

TRESILLIAN CONFERENCE

REGISTRATION FORM



2003

Tresillian Family Care Centres



Friday 20th & Saturday 21st June, 2003
IBIS Hotel, Olympic Drive,
Homebush Bay, Sydney

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Dear Colleague,

In our field of Child and Family Health there is a significant amount of research occurring both here and internationally. The Tresillian Conference provides us with a great opportunity to keep you informed of the latest research results, the most talked about theories and our own experiences in Tresillian's four Family Care Centres at Belmore, Willoughby, Wollstonecraft and Penrith. Our Conference will feature some of Australia's most highly acclaimed child and family health practitioners. We are also privileged to have Professor Jane Drummond visiting from Canada. Professor Drummond will present fascinating clinical research on the important topic of family adaptation and parenting and its contribution to healthy child outcomes.

In essence, this Conference program reflects some of the innovative and complex work that is occurring both internationally and within Australia. A strong clinical focus has been included to complement and enhance participants' knowledge and skills.

The program has been specifically designed to assist child and family health nurses, general practitioners, social workers, psychologists and others from a range of professions that support infants, young children and their families.

Dr Cathrine Fowler
Manager Education & Research
Tresillian Family Care Centres

Invited Speakers

Professor Jane Drummond

Dr Jane Drummond is a professor at the University of Alberta in Canada and has been a nurse for 30 years. In her nursing practice, Professor Drummond champions a capacity orientation where the strengths of children and families are emphasized and enhanced. She is also team leader of the Child and Family Resilience Research Program, a program that takes a trans-disciplinary approach to knowledge generation and a multi-targeted approach to knowledge dissemination and uptake. The team is currently devising and testing programs designed to enhance parenting in families with adolescent mothers. They are also engaged with the community in investigating the effectiveness of home visiting as a method of primary health care delivery.

Dr Cathrine Fowler

Dr Cathrine Fowler is a Child and Family Health Nurse and Manager of the Education and Research Unit at Tresillian Family Care Centres. Dr Fowler has extensive education experience in assisting in the development of education programs for NSW Health in the areas of Postnatal Depression and Integrated Perinatal and Infant Care (IPC). She has a special interest in parent education, and in particular, how people learn to parent. Dr Fowler is currently involved in the implementation and evaluation of a strengths based home visiting intervention program for women and their infants, who have been identified as being at high risk.

Dr Catherine McMahon

Dr Catherine McMahon is a Lecturer in Developmental Psychology at Macquarie University in Sydney, Australia. Dr McMahon has had extensive experience in the areas of developmental physiotherapy and childbirth education. Her current research focuses on the risk factors in parent-child relationships, including conception through assisted reproductive technology and the impact of postnatal depression on infant development. Recently, in partnership with Tresillian Family Care Centres, she became involved in the development, implementation and evaluation of strengths based parenting programs for families at risk.

Dr Nick Kowalenko

Dr Nick Kowalenko is the Director of Child and Adolescent Psychiatry at Royal North Shore Hospital and a Senior Consultant to Tresillian Family Care Centres. He is the founding Deputy Chair of the Australian Infant, Child, Adolescent and Family Mental Health Association (AICAFMHA), and a board member of the Mental Health Council of Australia (MHCA). Dr Kowalenko is co-leading Tresillian's Pilot Home Visiting Intervention Program and has supported its international collaboration with best practice programs in the USA, steered by Dr Martha Erickson.

Professor Bryanne Barnett

Professor Bryanne Barnett is a graduate in medicine of the University of Aberdeen and a Fellow of the Royal Australian and New Zealand College of Psychiatrists. She has a doctoral degree from the University of New South Wales, and held a Chair of Perinatal and Infant Psychiatry at that University. She is the Director of Infant, Child and Adolescent Mental Health Services for South Western Sydney. She is also Chair of the Board of Karitane.

Professor Barnett is a foundation member and past president of the Australian Association for Infant Mental Health; the Australian Society for Psychosocial Obstetrics and Gynaecology, and the Australasian Branch of the Marce' Society. She has taken an active involvement in many professional committees to promote the interests of children and their parents and is committed to ensuring that the needs of migrant and indigenous families are appropriately included in government policy, planning and implementation.

Professor Barnett has established various services addressing the needs of families. She is currently involved in the Integrated Perinatal and Infant Care Program, an initiative of South Western Sydney, which is to be implemented throughout NSW. Professor Barnett also manages the NSW component of the 'Beyondblue' National Depression Initiative's Postnatal Depression Program.

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Conference Program

DAY ONE - Friday 20 June 2003

Time	Topic	Speaker
8.00am	Registration & Coffee	
8.30am	Welcome Address	
9.00am	Family Adaptation and Parenting: Contributions to Healthy Child Outcomes	Professor Jane Drummond <i>University of Alberta Canada</i>
10.15am	Tresillian Home Visiting Intervention Project: A Work in Progress	Dr Cathrine Fowler, <i>Tresillian Family Care Centres</i> Dr Catherine McMahon, <i>Macquarie University</i> & Dr Nick Kowalenko, <i>Royal North Shore Hospital</i>
11.00am	Morning tea	
11.30am	The Importance of Relationships in Clinical Practice	Professor Bryanne Barnett <i>Infant, Child & Adolescent Mental Health Services, South Western Sydney Health Service.</i>
12.30pm	Supporting Parental Behaviour Change: The Development and Implementation of a Parenting Skills Assessment Framework	Mr Warren Cann, <i>Victorian Parenting Centre Melbourne</i>
1.00pm	Lunch	
2.00pm	<p>Concurrent Sessions Session Time 2 pm to 3.30pm</p> <p>Session 1</p> <ol style="list-style-type: none"> 1. Developing Clinical Competencies for Child and Family Health Nurses 2. A Clinical Juggling Act: Provision of Well Child Health Service in New Zealand 3. Integrating Services for Children and Families: Are We Making a Difference? <p>Session 2</p> <ol style="list-style-type: none"> 1. What We Take for Granted – the Experience of Mothers Attending a Residential Stay Unit 2. Future Families – A Collaborative Infant and Early Childhood Attachment and Mental Health Program 3. Sharing Expertise: The Importance of Good Facilitation Skills in Promoting Peer Support in Open Groups for New Parents <p>Session 3</p> <ol style="list-style-type: none"> 1. Small Group Supervision: One Experience of Supervision in Tresillian's Pilot Home Visiting Intervention/Research Program 2. Looking at the Psychological Skills of Parenting: Another Way of Utilizing the Principles of Clinical Supervision 3. Women's Health and Family Function Outcomes of a Developmental Care Culture in the Neonatal Intensive Care Nursery <p>Session 4</p> <ol style="list-style-type: none"> 1. Video-Presentation and Discussion of Tresillian's (Northside) Pilot Home Visiting Intervention/Research Program 2. Supporting Children and Families with Additional Needs: What Makes a Difference 3. A Profile of Women in the Newcastle Region Presenting to the ACE Service 	<p>Brenda Gillard, <i>Child & Family Health Services Central Sydney Area Health Service</i></p> <p>Linda Polaschek, <i>Royal New Zealand Plunket Society</i> Pat Pearson, <i>North West Children and Families Integration Project, South Australia.</i></p> <p>Michelle Everett, <i>Tresillian Family Care Centres</i></p> <p>Dr Elisabeth Hoehn, <i>Community Child & Youth Health Service, Brisbane</i></p> <p>Ivy Sutton and Kim Brickwood, <i>South Eastern Area Health Service</i></p> <p>Margaret Booker, <i>Tresillian Family Care Centres</i></p> <p>Dr Daniel Nicholls, <i>Royal Melbourne Institute of Technology University Melbourne</i>, Anne Marie English, Brenda Armstrong, Jean Simpson, <i>Maternal & Child Health Melbourne</i></p> <p>Michele Prentice, <i>Royal Hospital for Women Randwick</i></p> <p>Gina Campbell, Wendy Carter, Christine Clarke, Margaret Booker, <i>Tresillian Family Care Centres</i></p> <p>Joy Pringle, <i>Royal New Zealand Plunket Society</i></p> <p>Dianne Hurt, <i>John Hunter Hospital Newcastle</i></p>
3.30pm	Afternoon tea	



DAY ONE Continued		
Time	Topic	Speaker
4.00pm	<p>Concurrent Sessions Session Time 4 pm to 5pm</p> <p>Session 5 1. Overweight and Obesity among a Group of Two to Four Year Olds Attending Early Childhood Health Centres in Central Sydney 2. Evaluation of the Banyule Baby Settling Program</p> <p>Session 6 1. Aboriginal and Torres Strait Islander Health 2. Increasing Access to Well Child Services: The Clinical Implications</p> <p>Session 7 1. World Views Collide: Connecting, Reflecting and Respecting Difference 2. Triple P: A Multicultural Perspective</p> <p>Session 8 1. What Child Health Nurses should know about growing premature infants 2. Managing a Volunteer Home Visiting Program and Supporting Families in a Culturally Diverse Area</p>	<p>Mainie Norberg, Li Ming Wen, Sue Amanatidis, <i>Central Sydney Area Health Service</i> Norma Cowan <i>City of Banyule, Victoria</i> Jane Caldwell, <i>Murdoch Research Institute Melbourne</i></p> <p>Sarina Solar, Karen Kelly, Brenda Gillard, <i>Central Sydney Area Health Service</i> Trish Jackson-Potter, <i>Royal New Zealand Plunket Society</i></p> <p>Sue Kruske, <i>University of Technology Sydney</i> Lea Crisante and Sally Ng, <i>Western Sydney Area Health Service</i></p> <p>Janet Green, <i>University of Technology Sydney</i> Vicki Samson, <i>Karitane, Sydney</i></p>
5.00pm – 6.00pm	Drinks in the Foyer	
DAY TWO - Saturday 21 June 2003		
Time	Content	Speaker
8.30am	Registration & Coffee	
9.00am	Integrating Indigenous and Non-Indigenous Responses to Early Childhood Traumatization.	Professor Judy Atkinson, <i>Southern Cross University Lismore</i> & Mr George W Laws <i>Boulder, Colorado</i>
10.00am	Morning Tea	
10.30am	Stemming the Childhood Obesity Epidemic: Early Childhood Determinants of Late Obesity	Dr Patricia McVeagh, <i>Tresillian Family Care Centres</i>
	The Family Eating Environment	Ms Karen Campbell, <i>Deakin University Melbourne</i>
	At Risk Children: Working with Families	Associate Professor Louise Baur, <i>University of Sydney</i>
12.15pm	The Impact of Immunisation on Childhood Diseases	Dr Rodney Pearce, <i>Australian Medical Association Council of General Practice South Australia</i>
12.45pm	Lunch	
1.45pm	Sleep and Its Disorders in Older Infants and Young Children	Dr Arthur Teng, <i>Children's Hospital Westmead</i>
2.30pm	The Effects of Media Violence on Young Children	Dr Cathrine Neilsen-Hewett, <i>Macquarie University Sydney</i>
3.00 pm	Afternoon Tea	
3.30pm	The Nature and Benefits of Toddlers' Play	Dr Helen Kowalski, <i>Macquarie University</i>
4.15pm	Finish	

Note: For additional copies of this Registration Form go to Tresillian's website at www.tresillian.net

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Invited Speakers

Mr Warren Cann

Mr Warren Cann is Director of the Victorian Parenting Centre, a research and development organisation that focuses on promoting child wellbeing through strengthening parent-child relationships. The Centre is currently involved in a number of projects examining clinical practice issues for practitioners working with vulnerable families, including families where the parents have a learning disability. Warren is leading several project teams who are developing and trialling a systematic parenting engagement, assessment and intervention framework, focused on parents of children in the birth to three years age group. He is a psychologist with extensive clinical and professional training experience.

Professor Judy Atkinson

Dr Judy Atkinson is Professor of Indigenous Australian Studies at Southern Cross University in Lismore. She identifies as an Aboriginal woman of Jiman/Bundjalung/Irish/Scottish/German heritage – an indication of her rich and complex cultural heritage. Dr Atkinson's PhD focused on violence resulting from traumatisation and healing in the lives of indigenous people. Her thesis published as: *Trauma Trails, Recreating Song Lines: the Transgenerational Effects of Trauma in Indigenous Australia* has since been published. Dr Atkinson will share some fascinating information on her extensive work with children, young people, women and men who may be alcohol and drug dependent, in prisons or who have mental health needs.

Mr George W Laws

George Laws gained his Social Work Degree at the University of Tasmania, Australia in 1980. He is a Licensed Clinical Social Worker, Marriage and Family Counsellor, and Somatic Experiencing Practitioner currently in private practice in Boulder, Colorado.

George specialises in healing family trauma through personal counselling sessions with individuals, couples, and families. The Practice also holds regular group facilitation and educational seminars. Since 1980, George has counselled families dealing with a wide spectrum of issues related to parenting, including fostering, adoption, marriage, pre-marriage, divorce, family conflict, abuse, rage, grief, symptomatic illness, developmental trauma and shock trauma. George has also worked with the "Tsilhqotiin First Nation's people" in healing-trauma and he has attended the Residential School, Trauma, in British Columbia, Canada.

Dr Patricia McVeagh

Dr Patricia McVeagh is a Consultant Paediatrician and well-known children's health advocate. She is

on the Visiting Medical Staff of the New Children's Hospital, Westmead, Sydney Children's Hospital, Randwick and Tresillian Family Care Centres. Dr McVeagh is a Clinical Lecturer in infant nutrition at both the University of New South Wales and Sydney University. She is a co-author of the series "Kids, Food, Health" volumes 1-3, for parents of infants, preschoolers and toddlers, and school aged and teenagers. Dr McVeagh is also a children's health columnist for a number of popular magazines. She is the Royal Australasian College of Physicians representative on the Administrative Body for the Baby Friendly Hospital Initiative in New South Wales, the Medical Co-ordinator of SCHEDU (Sydney Children's Hospital Eating Disorder Unit) and the inaugural Chair of PAEDSIG (Paediatric and Adolescent Eating Disorder Special Interest Group).

Ms Karen Campbell

Karen Campbell is a dietitian and health educator who has worked in public health nutrition for the past two decades in a number of multidisciplinary environments including hospitals, community health centres, the U.K. Health Education Authority, the Victorian Food and Nutrition Program and the academic sector. She has demonstrated expertise as a communicator and advocate in the field of public health nutrition, having founded the Public Health Association's Food and Nutrition Special Interest Group. Karen serves on a range of state and national committees. She is currently researching behavioural, social and environmental influences on children's eating and is supported in this by the National Health and Medical Research (Public Health Research Scholarship).

Associate Professor Louise Baur

Louise Baur is Associate Professor in the Discipline of Paediatrics & Child Health at the University of Sydney. She is a consultant paediatrician based at The Children's Hospital at Westmead in Sydney where she works in the area of clinical nutrition, particularly weight management. Dr Baur's research interests include the metabolic basis of obesity and diabetes, energy expenditure in health and disease states and the effective management of obesity and related disorders. She is Co-Director of the Australian Child & Adolescent Obesity Research Network as well as being one of the Co-Directors of the newly funded NSW Centre of Excellence for Overweight & Obesity.

Dr Rodney Pearce

Dr Rodney Pearce, has been in general practice in Adelaide since 1986. He is convenor of the Australian Medical Association's (AMA) council of

general practice with a special interest in immunisation as a Medical Officer of Health for the local Council. As well as being an AMA representative on the General Practice Immunisation Incentive Advisory Committee and Immunisation Forum of South Australia, Dr Pearce has presented at the Public Health Association of Australia (PHAA) and is a strong advocate of immunisation.

Dr Arthur Teng

Dr Arthur Teng is a consultant Paediatrician and Director of Sleep Medicine at the Sydney Children's Hospital in Randwick. He was Respiratory Fellow and Chief Resident at the then Prince of Wales Children's Hospital before training with Professor Colin Sullivan at the David Read Laboratories, University of Sydney. Currently Dr Teng is Lecturer in Paediatrics at the University of New South Wales and Associate Physician at the Royal Prince Alfred Hospital and Children's Hospital, Westmead. His clinical and research interests include the neuropsychological impact of sleep disorders in children, mechanisms of chronic night cough, autonomic function of infants at risk of SIDS, and childhood narcolepsy.

Dr Cathrine Neilsen-Hewett

Dr Cathrine Neilsen-Hewett is a lecturer at the Institute of Early Childhood, Macquarie University. She has lectured in courses on child and adolescent development and coordinates a third year course examining social and contextual influences on children, families and communities. Dr Neilsen-Hewett has had extensive research experience working with children in the early and middle childhood years and has conducted workshops on children's friendships, bullying and the impact of media violence on children both in Australia and overseas.

Dr Helen Kowalski

Dr Helen Kowalski is a lecturer at the Institute of Early Childhood, Australian Centre for Educational Studies at Macquarie University. She lectures to undergraduate students in curriculum play, child development and reflective practice. Dr Kowalski's research interests include: influences on the development of toddlers' pretend play (same-age peers, older peers and significant adults); the relationship between temperament and peer interactions in the day-care context, implications for the development of children's play; and transitions for young children in the early childhood days.

Conference Accommodation

The following hotels and motels are located within easy access to the Conference venue. Please book directly with the hotel.

IBIS HOTEL

Olympic Boulevard
Homebush Bay
Ph: (02) 8762 1111
Email: ibisres@novotelhb.com.au
Prices start at \$119 twin-share per night

SINCLAIRS

90 Shaftesbury Rd
Burwood 2134
Ph: (02) 9744 6074
Email: sales@sinclairs.com.au
<http://www.sinclairs.com.au>
Prices start at \$55pp

BORONIA LODGE

7 Boronia Ave
Burwood 2134
Ph: (02) 9642 5884
Email: boronialodge.com.au
Prices start at \$67pp

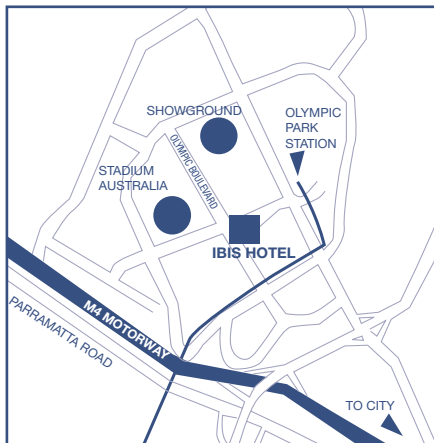
COOPERS

30 D-E Cooper St
Strathfield 2135
Ph: 02 9746 3201 or
(mobile) 0414 513 547
Prices start from \$70pp

IBIS Hotel

The conference will be held at the Ibis Hotel, Olympic Boulevard, Homebush Bay. The IBIS Hotel is situated in the heart of Sydney Olympic Park. Known best for the role it played in making the Sydney Olympic Games the best ever, this premier multi purpose venue has been designed to handle just about any sporting event. Later this year it will play host to the Rugby World Cup 2003.

Sydney Olympic Park is surrounded by 430 ha of parklands and is a perfect location to remove your self from the hustle and bustle of city life, yet it is located less than 14 km from the heart of Sydney. The park incorporates a number of recreational facilities including: bike trails, walking and nature trails, world class wetlands, running tracks, tennis courts, swimming pools and gyms.



Conference Venue, Public Transport and Parking

The conference will be held at the Ibis Hotel, Olympic Boulevard, Homebush Bay. Parking is available opposite the hotel for \$10 per day in the parking station, P6 (A-F) in Herb Elliot Avenue (\$2 coins are required). Limited parking is available in the hotel for \$15 per day.

The IBIS hotel is also easily accessed by train or bus. Trains operate every 8-10 minutes from Lidcombe Station on the Olympic Sprint Platform. The hotel is 3 minutes walk from the Station. For information on the bus timetable please check with the Transport Information Line on 131 500 or www.sydneybuses.nsw.gov.au.

Pre-conference Visit to the Canterbury Tresillian Family Care Centre

Any delegates wishing to visit the Tresillian Canterbury Centre at Belmore on Thursday 19th June 2003 are invited to contact the Education & Research Unit Secretary on (02) 978 70869 to arrange an appointment.

Tresillian Family Care Centres will not accept any damages of any nature sustained by participants or their accompanying persons or loss of or damage to their personal property as a result of the conference or related events.

Trade Displays

Once again, representatives from a wide variety of companies specialising in parenting products will be available to update delegates on the latest product information. We encourage you to support these companies and our major sponsor Jackel (makers of Tommee Tippee products), their generosity helps to keep registration fees affordable.

Tresillian Family Care Centres

Originally known as the Royal Society for the Welfare of Mothers and Babies, Tresillian was first established in 1918 by the NSW Health Department. The Tresillian Centres are located at Belmore, Willoughby, Wollstonecraft and Penrith.

Tresillian offers a broad range of services designed to meet the individual needs of families and the professional development needs of health professionals. These services include tertiary, secondary and primary levels of service to support families and education and research activities.

Residential programs at Belmore, Willoughby and Penrith offer an intensive style of care for families experiencing difficulty with parenting their infants and young children.

The daystay service enable parents to discuss their parenting problems and practice new skills with the support of health professionals. These services are located at Belmore, Wollstonecraft and Penrith.

An outreach service is offered at Belmore and Wollstonecraft. These home visiting services provide assessment, education and support for parents.

The Tresillian Parent Help Line service is based at Belmore. It provides parents with 24 hour access to parenting support and advice.

The Education and Research Unit is an integral part of Tresillian's services and provides a range of Parent and Professional Education. The professional programs include the Graduate Certificate in Child and Family Health Nursing, Certificate IV in Parentcraft Nursing, city and rural seminars, PND Therapy Group Facilitators Workshops and Parent Education Facilitator Workshops. Parent education groups are regularly held at all centres and in the community.

During the past decade Tresillian has been actively involved in researching clinical practice and service delivery.