

2019 Compassion Symposium

Conference Program

8:30 – 9:00	Conference Registration	
OPENING PLENARY SESSION Riverview Room		
Open	Dr James Kirby <i>Conference introductory session</i>	
9.00 – 9.30	Celia Roberts <i>Compassion Focussed Yoga Therapy and Meditation</i>	
9.30 – 10.00	Dr Madeleine Ferrari <i>A Meta-analysis of Existing Self-compassion based Interventions: Effects of RCTs on Psychosocial Outcomes</i>	
10.00 – 10.30	Morning Tea (30 min)	
MORNING CONCURRENT STREAMS		
	Riverview Room	Seminar Rooms
10.30 – 11.00	Tarli Young <i>The Ethical Way to Wellbeing</i>	Dr Rebekah Scotney <i>Do we need a SAFETY VEST? A case for initiating a fully integrated Mental Health Ergonomics Curriculum for Veterinary and Animal Sciences students at UQ</i>
11.00 – 11.30	Adam Gerace <i>“Hold my hand and walk with me”: Empathy in the therapeutic relationship</i>	Georgina Lennard <i>Can boosting self-compassion improve post-partum outcomes for mothers and babies? A randomised controlled trial</i>

11.30 – 12.00	<p>Dr Petrina Barson</p> <p><i>Outcomes of teaching compassion cultivation to medical students at the University of Melbourne</i></p>	<p>Ashraf Badat, Dr Leigh Donovan, Alyson Gundry, Dr Penelope Slater & Rachel Edwards</p> <p><i>Alleviating suffering through compassion in a children's hospital</i></p>
12.00 – 12.30	<p>Dr David Roland</p> <p><i>The Power of Suffering and the Hero's Journey</i></p>	<p>Veya Seekis</p> <p><i>A Comparison study of Young Adults with Positive or Negative Body image: How is Self-compassion Approached as a Coping Strategy?</i></p>
10 min	<p>Session Buffer</p> <p><i>Accommodates for stream-swapping and speaker setup</i></p>	
12.40 – 13.30	<p>Lunch (50 min)</p>	

AFTERNOON CONCURRENT STREAMS		
	Riverview Room	Seminar Rooms
13.30 – 14.00	<p>Keren Jones and Zarinah Hienekamp</p> <p><i>Increasing Self-Compassion and Body Neutrality for University Students: The Journey of the "Freedom From Your Cage" program at UQ</i></p>	<p>Ali Nott and Fiona McDonald</p> <p><i>The impact of a manualised therapeutic program incorporating self-compassion on the well-being of adolescents impacted by cancer</i></p>
14.00 – 14.30	<p>Kate Clark & Lily Brisik</p> <p><i>Restorative Justice in the Queensland Criminal Justice System: Affected people finding compassion, self-compassion and peace in the aftermath of crime</i></p>	<p>Dr Rachel Bushing</p> <p><i>Rotten Apples: How Internalised Shame Compounds Mental Ill-Health in Children and Adolescents (And What We Can Do About It)</i></p>
14.30 – 15.00	<p>Alicia Carter</p> <p><i>Compassion focused therapy to treat body weight shame for individuals who are overweight or obese: a pilot trial</i></p>	<p>Dr Tara Hickey</p> <p><i>Evaluation of a Mindfulness with Compassion Program for Youth with Psychotic Symptoms</i></p>

15.00 – 15.30	<p>Helen Correia & Karee Stewart</p> <p><i>Compassion, care and community: exploring flows of compassion in cultivating compassionate environments</i></p>	<p>Lara Gama</p> <p><i>The role of fear of compassion, rumination and worry in the relationship between self-criticism and psychopathology</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>	
<p>AFTERNOON PLENARY SESSIONS</p> <p><i>Riverview Room</i></p>		
16:00 – 16:30	<p>Dr Kiera Buchanan, Amanda Donnet & Dr Hayley D Quinn</p> <p><i>Fierce Compassion: Smashing the patriarchy without harming those in it</i></p>	
Close	<p>Dr Stan Steindl</p> <p><i>Conference wrap-up session</i></p>	
16:30	<p>Estimated End of Event</p>	