



UQ COMPASSION SYMPOSIUM

FULL-DAY CONFERENCE PROGRAMME

Saturday 8 September 2018

9:00am – 4:30pm

Emmanuel College

Sir William McGregor Drive

The University of Queensland

St Lucia QLD 4067



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

UQ COMPASSION

WELCOME!

UQ Psychology's Compassionate Mind Research Group would like to welcome you to the fifth annual University of Queensland Compassion Symposium.

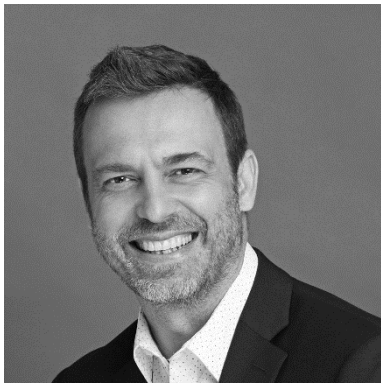
Following our Friday night keynote address with Dr Deborah Lee, we will also again be hosting an action-packed full-day conference event to showcase diverse research and practice which sits at the forefront of the compassion field.

In addition to compassion and self-compassion, conference topics span across areas such as mindfulness, empathy, altruism, morality, forgiveness, emotions, positive psychology, psychotherapy, psychometrics, and interventions.

OUR CONFERENCE

This cross-disciplinary event is designed to bring together academics, clinicians, researchers and students from different disciplines within the University and the community to present on how compassion is or could be a part of their research, studies or practice.

OUR TEAM



Dr Stan Steindl
Clinical Psychologist



Dr James Kirby
Clinical Psychologist



Jordan Reutas
Organisational Psychologist

“

Imagine a more compassionate world, one where we are kind to one another no matter what our differences might be, where we reach out to those in need and help to relieve their suffering, and where we can even treat ourselves with that same love and compassion. That is our vision, our intention.

”

Dr Stan Steindl

compassioninitiative.com.au

CONFERENCE AGENDA (AM)

8:30 – 9:00	Conference Registration	
OPENING PLENARY SESSION <i>Riverview Room</i>		
Open	Dr Stan Steindl <i>Conference introductory session</i>	
9:00 – 10:00	Prof. Nathan Consedine & Dr Tony Fernando <i>Compassion in the helping professions: It's not all about the doctor</i>	
10:00 – 10:30	Morning Tea (30 min)	
MORNING CONCURRENT STREAMS		
	Riverview Room	Seminar Rooms
10:30 – 11:00	Dr Adam Gerace <i>Defining and measuring perspective taking: Not just a rose by another name</i>	Julia Caldwell <i>The unique contribution of maternal shame and compassion to the mother-infant bond</i>
11:00 – 11:30	Ruben Laukkonen <i>Meditation and the function of insight experiences</i>	April Hoang <i>Compassion-focus intervention for family conflict: A module designed to promote co-parenting relationship between parents and grandparents in Asian families</i>
11:30 – 12:00	Amanda Donnet <i>Integrating CFT into treatment of OCD in the perinatal period – a case study</i>	Yvette Forbes <i>Building resilience to the painful effects of weight stigma through self-compassion</i>
12:00 – 12:30	Dr Ira van der Steenstraten <i>Healthy doctors lead to happier and healthier patients: The Resilience on the Run program combatting burnout and compassion fatigue.</i>	Kelly Kirkland <i>Economic inequality affects young children's prosocial decision making</i>
10 min	Session Buffer <i>Accommodates for stream-swapping and speaker setup</i>	
12:40 – 13:30	Lunch (50 min)	

CONFERENCE AGENDA (PM)

AFTERNOON CONCURRENT STREAMS		
	Riverview Room	Seminar Rooms
13:30 – 14:00	<p>Dr Rebekah Scotney & Felicity Couperthwaite</p> <p><i>The Human-Animal Bond: how to balance the compassion equation in animal-related occupations</i></p>	<p>Dr Clare Harris & Ben Cottier</p> <p><i>Making the most of compassion: The psychology of effective altruism</i></p>
14:00 – 14:30	<p>Dr Joy Verrinder</p> <p><i>Identifying and developing ethical sensitivity to animal issues</i></p>	<p>Jeffrey Kim</p> <p><i>Training a compassionate mind: neurophysiological responses to affect and higher-order cognition in health and depression</i></p>
14:30 – 15:00	<p>Clare Mann</p> <p><i>Is Vystopia a Key Component in Creating a More Compassionate World?</i></p>	<p>Tamara Baker & Javed Khan</p> <p><i>Teaching a compassion focused workforce self-compassion</i></p>
15:00 – 15:30	<p>Dr Kiera Buchanan & Nicole McDermid</p> <p><i>Compassionate conversations to dispel stigma and foster inclusivity.</i></p>	<p>Celia Roberts</p> <p><i>The Compassionate Body - yoga postures and meditations to open the heart and cultivate compassion</i></p>
10 min	<p>Session Buffer</p> <p><i>Accommodates for stream-swapping and speaker setup</i></p>	
15:40 – 16:00	<p>Afternoon Tea (20 min)</p>	
AFTERNOON PLENARY SESSIONS		
<p><i>Riverview Room</i></p>		
16:00 – 16:30	<p>Dr Amy Finlay Jones</p> <p><i>Translation of compassion-based interventions to the online environment</i></p>	
Close	<p>Dr James Kirby</p> <p><i>Conference wrap-up session</i></p>	
16:30	<p>Estimated End of Event</p>	

PRESENTATION INFORMATION

Listed alphabetically by first author surname

TAMARA BAKER

Project Change Manager, Metro South Health

Bio: Tamara Baker is a registered psychologist with over 15 years' combined experience in coaching, consulting and human resource management. Her knowledge, skills and experience are predominantly in the areas of change management, workplace coaching, organisational psychology, group facilitation and team performance. Tamara is a qualified project manager with post graduate qualifications in international health consultancy. Her greatest passion is working with individuals and teams to achieve optimal performance, well-being and satisfaction at work.

JAVED KHAN

Engagement Coordinator, Metro South Health

Bio: Javed's qualifications, skills and experience are in the areas of Business Management, HR and Consumer and Community Engagement. With over 17 years' experience working for Qld Health, she has a comprehensive understanding of healthcare services. Her work has been centred on improving the patient experience. Javed believes that the development of modern western medicine has physicians more acutely focused on the physical body, often neglecting the environmental, emotional and spiritual aspects of healing and well-being. Javed is currently leading Metro South Health's person-centred care program, ensuring patients and their families are at the centre of care.

Teaching a Compassion Focused Workforce Self-Compassion

Abstract: Health care is first and foremost about care for patients and their families. However, in a busy healthcare environment, it is not uncommon for those delivering the care to experience compassion-fatigue. How can we ask our staff to deliver compassionate-care to patients and their families, if they themselves are feeling detachment and fatigue?

Over the past 12 months, Metro South Health has designed, developed and implemented a peer-led multi-modal reflective learning program across the workforce. This learning intervention aims to not only increase compassionate-care to our patients and their families, but also self-compassion for our dedicated staff. An evidence-based experiential program developed by registered psychologists, the intervention draws on positive psychology, compassion, self-compassion and mindfulness to target everyday behaviour change. In the main workshop, participants wear patient robes, write a self-care letter to their future selves, and rotate through experiential activities. These activities allow them to experience what it feels like to have a visual, auditory, speech or physical disability, and the impact this can have on completing everyday tasks. They also have the opportunity to reflect on how bias can impact their daily work, and identify empowering strategies for compassion within the healthcare environment. Within three months, this non-mandatory program has engaged more than one third of the workforce. Over 70 staff have completed the one day training to facilitate this workshop for their peers. Early feedback is encouraging, with 87% of participants indicating they would recommend this program to their peers and 97% indicating their commitment to practicing compassionate care in their everyday work.

DR. KIERA BUCHANAN

Clinical & Health Psychologist - Centre for Integrative Health

Bio: Dr. Kiera Buchanan is registered as a Clinical Psychologist and a Health Psychologist as well as a Board-Approved Supervisor. She is the Director of Centre for Integrative Health, a multidisciplinary treatment centre for eating disorders and body-image concerns. Committed to the prevention and treatment of eating disorders, Kiera is a board member of the Queensland Eating Disorder Advisory Group (EDAG) and the Australia and New Zealand Academy for Eating Disorders (ANZAED). Compassionate conversations to dispel stigma and foster inclusivity.

NICOLE MCDERMID

Social Worker

Bio: Nicole McDermid is a Social Worker and an Eating Disorders specialist, with over ten years' experience working in the mental health field. Not only does Nicole practice in the clinical sphere, she is also a speaker and a fat activist with a strong sense of social justice. She writes prolifically on issues such as weight stigma, size acceptance and eating disorder recovery across a number of different social media channels.

In all facets of her work, Nicole practices from, and is informed by a Health at Every Size and Non-Diet framework. Nicole also has a lived experience of an eating disorder, whilst living in a larger body. She is a visionary as both a clinician and an activist in the Eating Disorder sphere, drawing on her professional expertise and lived experience to inform her practice.

Compassionate conversations to dispel stigma and foster inclusivity.

Abstract: Individuals who are especially vulnerable to shame are those belonging to marginalised and/or oppressed groups who experience themselves as being misunderstood, not accepted, blamed for their problems, and treated differently to others. One such group whom are particularly criticised and ostracised are individuals in bigger bodies. The implications of such have been well documented, highlighting the need to develop interventions aimed at reducing the prejudice experienced by this group. Methods aimed at challenging prejudice in other marginalised groups include efforts to increase insight around ones' biases however, the internal and external shame experienced by those holding such prejudices might prevent such introspection and therefore be a barrier to challenging such commonly-held biases. Reducing experiences of shame through compassionate conversations might support the exploration of novel ideas and challenge strongly held ones.

This workshop aims to provide an overview of the implications of weight bias and discrimination, explore its possible origins and influences through a compassion-focused framework, and suggest ways in which compassion-based practices can forge the way forward.

JULIA CALDWELL

PhD Student, School of Health and Rehabilitation Science, UQ

Bio: Julia Caldwell is a Clinical Psychologist and a PhD Student at the School of Health and Rehabilitation Science at The University of Queensland. She has worked as a Psychologist since 2008, and a Clinical Psychologist since 2014. Her clinical and research interests are in perinatal health; specifically, shame, compassion, and psychological health in this period.

The unique contribution of maternal shame and compassion to the mother-infant bond

Abstract: Pregnancy and motherhood is expected to be experienced, culturally, as a time of immense joy, happiness, and wonderment. Women who feel inadequate and different compared to this cultural stereotype often report feeling like a 'bad mother', which is accompanied by a sense of shame and self-criticism. Shame, significantly associated with postnatal symptoms, is also a significant predictor of postnatal depression, and associated with a reduction in help-seeking. Postnatal symptoms can negatively impact on the mother-infant bond and attachment security. The quality of caring/compassion we receive early in life can have a major impact on psychological health, extending up until the seventh decade.

Compassion, sensitivity to the suffering of the self and others (compassionate engagement), with a deep commitment to try and relieve it (compassionate action), is negatively related to shame and self-criticism, and associated psychological symptoms. When distressed, early experiences of warmth, nurturing, and caring/compassion are linked with activation of the soothing system (compassion), and down-regulation of the threat system (shame), whereas experiences of withdrawal, hostility, and neglect, are associated with activation of the threat system, and difficulty in utilising soothing regulation. Little research has examined the relationship between shame and attachment insecurity, and compassion and attachment security, in mothers, and no research has investigated whether maternal shame and compassion can mediate the relationship between emotional availability and attachment security in mothers with and without perinatal loss/losses. The PhD research will explore the relationship amongst these variables, with the hope of promoting attachment security in mothers with shame and self-criticism.

PROFESSOR NATHAN CONSEDINE

Department of Psychological Medicine, University of Auckland

Bio: Prof. Nathan Consedine, Ph.D. is health psychologist in the School of Medicine at the University of Auckland. His training is in emotion and emotion regulation looking at how such factors may be linked to physical health. Current research foci include disgust in health, mindfulness, and compassion in healthcare. After graduating from Canterbury in 2000 and spending 10 years working on grants in New York, Nathan returned to New Zealand in 2009. In addition to teaching in health psychology and the medical program, he supervises numerous PhD students conducting interventions among arthritis, cancer, and diabetes patients as well as with clinician and student researchers examining how patient, physician, clinical and environmental factors impact medical compassion. Nathan has published more than 140 scientific works and is an Associate Editor and reviewer for numerous international journals. He enjoys fishing, playing with his son, and listening to the sort of music that his colleagues dislike.

DR. TONY FERNANDO

Department of Psychological Medicine, University of Auckland

Bio: Dr Tony Fernando is a sleep specialist and psychiatrist from the University of Auckland. He is a Senior Lecturer in Psychological Medicine and currently finishing his PhD studying barriers to compassion in medicine. He has won multiple teaching awards from medical students and the medical faculty. In 2012, he was honoured by the President of the Philippines for his work in sleep medicine and medical education. In 2015, he was presented the NZ Medical Association Chair's Award, the highest award given to any doctor in NZ. He runs meditation retreats for doctors and medical students, weekly meditations at Auckland Hospital and, more recently, weekly mindfulness and compassion training for inmates at Mt Eden Prison in Auckland. Much to his surprise, he swims competitively and was recently awarded his first medal.

Compassion in the helping professions: It's not all about the doctor

Abstract: Compassion – the desire to alleviate the suffering of others – is central to effective clinical care. Compassion is an expectation from medical regulatory bodies, from patients, and from those working in health; initial data indicate that compassion promotes better outcomes. However, while healthcare workers are expected to care, many “burn out” and experience compassion fatigue.

Perhaps unsurprisingly then, research tends to treat the professional as the sole source of compassion (or its lack). However, it is naïve, unfair, and out-of-step with basic science to characterize the origins of compassion in this way – healthcare professionals are implicitly blamed for failures, compassion becomes yet another professional task for carers to juggle, and we are blinkered to other possibilities.

In this session, Consedine and Fernando will consider the question of whether compassion in medicine is really any different from other forms of caring. Several recent studies conducted among New Zealand doctors, nurses, and medical trainees reflect a new perspective in which compassion is seen as a systemic problem requiring systemic solutions. In the view they put forth, the patient, the clinical picture, and the work environment are as important to compassion as the professional themselves. A series of practice exercises are then used to concretize key learning points regarding the origins of compassion in clinical settings. Findings are discussed as helping us get past the unhelpful notion that compassion is lost because health professionals get tired of caring. Although this may happen, illuminating factors beyond the professional may also enhance compassion and thus the effectiveness and enjoyment of day-to-day practice.

AMANDA DONNET

Clinical Psychologist, Founder and Director of Mothers, Milk & Mental Health

Bio: Amanda Donnet is a clinical psychologist working in private practice on the southside of Brisbane at Redlands Psychologists. She predominantly works with women and their families experiencing difficulties in the perinatal period, including fertility difficulties, birth trauma, pregnancy and neonatal loss, and the transition to parenthood. Amanda is also the founder and director of Mothers, Milk & Mental Health which, in conjunction with CAPERS Bookstore, has been providing health professional training workshops for midwives throughout Australia. The themes of this year's workshops have been perinatal mental health and cultivating compassion in maternity care. The mother of three young boys, in her spare (and often not-spare) time, Amanda enjoys volunteering as a qualified breastfeeding counsellor assisting individuals with infant feeding concerns and running mother-to-mother support groups.

Integrating CFT into treatment of OCD in the perinatal period – a case study

Abstract: This is a case presentation of perinatal client who has a diagnosis of OCD and generalised anxiety. This presentation looks at how to integrate CFT in the context of previous experiences with other therapeutic modalities. It will discuss the comparative strengths/challenges of CFT in terms of clinical utility and how it aligns and differs from other common treatment approaches in the treatment of perinatal OCD.

YVETTE FORBES

PhD Candidate, School of Applied Psychology, Griffith University

Building resilience to the painful effects of weight stigma through self-compassion

Abstract: Weight-based stigma is a highly prevalent and painful experience, and has been linked to a range of deleterious physical and mental health outcomes. Overweight and obese individuals often report coping with stigmatising situations in maladaptive ways, and often internalise weight stigma. That is, they may endorse weight-based stereotypes, and attribute the negative evaluations to themselves.

The focus of our study was to design and facilitate a program for overweight and obese Australian women who have both experienced and internalised weight stigma. The 2-day Self-Compassion Workshop for Women aimed to assist individuals to develop genuine, unconditional care for themselves, to increase self-compassion, and to develop the ability to be self-soothing and reassuring, to allow individuals to cope more effectively in the face of weight stigma. The program was delivered in early 2018 and received highly favourable feedback. We look forward to sharing details of the program and the study's major findings.

DR. ADAM GERACE

Discipline of Psychology, School of Health, Medical and Applied Sciences, Central Queensland University

Bio: Dr Adam Gerace is a Senior Lecturer in positive psychology at Central Queensland University (Adelaide campus). His research specifically focuses on the process of perspective taking and the strategies used to understand another person's point of view. Adam's recent work has examined empathy during conflict situations on acute psychiatric units. Adam has authored over 35 chapters and articles in journals such as *Personality and Individual Differences*, *Aggression and Violent Behavior*, *Journal of Relationships Research*, *BMJ Open*, and *International Journal of Mental Health Nursing*. He is a regular contributor to ABC Radio and *Psychology Today*, as well as being the Convener of the Australian Psychological Society Psychology of Relationships Interest Group.

Defining and measuring perspective taking: Not just a rose by another name

Abstract: The ability to take another person's perspective is stressed as a central attribute of the socially successful and astute person. However, definitional clarity has eluded much of the systematic psychological investigation of perspective taking. Issues pertaining to this relate to two areas. The first, and undoubtedly most widely discussed, is its relationship to empathy. Early theoretical discussion used the term empathy to describe any process that involved consideration of others. Later on, the term empathy came to denote both what is referred to as perspective taking, as well as emotional reactions to another person. As a result, definitional issues arise when attempting to identify how perspective taking can be demarcated from the broader construct of empathy and related terms such as sympathy and compassion. The second issue relates to how perspective taking should be measured, with tools not taking account of the process nature of the construct. In this presentation, I provide a critical review of theory and research into perspective taking. I will examine the roots of the construct, which can be traced to conceptions from 18th century moral philosophy, 19th and early 20th century aesthetics, and early 20th century psychology. From this, I examine the main ways that perspective taking has been defined and measured in psychology, focusing on work from the 1940s to the present day. In concluding, I discuss ways in which we can understand perspective taking and empathy, as well as the ways we can more systemically investigate and measure this process.

DR CLARE DIANE HARRIS

Secretary for Effective Altruism

Bio: Clare is a junior medical doctor studying a Master of Philosophy (MPhil) in computational neuroscience under the supervision of Dr Marta Garrido at the Queensland Brain Institute. After her undergraduate degree (Bachelors of Health Sciences/Medicine and Surgery), she spent 2015-2016 studying postgraduate mathematics courses as a distance student while working full time, and eventually decided that computational neuroscience could connect her clinical and academic interests. Commencing the MPhil in 2017 also gave her the opportunity to team up with other UQ students to co-found Effective Altruism UQ. Although her current research involves using functional neuroimaging to investigate human statistical learning under conditions of uncertainty and threat, in years to come she aspires to research the developmental neuroscience and developmental psychology of compassion, rationality and altruism.

BENJAMIN COTTIER

President of Effective Altruism

Bio: Ben is in his fourth year studying a Bachelor of Engineering at The University of Queensland (UQ). His studies have been motivated by an interest in emerging technologies, and how they can best be used to bring about social good and avoid harm. He has worked at CSIRO doing research in robotics. He is also a co-founder and organiser of Effective Altruism UQ, a UQ Union-affiliated student society. EAUQ represents the global effective altruism (EA) community, made up of people combining the desire to help others with scientific thinking to figure out how best to improve the world. After engaging with EA individually for some time, he was inspired to start a local group to bring together aspiring altruists and grow interest in EA ideas.

Making the most of compassion: The psychology of effective altruism

Compassion forms the driving force behind many altruistic actions. However, the degree to which compassion is acted upon, and the specific actions selected by a compassionate person to relieve suffering, are contingent not only upon the compassion felt by the person, but upon a variety of other psychological processes. For example, to effectively act upon the compassionate desire to relieve the suffering of children in poverty, we must be able to find, understand, rationally evaluate and act upon the best available evidence for interventions (such as poverty alleviation initiatives) that relieve children's suffering.

Psychological qualities that improve the realisation of compassionately-motivated goals include epistemic and instrumental rationality, curiosity and cognitive flexibility. Conversely, there are also numerous psychological biases that can limit the effective achievement of compassionately-motivated goals. Furthermore, certain qualities may limit the number of individuals to whom our compassion extends in the first place (e.g. social dominance orientation and in-group favouritism). A better understanding of these competing psychological processes might enable us to act on our compassionate motivation more effectively.

Effective altruism is an emerging research field and global community dedicated to taking a scientific approach to helping others as much as we can. One thing this community is working on is improving our understanding of the aforementioned psychological processes, in order to develop strategies by which we can more effectively act upon our compassionate motivation. Ben will give an overview of some of the strategies employed by the effective altruism community, and Clare will explain their psychological underpinnings.

NAM-PHUONG (APRIL) HOANG

PhD Candidate, Parenting & Family Support Centre, UQ School of Psychology

Bio: April is a PhD student at the Parenting and Family Support Centre, the School of Psychology, University of Queensland. Her major research interest is in the cross-culture experience of parenting and how it might differently impact personal well-being. Also, she is very passionate about integrate a compassion approach into parenting practice and parenting intervention. She is currently working on her project of promoting co-parenting relationship between parents and grandparents, which is very popular a co-care unit across many Asian families using a compassion-focused program.
PhD Student, Parenting and Family Support Centre, School of Psychology, The University of Queensland.

Compassion-focus intervention for family conflict: A module designed to promote co-parenting relationship between parents and grandparents in Asian families

Abstract: Asian culture is one that grandparents play a major role in family function and child care. More than 40% of grandparents reported to co-live with at least one of their grandchildren and adult children in the South East Asia in 2015. Although the sharing of role warrants a consistent supervision over the child, it requires a lot of negotiation and accommodation of duty, power and boundaries. Due to the filial piety rules and the growing power accordingly to their seniority, grandparents in this culture often afford the right to involve, interfere or criticise of their adult children' parenting. The young parents on the other hand are of more inferior position where they are obligated to obey and are "trapped" between their role as parents and a child to their parents, which could cause lots of distress and more tension within the co-parenting relationship.

JEFFREY KIM

PhD Student, Compassionate Mind Research Group, UQ School of Psychology

Bio: Jeffrey is completing his PhD in Psychology and Cognitive Neuroscience under the expert supervision of Dr. James Kirby, Professor Ross Cunnington and Dr. Stacey Parker. Jeffrey's research spans the intersection of compassion, depression and personality, with a focus on individual-differences and neurophysiological measurement.

Training a compassionate mind: neurophysiological responses to affect and higher-order cognition in health and depression

Abstract: Compassion is the motivation to detect and approach suffering, with a commitment to alleviate or prevent it. Whilst research in clinical and neuroscientific strands of compassion has burgeoned, to date most compassion-based programs have little to no evidence for their effectiveness in clinical populations. Moreover, extant neuroimaging studies have traditionally been limited by a one time-point approach and have failed to account for inhibitors of compassion and individual differences amongst healthy and clinical populations alike.

We propose a longitudinal/experimental cohort study which tracks healthy ($n = 20$) and depressed individuals ($n = 20$) across four stages, with concurrent measurement of neural, physiological, behavioural, and self-report data. We will track shifts in our cohort across four time-points; first, after an initial fMRI structural scan and functional experiment; second, after a brief 15-minute compassion-based intervention whilst Heart-rate Variability (HRV) is recorded; third, track frequency of listening to a compassion intervention over a 2-week period, and fourth, post-intervention HRV measurement and analysis of both self-report questionnaires and qualitative data after the experiment has ended. Our research aims to identify a biologically plausible model for individual differences in compassionate responding via brain and physiological function and provide recommendations for such interventions for healthy and clinical populations.

KELLY KIRKLAND

PhD Student, Early Cognitive Development Centre, UQ School of Psychology

Bio: Kelly is a PhD student at The University of Queensland (UQ) in the School of Psychology under the supervision of Associate Professor Mark Nielsen and Professor Jolanda Jetten. She is broadly interested in the development and evolution of human cooperation, and approaches this from a developmental, cross-cultural and comparative perspective. Kelly's PhD research focuses on how macro-economic factors may affect young children's development. Specifically, she is interested in how these factors may affect prosocial behaviours such as resource division, compassionate altruism and perceptions of fairness. Kelly takes an experimental approach to these questions, and runs studies in the Early Cognitive Development Centre (ECDC) at UQ where children are immersed in mock economic systems.

Economic inequality affects young children's prosocial decision making.

Abstract: High inequality within a society has been linked to many detrimental health and social outcomes. Research in social psychology has also reliably documented the impact of macro inequality on prosocial behaviour. However, there is little research on how these environmental subtleties can impact children. To address this gap in the literature, we created a novel experimental paradigm that immerses children in an economic system in a safe and effective way. Four-year-old children ($N = 58$) were presented with a competition where they play a series of games with six puppet competitors. After every game, each player was assigned a number of tokens that were accrued throughout the competition and children were exposed to either high inequality or low inequality in the puppets' outcomes. After the games, children swapped their tokens for stickers and their altruistic donation behaviour, resource division behaviour and fairness perceptions were measured. We found that children exposed to high inequality donated fewer stickers to a child in need compared to children exposed to low inequality. However, children's resource division behaviour and fairness perceptions did not differ per condition. To date, this is the first demonstration that exposure to high economic inequality can alter young children's prosocial behaviour.

RUBEN LAUKKONEN

PhD Candidate, UQ School of Psychology

Bio: Ruben is in his final year of a PhD candidature researching the functions of the insight experience, eureka moments, and epiphanies. He has a background in meditation—particularly in zen—and is involved in a large project helping to bring mindfulness practice into the high school curriculum. He coordinates the UQ School of Psychology meditation group and has taught mindfulness workshops in the past.

Meditation and the Function of Insight Experiences

Abstract: The word insight is derived from the compound of in- and sight, and is connected to the idea or experience of 'seeing into' the truth, or the solution of a problem. It is also sudden, usually unexpected, and accompanied by certainty. However, despite its seeming objectivity, insight is the *sense* of a sudden direct perception of the solution, rather a direct perception *per se*—evidenced by the many occasions of false insights. The insight experience may therefore be best understood as an inference that is sometimes true and sometimes not. In this presentation I review evidence regarding the relationship between feelings of insight and objective problem solving performance under different contexts. I then describe an experiment showing that artificially eliciting insight experiences can confound truth judgments—leading to the false judgment that a fact is true, when it is actually false. I relate this view of insight as inference to altered states of consciousness and the pursuit of insight in Vipassanā and other meditation practices.

CLARE ELIZABETH MANN

Psychologist, Communications Trainer, and Author

Bio: Clare Mann is a psychologist, existential psychotherapist, author, and communications trainer. She has held both guest and tenured lectureships in the UK at London, Bath, and Thames Valley Universities, as well as holding positions as human resources manager and organisational behaviour consultant in UK companies. She runs a number of public and inhouse communication programs as well as teaching leaders to adopt principled consultancy practices. Clare also runs a part-time private vegan psychology practice in Sydney.

She was awarded Fellowship of the British Psychological Society and the Australian Human Resources Society for her contribution to these professions. She is the Editor in Chief of the digital business magazine *Ethical Futures: Conversations that Matter*, which promotes businesses that are profitable and successful, without abusing people, the environment or animals.

She is the author of *The Myths of Life and the Choices We Have* (2005), *Communicate: How to Say What Needs to be Said, When it Needs to be Said, in the Way it Needs to be Said* (2012) and *Vystopia: The Anguish of Being Vegan in a Non Vegan World* (2018). Clare cofounded the Vegan Voices Smartphone App, is co-contributor to the Sydney Vegan Club 30- Day Vegan Challenge, and contributor to the books *Plant Powered Women* and *Everyday Vegans*. As a passionate animal rights campaigner, she provides skills training to help vegans and animal advocates communicate more effectively, and animal welfare organisations collaborate for increased effectiveness.

Is vystopia a key component in creating a more compassionate world?

Abstract: Why does the bandwidth of compassion vary for people, from being limited to one's family, community, culture or species? What happens when people experience compassion beyond their own species or beyond inanimate objects, such as the planet? If quantum science indicates that everything is energy in different form, can people who show compassion beyond their own life-form or species (not limited to specific categories like companion animals), teach us something important about creating global compassion?

Research over ten years into individuals identified as vegan, (whose lives are underpinned by the philosophy of the non-exploitation animals), indicates that vegans typically display symptoms shortly after discovering the extent of animal use in modern society consistent with depression and anxiety, made worse by the resistance from people who undermine the validity of their compassion. Both survey and case study research suggest that these subjects suffer from the existential experience of Vystopia. By avoiding identification of these symptoms as pathological, psychologist Clare Mann argues that vystopia is an important component in understanding the nature and extent of compassion.

CELIA ROBERTS

Senior Yoga Teacher, Yoga and Integrative Medicine Institute

Bio: Celia Roberts is a Senior Yoga & Meditation Teacher, an Ayurvedic practitioner with a Biomedical science degree. Committed to innovation in Integrative Medicine, Celia has educated in complementary health education for two decades.

Celia founded the Brookfield Retreat, a beautiful yoga and treatment centre in the middle of the most beautiful natural surroundings in Australia. Celia Roberts offers continuous training of Yoga Teachers through YIMI - the Yoga and Integrative Medicine Institute, which globally delivers quality yoga and meditation teacher training courses.

The Compassionate Body - yoga postures and meditations to open the heart and cultivate compassion

Abstract: Opening our hearts and minds to loving others and ourselves is not an instantaneous thought driven concept. Indeed, opening the heart, building postural confidence, and cultivating compassion comes with yoga postures and practice that specifically are designed to beget an integrated mind - body, heart aware approach. In yoga we say the heart knows everything. Is there scientific merit to the intuitive heart? All postures will be focused on opening the heart, using postures that positively affect mental and heart health and work on building the heart-brain connection. This will be practiced with powerful compassion mental and physical exercises to leave you feeling on top of the world, open hearted and true for days to come.

Celia continues to demonstrate the cultivation of compassion with the demonstration of meditation practices of loving-kindness and Thong Len, as well as more in depth wisdom of the neurology of compassion.

Learn, not only the basis of what it means to strengthen your vagal tone, and compassionately wire your brain and body, so too the practices that you shall be able to take with you in order to continue to cultivate compassion throughout your lifespan.

DR REBEKAH SCOTNEY

Clinical Academic, School of Veterinary Science, UQ

Bio: Rebekah graduated from The University of Queensland (UQ) in 1993, taking her first position within the School of Veterinary Science shortly thereafter. Rebekah is an experienced Veterinary Technical Officer, qualified Veterinary Nurse and Workplace Trainer and Assessor. She has a strong background in animal welfare, behaviour and ethics. And, with more than 15 years' experience in facility management, Rebekah is the Director of the Clinical Studies Centre within the School of Veterinary Science.

Rebekah is a passionate researcher and educator specialising in the psychology of human – animal relationships. Rebekah lectures extensively in the areas of compassion fatigue, occupational stress and emotional intelligence and, provides thought-provoking seminars and workshops within the animal industry.

As Academic Program Coordinator of the Bachelor of Veterinary Technology degree, Rebekah teaches into the BAppSc, BVetTech and BVSc programs. She has a passion for teaching and a commitment to instil a desire in all students to embrace life-long learning.

Rebekah is highly regarded in her field, particularly for her leadership and mentoring expertise.

FELICITY COUPERTHWAITE

Health and Wellbeing Manager, Department of Health Safety and Environment, Queensland University of Technology

Bio: Felicity is a registered a psychologist and for the past six years Felicity has worked in the workplace rehabilitation sector, with a focus on supporting staff who have a mental illness either remain at work, or return to work. In 2014 she joined The University of Queensland as the Staff Support and Rehabilitation Advisor. During this time she started working with staff at UQ whose work with animals put them at risk for developing a mental illness.

Felicity is now working at Queensland University of Technology, continuing to work in the staff rehabilitation and wellness area, while maintaining her research interest in compassion fatigue risks for people who work in the animal research.

The Human-Animal Bond: how to balance the compassion equation in animal-related occupations

Abstract: Supporting employees who are at risk for a mental illness due to trauma is not new. Paramedics, defence personnel, police officers, nurses, especially those in palliative care units, social workers, and psychologist have long been identified as being at risk for developing a trauma related mental illness. Many of these careers are highly valued by the public, often because they are viewed as 'heroic' jobs. However, supporting staff who work with animals, has not had the same support or understanding from employers or from the public.

There are a large number of UQ staff employed in animal-related occupations; working with farm animals, domestic animals and, laboratory animals. In addition, many students and researchers work with an array of animals across many areas of UQ. In 2015, the University requested discussions around how to better support staff at the Gatton Campus where the School of Veterinary Science is based. The request resulted in Felicity Couperthwaite and Rebekah Scotney developing a partnership in developing an educational seminar series and, searching for opportunities to support and help staff who are at risk for developing a mental illness due to the nature of their work.

This presentation will provide an evidence-based overview of the incidence of Compassion Fatigue in animal-related occupations, and introduce our programs which in practice help build resiliency, and support staff and students at UQ, as well as other community-wide animal-related sectors.

DR JOY VERRINDER

Strategic Director, Animal Welfare League Qld

Joy Verrinder has a doctorate in animal ethics education and moral development from University of Queensland and a Masters' degree in Professional Ethics and Governance. She has served on the Boards of numerous animal organisations, as well as Queensland Government and Griffith University Animal Ethics Committees, and the Australian Government Animal Welfare Strategy Education Working Group. She is interested in the practical application of compassion and ethics and is currently the Strategic Director of the Animal Welfare League of Queensland (AWLQ), Australia, working with state and local governments, veterinarians, the pet industry and other animal welfare organisations to reduce the abandonment and killing of cats and dogs in pounds and shelters.

IDENTIFYING AND DEVELOPING ETHICAL SENSITIVITY TO ANIMAL ISSUES

ABSTRACT

Ethical sensitivity (ES) has been identified as one of the four necessary components of moral action. It includes the ability to interpret others' reactions and feelings, have empathy and role-taking skills, understand how one's actions affect the welfare and expectations of others and make inferences from other's behaviour. ES tests in relation to human ethics issues have been developed in various professions; however, little has been done to assess ethical sensitivity to animal issues. The aim of this study was to develop assessment tools to measure and enhance ethical sensitivity to animal issues, and determine relationships between ethical sensitivity and moral reasoning. Of a cohort of 115 third year veterinary students from the University of Queensland, Australia, 104 students gave permission to use their responses to written ethical sensitivity and moral judgment tests, and 51 to use their videoed role-plays to demonstrate ethical sensitivity to current animal farming issues. In the written test, students mean scores for recognition of animals' emotions, expression of empathy and recognition of alternative actions and their impacts improved after teaching. Scores did not increase for identification of their own emotions, moral conflicts between stakeholders and conflicts between legal, organisational and ethical responsibilities as a professional. There was no overall relationship between ethical sensitivity and moral reasoning scores. Further development of such ethical sensitivity tools should enable veterinary and animal science students to raise and address animal ethics issues and alleviate moral distress.

DR IRA VAN DER STEENSTRATEN

MD and Life Coach at Breeze Life Coaching

Bio: Dr Ira van der Steenstraten trained as a psychiatrist, psychotherapist and family therapist in the Netherlands. She has over 25 years of professional experience and worked in a variety of medical and therapeutic settings as a consultant psychiatrist.

Currently working as a Life Coach, Ira is the founder of **Breeze Life Coaching**. She is an internationally recognised and invited speaker that has developed several innovative Mindfulness and Resilience programs for adults and children.

Ira was commissioned by AMA Queensland to create and present the **Resilience on the Run** program, promoting psychological well-being in doctors. This program is currently funded by Queensland Health and is offered to all interns in Queensland.

Healthy doctors lead to happier and healthier patients -The Resilience on the Run program combatting burnout and compassion fatigue.

Abstract: Many healthcare workers are better at taking care of others than of themselves which can lead to burnout and compassion fatigue. The 2013 report by Beyondblue (1) showed Australian doctors and medical students experience significantly higher rates of psychological distress, anxiety, depression, burnout, and attempted suicide compared to the Australian population and to Australian professionals. The Resilience on the Run (RoR) program was developed for the Australian Medical Association Queensland (AMAQ) to increase mental wellbeing in (young) doctors.

The pilot and evaluation of the RoR program was conducted in 2015. After the successful and well received start, the program has been introduced in several teaching hospitals. Since 2017, Queensland Health is funding the program to ensure the delivery to all interns in Queensland. In May 2018 it has been awarded “Best Public Health Initiative” at the AMA National Conference, recognising the need for healthy doctors which can lead to better care and healthier patients.

This presentation will focus on an overview of the RoR program and its reception by the participants.

1. *National Mental Health Survey of Doctors and Medical Students.* Beyondblue, 2013. (https://www.beyondblue.org.au/docs/default-source/research-project-files/bl1132-report---nmhdmss-full-report_web.)