

Upstream Health

Speakers in Schools

Upstream Health is a multidisciplinary practice based in Grote Street. As part of our services we provide in-school psychology support to students and their families. Upstream values the importance of providing timely and effective treatment for people who are experiencing difficulties. Equally, we recognise the value of proactive initiatives to promote health and wellbeing.

As part of our proactive program we are excited to offer a series of talks/workshops from experienced professionals with particular areas of interest. These topics represent some of the contemporary issues facing young people and their families today. Speakers have been selected due to their passion and well-developed knowledge base of their field.

Please see below for a list of speakers/topics. Note that speakers are willing to vary their content where possible to suit the needs of the audience and can offer a more workshop style presentation where appropriate.

We are currently taking bookings from term 1 2021. Cost is \$1300 per 1-hour presentation which includes preparation, slide presentation and electronic handouts. To book a speaker or for more information please contact Upstream health on 8125 4830 or admin@upstreamhealthsa.com.au

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248 Grote St, Adelaide 5000 SA
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admin@upstreamhealthsa.com.au
www.upstreamhealthsa.com.au
ABN 28367877985

Dr Dan King Senior research fellow at Flinders University and Clinical Psychologist

Young people's Internet gaming, social media use & digital gambling

Dr Daniel King is a Senior Research Fellow and registered clinical psychologist in the College of Education, Psychology, and Social Work at Flinders University. He is the author (with Paul Delfabbro) of *Internet Gaming Disorder: Theory, Assessment, Treatment & Prevention*, and has authored more than 100 peer-reviewed papers on the topic of digital technology-based problems, including gaming and simulated gambling. He was a 2016 recipient of an Australian Research Council Discovery Early Career Research Award (DECRA) on the topic of maladaptive gaming.

He has received five national awards for research achievement, including the 2017 Paul Bourke Award from the Academy of the Social Sciences in Australia (ASSA). He was an invited attendee of the recent World Health Organization (WHO) meetings on the public health implications of gaming and inclusion of Gaming disorder in the ICD-11.

Dan is available to speak to parents, staff or teenagers in regard to healthy gaming and social media use.

Professor Sarah Blunden *Head CQU Paediatric Sleep Research & Clinical Psychologist*

Healthy Sleep and its relationship to mood, school performance and well-being

Professor Sarah Blunden has a dual role as an academic/ researcher and a clinical psychologist. She is head of Paediatric Sleep Research at Central Queensland University and also practices as a clinical psychologist specialising in the treatment of sleep and related problems. Sarah has presented over 70 conference papers and published over 100 academic papers and 2 books. She has an interest in sleep education indigenous sleep and health and the impact of sleep on development and wellbeing. Sarah is able to present to students, parents and teachers on this important topic.

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Kari Walsh DCP Clinic Director & Clinical Psychologist

*Understanding the developmental impact of trauma and
its manifestation in school settings*

Kari Walsh has worked for the department for Child Protection carrying out assessments and training Masters students. She has an in-depth understanding of the impact of trauma on brain development, learning, behaviours and emotions. Kari is able to deliver talks / workshops to teachers to assist them in understanding trauma presentations in the classroom and steps to take to support traumatised children in the school setting.

Karen Davies Director Upstream health, Senior Clinical lecturer at Adelaide University & Clinical Psychologist

Understanding and Supporting Healthy Emotion Regulation

Karen is a clinical psychologist who has a special interest in attachment and emotion regulation. She is a trained facilitator of the Circle of Security Parenting Workshops and is passionate about the role of parents and educators in supporting healthy emotional regulation. Poor emotion regulation underpins many of the commonly presenting difficulties seen in psychological practice. She is keen to take a pro-active approach to this topic.

Karen is able to speak to students, parents and teachers and prefers to do face to face presentations.

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Dr Kaitlin Harkess Yoga teacher / researcher & Clinical Psychologist

*The role of yoga in enhancing well-being and
promoting psychological flexibility*

Dr Kaitlin Harkess has a special interest in integrative psychology approaches. She completed her PhD research into the exploration of the practice of yoga as a tool to support individuals experiencing chronic stress and anxiety and depression.

Kaitlin is able to present on the evidence linking yoga to emotional wellbeing and explores how you can use yoga to enhance psychological flexibility. Kaitlin is able to speak to high school students, parents and teachers and is also able to run more practical based workshops.

Dr Zoe Steele Osteopath and lecturer at University of South Australia

Healthy breathing and the link to well-being

Dr Zoe Steele is a practising osteopath and a tutor in anatomy, physiology, and academic writing at the University of South Australia. She is passionate about assisting people to develop healthy breathing, posture and movement practices to assist them in maintaining positive physical and mental health. Zoe is able to present workshops on breathing techniques, simple exercise techniques (from your chair) and healthy posture workshops. Zoe is able to present both talks and workshops to teachers and parents.

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