Life is inherently risky...and yet our society seems increasingly uncomfortable that risk is an unavoidable part of life.

Issues of risk are a constant concern at all levels of therapy and mental health care: from the clinical encounter, to the organisation of teams, to the design of a ward, to the development of policy. Some might argue that our society’s primary expectation of therapeutic services (especially mental health and child protection services) is to minimise risk.

However, therapy is also about supporting growth, development and the recovery of the client and the family. This can involve taking risks in order to facilitate change.

Thinking about risk evokes a range of responses to the threat that risk represents: fear, avoidance and distancing, blame, anger, a sense of helplessness. It can also elicit excitement and a sense of being on the edge of a new possibility.

Clinicians and the organisations in which they work find themselves caught between two imperatives: to reduce risk in order to minimise harm and to take risks to support change. When emotions run high (as they inevitably do), it can be difficult for all members of an organisation to think clearly about how to move forward in a way that attends to both these imperatives.

This conference aims to provide an opportunity to examine the ways we understand risk by examining:

- how our understanding shapes our responses to risk;
- how we ascribe or share responsibility for the management (or mismanagement) of risk;
- what role exposure to risk plays in promoting growth and resilience;
- how we maintain the capacity to reflect on our role as clinicians and therapists in the face of risk; and
- how holding multiple perspectives on risk can allow us to respond in a more nuanced way.

Keynote Speakers

Dr Christopher Ryan – Risk and Risk Prediction
Elisabeth Shaw – Risk and Using Supervision
Professor Rhoshel Lenroot – Risk and Development
Associate Professor Beth Kotze – Risk and the Administrative System

Also on the Day

Hypothetical Question and answer time Clinically focused workshops
Speaker Bios

Dr Christopher Ryan is the Director of Consultation-Liaison Psychiatry at Westmead Hospital and an Honorary Associate of the Centre for Values, Ethics and the Law in Medicine, where he is the Program Director of the Mental Health and Psychiatry stream. Though his work is primarily clinical, he maintains an active research programme. His numerous publications have covered such areas as delirium, body integrity identity disorder, deliberate self-harm, patient-therapist sexual contact, mental health legislation, advance directives, physician-assisted dying and euthanasia. In recent years, primarily with co-author Matthew Large from UNSW, he has written over 20 papers on the clinical and legal implications of risk categorisation in psychiatry.

Elisabeth Shaw is a clinical and counselling psychologist specialising in couple and family therapy in private practice in Drummoyne, NSW. She was previously a Manager & Director of Relationships Australia NSW. She has taught in a number of university and private courses at a postgraduate level in the area of couple and family therapy and professional ethics, and has regularly presented her published work in areas of clinical, professional and supervision practice. Elisabeth also consults to many services and practitioners in the public and private sectors in diverse areas of areas of clinical practice, and to senior management in relation to staffing and strategic issues, and supervision of supervision. In the last 10 years she has specialised in working with professional ethics. She is a past chair of the PACFA ethics committee, and current deputy chair of the APS Ethics Committee; a supervisor and consultant with the St James Ethics Centre; and writes a column for Psychotherapy in Australia on ethical issues in practice entitled Sacred Cows and Sleeping Dogs. Her publications include Couple Therapy in Australia, Issues Emerging from Practice (co edited with Jim Crawley, 2007 Melb.:Psychoz) and Ethical Maturity in the Helping Professions, Making Difficult Life and Work Decisions (co-authored with Michael Carroll 2012, Melb.:Psychoz; 2013 JKP:UK).

Professor Rhoshel Lenroot received her medical degree and training in Adult, Child, and Adolescent Psychiatry at the University of New Mexico in the United States, followed by a research fellowship on MRI studies of longitudinal brain development with the Child Psychiatry Branch of the National Institutes of Mental Health. In May of 2009 Rhoshel relocated to Sydney to take up joint roles at University of New South Wales, Neuroscience Research Australia (NeuRA), and Southeastern Sydney and Illawara Area Health Services. She is currently the Chair of Infant, Child, and Adolescent Psychiatry, University of New South Wales; Research Fellow, NeuRA; and Clinical Director of Child and Adolescent Mental Health Services, SESLHD. Her work is focused on neuroimaging studies of disorders affecting brain development, such as conduct disorder, autism and schizophrenia, and improving mental health interventions for children and adolescents.

Associate Professor Beth Kotzé is a Child and Adolescent Psychiatrist with diverse particular interests including the mental health issues of young people, evidence-based treatments for personality disorders and administrative psychiatry. She is currently working for the NSW Ministry of Health where she has been working with teams to expand the service system for Eating Disorders, improve the treatments and service access for people with Borderline Personality Disorder, revise and update the NSW policy for Suicide Risk Assessment and Management, explore service models for long-stay patients in the mental health system and finalise the review of the NSW Mental Health Act.

To register, go to: www.trybooking.com/99250

Registration Fees and Practical Details

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<th>Early bird (by 10th Oct)</th>
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Lunch, afternoon tea and refreshments included.
Prices include GST. No part day registrations available.
Unfortunately we cannot hold a place unless payment has been received.
Cancellation policy:
80% refund available up to 2 weeks prior;
No refund available in the 2 weeks prior.

Public transport recommended (venue is 10 minutes walk from Westmead Station)
Limited paid parking available at Westmead Hospital and UWS campus

Please bring a jacket (the air conditioning can be cold)