

Australian Lesbian Medical Association  
presents  
**The Fifteenth  
Annual Members' Conference  
NEWCASTLE**

***Achieving.  
Balance.***

Thursday 4<sup>th</sup> July to Sunday 7<sup>th</sup> July 2013  
Noah's On The Beach, Newcastle, NSW



CME points have been applied for from the RACGP for GP attendees



[www.almas.org.au](http://www.almas.org.au)

## Conference Outline



ALMA has grown into a robust and healthy teenager and we are returning to Newcastle for her 15<sup>th</sup> birthday. The organisation was born in this city 15 years ago, so a return seems like a great way to celebrate. The conference will be held at the fabulous waterfront hotel and conference centre, “Noah’s On The Beach”. This stunning venue overlooks both the beach and the Hunter River. The “Three Beach Coastal Walk” is on our doorstep. Nearby recreational opportunities include Whale Watching Tours, Scenic flights, drives into the renowned wine lovers paradise of the Hunter Valley. The 2013 conference will focus on the persisting challenge of achieving balance in work and life and will

be a family-friendly conference. There is an opportunity to extend your stay into a delightful holiday.

**Note: Yoga/Relaxation sessions** in the morning or evening can be organised. If you would like to participate in this please phone Elizabeth Godleman on 0247511375 or 0423 313 240 to agree a suitable time. This can vary from very gentle, beginners’ sessions to more dynamic sessions depending on the wishes of the women who attend. Possible times might be 7 a.m. or 5 p.m. on both Friday and Saturday.

**Also note:** we’ll have keyboard, guitar and a few drums available. Bring your musical instruments. Perform on an impromptu basis, or if you are interested in a jam, or in performing email Carol ([agnodice@bigpond.com](mailto:agnodice@bigpond.com))

### Thursday, July 4th

Join us in **The Noah’s Boardroom** on level six for a relaxed evening. We’ll get some “take-away”, catch up with old friends and make new ones. The room has an espresso coffee machine, a large TV & DVD player, and space for an esky (for byo etoh). There will be cards and board games available for those who feel so inclined. Phone Carol on 0412 175 974 if you have any difficulty finding us.

### Friday, July 5th

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|-------------------------|--|
| <b>8.00 - 9.00am:</b>   | <b>Registration</b> , meet and chat with Tea and Coffee  |
| <b>9.00 - 9.20am:</b>   | <b>Welcome and Introductions</b>   |
| <b>9.20 - 10.30am:</b>  | <b>Achieving Balance – panel discussion (and much more).</b> We will ask the question “Are high achievement and personal balance mutually exclusive concepts?” We will also explore the group’s wisdom about balancing medicine with caring for ourselves and those we love.   |
| <b>10.30 - 11.00am:</b> | <b>Morning Tea</b>   |
| <b>11.00 - 12.30pm:</b> | <b>Applied Neuroscience</b> Self management strategies for enhanced health.<br>Ilsa Jauenberzins <a href="http://powermind.com.au">http://powermind.com.au</a>   |
| <b>12.30 - 2.00pm:</b>  | <b>Lunch</b>   |
| <b>2.00 - 3.00pm:</b>   | <b>Lesbian Health Update</b> Dr Kimberly Ivory and Dr Katrina Allen  |
| <b>3.00 - 3.30pm:</b>   | <b>ALMA Legend</b> This year’s ALMA legend will be interviewed by Dr Vicki Bennett   |
| <b>3.30 - 4.00pm:</b>   | <b>Afternoon Tea</b>   |
| <b>4.00 - 5.00pm:</b>   | <b>ALMA AGM</b>  |
| <b>7.30pm</b>           | <b>Student dinner – Noah’s Board Room</b><br><b>Other ALMAs:</b> dinner in a local restaurant – details to be advised. Followed by a relaxing evening in the Harbour View Room. We can choose whether we would prefer fun, facilitated games, making our own music (if anyone wants to pick up an instrument), or alternatively a good lesbian movie or two (please bring your favourite DVDs to share). |

## Saturday, July 6th

- 8.30 - 9.00am:** Registration with Tea and Coffee
- 9.00 - 9.30am** **Achievement and Balance – Opening Remarks and Welcome – Ms Janet Dore**  
Janet was previously the General Manager of Newcastle City Council (1999 – 2007) and is now the Chief Executive Officer of the Transport Accident Commission in Victoria. She is a leader with vision and has held an impressive array of senior positions. Janet came out publically in 2007 when she and her partner of 25 years were among those featured in the 2007 Rainbow Visions Gay and Lesbian Calendar. Janet is a woman who is able to comment on issues around balancing a demanding career and a personal life.
- 9.30 - 10.15am** **Who are the ALMAs?**
- 10.15 - 10.45am** **Keynote Session**  
**The antidote to Scientific Fraud: Taking action through collaboration**  
**Case Study – Professor Anne Tonkin**  
A decade ago, Professor Anne Tonkin was contacted by a colleague in child psychiatry who was concerned about misleading research papers purporting to support the use of antidepressants in children. The ensuing journey revealed the extent of action which had been taken to suppress objective scientific review. Anne comments on the issues.
- 10.45 - 11.15am** Morning Tea
- 11.15 - 11.45am** **The antidote to Scientific Fraud: Taking action through collaboration**  
**Case Study – Dr Ea Mulligan**  
A decade ago Dr Ea Mulligan was encouraged by colleagues in women's health to work out how mifepristone could be made available to women in South Australia. This led to a journey that revealed the extent of opposition to women's self determination and how this is expressed in obstructing access to abortion medications.
- 11.45 - 12.15pm** **Facing the Challenges** A small group opportunity to explore how to make hard decisions well, how to elicit support when the consequences become threatening, how to use your skills as a doctor (and a scientist) as tools for social change.  
Facilitators: Dr Ea Mulligan, Dr Carol Booth, Prof Anne Tonkin.
- 12.30 - 1.30pm** **Lunch**
- 1.30 - 3.30pm** **Physician Heal Thyself - Dr Genevieve Yates**  
Genevieve will facilitate a reading of an abridged version of her play. This is the story of Emma, a rural GP who is having a challenging day at the practice. Have a laugh and reflect on the crazy lives we sometimes lead. This will be followed by a facilitated discussion. On the registration form, tick the box if you are a volunteer reader (no acting ability necessary). Genevieve is a medical educator, rural GP, regular columnist for Australian Doctor and playwright. Her plays have been performed and received with acclaim throughout Australia.
- 3.30 - 4.00pm** **Afternoon tea**
- 4.00 - 5.00pm** **Concurrent Streams**
- 1. Clinical Stream** Airway Management (Dr Robyn Price, Anaesthetist); Pulsus Paradoxus, Respiration & the Cardiac Cycle (Dr Susan Bennet, GP/Educator); Managing Patients who are at risk of self harm (Dr Sandra Radovini, Child Psychiatrist)
  - 2. Facilitated Writing Workshop – Dr Genevieve Yates** – an opportunity to explore writing techniques. The workshop will also allow you to explore issues arising from the play, a professional or personal issue, or alternatively to simply explore writing for fun.
  - 3. Journal club – “Boundaries for Lesbian Physicians”**  
Link to the article: <http://dx.doi.org/10.1080/19359700903368746>
  - 4. Beach Volley Ball**
- 5.00pm:** **Wine Tasting** - watch this space
- 7.00pm:** **ALMA Conference Dinner.** The theme is **“Bring Out Your Bling!** Let your party animal out of the closet! The dinner will be in the glamorous Promenade Ballroom at Noah's, so you're invited to glam up and strut your stuff in your formal or party clothes. Dust off your tux or sew on your sequins and get ready to twinkle-toe the evening away.

## Sunday, July 7th

- 8.00am:** **Registration – Breakfast** will be served from 8am to 10am. The cost has been included in your registration. So don't miss out, come along for this delicious gathering, share breakfast with other ALMAs and simultaneously take part in the following sessions:
- 9.00 - 9.30am:** **Special interest groups meet over coffee and breakfast.**
- **Medical Curriculum Interest Group**
  - **DocLIST Interest Group**
  - **United Nations / International Politics Interest Group**
  - **Any other ALMA facilitator may organise a meeting during this time (or earlier if there are enthusiastic participants).**
- 9.30 - 10.30am:** **“Champagne and sex for breakfast” – Find out just how much you know about lesbian sex and lesbian sexual health!** Don't miss out, breakfast will continue to be served till 10am. (The cost of this was included in your conference registration).
- 10.30 - 11.00am:** **Morning Tea**
- 11.00 - 1.00pm:** **Concurrent Streams:**
- Wake up your Body - Yoga and Relaxation** Release stress and tension in body and mind: A yoga class for everyone, commencing with a short relaxation using the breath. A combination of asanas (postures), pranayama (breathing practices), at an introductory level with the possibility of more difficult variations for those with some yoga experience. The class finishes with a deep relaxation (visualisation), to bring us into contact with a deep reservoir of peace and harmony within. **Elizabeth Godleman** is a qualified yoga teacher (IYTA, Assoc Member SYTA) and an RN. She has practised Hatha Yoga in New Zealand, Australia and India for 30 years and has taught Yoga and Relaxation in the Blue Mountains (NSW) since 1990. Elizabeth currently teaches Relaxation and Meditation, Back-care, Hatha Yoga and Challenging Yoga to people of all ages from teens to 90+ years. She also teaches relaxation and meditation privately to those suffering from P.T.S.D.
- How to achieve your goals – Life Coaching Workshop – Liz Hammond.** Live your life the way you want to! This workshop will be limited to 10 participants so registration is required. In order to get the maximum out of this two-hour session you will be offered the opportunity to complete a preliminary preparatory activity. Liz is an educator & a highly skilled trainer who in the past 30 years has worked in education, health, health promotion, women's health research and related fields. Liz is a passionate advocate for the view that knowing one's life purpose and living with purpose has a huge impact on the choices we make, how we live our lives and our overall effectiveness or happiness.
- Mind Mapping and Mindfulness in Medicine -** ALMA Members share their expertise. Dr **Wendy Pryor** will teach the Mind Mapping techniques which she has used for a variety of personal, educational and medical applications and **Dr Carol Booth** will build on the mindfulness exercises presented at the 2012 ALMA conference. Carol will examine the evidence for the use of Mindfulness in medical practice. She will also teach how to use meditation techniques as an exam prep tool.
- 1.00 - 2.00pm:** **Lunch**
- 2.00 - 3.00pm:** **Lesbians doing it for themselves. Poetry Slam**
- 3.00 - 3.30pm:** **Plenary - The wisdom of the weekend concentrated in pithy take-away packages.**
- 3.30pm:** **Conference Closure over Afternoon Tea:** thanks to the Conference Organising Committee and outgoing National Committee.



## Conference Payment Options and Details

**Pay by Post:** complete the Registration Form and send with your cheque to: Alma Accounts, PO Box 256, South West Rocks, NSW, 2431. Early Bird Registrations must be postmarked by **1/6/2013**

**Pay by BPAY:** Your ALMA membership number is your BPAY customer reference number. If paying by BPAY, you must still complete a Registration Form and return to the postal address above, or fax to 02 6566 6679.

**Non Members:** A customer reference number is needed to use BPAY. This is available by contacting Gail Sheehan.



ALMA's Biller Code: 585828  
Customer Reference Number  
= your ALMA membership Number

## Notes from the Conference Organisers

The conference is a non-profit venture. The fees associated with the conference are the costs of making it happen. The work involved in presenting the conference has been done voluntarily, by your colleagues.

**Partners** are encouraged to register for all or part of the conference at concession rates and to join us for meals.

**Medical Students** are fully subsidised by ALMA to attend the Conference Programme and Dinner.

**Concessions:** The Concession Rate is also available to doctors in situations of hardship. Further subsidies for travel and accommodation may be available to doctors and medical students if financial issues would prevent you attending the Conference. **Please do not miss out because of finances!** Contact details to discuss this are below.

**Accommodation: book ASAP to ensure you don't miss out.** Check the accommodation brochure. It includes details to suit individual tastes and budgets. Please book your accommodation directly with the establishment of your choice.

### **Contact People:**

#### **Regarding Registration Forms and BPAY numbers:**

Gail Sheehan: Administrative Assistant: [gail.ruth@bigpond.com](mailto:gail.ruth@bigpond.com) or ph: 0428 654922

#### **Regarding conference subsidies or ALMA membership:**

Dr Carol Booth [agnodice@bigpond.com](mailto:agnodice@bigpond.com) or phone 0412 175 974 or

Dr Susan Bennet [lilibell@bigpond.net.au](mailto:lilibell@bigpond.net.au) or phone 0419 720 052

This is a draft program. We reserve the right to make any necessary alterations.