

MORNING SESSION

9:00am Welcome

Siusan MacKenzie, CEO Emergency Services Foundation

9:10am Post traumatic growth

Facilitator Assoc Prof Lisa Dell,
Director Research and Evaluation Phoenix Australia

- **Prof. Lou Harms**, Chair of Social Work Melbourne University
- **Jackson Sorati**, Paramedic Ambulance Victoria

In this session, the concept of post traumatic growth (PTG) will be introduced. Drawing on studies of PTG after disasters, we will focus on how positive transformations after disaster can be understood and supported as part of people's and communities' recovery experiences. There will also be opportunity to look at how PTG can be an important resource for sustaining emergency management personnel in the face of responding to multiple disaster situations.

10:00am A new approach to early intervention

Facilitator Kate Connors, Chair ESF Mental Health Advisory Group

- **Dr Shannon Hood**, facilitator
- **Gerry Bell & Ian Hunt**, participants
- **Lian Power**, significant other support person

Kate will guide the panel to explore from different perspectives why the ESF Residential Wellbeing Program provides such a unique and 'life changing' approach to early intervention.

10:45am MORNING TEA

11:05am Presenting partner WorkSafe

- **Amy Salmon**, Principal Specialist, Psychological Health and Safety Team WorkSafe

11:15am Empathic distress fatigue

Facilitator Dr Shannon Hood

- **Dr Sadhbh Joyce**, Principal Psychologist and Co-Founder of Mindarma, External Fellow UNSW / Black Dog Institute

Dr Joyce will explore how Empathic Distress Fatigue (EDF) can often emerge for those who work in roles where they frequently support and help others in distress. She will highlight the neuroscience behind EDF and why self-compassion is an essential skill that protects our mental health and wellbeing when working in service-to-others. She will share strategies to hold space for ourselves and manage empathic distress fatigue.

12:05pm Voices from home who witness and carry the weight of the 'job'

Facilitator Siusan MacKenzie, CEO Emergency Services Foundation

- **Cassandra Forbes**
- **Lucy Sorati**
- **Tamara Beckett**
- **Ashleigh Dean**
- **Christina Saladino**

ESF has recently delivered various initiatives to support the families of emergency service workers. This work was informed by the experience of people at home who support their family member as an emergency service worker. This session will delve into various scenarios to understand how the 'job' permeates all aspects of family life in positive and not so positive ways.

12:45pm LUNCH (45MIN)

AFTERNOON SESSION

1.30pm Post incident trauma risk management

Facilitator Mark Welch, FRV Commander

- **Tony Ward**, CEO TRiM Australia

In speaking with Tony Ward about how the TRiM trauma management system works ESF scholarship awardee Mark Welch will draw on what he learned from organisations in London and Edinburgh about how to make debriefing after potentially traumatic events 'safer'.

2.05pm The far-reaching impact of suicide

Facilitator Tim Peck, Co Director Responder Assist

- **Dr Henry Bowen**, Research and Training lead Military and Emergency Services Health

Tim will draw on his lived personal and professional experience in a conversation with Dr. Bowen as they share the findings of an Australian-first initiative aimed at understanding the experiences of families, co-workers, and service providers following the suicide of an emergency services worker. The study seeks to identify barriers to accessing support and inform the development of culturally appropriate postvention resources.

3.00pm AFTERNOON TEA

3.20pm Psychedelics a new frontier in PTSD treatment

Facilitator Mark Oostergo, CEO and Principal Psychologist Australian Psychological Services

- **Dr Paul Likhaitzky**, Head of the Clinical Psychedelic Lab, and Senior Research Fellow within the Dept of Psychiatry at Monash University.

- **Thomas Barber** Lived Experience FRV

In this session Mark will lead a conversation that draws on the research of Dr Paul Likhaitzky who has played a central role in establishing the field of clinical psychedelic research in Australia and is the Principal Investigator on a program of psychedelic trials including emergency service workers. Thomas will bring a lived experience perspective as someone who has participated in the EMPACT clinical trial for treatment of PTSD.

4:10pm Reflection, evaluation and close

4.30pm Event concludes

ESF EMERGENCY
SERVICES
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MENTAL HEALTH SHOWCASE 2025



PROGRAM OF EVENTS

OCTOBER

16
2025

► Post-traumatic growth

► Psychedelics a new frontier in PTSD treatment

► Empathic distress fatigue

► Post incident trauma risk management

► Voices from home who witness and carry the weight of trauma

► The far-reaching impact of suicide

► A new approach to early intervention

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