

I) Health Psychology in the country: Australia 2017

- No changes in the status of health psychology in Australia since 2016 report.

II) Education, training & professionalization

1. PROMOTION OF HEALTH PSYCHOLOGY

- The annual Australian Psychological Society (APS) Expo on Postgraduate Psychology Courses is confirmed for 2017. A representative from the Queensland section of the APS College of Health Psychologists will present a brief presentation on the specialisation of health psychology. Where: Connaught/Norfolk Room Pullman Hotel, King George Square, Brisbane When: 11.30 - 3.00 pm, Saturday 26 August 2017.
- There are two main societies in Australia that promote health psychology
 - Australian Psychological Society College of Health Psychologists. Dr Allison Clarke is National Chair. Dr Kyra Hamilton is State Chair (Queensland). See <https://groups.psychology.org.au/chp/>
 - Australasian Society of Behavioural Health and Medicine (ASBHM). Associate Prof Barbara Mullan is President. See <https://asbhm.com/>

2. EDUCATION AND TRAINING INITIATIVES/PROGRAMS

- Currently only two Australian Universities offer postgraduate training in Health Psychology at the Master degree level
 - University of Queensland, Queensland. See http://www.uq.edu.au/study/program.html?acad_prog=5666
 - The University of Adelaide, South Australia. See http://www.adelaide.edu.au/degree-finder/mpsyh_mpsyhealth.html

III) Activities

3. CONFERENCES

- The first joint conference of Australasian Society of Behavioural Health and Medicine and Australian Psychological Society College of Health Psychologists was held at the Crowne Plaza, Surfers Paradise Gold Coast, on 13-15th July 2017.

Conference highlights...

The keynote addresses included:

- 1) Treating a depressed cardiac patient: From research to practice and back. *Professor Karina Davidson*
- 2) Improving outcomes in chronic disease: What are we missing? *Professor Suzanne Chambers*
- 3) A proposal to build capacity to disseminate health psychology services in Australia. *Professor John Toumbourou*

The workshops included topics such as:

- Making healthy choices easier by making them automatic: Building good habits
- Embedding motivational interviewing in your therapeutic work
- Playing sick? Patients that present with medically unexplained symptoms
- Non-medical treatment for chronic pain: clinical technique

Thank You!!

A big thank you to the organisers of the conference for all their time and commitment:

Local Organising Committee: Dr Esben Strodl, Dr Sally Sargeant, Professor Lina Ricciardelli, Associate Professor Barbara Mullan, Dr Kyra Hamilton, Associate Professor Peta Stapleton, Dr Carina Chan

Scientific Committee: Associate Professor Barbara Mullan, Associate Professor Marie Caltabiano, Dr Emily Kothe, Dr Kyra Hamilton

A special thank you to the chairs of sessions, student volunteers, presenters and all those who attended and made the event such a success.

In the spotlight...

It is worth bringing to your attention some of the comprehensive media coverage that was received pre and post conference.

- APS Media Release, Courier Mail - Dr Jacquie Mills, [Fat Talk and its impact on body image](#)
- ABC Perth, Medical Republic - Karina Davidson, [Depression and Cardiac Disease](#)
- ABC Gold Coast Radio - Professor Lina Ricciardelli, Conference overview; Archana Ranganathan, Young adult intimate partner violence
- Courier Mail - Brett Carter, Obesity and food labelling
- Medical Republic, Dr Suzanne Chambers, [Don't be mindless when it comes to mindfulness](#)
- Sydney Morning Herald, The Daily Telegraph - Professor Marie Caltabiano, Instagram and body dissatisfaction
- The Australian - Anna Rayward, Middle-age and sleep/physical activity

Radio National Life Matters program is arranging to interview a number of presenters post-Conference, to be broadcast over the coming weeks:

- Mario Caltabiano, discussing Instagram and body image
- Peta Stapleton and Janine Chapman discussing food cravings
- Dorothy Frost discussing injury and return to work
- Barbara Mullans, discussing habits and behaviour change.
- Helen Winefield, discussing work stress and obesity.
- Jacqueline Mills, discussing fat talk and body image.

4) PUBLICATIONS

- Many Australian EHPS members have published high impact papers in 2017.

5) RESEARCH GROUPS

- Health Psychology and Behavioural Medicine (HPBM) research group, Curtin University. See [HPBM Research Group](#)
- Menzies Health Institute Queensland, Building Health Communities, Griffith University. See <https://www.griffith.edu.au/health/menzies-health-institute-queensland>
- Health and Psychology Innovations (HaPI) research lab, Griffith University. See [HAPI RESEARCH LAB](#)

6) OTHER ACTIVITIES

- Designing bridging courses to increase numbers of Health Psychologists; currently Australia has only bridging course.
- APS College of Health Psychologists
 - Proposal for a new membership category and a change in the name of current member category. More to come on this.
 - Explore more funding options for health psychology – includes Medicare items but also funding through Primary Health Networks, Private Health Insurers, and other potential sources. This will require a more coordinated lobbying campaign and being active in making submissions to Government inquiries. More to come on this.
 - Support the College's efforts to establish a company that can provide high quality health psychology services. More to come on this.

7) PLANNED/FUTURE ACTIVITIES AND INITIATIVES

- The planning has started for the next APS College of Health Psychologists conference to be held in Adelaide, South Australia in 2019.
- The planning has started for the next ASBHM conference to be held in Christchurch, New Zealand in 2019.