



## Treating PTSD in Veterans: When and why things go wrong and what we can do about it

### Speaker biographies:



**Ms Lauren Eastaughffe**  
*National Community and Peer  
Advisor, Open Arms, ACT*

Lauren is the National Community and Peer Advisor with Open Arms – Veterans & Families Counselling.

She served for 14 years as a Commissioned Officer with the Royal Australian Air Force and has since worked in a range of management and consulting roles in private industry and government.

Lauren joined Open Arms as a member of a pilot project which trialled the employment of veteran Community and Peer Advisors as Mental Health Peer Workers within multi-disciplinary Community Engagement Teams. In this role she provided direct mental health peer support and recovery focussed role-modelling for veterans and their families, case management assistance, lived experience advisory within Open Arms and the Department of Veterans' Affairs, and worked with a range of Defence and ex-service organisations to promote Open Arms service options and access.

In her current role as the Open Arms National Community and Peer Advisor, Lauren is responsible for managing the national implementation of the Open Arms Community and Peer program. This program will see the recruitment, employment, training and mentoring of 42 veteran and carer Community and Peer Advisors at 13 Open Arms sites across Australia by the end of 2019. Lauren's team within Open

Arms National Operations will also be responsible for the national management and coordination of specific portfolio project areas affecting veterans and their families.

Lauren is passionate about the utilisation of her lived experience of Defence service and mental illness and recovery to inspire and support positive, holistic physical and mental health outcomes for veterans and their family members.



**Professor Richard A. Bryant  
AC**  
*Scientia Professor and  
NHMRC Senior Principal  
Research Fellow, NSW*

Richard Bryant is a Scientia Professor of Psychology at the University of New South

Wales, Sydney.

Professor Bryant has researched the nature, course, and treatment of post-traumatic stress disorder (PTSD) for over 20 years. His work has identified key genetic, neural, and psychological factors underpinning PTSD. Much of his work has focused on early markers of recently trauma-exposed people who will develop PTSD. Through many longitudinal studies he has developed the world's leading screening tools for early identification of PTSD as well as development of the most commonly used early treatment protocols. These have been translated into over 15 languages and used in many countries. Professor Bryant has written five books, 70 book chapters, and 570 journal

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articles. He has served on major international committees to define PTSD internationally. In 2016 he received the Companion of the Order of Australia for services to research and management of traumatic stress.



**Dr Andrew Khoo**  
*Consultant Psychiatrist, Qld*

Dr Andrew Khoo attained his fellowship from the Royal Australian and New Zealand College of Psychiatrists in 2002, receiving a College medal for his final year

dissertation on Post Traumatic Stress Disorder. He has worked as a private psychiatrist in the Brisbane metropolitan area since 2002. He has worked in the Day Programs at the Toowong Private Hospital (TPH) for the last 18 years providing CBT based group therapy for PTSD, mood and anxiety disorders, and has held the position of Director of this unit since 2004.

In 2016, he was nominated to the position of Director of Medical Services and Chair of the Medical Council at TPH. He holds academic title with the University of Queensland within the School of Medicine and has published, and continues to publish, academic papers in peer reviewed psychiatric journals.

He is a member of the Department of Veteran's Affairs Clinical Reference Group, a national board tasked with advising on clinical issues and directions regarding veteran's mental health. He is the Deputy Chair of the Open Arms (formerly VVCS) National Advisory Committee and holds the Psychiatrist position on the Consultation Reference Group for Phoenix Australia's (Centre for Post-traumatic Mental health) Centenary of Anzac Centre. He is on the Working Group for the RANZCP Military and Veterans mental Health Network and has presented on behalf of the College to multiple Senate Inquiries and Productivity Commission public hearings. He is the Psychiatric Advisor to the Gallipoli Medical Research Foundation (GMRF) and is a member of the GMRF Strategic Oversight Committee. He is a current member of the Qcomp Medical Assessment Tribunals. He has chaired, been interviewed, presented or participated on panels around Australia and across all media platforms on Post Trauma psychological reactions and Military and Veteran's Mental Health issues.



**Dr Phil Parker**  
*General Practitioner, Qld*

*BAppSci (Hons1), BEd, MBBS, FRACGP*

Dr Phil Parker is a Brisbane-based general practitioner with extensive expertise in veteran's health. He will provide consultation to practitioners about a wide range of veteran's health care issues, including post-traumatic stress disorder.

Phil served with the Australian Army for 28 years, which included roles in Signals, Infantry and Medical Corps. In 2012, he deployed to Afghanistan as the Task Force Surgeon. This role involved operational coordination of coalition health forces in Uruzgan, mentoring of senior Afghan Army, Police and civilian health staff, and treatment for trauma patients. Phil has also held senior medical officer roles within Army, with significant involvement in capability and policy development.

As a community general practitioner, Phil has a special interest in veterans' health. He is also actively involved in the advice and education to other practitioners about PTSD management. Phil is GP Ambassador for Gallipoli Medical Research Foundation and serves as a medical educator with General Practice Training Queensland.

### Facilitator:



**Professor Mark Creamer**  
*Clinical Psychologist, Vic*

Professor Mark Creamer is a clinical and consulting psychologist with over 30 years' experience in the field of posttraumatic mental health.

Mark is internationally recognised for his work in the field; providing policy advice, training and research consultancy to government and non-government organisations, with the aim of improving the recognition, prevention and treatment of psychological problems following stressful life events.

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*Webinar panelists continued...*

Mark is a Professorial Fellow in the Department of Psychiatry at The University of Melbourne, and has an impressive research record with over 180 publications.

Mark is an accomplished speaker and has given numerous invited addresses at national and international conferences.