

## Spectrum Virtual Research Forum 2022

### Presenter Profiles

#### **MORNING PRESENTERS:**

##### **Dr Lois W. Choi-Kain**

Dr Lois Choi-Kain is the Director of the Gunderson Personality Disorders Institute (GPDI). The institute provides training and supervision for numerous proven treatments, including mentalization-based treatment (MBT), dialectical behavioral therapy for post-traumatic stress disorder (DBT-PTSD), transference focused psychotherapy (TFP), and general psychiatric management (GPM). She works nationally and internationally to expand teaching efforts on borderline personality disorder and its evidence-based treatments and engages in research to study resources for training clinicians who need direction and patients who need access to informed care. With her mentor, John Gunderson, Dr. Choi-Kain developed a training program for GPM and has been expanding its applications. Her aim as a researcher is to expand the scope and reach of effective interventions for BPD as a regular fixture of routine mental health care, to allow earlier intervention and facilitation of recovery before the burdens of illness too greatly diminish developmental opportunities critical to fostering healthy personality functioning.

##### **Associate Professor Giles Newton-Howes**

Associate Professor Giles Newton-Howes is a consultant psychiatrist who works in a personality disorder service in the lower North Island of New Zealand. He is also an associate professor at the University of Otago, part of the senior editorial team at for the BJPsych suite of journals, on the board of Personality and Mental Health and president of the International Society for the Study of Personality Disorder, ISSPD. He chairs the Australasian Association for Research and Treatment of Personality Disorder, AART-PD.

##### **Associate Professor Jillian Broadbear**

Associate Professor Jillian Broadbear is the Head of Research & Innovation at Spectrum. She holds a PhD in Biopsychology from the University of Michigan and spent many years working in the substance misuse and mental health fields conducting pre-clinical and clinical research. After returning to Australia, Jillian took up an academic role at Monash University, convening the Bachelor of Behavioural Neuroscience and continuing her psychopharmacology research. She was fortunate to learn about a research opening at Spectrum nine years ago and has never looked back! Jillian is passionate about leading research that can be used for education and advocacy, to improve our understanding and the resourcing of services to assist everyone whose lives are affected by personality disorder.

#### **RAPID-FIRE PRESENTERS:**

##### **Associate Professor Judy Hope**

Associate Professor Judy Hope is the academic lead within the Mental Health Program, Eastern Health. She represents a group of dedicated clinician-researchers and lived experience researchers from the Eastern Health's Emergency Department (ED), Mental Health Program and Spectrum, who have worked to improve the outcomes of people who attend EDs in the east of Melbourne. Judy is a psychiatrist with research interests in person centred mental health care, suicide prevention, and best practice psychopharmacology. She holds the inaugural Monash Chair for Psychiatry at Eastern Health, and has over 50 published articles in mental health.

**Mr Julian Nolan**

Mr Julian Nolan is a Clinical Psychologist working in private practice who is passionate about providing individual and family therapy for a variety of concerns and conditions, furthering research in Psychology and translating theory to practice.

**Dr Rachel Jo**

Dr Rachel Jo is a consultant psychiatrist who is currently working at Chandler House Adult Community Mental Health Clinic. She completed her undergraduate medical degree at The University of Melbourne and subsequently entered her psychiatry training with RANZCP (Royal Australian and New Zealand College of Psychiatrists). She obtained her fellowship in May 2022. As part of her psychiatry training, she completed a 12-month rotation at Spectrum, where she conducted her scholarly project “Late manifestation of Borderline Personality Disorder – characterisation of an under-recognised phenomenon”.

**Ms Chloe Dean**

Ms Chloe Dean is a registered Provisional Psychologist, finishing the Masters of Psychology (Clinical) at Deakin University, this year. Chloe’s research interests involve people with personality disorders, gender norms and the impact of stigma on identity. Clinically, she has an interest in working with marginalised communities.

**Dr Ian Ng**

Dr Ian Ng is a consultant psychiatrist, currently working in a public community adult mental health clinic for Eastern Health. He is grateful to have had the opportunity to complete two years of his Advanced Training in Psychiatry based at Spectrum, where he was able further develop his interest and skills in working with people with BPD.

**Ms Natalie James**

Ms Natalie James is a Doctor of Clinical Psychology Candidate (in the final year of her candidature) and a Sessional Academic at Deakin University. Her research focuses on the intersection between Borderline Personality Disorder and Substance Use Disorder, which aligns with her clinical interests. Nat is also training to become a Clinical Psychologist; her other clinical interests include complex trauma and working people from marginalised backgrounds.

**Dr Pari Heidari**

Dr Pari Heidari started at Spectrum, Eastern Health in mid-2019 as a Research Officer. Pari has been awarded her PhD from the School of Nursing and Midwifery, Faculty of Medicine, Nursing and Health Sciences at Monash University. Since commencing at Spectrum, she has been working on many projects mostly engaging in research tasks including conducting surveys, data analysis and publishing. She is working closely with Spectrum’s Head of Research & Innovation, Associate Professor Jillian Broadbear. The current project that she is working on is the national survey of people with BPD investigating their wellbeing and experience of telehealth during the COVID-19 pandemic restrictions. She is also leading the Personality Disorder Initiative (PDI) evaluation program at Spectrum which is a Victorian government collaboration.

### **Associate Professor Sathya Rao**

Associate Professor Sathya Rao is a psychiatrist and the Executive Clinical Director of Spectrum. He is the Vice President of the Australian BPD Foundation. He is also an adjunct clinical associate professor at Monash University. Dr Rao is involved in clinical research and has published research papers, contributed chapters and co-authored books on borderline personality disorder. He was a member of the NHMRC Clinical Practice Guidelines development committee, 2012. He has taught clinicians across Australia and was the head of psychiatry training program of Victoria for the RANZCP previously. He is involved in treating complex personality disorder patients and provides second opinions and secondary consultations for complex clinical conditions associated with personality disorders. He was the recipient of the 2020 Meritorious Award of the Victorian Branch of RANZCP. In recognition of his contributions to psychiatry he received the award of the *Medal of the Order of Australia (OAM) (General Division)* in June 2022.

### **AFTERNOON PRESENTERS:**

#### **Professor Renata Kokanovic, Dr Emma Seal and Dr Tamara Borovica**

Professor Renata Kokanovic, Dr Emma Seal and Dr Tamara Borovica are researchers within the Critical Mental Health research group in the Social and Global Studies Centre at RMIT, with specific focus on the lived experience of mental health. They are co-researchers on the ARC Linkage Project '*Borderline Personality as Social Phenomenon*', led by Renata. Renata has a particular focus on interdisciplinary, cross-sectional mental health research. She combines empirical research with interdisciplinary theoretical and methodological scholarship to contribute to the development of creative mental health supports in the community. Emma's research explores the presence and impact of health (in)equalities, which she has applied in her mental health research. Tamara's research focuses on embodiment and psycho-social approaches to mental health.

#### **Dr Aghareed Al-Qassab**

Dr Aghareed Al-Qassab is a Research Fellow at Spectrum. Ever since she's finished her PhD from Melbourne University she's extensively engaged in academic and research activities publishing more than 40 journal papers in addition to book chapters. Since commencing at Spectrum, she has been working closely with Spectrum's Head of Research & Innovation (Associate Professor Jillian Broadbear) in the development of medium and long-term strategic research directions that will benefit the personality disorder field. A key aspect of her role is being a project manager for the Spectrum Service Evaluation Program. The Program is designed to assess treatment efficacy, shape treatment processes, and report wide-ranging outcomes that support clinical research and publication.