

ABOUT THE POSSUMS EDUCATION PRESENTERS

Associate Professor Pamela Douglas  
MBBS FRACGP IBCLC PhD [www.pameladouglas.com.au](http://www.pameladouglas.com.au)

Pam has been a practicing as a GP since 1987, and is a Fellow of the Royal Australian College of General Practitioners. She is Medical Director of the Possums Clinic, Brisbane [www.possumsonline.com](http://www.possumsonline.com); Associate Professor (Adjunct) at the Centre for Health Practice Innovation, Griffith University; and Senior Lecturer, Discipline of General Practice, The University of Queensland.

Pam has specialised clinical interests in early life, mental health, and women's health. She is qualified as an International Board Certified Lactation Consultant (1994-2004; 2012 ongoing) and is an infant feeding and breastfeeding medicine specialist. She is trained in the delivery of Acceptance and Commitment Therapy (ACT).

Her research focuses on clinical support and optimisation of parent-baby neurohormonal synchrony regardless of feeding method, and integrates the latest medical science, neuroscience, lactation science, evolutionary medicine, attachment psychology, and contextual behavioural science. She is also author of a popular new book for parents, The discontented little baby book: all you need to know about feeds, sleep and crying, which health professionals find useful too because of its detailed exploration of real-life cases.

Dr Koa Whittingham  
PhD BA BSc (Hons) MAPS [www.koawhittingham.com](http://www.koawhittingham.com)

Koa is a clinical and developmental psychologist and an NHMRC research fellow at The University of Queensland. She has a substantial track record spanning three key research interests: parenting, neurodevelopmental disability and Acceptance and Commitment Therapy (ACT). She is particularly passionate about the application of ACT to parenting. Dr Whittingham is author of Becoming Mum, a self-help book for the psychological transition to motherhood grounded in ACT. She is a co-founder of Possums Education, and is responsible for the integration of ACT into the Possums approach.

Ms Renee Keogh  
RN Grad Cert in Neonatal Intensive Care Nursing IBCLC

Renee is a Registered Nurse and Lactation Consultant with fifteen years experience working in Neonatal Intensive Care units in Sydney, Canberra and Darwin. She completed a Graduate certificate in neonatal intensive care nursing in 2004, and qualified as an International Board Certified Lactation Consultant in 2010. Renee offers holistic care not just for breastfeeding problems, but also for problems of unsettled infant behavior, feeds and sleep throughout the first year of life.

Ms Anya Snyder  
RN MSN PMHNP-BC

Anya is an endorsed Psychiatric Mental Health Nurse Practitioner specializing in perinatal mental health. Formerly in private practice in the U.S., she focused on treating birth trauma, perinatal loss and postnatal mood and anxiety disorders. She is Possums certified, and especially compelled by Acceptance and Commitment Therapy's capacity for healing and empowering new parents facing mental health challenges.

REGISTRATION

Pricing

Full Price (1 day)	\$220
Full Price (2 day) <i>Melbourne and Sydney</i>	\$420
Earlybird Price (1 day)	\$195
Earlybird Price (2 day)	\$380

Earlybird cut off (Canberra, Melbourne and Hobart ) – July 30th, 2016  
Earlybird cut off (Sydney, Adelaide and Perth) – August 31st, 2016

Please tick which city you will be attending:

☐ Canberra ☐ Melbourne ☐ Hobart ☐ Sydney ☐ Adelaide ☐ Perth

Name \_\_\_\_\_  
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Email \_\_\_\_\_  
Occupation \_\_\_\_\_  
Place of work \_\_\_\_\_  
Special dietary needs \_\_\_\_\_

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It's easier to book online!

To book online go to:  
[www.breastfeedingconferences.com.au](http://www.breastfeedingconferences.com.au)

Cheque or Money order can be made payable to:  
Australian Lactation Management Associates (ALMA)

Please forward completed form and payment to:  
41 Heath Marsh Road  
Panmure, Vic 3265  
ABN 83 820 560 346 – Barbara Glare

ABOUT OUR WORKSHOPS

In very early life, babies and their families are set on interpersonal and developmental trajectories with life-long health implications.

Yet the gap between evidence and clinical practice is bigger here than at any other time of life. Parents still receive seriously conflicting advice concerning the management of difficulties with feeds, sleep and crying. This confusion among health professionals may even, paradoxically, worsen these problems or worsen parental anxiety - increasing the risk of postnatal depression. Babies commonly receive inappropriate medical diagnoses, too, which may paradoxically increase the risk of health problems later on.

Possums Education is an arm of the non-profit organisation and registered charity, Possums for Mothers and Babies Ltd. Possums Education offers a new cross-disciplinary and integrated approach to the complex problems of feeds, sleep, unsettled infant behaviour, and parent mental health in early life, opening up the latest research and challenging accepted orthodoxy across a range of topics. Our evidence-base is peer-reviewed and published in national and international medical journals, and is changing practice both here and overseas.

We invite you to join Associate Professor Pamela Douglas (Adjunct), Dr Koa Whittingham, and our team of experienced clinicians for interactive, case-based, day-long workshops. You'll have opportunity to reflect upon your practice, build upon your existing skills, and update in the evidence. Be prepared for lively discussion and debate as we share our programs with you.

For more information about us, visit:  
[www.possumsonline.com](http://www.possumsonline.com)



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POSSUMS EDUCATION  
NATIONAL TOUR 2016

Canberra • Melbourne • Hobart • Sydney • Adelaide • Perth



- VENUES:**
- CANBERRA – 7 September**  
Hotel Realm, 18 National Circuit  
Barton ACT 2600
- MELBOURNE – 8-9 September**  
Rydges Melbourne, 185 Exhibition St  
Melbourne 3000
- HOBART – 10 September**  
Mercure Hadleys Hobart Hotel  
34 Murray Street, Hobart, Tas 7000
- SYDNEY – 18-19 October**  
Novotel Sydney Central  
169 - 179 Thomas St, Sydney NSW 2000
- ADELAIDE – 20 October**  
Adelaide Convention Centre  
North Terrace, Adelaide 5000
- PERTH – 22 October**  
The Perth Convention Centre  
21 Mounts Bay Rd, Perth WA 6000

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POSSUMS EDUCATION WORKSHOP 1  
Evidence-based care of parents and babies  
0-6 months: Gaps and controversies

Overview

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Possums Education brings a new cross-disciplinary and integrated approach to the complex problems of feeds, sleep, unsettled infant behaviour, and parent mental health in early life, opening up the latest research and challenging accepted orthodoxy across a range of topics. Our evidence-base is peer-reviewed and published in national and international medical journals, and is changing practice both here and overseas.

**Mode of delivery:** Case-based and interactive workshop (6 hours), with required pre-workshop activities (estimated time 1-2 hours) and post-workshop activities (estimated time 1-2 hours). You will receive a USB containing a rich selection of resources for your use.

Continuing Professional Education points

This activity has been approved by the RACGP QE&CPD Program for 40 Category 1 points (Activity: 16490) 2014-2016 Triennium. It has also been endorsed by the ACN according to Continuing Professional Development Endorsed Course Standards, and allocated 10 CPD hours according to the Nursing and Midwifery Board of Australia. It is endorsed by the International Board of Lactation Consultant Examiners for 10 CERPS, Approval Number is C21512. It is an Australian College of Midwives CPD Recognised Course for 10 CPD points. Participants from other health disciplines will receive a certificate of completion to submit to their professional organisation for CPD points.

9.00 am	<b>Welcome and introduction</b> <ul style="list-style-type: none"><li>About Possums</li><li>Why current approaches are letting us down: an exploration of the importance of an integrated and evidence-based approach to post-birth care</li><li>What is cued care, really? A look at the new neuroscience</li><li>A new clinical tool to help organise, prioritise, and collaboratively plan with parents</li></ul>
9.30 am	<b>The management of cry-fuss problems</b> <ul style="list-style-type: none"><li>The latest evidence concerning cry-fuss problems, including research on the role of the gut microbiome, reflux, allergy and lactose problems</li><li>Case discussions in groups</li></ul>
11.00 am	Morning tea
11.30 am	<b>Successful Breastfeeding and the impact of tongue and lip tie</b> <ul style="list-style-type: none"><li>An integrated and scientific approach to impaired tongue function, tongue-tie and the upper lip, including considerations of the tongue's and upper lip's role in successful breastfeeding, unsettled infant behaviour, reflux, and development of speech</li><li>Exploration of the methodological flaws in the research of the past decade concerning restricted oral connective tissues</li><li>The gestalt approach to oromotor function in infant feeding: a new way forward</li><li>Case discussions in groups</li></ul>
12.30	Lunch
1.30 pm	<b>Commonly misdiagnosed breastfeeding and bottle-feeding problems and their management</b> <ul style="list-style-type: none"><li>What signs are most commonly misdiagnosed when babies have feeding problems?</li><li>A focussed clinical breastfeeding intervention: helping the mother-baby team solve fit and hold problems</li><li>The art of paced bottle-feeding</li><li>Case discussions in groups</li></ul>
2.45 pm	Afternoon tea
3.00 pm	<b>A new paradigm in the management of parent-baby sleep problems: The Possums sleep intervention</b> <ul style="list-style-type: none"><li>The facts about parent-baby sleep, drawing on the latest neuroscience and sleep research</li><li>Why parent-baby sleep is often unnecessarily disrupted in our society</li><li>Identifying and removing those obstacles that unnecessarily disrupt healthy parent-baby sleep</li><li>Simple strategies from Acceptance and Commitment Therapy (ACT) to help parents manage the difficult thoughts and feelings that inevitably arise during this challenging life phase</li></ul>
4.30 pm	Close

POSSUMS EDUCATION WORKSHOP 2  
Acceptance and Commitment Therapy (ACT) for  
perinatal and infant mental health

Overview

This day-long workshop, written by Dr Koa Whittingham, aims to help health professionals:

- Understand how ACT applies to a perinatal population and how contextual behavioural science relates to other perinatal theoretical frames including attachment theory
- Enhance the ability to apply ACT skills such as mindfulness and defusion to the perinatal context through demonstration, practice and discussion
- Develop the ability to apply ACT flexibly, simply and subtly to perinatal mental health issues as they emerge in the clinical context

**Mode of delivery:** We achieve these objectives through several styles of presentation, including didactic learning, clinical case analysis, and group and partner experiential exercises to role play and practice application of strategies.

Continuing Professional Education points

An application for CPD points with the relevant colleges is underway.

9.00 am	<b>Applying ACT perinatally – overview</b> <ul style="list-style-type: none"><li>The challenge of maternity</li><li>Why ACT? How does ACT differ from other models?</li><li>Data so far</li><li>ACT and attachment theory, operant theory, and evolutionary biology</li><li>ACT models: hexaflex and matrix</li><li>Warnings</li></ul>
10.30	Morning tea
10.50 am	<b>Values clarification, mindfulness, self-compassion in the perinatal period</b> <ul style="list-style-type: none"><li>Simple strategies to support values clarification, mindfulness</li><li>Self-compassion</li><li>Cases, role plays and discussion</li></ul>
12:20 pm	Lunch
1:05 pm	<b>Making room for difficult thoughts and feelings in the perinatal period</b> <ul style="list-style-type: none"><li>Simple strategies to support noticing and naming difficult thoughts and feelings, and making room for difficult thoughts and feelings</li><li>Experiential avoidance</li><li>Cases, role plays and discussion</li></ul>
2:35 pm	Afternoon tea
2.55 pm	<b>Behavioural activation in the perinatal period</b> <ul style="list-style-type: none"><li>Simple strategies to support behavioural activation</li><li>Cases, role plays and discussion</li></ul>
4.00 pm	Close

