



The Gawler Foundation

'PROFOUND HEALING - SUSTAINABLE WELLBEING' CONFERENCE

Saturday 14 & Sunday 15 November at Hilton on the Park - Melbourne

Be informed, inspired and motivated

Gain access to knowledge at the forefront of research findings

Participate in interactive workshops covering a wide range of topics

Learn critical factors that can make a difference to your health, happiness and life!

KEYNOTE SPEAKERS

Assoc Prof Nick Allen	<i>Preventing depression: new directions</i>
Dr Grant Blashki	<i>Climate change and health: Living lighter in the 21st century</i>
Dr Sherelle Dye	<i>Balancing hope and realism when facing a serious illness</i>
Dr Ian Gawler	<i>Lifestyle as a therapy for cancer, multiple sclerosis and other illnesses</i>
Dr Craig Hassed	<i>The essence of health - mind and brain</i>
Dr Carole Hungerford	<i>Epigenetics: Nature and nurture converge - genes switched on or off by environment and lifestyle</i>
Chris James	<i>Transformation through sound</i>
Petrea King	<i>The point of stillness in a changing world</i>
Prof Ian Olver	<i>Challenges of integrating conventional and complementary treatments for patients with cancer</i>
Prof Avni Sali	<i>Advances in the prevention and integrative care of cancer and chronic illness</i>
Swami Shankarananda	<i>Self-inquiry: the direct means to inner healing</i>
Dr Michelle Woolhouse	<i>Managing your anxieties</i>

PANEL DISCUSSION *Integrative Cancer Management: challenges, opportunities and vision for the future*
with Prof Ian Olver (CEO Cancer Council Australia), Petrea King, Dr Craig Hassed and Dr Ian Gawler

INTERACTIVE WORKSHOPS (optional lunch time activities: Qigong - Paul Bedson or Laughter session - Phillipa Challis)

Assoc Prof Nick Allen	<i>Managing depression: Integrating cognitive, behavioural and meditation based approaches</i>
Dr Tania Ash	<i>Women's health: Navigating the hormone web</i>
Dr Ruth Gawler	<i>Mindfulness-based pain management</i>
Dr Ian Gawler	<i>Nutrition: Food as therapy</i>
Dr Craig Hassed	<i>Mindfulness meditation</i>
Dr Carole Hungerford	<i>Things you can do to get the best out of the genetic hand you have been dealt</i>
Chris James	<i>Joy-Full Voice: Unlock creative and healing aspects of yourself</i>
Petrea King	<i>The point of stillness</i>
Helen Nikolas	<i>Healing through songs and stories - messages straight to the heart</i>
Prof Avni Sali	<i>An integrative approach to the care of people with cancer and chronic illness</i>
Swami Shankarananda and Swami Bhairavi Ananda	<i>Self-inquiry: Removing the blocks to the great power that is within you</i>
Dr Michelle Woolhouse	<i>Energy medicine and brain training</i>

AN EXCITING, INFORMATIVE AND INSPIRING EVENT FOR ALL

- ❖ 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**

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

One Day: \$180 per person	Gawler Foundation Member \$165	Concession \$150
Two Days: \$330 per person	Gawler Foundation Member \$300	Concession \$280

For bookings: The Gawler Foundation PO Box 77 Yarra Junction VIC 3797
Tel: (03) 5967 1730 Email: info@gawler.org Website: www.gawler.org

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

Associate Professor Nicholas Allen BSc(Hons) MSc PhD MAPS

A Clinical Psychologist and Principal Research Fellow at the OREGON Research Centre, Nick is also Assoc. Professor in the Dept of Psychology at the University of Melbourne and is head of their Affective Neuroscience Laboratory. Nick's research programs have addressed psychological and biological aspects of vulnerability to depression, and the treatment and prevention of depression using cognitive behavioural techniques.

Dr Tania Ash MBBS FRACGP DipACNEM

Tania has lectured for and advised the Australasian Academy of Anti-aging Medicine (A5M) over the past 3 years. She is a media liaison medical doctor for A5M and currently writing her first Integrative medical book for the general public. Tania specialises in a wide range of medical areas encompassing women's and men's health, wellness consultations, genetic evaluations, preventative health including dietary and lifestyle advice.

Dr Grant Blashki MD MBBS FRACGP

Grant is a GP, a senior research fellow at the Nossal Institute for Global Health, University of Melbourne, a visiting fellow at the Australian National University, and an honorary lecturer at Kings College London. He has co-authored 65 publications in peer reviewed journals, is a clinical advisor to beyondblue, a mentor in the Al Gore Climate Leadership Project and a co-founder of Doctors for the Environment Australia.

Dr Sherelle Dye BMus(Hons) BLitt(Hons) MPsyCh(Clinical) PhD

Research Officer, The Gawler Foundation and Academic Visitor, Department of Medicine, University of Melbourne. Having worked in allied health for 20 years, Sherelle's research and clinical experience encompasses the fields of psychology, linguistics, music therapy and yoga. She specialises in integrated approaches to enhance physical, emotional and spiritual wellbeing.

Dr Ian Gawler OAM BVSc MCounsHS

Founder of The Gawler Foundation, Ian is a pioneer in the development and application of meditation and other mind-body medicine techniques. With initial training in veterinary science, Ian holds a Masters degree in Counselling and Human Services. He is a therapist and author of many books and CDs, including *You Can Conquer Cancer*, *Peace of Mind*, *Meditation Pure and Simple*, *The Creative Power of Imagery*.

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.

Chris James

Chris teaches internationally about the healing power of the voice, song, sound and meditation. Through discovering our natural voice, we learn to trust our creativity and intuition, speak our truth and be heard. Founder of The International School of Sacred Sound and Patron of The UK College of Sound Healing, Chris is renowned for his ability to unite audiences of thousands in song, facilitate intimate groups and conferences.

Petrea King ND DBM DRM Dip CI Hyp IYTA

Petrea is a best-selling author of 8 books and a dozen meditation CDs. She is the Founding Director of the Quest for Life Foundation. Since her recovery from leukaemia in 1984, Petrea has inspired people facing life's greatest challenges to make meaning of their circumstances. Petrea is a regular guest in the media and has been nominated for numerous awards including Australian of the Year each year since 2003.

Helen Nikolas FCHSE BSc MPHc MPHAA APD RMT

Therapeutic Director at The Gawler Foundation, Helen is a Fellow of the Australian College of Health Service Executives. She is completing a Dr of Public Health looking at Arts in Healthcare, following a Masters in Primary Health Care. As an Accredited Practising Dietitian, accredited Tai Chi instructor and Registered Massage Therapist, Helen has worked with a wellness focus for over 20 years including people living with cancer.

Professor Ian Olver MD PhD CMin FRACP FChPM 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 Avni Sali MBBS PhD FRACS FACS FACNEM

Director National Institute of Integrative Medicine; President Australasian Integrative Medicine Association; President International Council of Integrative Medicine; International Advisory Board of the American Academy of Anti-Ageing Medicine; Board Member of The Gawler Foundation.

Swami Shankarananda "Swamiji" is Director of the Shiva Ashram. Originally from New York, he left his academic career to go to India in 1970. His teacher, Swami Muktananda, a Siddha yogi, instructed Swamiji in the awakening and guiding of the Kundalini power. Swamiji emphasises Kashmir Shaivism, the philosophy of Consciousness, and the practice of Self-inquiry, connecting with and sustaining one's inner power.

Swami Bhairavi Ananda, affectionately known as "Devi Ma", has been instrumental in establishing the Shiva Ashram. A former Gestalt therapist, she worked with Swamiji in developing and refining the Shiva Process Self-inquiry method and is a key teacher in training other teachers as well as working with individuals in private counselling. She is also the former president of the Yoga Teachers Assoc of Australia.

Dr Michelle Woolhouse MBBS FRACGP Dip.Acup Dip.Hypnotherapy

An inspiring general practitioner with a special interest in holistic medicine, she works with people's mental, spiritual, emotional and physical health to help create optimal wellness and inner harmony. Michelle completed post-graduate studies in Nutritional and Environmental Medicine, is a qualified Acupuncturist and Sound Therapist. She offers unique tools for enhancing mindfulness, developing self-awareness and wellbeing.