

**YOU'RE INVITED**



**MENTAL HEALTH MASTERCLASS**

# From Trauma to Treatment:

## A GPs Guide to Mental Health in Defence and Disaster-Affected Communities and Perinatal Care

### Sessions

Sponsored by

#### Stormy Minds: How Weather Influences Mental Health

- How extreme weather events can trigger PTSD symptoms
- Managing mood disorders during extreme weather events
- Case Study with Q&A

**Dr Mushtag Mohiuddin, Psychiatrist**

#### Beyond Baby Blues: Understanding & Treating Perinatal Mental Health

- Red flags: Differentiating between 'baby blues,' perinatal anxiety, and postpartum depression
- The role of hormonal changes, sleep deprivation, and external stressors
- Early intervention strategies for GPs
- Case Studies with Q&A

**Dr Nila Kasianandan, Psychiatrist**

#### The Importance of Functional Outcomes in Major Depressive Disorder

- Case Studies with Q&A

**Dr Ramya Thanigaivel, Psychiatrist**

#### Dual Diagnosis: Managing PTSD and Substance Abuse in Veterans

- Identifying PTSD & Hidden Trauma in Veterans
- rTMS & Other Breakthrough Treatments for PTSD & Depression
- Case Studies with Q&A

**Dr Paul Stevenson, Psychiatrist**

#### Treatment Resistant Depression (TRD)

- Understanding Repetitive Transcranial Magnetic Stimulation (rTMS): How it works, when benefits and patient selection (MO ACTIVITY)

**Dr Jane Hay, Psychiatrist**

#### Event Concludes with Art Therapy for Mental Health and Wellness

*Hands on workshop: Explore how art therapy is used in trauma recovery, addiction treatment, and mood disorders.*



Educational Activities	Measuring Outcomes	Reviewing Performance
2.5	4	4.5
hours	hours	hours

**SATURDAY**

**5**

**APRIL 2025**

**HOTEL GRAND CHANCELLOR**

334 FLINDERS STREET TOWNSVILLE

8:30AM ARRIVAL FOR 9:00AM - 4:00PM

### Who should attend

- General Practitioners
- Psychiatrists
- Specialists, Registrars and Clinicians with an interest

### 11 Activity Houts

- EA - 2.5
  - MO - 4
  - RP - 4.5
  - GPMHSC (Mental Health) - TBA
- Content created by an RACGP CPD provider. Activity 1170442 is currently being assessed for approval by the RACGP.

### Register Here



Spaces are strictly limited. Secure your spot today!

[aurorahealth.eventbrite.com](https://aurorahealth.eventbrite.com)

### For More Information

**Alix Irby**  
National Business Development Manager,  
Aurora Healthcare  
P: 0431 725 429  
E: [alix.irby@aurorahealth.com.au](mailto:alix.irby@aurorahealth.com.au)

### Presented by

**Aurora**  
Townsville  
Private Clinic

A 136 Wills Street, Townsville QLD 4810

T 07 4431 1600 | F 07 4431 1666 | E [townsville@aurorahealth.com.au](mailto:townsville@aurorahealth.com.au) | W [townsvilleprivate.com.au](http://townsvilleprivate.com.au)