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PRINCIPAL EVENT  
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# FEARLESS

NATIONAL CONVERSATION ON PTSD



## OFFICIAL 2019 PROGRAM



Sir Angus Houston



Belinda Neil



Anthony Minichiello



Prof David Forbes



Natasha Exelby



James Maskey



John Schumann

**WEDNESDAY 21 - FRIDAY 23 AUGUST 2019**  
THE EVENTS CENTRE, CALOUNDRA, SUNSHINE COAST, QUEENSLAND

Register today at  
[www.fearlessconference.org.au](http://www.fearlessconference.org.au)

# FEARLESS

NATIONAL CONVERSATION ON PTSD

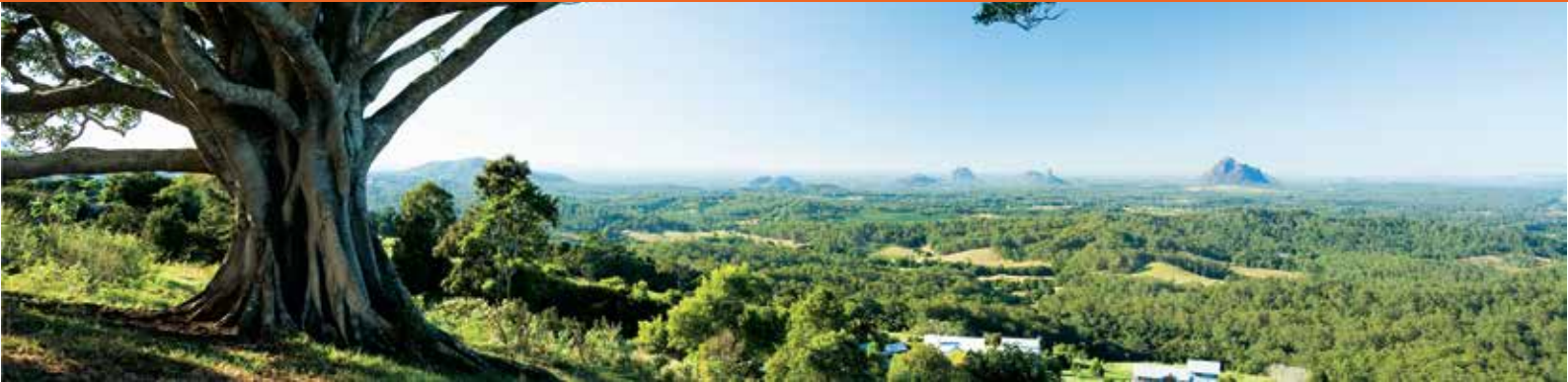


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## INITIATING A NATIONAL CONVERSATION ON POST TRAUMATIC STRESS DISORDER



The FearLess PTSD Australia New Zealand National Conversation on PTSD will be held on the Sunshine Coast in Caloundra from 21-23 August 2019.

This event will seek to initiate a national conversation on PTSD and explore with participants the development of a community-owned and operated PTSD management protocol and what should be contained within it.

With upwards of a million people in Australia suffering from it, and upwards of 3 million people living with people experiencing PTSD on a daily basis, PTSD is a national problem which requires a national response.

The aim of the National Conversation on PTSD is to highlight the impacts of PTSD on sufferers and those who support them, as well as exploring how we can best develop a national strategy to mitigate its devastating impacts on the Australian community. Critical to this will be the opportunity to discuss a wide range of factors involved in developing a comprehensive PTSD protocol that will help sufferers self-manage their condition.

This conversation also aims to bring together the disparate groups who operate in this area, creating an opportunity to speak with one voice on the issues surrounding PTSD to government, the health system and the research community.

Headline keynote speakers include Air Chief Marshal Sir Angus Houston, AK, AC, AFC; prominent medical researchers in this field, Professor David Forbes and Professor Richard Bryant, the noted journalist, Ms Natasha Exelby, former Australian Rugby League great, Mr Anthony Minichiello, and Ms Petrea King, CEO/Founder of Quest for Life.

On behalf of the Conference Steering Committee, I welcome you to be part of this exciting opportunity to engage in these critical discussions and showcase and promote your business.



**Admiral (Ret) Chris Barrie AC**  
Chairman  
FearLess PTSD Australia & New Zealand



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## CONFERENCE PROGRAM

### Day 1: Wednesday 21st August 2019

12.00pm REGISTRATION

1.00pm WELCOME TO COUNTRY

1.20pm CHAIRMAN'S WELCOME ADDRESS: WHO ARE FEARLESS AND THE PURPOSE / AIMS OF THE CONFERENCE

CHRIS BARRIE, ADMIRAL, BOARD MEMBER, FEARLESS

1.35pm OPENING ADDRESS: PTSD – A NATIONAL PROBLEM AND WHY THE AUSTRALIAN COMMUNITY NEEDS TO TAKE ACTION

AIR CHIEF MARSHAL SIR ANGUS HOUSTON AK, AFC (RET'D) CHANCELLOR, UNIVERSITY OF THE SUNSHINE COAST

2.20pm KEYNOTE: PTSD - A PERSONAL EXPERIENCE

BELINDA NEIL, FORMER POLICE INSPECTOR, BOARD MEMBER, FEARLESS

3.00pm AFTERNOON TEA

3.30pm PANEL: LIVING THE EXPERIENCE

DR MEGAN ROBERTSON, BOARD MEMBER, FEARLESS

+ NATASHA EXELBY, AMBASSADOR, FEARLESS

+ MARK BLACK, PROJECT OFFICER, FIRE & RESCUE NSW

+ SIMON GILLARD, PHN ADVISORY BOARD, AMBASSADOR, PTSD & SUICIDE PREVENTION  
LIVED EXPERIENCE PRESENTER, BESTSELLING AUTHOR

4.30pm MENTAL HEALTH EDUCATION THROUGH STORYTELLING

MARK CARROLL, PRESIDENT, POLICE FEDERATION OF AUSTRALIA / POLICE ASSOCIATION OF SA  
AND JOHN SCHUMANN, SINGER/SONGWRITER

5.20pm CLOSING REMARKS

5.30pm WELCOME RECEPTION

THE EVENTS CENTRE, CALOUNDRA



NATIONAL CONVERSATION ON PTSD



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## CONFERENCE PROGRAM

### Day 2: Thursday 22nd August 2019

- 9.00am** OPENING AND DAY ONE WRAP UP
- 9.15am** COUCH CONVERSATION: LIVING WITH SOMEONE WHO SUFFERS FROM PTSD  
ALEX GERRICK, CEO, FEARLESS
- + RENEE WILSON, STRATEGIC ADVISOR, VETERANS AND FAMILIES
  - + SIMONE CAMPBELL, BOARD MEMBER, FEARLESS
  - + JO STEVENSON, WIFE OF FORMER QLD FIRE FIGHTER
- 10.00am** KEYNOTE: HOPE AFTER TRAUMA  
KERRIE ATHERTON, FOUNDER, STORIES OF HOPE AUSTRALIA
- 10.40am** MORNING TEA
- 11.00am** KEYNOTE: PTSD AND SCIENCE - NEUROBIOLOGICAL MECHANISMS IN TRAUMA AND EXTINCTION  
PROF MAXWELL BENNETT, PROFESSOR OF NEUROSCIENCE AND UNIVERSITY CHAIR, UNIVERSITY OF SYDNEY
- 11.30am** KEYNOTE: UNDERSTANDING MECHANISMS OF TREATING PTSD TO IMPROVE OUR PROGRAMS  
PROF RICHARD BRYANT, SCIENTIA PROFESSOR, UNIVERSITY OF NSW
- 12.15pm** KEYNOTE: PTSD AND RESEARCH - CONNECTING THE STRANDS TOWARDS A HOLISTIC APPROACH TO PTSD TREATMENT AND MANAGEMENT  
PROF DAVID FORBES, DIRECTOR, PHOENIX AUSTRALIA
- 1.00pm** LUNCH

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## CONFERENCE PROGRAM

### Day 2: Thursday 22nd August 2019 (cont)

#### STREAM ONE - 4PM

**1.45pm** PANEL: HELPING PTSD  
SUFFERERS - ALTERNATIVE  
PROGRAMS FOR THOSE WHO  
SUFFER FROM PTSD

PETREA KING, FOUNDER & CEO, QUEST FOR LIFE

- + ESTHER MCKAY, PROJECT COORDINATOR, NSW  
POLICE LEGACY
- + CHRIS GILES, CEO, AUSTRALIAN KOOKABURRA  
KIDS FOUNDATION
- + AMANDA DEVINE, PROFESSOR, EDITH COWAN  
UNIVERSITY

**2.30pm** PANEL: ECONOMIC AND  
SOCIAL CONSEQUENCES OF PTSD

NATASHA EXELBY, AMBASSADOR, FEARLESS

- + AUNTY LORRAINE PEETERS, WINANGALI  
MARUMALI
- + ANDY FERMO, FOUNDER / PROJECT  
FACILITATOR, INVISIBLE INJURIES PROJECT

**3.10pm** AFTERNOON TEA

**3.30pm** IMMERSIVE RECOVERY-  
ORIENTED PROGRAM FOR PEOPLE  
WITH PTSD

PETREA KING, FOUNDER & CEO, QUEST FOR LIFE

**4.00pm** PTSD TREATMENT -  
ADVANCES IN PHARMACOLOGY  
PROF ALISON JONES, DEPUTY VICE CHANCELLOR  
(HEALTH & COMMUNITIES), UNIVERSITY OF  
WOLLONGONG

#### STREAM TWO - 4PM

**1.45pm** FOOD FOR HEALING  
ANTHONY MINICHELLO, MENTOR SPEAKER, ZENERGY  
GROUP - THE CHANGE ROOM

**2.30pm** EXERCISE IN THE TREATMENT  
OF PTSD

LEA MCCASKILL, EXERCISE AND SPORTS SCIENCE  
AUSTRALIA ACCREDITED EXERCISE PHYSIOLOGIST,  
EXERCISE SCIENTIST, CAPITAL REHABILITATION  
PROFESSIONALS

**3.10pm** AFTERNOON TEA

**3.30pm** ASSISTANCE DOGS  
AUSTRALIA

TBC

**4.00pm** COUCH CONVERSATION: I AM  
IT - A PARTNER'S PERSPECTIVE

BELINDA NEIL, FORMER POLICE INSPECTOR, BOARD  
MEMBER FEARLESS

- + AILEEN CRAIG, SENIOR ANAESTHETIST, FLINDERS  
MEDICAL CENTRE
- + RUTH MCINTYRE





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## CONFERENCE PROGRAM

### Day 2: Thursday 22nd August 2019 (cont)

**4.30pm** PANEL: DE-STIGMITISING PTSD –COMMUNITY AND MEDICAL OPTIONS

DR MEGAN ROBERTSON, BOARD MEMBER, FEARLESS

- + CHRIS BARRIE, ADMIRAL, BOARD MEMBER, FEARLESS
- + PROF DAVID FORBES, DIRECTOR, PHOENIX AUSTRALIA
- + JAMES MASKEY, NATIONAL ENGAGEMENT MANAGER, POLICE & EMERGENCY SERVICES PROGRAM, BEYOND BLUE

**5.15pm** CLOSE

**7.00pm** DINNER 'IN CONVERSATION WITH JOHN SCHUMANN'

THE EVENTS CENTRE, CALOUNDRA

**MC Natasha Exelby will compare the evening with keynote by singer/songwriter John Schumann.**

All proceeds will go to FearLess Outreach, a charity that works with people living with the consequences of post traumatic stress.

Very few people have changed a nation - and the impact of John Schumann's hit song 'I was only 19' places him among the few. '19' had an immediate and emotional impact on Australians when it was released in 1983, making us all aware of the struggle of our returning soldiers. It unified Australia's Vietnam veterans and spoke to all of Australia of the pain and hurt of having served your country, returning with both physical and psychological injuries but not having your service honoured.

Schumann's keynote will tell the background story of this ground-breaking song which brought our Vietnam veterans home finally and put PTSD front and centre in the national conversation."

**FEARLESS**

STARTING THE CONVERSATION ON PTSD

In Conversation with **John Schumann**



A dinner in support of  
FearLess Outreach\* **22nd Aug**

[www.fearlessconference.org.au](http://www.fearlessconference.org.au)

\*All proceeds from this event go to FearLess Outreach.

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## CONFERENCE PROGRAM

### Day 3: Friday 23rd August 2019

- 6.30am** SUNRISE WALK WITH ANTHONY MINICHIELLO  
The day will commence with an optional sunrise walk along Caloundra's stunning coastal pathway with former Australian Rugby League great, **ANTHONY MINICHIELLO**
- 7.30am** BUSINESS COMMUNITY BREAKFAST (INVITATION ONLY)
- 9.00am** KEYNOTE: PTSD AND DOMESTIC VIOLENCE  
**SAM MOSTYN, CHAIR, ANROWS AND NON-EXECUTIVE DIRECTOR**
- 9.45am** INTRODUCTION TO WORKSHOP SESSIONS  
Day three will deliver a small number of workshop sessions led by experienced facilitators, aimed at considering the main issues identified during the conference. Workshop topics will be determined during the conference and based on the outcome of the conversation on days One and Two. Delegates will be given the opportunity to attend the workshop of their choice, thereby contributing to key outcomes and messages that will be incorporated into a broader national strategy and PTSD Protocol.
- 10.00am** WORKSHOP SESSIONS
- 12.00pm** AGREED COMMUNIQUE
- 12.30pm** NEXT STEPS AND CLOSE



# REGISTER TODAY

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