



# The Gawler Foundation

## PROFOUND HEALING - SUSTAINABLE WELLBEING CONFERENCE

Saturday 13 & Sunday 14 November 2010 at Hilton on the Park - Melbourne

*Take an active role - make a difference to your health, happiness and life!*

*Be informed, inspired and motivated - access knowledge at the forefront of research*

*Learn skills and self-help techniques to prevent illness - manage your health and wellbeing*

### KEYNOTE PRESENTATIONS:

Dr Lesley Braun	<i>The role of diet and nutrition to prevent and help manage illness</i>
Dr Elizabeth Brophy	<i>Mainstreaming complementary medicine: Implications for the future of health care</i>
Dr Craig Hassed	<i>Physical Exercise: the wonder drug</i>
Dr Carole Hungerford	<i>Cancer: Missed opportunities in prevention and treatment</i>
Prof George Jelinek	<i>What have we learned from Vioxx: The Pharmaceutical Industry in Court</i>
Dr David Morawetz	<i>How to sleep better without drugs</i>
Prof Margaret O'Connor	<i>The holistic philosophy in palliative care - what does this mean in practice</i>
Prof Ian Olver (CEO Cancer Council Australia)	<i>Perspectives on complementary and alternative medicine</i>
Prof Kerry Phelp	<i>Future Medicine vs Medical Conservatism</i>
Prof Avni Sali	<i>An integrative approach to the prevention and care of people with cancer &amp; chronic illness</i>
Rabbi Laibl Wolff	<i>Willpower and Wellness - A spiritual matrix</i>

PANEL DISCUSSION: **Integrative Health Care: challenges, opportunities and vision for the future**  
with Prof Avni Sali, Prof Kerry Phelp, Prof Ian Olver, Dr Craig Hassed, Dr Lesley Braun, Dr Elizabeth Brophy

### INTERACTIVE WORKSHOPS:

Dr Elizabeth Brophy	<i>Consumer choice in health care</i>
Dr Bernie Crimmins	<i>Exercise: How to embed it into your life</i>
Sandra Dubs	<i>Food as Medicine: Nutrition and wholefood for wellness</i>
Dr Ruth Gawler	<i>Doctor-Patient Relationships: Effective communication</i>
Dr Craig Hassed	<i>Mindfulness</i>
Dr Carole Hungerford	<i>Exploring what you and your doctor can do to achieve good health in the 21<sup>st</sup> century</i>
Prof George Jelinek	<i>Healing: More than just fixing the body</i>
Dr Louise Mahler	<i>Vocal Intelligence: The healing power of sound</i>
Dr David Morawetz	<i>How to sleep better: Learn effective techniques</i>
Prof Margaret O'Connor	<i>The Nurse's role in patient centred health care</i>
Prof Avni Sali	<i>Prevention and treatment of cancer and chronic illness</i>
Rabbi Laibl Wolff	<i>Don't just manage anger, get rid of it: Mastering emotions for wellbeing</i>

PERSONAL STORY: Dr Brian Meade *So you have prostate cancer too!*  
*A medical scientist with prostate cancer asks questions, finds answers*

LUNCHTIME ACTIVITIES: Paul Bedson Qigong - Phillipa Challis Laughter session **MUSIC:** Michael Johnson Harp

#### AN EXCITING, INFORMATIVE AND INSPIRING EVENT FOR

- ❖ Everyone interested in prevention and wellbeing to enhance their own health
- ❖ People, their families and carers affected by cancer, MS or other illnesses
- ❖ Health Professionals: RACGP QA&CPD Program Total 24 Points (Category 2)

**ACTIVELY PARTICIPATE WITH KEYNOTE SPEAKERS - COME ONE OR BOTH DAYS**

**EMPOWER YOURSELF TO TAKE AN ACTIVE ROLE IN YOUR HEALTH AND WELLBEING!**

*A few written comments from last year: "Thank you for such a wonderful, inspiring and deeply supportive conference. Outstanding event - a great variety of speakers and topics. I came for knowledge and inspiration and got plenty of each. Everything was wonderful - different perspectives and integrating scientific research into a holistic approach. Excellent! I was moved, inspired and well informed at every level and it surpassed by far all my expectations. Just brilliant - Thank you"*

Conference Registration Fees (including Sessions; Morning/Afternoon Teas and Lunch)

One Day: \$190 per person    Gawler Foundation Member \$175    Concession \$160

Two Days: \$350 per person    Gawler Foundation Member \$325    Concession \$300

For bookings: The Gawler Foundation PO Box 77 Yarra Junction VIC 3797

Tel: (03) 5967 1730

Email: [info@gawler.org](mailto:info@gawler.org)

Website: [www.gawler.org](http://www.gawler.org)

Please Note: This conference program is true and accurate to the best available information at time of printing

**Lesley Braun** PhD B.Pharm DipAppSci Naturopathy Grad Dip Phytotherapy

A trained pharmacist and naturopath with post-graduate qualifications in herbal medicine; Senior Research Fellow in Dept of Surgery, Monash University at Alfred Hospital and Research Supervisor; Vice President of National Herbalists Assoc of Australia and member of many advisory boards. She developed the Mayne herb-drug interaction guide and is co-author of *Herbs & Natural Supplements: an evidence based perspective*.

**Elizabeth Brophy** PhD LLB DipSocStud MSW(Hons)

Elizabeth is a barrister and mediator with a special interest in health and medical law. She is a leading expert in the regulation of the integration of complementary medicine and legal issues related to the practice of complementary medicine. Elizabeth has authored papers and presented at national and international conferences in this area.

**Dr Bernie Crimmins** MBBS Grad Dip Human Nutrition MPH (Nutrition)

A general practitioner since 1983, after graduation from Melbourne University and residency years at St Vincent's Hospital. With a Graduate Diploma in Human Nutrition and Masters Degree in Public Health, his special interests are nutrition, weight management and sports medicine. The Hawthorn Football Club's Medical Officer for 15 years, Bernie's other area of interest is Men's Health and he is the author of *Bloke's Health*.

**Sandra Dubs** B.Bus(Acc) B.Bus(Mkt) Grad.Dip.Appl.Sc (Nutritional & Environmental Medicine)

A Wholefood Nutritionist, Natural Food Educator and Cooking Teacher for 25 years, Sandra taught *Food as Medicine* at Monash University Medical School and recently appointed as Wholefood Nutritional Consultant for the National Institute of Integrative Medicine. She runs nutrition and wholefoods courses and passionately creates health supportive wellbeing programs here and overseas for corporate and private clients.

**Dr Ruth Gawler** MBBS MGPPsych FACPsychMed FPA(Cert)

A medical practitioner and therapist, Ruth believes strongly in the benefits of integrating orthodox and complementary medicine and the use of counselling to obtain a fully encompassed approach to health. Ruth enjoys assisting people to take responsibility and direct their own healing and has a special interest in the therapeutic application of meditation.

**Dr Craig Hassed** MBBS FRACGP

A General Practitioner and Senior Lecturer at Monash University, Dept of General Practice. Craig's teaching, research and clinical interests involve mindfulness-based stress management, mind-body medicine, meditation, holistic healthcare, integrative medicine and medical ethics. He is a regular media commentator on these issues and author of *New Frontiers in Medicine*, *Know Thyself* and recently *The Essence of Health*.

**Dr Carole Hungerford** BA MBBS FACNEM

A general practitioner, Carole worked for five years in London and now shares time between her rural practice in Bathurst and inner-city practice in Sydney. She helps educate young graduates for the RACGP and is a fellow of ACNEM. Carole's book *Good Health in the 21st Century* won the 2006 Qld Premiers literary awards for science writing. She has a special interest in organic farming, nutritional and environmental medicine.

**Professor George Jelinek** MBBS MD DipDHM FACEM

Professorial Fellow, Dept of Medicine, University of Melbourne (St Vincents Hospital); Former President of Australasian Society for Emergency Medicine; Emeritus Editor of the journal *Emergency Medicine Australasia*; author of several textbooks in Emergency Medicine. An MS survivor, author of *Overcoming Multiple Sclerosis*, he offers a unique perspective based upon scientific research, clinical experience and profound insight.

**Louise Mahler** PhD BEcon BMus MAppSc GradDipMus LMusA

Louise's work *Vocal Intelligence* has made a dramatic impact for many individuals and organizations. At the peak of her career as a former opera singer with a soloists contract at the Vienna State Opera, Louise 'lost her voice' in a crisis of confidence. She found it again through award winning study that connects voice, body and mind in pathways to knowledge that is applied to all aspects of life including work, health and wellbeing.

**Brian Meade** BSc(Hons) PhD

Brian majored in Clinical Biochemistry, Pathology and Endocrinology for his first science degree. Awarded a PhD in 1987 by Deakin University, he lectured in Physiology and Endocrinology and did research on the immune system. A former Chief Investigator for many research projects, he has a special interest in the biochemistry, molecular biology and endocrinology of cancer in general and the impact of nutrition and nutraceuticals.

**David Morawetz** BA(Hons) MSc(Econ) PhD MEd(Counselling) MPsych

A clinical and counselling psychologist in Melbourne, David is widely acknowledged as one of Australia's foremost experts on helping people to sleep better without medication. He has published articles on sleep in the United States, Netherlands and Australia and presented papers at conferences overseas. He has taught postgraduate classes on sleep therapy and other subjects at La Trobe, Monash and Swinburne Universities.

**Professor Margaret O'Connor** AM RN DN MN B.Theol FRCNA

Margaret has held The Vivian Bullwinkel Chair for 7 years, which encompasses 3 clinical partners. President of Palliative Care Australia, she is responsible for the Palliative Care Research Team in the School of Nursing & Midwifery, Monash University and manages a number of clinical research projects. She sits on many state, national & international committees related to palliative care and is well published in her research areas.

**Professor Ian Olver** MD PhD CMin FRACP FACHPM MRACMA CEO Cancer Council Australia

A practicing oncologist for over 25 years, he completed a PhD in bioethics exploring life and death issues; trained in medical oncology at Peter MacCallum Cancer Institute, Alfred Hospital and University of Maryland Cancer Centre in Baltimore. Prof Olver serves on many boards including the National Breast and Ovarian Cancer Centre, executive of the Clinical Oncological Society of Australia and Advisory Board of Cancer Australia.

**Professor Kerryn Phelps** MBBS FRACGP FAMA

Adjunct Professor at Sydney University Faculty of Medicine; First female Federal President of the Australian Medical Association elected in 2000; Awarded the Centenary Medal for services to Health and Medicine in 2003; President of the Australasian Integrative Medical Association elected in 2009. Kerryn appears regularly in the media, has two medical clinics in Sydney and her particular interest is in the area of Integrative medicine.

**Professor Avni Sali** MBBS PhD FRACS FACS FACNEM

Director National Institute of Integrative Medicine; former Head of Graduate School of Integrative Medicine Swinburne University & University of Melbourne Dept of Surgery Heidelberg Hospital; President International Council of Integrative Medicine; International Advisory Board of American Academy Anti-Ageing Medicine; Board Member The Gawler Foundation. His expertise is the cause of disease, cancer & difficult clinical problems.

**Rabbi Laibl Wolf** LL.B M.Ed.Psych D.Div

A world-wide lecturer in comparative spiritual wisdoms, Laibl is a much sought after personal growth consultant blending contemporary psychology with ancient teachings to facilitate a holistically based behavioural approach to success and wellness. Trained in law and psychology, he is an unusual blend of Hassidic Rabbi and universal teacher, equally at home in a Buddhist ashram as he is in a synagogue or counselling practice.