welcome and Acknowledgement of Country, Scene setting

Dr Kerrie Aust

- Safety spaces: Where to step out and who will come with you if you are not okay
- The challenge for today: Reflection and what are you willing to change?
- Sharing rules and safe spaces

9.25-9.35

System strategies: where are we on advocacy for Doctor Mental Health in the Canberra Region - Prof Walter Abhayaratna

9.35 - 10.05

Talk One: 10 myths about suicide (pre-recorded talk) - Dr Rachel Gibbons

10.05 - 10.40

Responding to death of a colleague in the medical community: How do we improve our response? - Dr Kathryn Hutt and Dr Marjorie Cross

10.45 - 11.00 Break and coffee

11.00 - 11.30

Creative writing in medicine - Dr Emma Adams

11.30 - 12.00

Grief and creative writing - Dr Jess Webster

12.00 - 12.10

Responding to complaints - Dr Antonio Di Dio

12.10 - 1.00 Lunch break

1.00 - 2.00

Writer's workshops - writing for academics, reflection, publication, creativity, and reflection

- Academic Papers - finishing off the paper in the drawer - Prof Walter Abhayaratna
- Journaling for mental health - Dr Antonio Di Dio
- Writing for Advocacy and Media - Lorraine Haase, AMA Media
- Creative Writing - Drs Emma Adams and Jess Webster
- Writing for goal setting and reflection - Dr Paresh Dawda

2.00 Finish