



JUNE 2009

SENTIENS
36 PARLIAMENT PLACE
WEST PERTH 6005

DAY HOSPITAL

Welcome to the May issue of the Sentiens Clinic Newsletter. Much has happened over the past 2 months, with increasing patient numbers and some staff changes. We are pleased to announce that Jayne Haberfield has stepped up into the role of Nurse Manager. We would also like to welcome Frank Parrett, who is both a mental health nurse and experienced Master of Counselling. Additionally, we welcome Emma Taylor, a vibrant Occupational Therapist to the team.

NEW TIMETABLE

Jayne has rapidly adjusted to the new position and has been working on a new timetable with the rest of the team which has been planned for some time now. One of the main aims of the new timetable is to integrate new members of staff who will be taking on further groups in the next couple of months. We are now implementing a revised format, which will lead to patients having exposure to nutrition and physical activity education.

REFERRALS

If you have patients who need referral to a psychiatrist urgently and may require hospital admission, we do our best to accommodate these patients as soon as possible.

For an urgent referral, it is most appropriate to refer to Dr Dennis Tannenbaum or alternatively Dr Russell Hoyle who are both full-time consultant psychiatrists. They may then refer onto the day hospital or inpatient options if required.

CLINICIANS

All clinicians at Sentiens have specific interests. Assoc. Prof. Sean Hood has expertise in anxiety disorders. Dr Clea Louw has a particular interest in Schizophrenia, whereas Dr Meta Schenk undertakes longer-term psychotherapy. Dr Jane Fitch also does psychotherapy, workers compensation cases and general adult psychiatry. For some of the more complicated neuro-psychiatric conditions, Prof. Sergio Starkstein is recommended.

For more information about each of the clinicians, please see the back page. Clinicians have been attracted to Sentiens because of the positive and integrative team approach to patient care. We have regular inter-disciplinary team meetings to discuss cases, which ensures a rapid impact service tailored to patient needs.

POINT OF INTEREST

A recent article in the Medical Journal of Australia investigated sociodemographic variance in antidepressant utilisation. The authors found that the rates of use of antidepressants are significantly less in lower socioeconomic groups.

The authors suggested that there are inconsistencies in antidepressant use in Australia, and that there are some inequities in access to these treatments.

Page, A.N., Swannell, S., Martin, G., Hollingworth, S., Hickie, I.B., & Hall, W.D. (2009). Sociodemographic correlates of antidepressant utilisation in Australia Medical Journal of Australia. 190(9): 479-483.

QUICK REFERRAL FORM

Patient Details: -----

Name: -----

Date of birth: -----

Address: -----

Phone: -----

Reason for referral: -----

Refer to: Psychiatry Psychology OT

Clinician Preference: -----

Day Hospital OR Outpatient Services

GP name: -----

Have you billed a GP mental health plan? Y or N -----

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Day Hospital Group Programs

HEALTH BEHAVIOUR CHANGE

Aim: One of the major aims of this group is to encourage clients to explore factors that impact on their own wellness and to increase awareness and empowerment to make positive lifestyle changes. The health behaviour change group is based on promoting clients' health in a more general lifestyle sense, acknowledging the physical aspects of mental illness.



What does the group consist of: The program looks at defining health and wellness as well as factors that influence current and future wellness. Additionally we are using motivational interviewing strategies to look at stages of behavioural change. This will cover diet and exercise as well as coffee, tobacco and alcohol consumption.

Expected outcomes: Participants will gain knowledge and understanding around health behaviour and decision making. Promote exercise and dietary improvement as well as general reflection on personal health.

Who is the group suitable for: Clients who have health risk factors and have needs around behaviour change and the skills to make it happen.

SOCIAL & OCCUPATIONAL SKILLS

Aim: The group aims to enhance quality of life and psychological well-being through 'doing'.

What does the group consist of: This group is largely based on the Occupational Behavior Model- a holistic model that emphasizes the need for occupational balance, and the use of activity to promote mastery and adaptation. The program will allow a therapeutic space for clients to engage in meaningful leisure activities, promoting social interaction and self-expression. Leisure is an important aspect of life, driven by internal motivation and freedom of choice, which can often be disrupted when an individual experiences mental illness.

Expected outcomes: Opportunity for social interaction and self-expression. Distraction from negative thoughts and feelings.

Who is the group suitable for: Clients who are not yet ready to explore their own psychological processes. Clients desiring social contact within a safe and contained environment.

CREATIVE THERAPY

Aim: The aim is to experience a sense of pleasure, social connection, strengthening of identity, distraction from negative influences, and to promoting self care and self soothing through the use of creative media.

What does the group consist of: This is a relaxed and flexible group in which people can rediscover past craft interests or learn new crafts. The group is based on research highlighting the importance of meaningful activity in people's recovery process.

Expected outcomes: Increased social confidence and feelings of connectedness with others. Opportunity for self-expression, and experience of mastery and achievement. Distraction from negative thoughts and feelings.

Who is the group suitable for: All clients with an interest or willingness to engage in craft activities.

STRESS MANAGEMENT

Aim: This structured skills based group recognises the importance of managing stress both along the road to recovery as well as maintaining wellness.



What does the group consist of: The group includes an educational component exploring triggers for stress and common symptoms as well as more practical strategies for reducing stress including formal relaxation techniques, overcoming procrastination, time-management and goal setting. Stress management group draws from theory and research relating to effective stress reduction including Cognitive Behavioural Therapy.

Expected outcomes: The group will enhance individuals understanding of stress, common symptoms of stress as well as internal and external triggers of stress. When applied consistently the skills and strategies covered in the group will assist individuals in reducing their levels of stress and / or anxiety and help them achieve lifestyle balance and maintain wellness.

Who is the group suitable for: The group is suitable for those individuals who would like to enhance their ability to manage stress and/or anxiety and achieve lifestyle balance and reduce their vulnerability to future relapses in their mental health condition.

COGNITIVE BEHAVIOURAL THERAPY

Aim: This structured skills based group focuses upon managing mood and emotion through looking at patterns of thinking and behaviour.



What does the group consist of: The group includes an educational component exploring common symptoms of anxiety and depression and how such can impact upon our thinking and behaviour. The group also teaches evidence based skills and strategies for managing emotions including identifying and labelling emotions, being aware of triggers of emotions as well as the common negative thinking traps and get out of these traps and think in a more balanced and realistic manner.

Expected outcomes: The group empowers the individual with the knowledge and skills to strengthen their ability to manage the day to day difficulties associated with depression, anxiety and stress. When applied consistently the skills and strategies covered in the group will assist the individual to understand their illness and its symptoms, increase motivation, activity and mood and reduce negative thinking.

Who is the group suitable for: The group is suitable for those individuals with symptoms of Depression, Anxiety or Stress.



RECOVERY & SELF MANAGEMENT

Aim: To build hope, social connection, meaning, and to empower.

What does the group consist of: This group is largely a support group where people can share experiences and learn from others experiences. There is also an educational component to the group which focuses on exploring common useful strategies to promote wellness. The wellness group draws from theory and research out of the recovery model.

Expected outcomes: For people to gain an understanding of common themes in the recovery process along with a sense of; where they have come from, where they are, and where they are going, in their recovery journey. For people to form connections with others who share similar experiences and through this feel validated and accepted.

Who is the group suitable for: People who are experiencing symptoms of mental illness and would like to understand the process of recovery while forming connections with others.

MINDFULNESS

Aim: For people to experience moments of peace, reconnect their mind and body and gain insight into their ability to manage reactions to thoughts and emotions.

What does the group consist of: This is a practical group in which meditation techniques, body/somatic techniques, self soothing strategies, and skills to manage emotions and tolerate distress, are taught and practiced. Parts of the group are based on DBT principles.

Expected outcomes: To understand how emotions and thoughts influence the mind and body. To understand our bodies better and gain a sense of control over responses to emotions and thoughts. To be able to ground yourself in present moments. To increase your 'tool box' of activities to use to sooth yourself in distressing moments.

Who is the group suitable for: Those who would like to learn practical skills that can assist with managing reactions to thoughts and emotions. Be prepared to lay on mats, please wear comfortable clothing.

PSYCHO-EDUCATION

Aim: We provide ways to teach clients to understand the background behind certain psychological issues. The aim is to empower clients with knowledge and understanding through the use of simple psychological models. This group informs clients about what fixed roles are and the impact they can have on mental health.

What does the group consist of: This group is founded in developmental psychology and interpersonal therapy. It consists of educational sessions that highlight behaviours that prove unhelpful in the road to recovery. It identifies and explores developmental age stages and levels of functioning.

Other sessions examine fixed roles we take, family of origin, and the concept of healthy boundaries.

Expected outcomes: The group teaches techniques for managing work and family relationships more effectively. Clients will exhibit increased self expression and practical skills which facilitate communication and relationships with others.

Who is the group suitable for: Clients suffering from broad range of illnesses from depression and anxiety to Bipolar and Obsessive compulsive disorder. This group is particularly helpful for clients who need to move forward.

SELF ESTEEM

Aim: For people to increase their view of themselves as worthy and deserving of happiness and competent to cope with challenges in life.

What does the group consist of: This is a skills teaching group which assists people to establish accurate self reflections, develop assertiveness, gain a sense of life direction and self responsibility, and manage perfectionism, mistakes and criticism. Self Esteem Group is based on Interpersonal Therapy and Cognitive Behaviour Therapy.

Expected outcomes: To form a more balanced and accurate self reflection, to gain tools to combat negative thinking and increase effective communication, to prioritise personal values, and create realistic, motivating goals.

Who is the group suitable for: People who want to increase their self esteem and feel ready to challenge their self reflections and learn concepts and skills related to this.

BELIEF SYSTEMS TO IMPROVE SELF-MANAGEMENT

Aim: This group examines current belief systems for family, work, marriage and spirituality and their helpfulness in managing current life issues. Spirituality has been extensively researched as beneficial to mental health.

What does the group consist of: explores systems of belief, spiritual values and concepts to help clients cope better, relieve symptoms and find hope as a pathway to fulfillment.

Expected outcomes: this group will increase coping strategies giving hope and meaning to current suffering and distress. It will also help clients understand and manage adverse symptoms they may be experiencing.

Who is the group suitable for: Clients experiencing: addictions, compulsions, anxiety and/or depression.



HealthSteps is our online mental health monitoring, education and treatment system. We have programs available for:

- Chronic Depression
- Stress Management
- CBT for Depression
- Couples (relationships)
- Panic Disorder
- Banishing the Blues
- Conquering Anxiety
- Depression
- Symptom Monitoring
- Combating Stress
- Managing Conflict
- Generalised Anxiety Disorder
- Effective Communication
- Bipolar Disorder
- Corporate Coaching

www.healthsteps.net.au

SENTIENS TEAM (UPDATED)

Below is an introduction to practicing health professionals at Sentiens Clinic.

Dr Dennis Tannenbaum

(Consultant Psychiatrist)

Dr Tannenbaum has been practicing in WA for the duration of his professional career. He has extensive experience with depression and longer-term conditions. He emphasizes a monitoring approach to treatment and is skilled in dealing with persistent difficult conditions.

Dr Russell Hoyle

(Consultant Psychiatrist)

Russell has recently commenced full time practice with Sentiens. He has interests in the treatment of affective disorders, anxiety, post-traumatic stress disorder and the interplay between physical and mental health. Dr Hoyle maintains an interest in military medicine and psychiatry and is keen to receive referrals for current and past serving defence force members.

Dr Jane Fitch

(Consultant Psychiatrist)

Jane grew up in Perth, trained at UWA, and has extensive experience in both public and private spheres of mental health. She is familiar with the WA traditions, vernacular, and sound understanding of local public systems and their operation. Jane is currently in private practice and divides her time between medico-legal work, psychotherapy and general psychiatry. Jane adopts a holistic approach to her work and others well being.

Dr Clea Louw

(Consultant Psychiatrist)

Dr Louw is a general adult psychiatrist with a special focus on schizophrenia. Clea has a particular interest in the assessment of specific difficulties, ongoing medication and psychosocial management of complex psychiatric conditions. Clea prefers to adopt a shared-care-with-GP's approach to clinical management. Clea's interests also extend to diagnostic aspects, the early intervention of psychotic spectrum disorders and the role of psycho-education in patient recovery.

Dr Meta Schenk

(Consultant Psychiatrist)

Meta Schenk is practising on Tuesdays and Thursdays at Sentiens. Meta trained at UWA and has many years of experience in both public mental health services and her own private practice. Her areas of special interest are in mood and anxiety disorders and psychotherapy. Meta is also an accredited supervisor and has lectured registrars and medical students.

Dr Sean Hood

(Assoc. Prof./Consultant Psychiatrist)

Sean's specific area of interest lies in his considerable expertise in the neurobiology of anxiety and mood disorders. He has a wealth of professional knowledge across a wide range of areas from his work in both public, private practice and academic involvement. Sean actively publishes research and is involved with writing and publishing Sentiens online Anxiety Programs. Sean is also a senior lecturer in psychopharmacology in the School of Psychiatry and Clinical Neurosciences at UWA.

Dr Sergio Starkstein

(Prof./Consultant Psychiatrist)

Sergio's main interest is neuropsychiatry. Sergio specializes in patients who have depression or anxiety as a result of Parkinson's, dementia, stroke and traumatic brain injury. Sergio attained his degree from the University of Buenos Aires in Argentina.

Jayne Haberfield

(Nurse Manager)

Jayne is a Registered Mental Health Nurse, obtaining her Bachelor of Nursing degree from Deakin University in Victoria. Jayne has had the opportunity to work in a number of areas within Australia and the UK, including, forensic mental health (adult and juvenile), acute adult inpatients and as a community MHN in rural Victoria.

Nerita Smith

(Senior Occupational Therapist)

Nerita has worked with both children and adults in mental health settings over the past 6 years. She is passionate about assisting others to overcome barriers and to lead more meaningful lives. To do so Nerita utilizes a range of therapeutic techniques, both structured and creative. Nerita works both individually and with groups of patients.

Annabel Poulsen

(Senior Occupational Therapist)

Annabel began her career in the UK and has practiced in Australia for 10 years. She has worked in a wide range of mental health settings, in both acute and primary care. She is particularly interested in addressing physical and social determinates of mental health that can create barriers to client's life goals. She has qualifications in counseling and the arts and integrates these approaches into her role at Sentiens. Annabel also enjoys a mentoring role with new therapists, and has taught at both Curtin and ECU Schools of Occupational Therapy.

Tristen Hindley

(Clinical Psychologist)

Tristen completed her Master's degree, B Psych M Psych (Clinical), at Edith Cowan University in Perth and has been part of Sentiens' clinical team for three years. Tristen has gained considerable experience working with adults presenting at both public and private community-based mental health clinics as well as community and in-patient environments. Tristen's strength lies in developing rapport with a number of clients presenting with a range of clinical and personal difficulties including depression and anxiety and has a particular interest in adult eating disorders.

Frank Parrett

(Senior Mental Nurse)

Frank has just started at Sentiens, coming to us with a wealth of experience, having both a nursing and counseling background. Frank has a Masters in counselling and has a particular interest psychotherapy as well as addiction, spirituality and mens issues. Frank's experience and general approach to patient care is a welcome asset and he is valuable member of the team. He uses a range of approaches and has extensive knowledge around many therapeutic issues.

Emma Taylor

(Occupational Therapist)

Emma completed her training at Curtin University of Technology. She has worked in acute psychiatry, psychiatric rehabilitation, and community mental health settings, both within Perth and regional Western Australia. She takes a humanistic approach to her work, with a focus on promoting lifestyle balance to increase social and emotional well being. Emma uses a variety of techniques, and is skilled in both individual and group therapy. Her interests include working with clients with depression, anxiety, early psychosis and low self-esteem.

James Tannenbaum

(Health Promotion Specialist)

James completed Health Promotion, Policy and Management studies at Curtin University of Technology. James works closely with the clinical team, offering a health promotion and public health perspective to programming. Having a broad involvement with the development of the HealthSteps programs and working with psychologists, psychiatrists and occupational therapists, the role extends to psychoeducation and face to face health promotion which includes education around diet and exercise.