

# INNOVATIVE APPROACHES

Cutting-edge knowledge of the mind, psychoanalysis, child development and group dynamics

Promoting mental health and emotional wellbeing in schools



A conference for school leadership, leading teachers, school counsellors, support staff and wellbeing officers, social workers and psychologists, school chaplains, regional directors and network leaders.

# INNOVATIVE APPROACHES

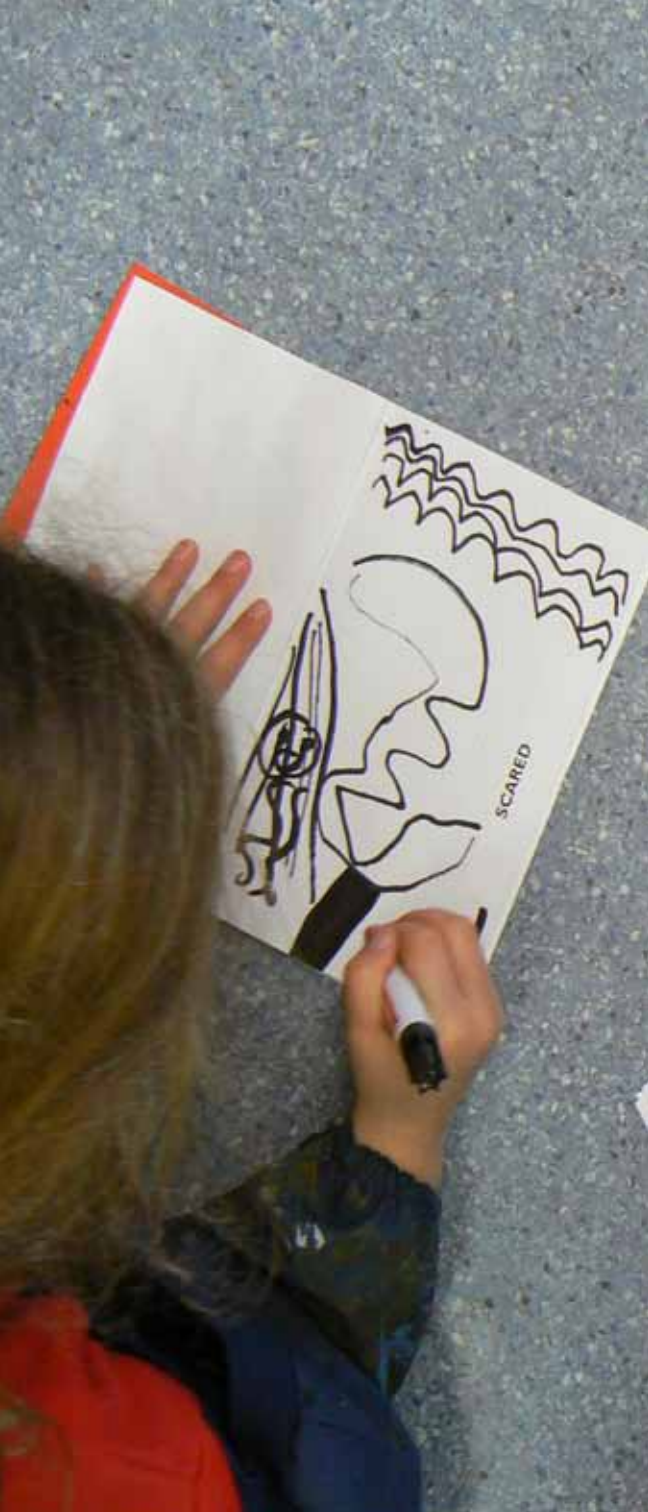
Increasingly within primary and secondary schools we are becoming aware of how the impact of 'being in a good place' enhances our students' learning outcomes, relationships and general wellbeing.

Experience and research tells us that 'being in a good place'—strong emotional health and a positive sense of wellbeing within our young people—increases their learning capacity, improves school connectedness and retention, strengthens positive peer relationships and resilience, and decreases the incidence of bullying and violence. In response to this evidence many schools are currently implementing a range of emotional health and wellbeing programs.

This conference highlights some of the most innovative approaches to the promotion of mental health and emotional wellbeing in schools based on cutting edge knowledge about the mind, child development, psychoanalysis, group dynamics and neuroscience.

Many of these new innovative approaches point to the importance of whole school programs and the crucial role of school leadership.





## THE DAX CENTRE

[www.daxcentre.org](http://www.daxcentre.org)

The Dax Centre is a hub for bringing together knowledge, ideas and research about the mind and creativity. Its mission is to promote mental health and wellbeing by fostering a greater understanding of the mind, mental illness and trauma through creativity and art.

The Centre incorporates the world-renowned Cunningham Dax Collection, which consists of some 15,000 works by people with experience of mental illness and psychological trauma. Over the past 10 years, the specially curated exhibitions of the Dax Centre have become well known for their creation of safe and supportive spaces for school children to explore mental health issues.

The Dax Centre also highlights the importance of the process of art making and viewing, in offering a unique creative space that enables an individual to reflect and make sense of their experiences, in particular, challenging emotional experiences. This working through of painful and difficult experiences leads to emotional growth and resilience.

## CASSE

[www.casse.com.au](http://www.casse.com.au)

CASSE (Creating A Safe Supportive Environment) is a new organisation dedicated to the creation of a safe place through psychoanalytic understanding of the dynamics of conflict, bullying and violence. Schoolyard bullying is a topic that is often taboo yet the consequences of unresolved bullying can be dire. Indeed, bullying and the results of such behaviour make headlines all too often. However, by creating a safe, supportive environment, bullying can be prevented.

CASSE has embarked on a project to develop safe and supportive environments in schools so that students can grow, play and learn. This project builds on the CAPSLE model developed by Twemlow, Fonagy and Sacco, which highlights the importance of promoting mentalisation (cf reflection) and understanding the dynamics of bullying, in particular the role of the bystander. CASSE is expanding its project in 2012 with a pilot program for 10 schools. Find out more at the conference, or contact Carolyn Aston, [calink@bigpond.net.au](mailto:calink@bigpond.net.au), ph 0417 328 648

# PROGRAM - Day one

**Thursday 5 May, 2011**

Venue: The Treacy Conference Centre, 126 The Avenue, Parkville.

## **MORNING:**

### **Introduction**

- 9.00                      Opening & Welcome
- 9.15 - 10.15            Innovative approaches to promoting mental health wellbeing in schools: insights from current understandings of the mind, child development, psychodynamics and neuroscience  
**Dr Eugen Koh**
- 10.15 - 10.45           Morning tea
- 10.45 - 12.00           What have we learned about preventing mental health problems in schools?  
**Professor George Patton**
- 12.00 - 1.00            Lunch

## **AFTERNOON:**

### **Innovative approaches to address bullying in schools**

- 1.00 - 2.00            Creating a peaceful school learning environment (CAPSLE)  
**Professors Stuart Twemlow and Frank Sacco**
- 2.00 - 2.45            Creating a Safe Supportive Environment: An Australian Experience  
**Carolyn Aston**
- 2.45 - 3.00            Afternoon tea
- 3.00 - 4.30            Panel discussion:  
**Stuart Twemlow, Frank Sacco and Carolyn Aston**





# PROGRAM - Day two

**Friday 6 May, 2011**

Venue: The Treacy Conference Centre, 126 The Avenue, Parkville.

## **MORNING:**

### **Innovative approaches from the Dax Centre**

9.00 - 9.15

Introducing the Dax Centre  
**Dr Eugen Koh**

9.15 - 10.15

Art for enhancing emotional literacy in primary schools  
**Margaret Nixon**

10.15 - 10.45

Morning tea

10.45 - 12.00

Mindfields: promoting empathy and increasing understanding of mental health issues in year 11 and 12  
**Emma Last**

12.00 - 1.00

Lunch

## **AFTERNOON:**

### **Teaching mental health & wellbeing in primary and middle schools: issues and challenges**

1.00 - 2.00

Keynote: Current approaches to teaching emotional wellbeing in primary schools  
**Ros June**

2.00 - 2.15

Afternoon tea

2.15 - 4.30

Panel discussion:  
**Dr Eugen Koh, Ros June, Emma Last, Jane Searle, Margaret Nixon, Maria James, Athena Vass and Andrew Rossborough**

# KEYNOTE SPEAKERS



**Professor Stuart Twemlow** is a world leading authority on bullying and violence in schools. He is a psychiatrist and psychoanalyst with a special interest in problems in organisations and social systems. He was until recently Professor of Psychiatry at the Menninger Department of Psychiatry, Baylor School of Medicine, Houston, and is currently Chairman of the Division of Prevention in Mental Health, UMKC School of Medicine, Kansas City. He has been a consultant to the FBI on school shootings and was appointed by President Bill Clinton to serve on the Academic Advisory Council of the United States Presidential Campaign Against Youth Violence. He has also been consulted by the governments of several countries on school bullying and violence. He has published a book entitled, *Creating a Peaceful School Learning Environment: A Program for Elementary Schools*, with Frank Sacco, PhD and his son, Stephen Twemlow. His latest book with Frank Sacco is entitled *Why School Antibullying Programs Don't Work*.



**Professor George Patton** is Director of Adolescent Health Research at Melbourne's Centre for Adolescent Health. He is a child and adolescent psychiatrist and a Senior Principal Research Fellow with Australia's National Health and Medical Research Council. He is renowned for his research with large scale surveys to document patterns of child and youth development and leading long-term cohort studies of adolescent health and development. These include the Gatehouse Project, a randomised trial of the health benefits of promoting social inclusion in schools. He has advised the World Health Organisation over the past decade on adolescent health and development and chairs the Australian Institute of Health and Welfare advisory groups on 'A Picture of Australia's children' and 'Young Australians, their health and wellbeing'.



**Dr Frank Sacco** is a graduate of the University of Massachusetts and has a PhD in Psychology from the Humanistic Psychology Institute. He began his professional career working in a drop-in centre for runaways and transient addicts and is currently the President of the Community Services Institute. He specialises in violence reduction at home, in the school, and at the workplace, and pioneered the use of home-based interventions with hard-to-reach, often violent and resistant families.



**Ros June** has worked as a psychologist and teacher in Western Australia and Victoria for over 20 years, and has been part of the Austin Health CAMHS (Child and Adolescent Mental Health Services) and Schools Early Action team since 2007. She also facilitates professional development in the PATHS (Promoting Alternative Thinking Strategies) Curriculum and facilitator training in the Tuning in to Kids parenting program for Mindful, the Centre for Training and Research in Developmental Health, University of Melbourne. She has worked at a regional and state government level in the field of student wellbeing within Australia, and has facilitated professional development in the field of social emotional learning in Hong Kong and Singapore.

# CONTRIBUTORS

**Dr Eugen Koh** is a psychiatrist and psychoanalytic psychotherapist with an interest in the development of innovative approaches, in particular, in the use of art, in promotion of mental health and wellbeing. He is the Executive Director of The Dax Centre and Chief Curator of the Cunningham Dax Collection, and Senior Lecturer in Art & Mental Health in the Department of Psychiatry, University of Melbourne. He is also the Executive Director and Chairman of the Board of Management of CASSE. He has a part-time private practice in psychoanalytic psychotherapy with a special interest in trauma, and is senior consultant psychiatrist and head of psychotherapy training at St Vincent's Hospital. He also has an active art practice as a painter.

**Carolyn Aston** worked in education and social work before a career as a child psychoanalytic psychotherapist. She has worked closely with teachers for the past 15 years in the development and implementation of a number of school based emotional wellbeing programs and has a special interest in vulnerable young people and attachment difficulties. She is a Lecturer in the Department of Psychological Medicine, Monash University, teaching in their Graduate Diploma of Mental Health for Teaching Professions and Graduate Diploma of Child Psychotherapy. She is currently the Program Director of CASSE's schools program and also maintains a private practice.

**Emma Last** is the Education Manager of the Dax Centre. She is a social worker and family therapist with experience working in a broad range of community organisations including those specialising in youth, drug and alcohol and family violence. She has a strong interest in community development and education.

**Jane Searle** is a leading teacher at Eastwood Primary School and Deaf Facility where she is currently teaching Prep and coordinating Student Wellbeing and Engagement. She is also undertaking a course of study in Child Psychotherapy to further her interest in the emotional wellbeing of children and adolescents.

**Margaret Nixon** has taught in various educational settings both in Australia and internationally. For the past 8 years she has worked in the primary sector and was a leading teacher for Wellbeing and Engagement. Currently Margaret is a project manager at the Dax Centre, and is involved in developing a Visual Arts module to enhance emotional literacy. Margaret is also involved in research within the area of teacher student relationships.

**Maria James** is a science curriculum manager with the Victorian Curriculum and Assessment Authority, having previously held school positions including Head of Science and Head of Senior College. She holds a Masters degree in Education and has written science textbooks. She is passionate about motivating and engaging students with science.

**Athena Vass** is Program Manager, Secondary Schools at Beyond Blue. She has many years experience in school leadership.

**Andrew Rossborough**, MAPS psychologist, works as a counsellor and campus head of professional development in an independent school.

# REGISTRATION

To register for the conference go to [www.daxcentre.org](http://www.daxcentre.org) or fill in this form and post or fax to the address below.  
**The conference will be held at the Treacy Conference Centre, 126 The Avenue, Parkville. [www.treacycentre.com.au](http://www.treacycentre.com.au)**  
**Registrations close 29 April, 2011.**

## ATTENDEE DETAILS

Title: \_\_\_\_\_  
First name: \_\_\_\_\_  
Surname: \_\_\_\_\_  
School: \_\_\_\_\_  
Address: \_\_\_\_\_  
Suburb: \_\_\_\_\_ Postcode: \_\_\_\_\_  
Tel: \_\_\_\_\_ Mobile: \_\_\_\_\_  
Email: \_\_\_\_\_

## REGISTRATION

Early bird (closes 8 April, 2011)

Day one \$150  Days one & two \$250   
Day two \$150

Regular (closes 29 April, 2011)

Day one \$175  Days one & two \$300   
Day two \$175

## PAYMENT DETAILS

I enclose a cheque/money order for \$ \_\_\_\_\_ (please make payable to the Dax Centre)

Please charge \$ \_\_\_\_\_ to my visa/mastercard

Credit card number:

Expiry date:

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**For more information on the conference please contact Margaret Nixon  
at [margaret.nixon@daxcollection.org.au](mailto:margaret.nixon@daxcollection.org.au) or call +613 9342 2394.**

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