Mental Health Update: the evolving aspects of care
South Pacific Cruise 1st - 9th April 2016
Celebrity Solstice - Departs Sydney

Overview
Mental Health update: the evolving aspects of care seminar brings together a diverse faculty of leading Mental health educators and clinicians. Delivered through a combination of lectures, discussion groups and interactive participation. This seminar is an ideal opportunity to network, listen and learn about the latest trends & directions in Mental Health and Psychiatric treatment. The seminar offers 16 hours of education on topics relating to acute presentations and emergency psychiatry, mental health presentations in general practice, risk & safety, update on treatment topics and update topics around a community and hospital psychiatry perspective.

Target Audience
General Practitioners, Psychiatric Registrars, Medical Officers, Psychologists, Community Practice Nurses, Registered Nurses, Social Workers and Occupational Therapists.

Seminar Topics
- Mental health diagnosis
- Updates on depression, anxiety and psychosis
- The links between mental illness and physical illness
- Somatoform disorders and frequently presenting patients with medically unexplained symptoms
- Updates on pharmacotherapy in mental health
- Emerging treatments in mental health and what psychiatry might look like 10 years from now
- Communication, risk and safety
- Self care: health practitioners looking after their own mental health

Seminar Optional Exclusive Shore Tour

This exclusive tour for seminar participants and guests will focus on the cultural aspects of the South Pacific including a visit to the fascinating Jean-Marie Tjibaou Cultural Centre.

Tour includes:
- Buffett lunch at Park Royal Hotel overlooking the lagoon
- Presentation on transcultural Mental Health
- Sight seeing of Noumea

$160pp
Seminar Itinerary

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<thead>
<tr>
<th>Day 1</th>
<th>Departs Sydney</th>
<th>Fri 1&lt;sup&gt;st&lt;/sup&gt; April</th>
<th>Seminar Registration</th>
<th>Welcome Reception</th>
<th>1900 - 1915</th>
<th>1915 - 2000</th>
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<tbody>
<tr>
<td>Day 2</td>
<td>At sea</td>
<td>Sat 2&lt;sup&gt;nd&lt;/sup&gt; April</td>
<td>Morning Seminar Session</td>
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<td>0900 - 1200</td>
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<td>Day 3</td>
<td>At sea</td>
<td>Sun 3&lt;sup&gt;rd&lt;/sup&gt; April</td>
<td>Morning Seminar Session</td>
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<td>Day 4</td>
<td>Lifou</td>
<td>Mon 4&lt;sup&gt;th&lt;/sup&gt; April</td>
<td>Facilitated Open Discussion</td>
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<td>Day 5</td>
<td>Noumea</td>
<td>Tue 5&lt;sup&gt;th&lt;/sup&gt; April</td>
<td>Optional Shore Tour</td>
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<td>Day 6</td>
<td>Isle of Pines</td>
<td>Wed 6&lt;sup&gt;th&lt;/sup&gt; April</td>
<td>Panel Discussion</td>
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<td>Day 7</td>
<td>At sea</td>
<td>Thur 7&lt;sup&gt;th&lt;/sup&gt; April</td>
<td>Morning Seminar Session</td>
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<td>0900 - 1200</td>
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<td>Day 8</td>
<td>At sea</td>
<td>Fri 8&lt;sup&gt;th&lt;/sup&gt; April</td>
<td>Morning Seminar Session</td>
<td>Seminar Evaluation &amp; Certificate Presentation</td>
<td>0900 - 1100</td>
<td>1100 - 1200</td>
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<td>Day 9</td>
<td>Arrives Sydney</td>
<td>Sat 9&lt;sup&gt;th&lt;/sup&gt; April</td>
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Seminar Pricing

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<tr>
<th>Cabin Selection</th>
<th>Cabin Pricing Per Person Twin Share</th>
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<tr>
<td>Inside</td>
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<tr>
<td>Outside</td>
<td>Please visit <a href="http://www.educationatsea.com.au">www.educationatsea.com.au</a> for current pricing</td>
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<tr>
<td>Balcony</td>
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<td>Seminar attendance fee</td>
<td>Please add $845pp to your selected cabin prices</td>
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Prices include exclusive seminar activities, selected cabin accommodation, meals, entertainment, gratuities, fees and taxes. Gratuities, fees and taxes are subject to change without notice. A deposit of $600pp is due at time of booking with the final balance payable by the 15<sup>th</sup> January 2016. All bookings are coordinated through our exclusive travel agent Byron Cruise & Travel.
Seminar Presenters

Dr Shahina Braganza is an emergency physician currently working as a senior staff specialist at the Gold Coast University Hospital. She is also the director of clinical training for the Gold Coast Hospital and Health Service, where she oversees training and education for all junior doctors in the health service. She has extensive experience in medical education, as instructor on several courses, and she is an Examiner for the Australasian College of Emergency Medicine. She also holds additional qualifications in medical leadership. Apart from her expertise in emergency medicine, which includes emergency psychiatric presentations, Dr Braganza has a passion for promoting self-care and resilience among health care workers.

Dr Chris Stapelberg is a psychiatrist working at the Gold Coast University Hospital in the public service as a consultation liaison psychiatrist and in private practice, specialising in complex patients who have chronic general medical conditions and co-morbid mental illness. In the public service he is chair of the Gold Coast Hospital and Health Service Mental Health and Integrated Care Research Committee and deputy chair of the Gold Coast Hospital and Health Service Research Council. Dr Stapelberg is a senior lecturer and the Clinical and Academic Lead in Mental Health at the Griffith University School of Medicine. He is the principal researcher in the Heart and Mind Research Programme, where he researches relationships between mood, anxiety and physical illness. He has recently submitted his PhD in this field. He is also an Invited Expert on depression for the Global Burden Of Disease Project with the World Health Organisation.

Stuart Mason has been nursing in psychiatry for over 20 years, working in many areas of the public and private sector throughout Victoria, New South Wales and Queensland. Stuart has held positions from ‘hands on’ clinician to senior management. His specialty and interest areas are in Acute Mental Health, Psychiatric Assessment, Drug and Alcohol (dual diagnosis), and Medications in Mental Health. Currently Stuart is working part time within a specialist service at the Gold Coast University Hospital, the Consultation Liaison Psychiatry Service. In this setting he provides specialist assessment and recovery management for people admitted within the general medical hospital, who are also suffering mental health issues. Stuart is registered with the Australian Health Practitioner Regulation Agency and Credentialed with the Australian College of Mental Health Nurses. He is also an accredited trainer for Mental Health First Aid Australia.

Dr Warwick Marks is a Specialist General Practitioner consulting from several clinics in Brisbane. He has a background of Pharmacy (BPharm - University of Sydney) before completing his MBBS at the University of Queensland. Since attaining Fellowship of The Royal Australian College of General Practitioners, he has gained further qualifications in Aviation Medicine at Monash University - (Dip CivAvMed) Dr Marks has trained as an examiner and is currently a QA examiner with the RACGP for several years and has lectured and mentored Medical Students and Medical Graduates. Warwick has a keen interest in the GP aspects of Mental Health and also addiction medicine, especially the BioPsychoSocial aspects of mental health and addictive behaviours.
Information and Booking

For seminar, cruise and tour bookings please visit www.educationatsea.com.au Mental Health: the evolving aspects of care seminar page to complete a booking inquiry. Please include exclusive shore tour details.

For seminar related inquiries please email info@educationatsea.com.au

For full tour details please visit our website at www.educationatsea.com.au. Education at Sea tours are exclusive to seminar delegates and their guests. Tour participation numbers are limited. Tours are booked through Byron Cruise & Travel and will not appear on your ship itinerary.

Terms, Conditions & Cancellation Information

Cancelation Penalties and Disclosure: Cancellation policies vary by cruise line, itinerary and length of cruise. When reserving your stateroom, please review the policy applicable to this cruise with our staff. All deposits and seminar registration fee’s are non refundable. CPD Cruises Pty Ltd trading as Education at Sea will not be responsible for any financial loss due to cancellation from unforeseen circumstances. We strongly recommend you take out travel insurance at time of booking your cruise conference. Please speak to our exclusive travel agent Byron Cruise & Travel for details.

Itinerary Disclosure: Cruise Itinerary, Seminar topics and Seminar Education program are subject to change without notice.

Presenter Disclosure: Education at Sea makes every effort to ensure the advertised presenters deliver the program. However in the unlikely event a presenter is unavailable Education at Sea reserves the right to use a suitably qualified substitute presenter.

Optional Shore Tour Disclosure: Optional tours are exclusive to conference delegates and their guests. All tour bookings must be paid in full by the nominated date prior to departure. CPD Cruises Pty Ltd trading as Education at Sea reserves the right to cancel or make changes to optional tours without notice. Tour prices are subject to change without notice. In the event the cruise ship is unable to dock or tender at the nominated port we will attempt to offer alternative tour arrangements. However, we can not guarantee full refund of tour costs. We recommend all attendees and their guests obtain travel insurance at the time of booking.