

GROUP THERAPY DAY PROGRAMS



Trauma Recovery Programs

- Military Service Related
- Employment Related

Military Service Alcohol Day Treatment Program

Military Service Trauma Relapse Prevention Program

Military Service Anger Management Treatment Program

CBT Anxiety and Mood Disorder Programs

To Whom It May Concern

9 March 2021

Dear Sir/Madam

Post-traumatic Stress Disorder affects over one million Australians and occurs at higher prevalence amongst our current and ex-serving military and emergency services personnel. One quarter of all our transitioning military people will have been, or will in future be, affected by this condition and it is expected that a similar situation is occurring with our police around the country. For these reasons, we need to increase our efforts into raising awareness into PTSD incidence, the associated morbidity and mortality, and ways for sufferers to access available treatments. More resources are required for further research into effective treatments for this chronic, complex and often difficult to treat condition which is likely playing a central role in the concerning rates of suicide amongst affected populations.

Following his successful staging of forums into post traumatic stress in 2015 and 2017, Tony Dell approached Miriam Dwyer, the CEO of Gallipoli Medical Research Foundation, and myself in mid-2019. Within the workplace trauma and PTSD space, we identified critical areas of Transition, Suicide and innovative Models of Care. We then generated the idea of bringing together a think tank of local and international experts in PTSD research, treatment and lived experience. The calibre of people now confirmed as attending in person or via videolink is an unprecedented gathering in this country (please see appended list). They will be tasked with creating a state of the art set of recommendations to be supplied to Government on how to best move forward within these critical areas.

Sincerely

Dr Andrew Khoo

Director of Medical Services

Psychiatrist:

Dr Andrew Khoo

MBBS

FRANZCP

Day Programs Manager:

Karen Young

Senior Allied Health

Professional (Psychologist):

Dr Katelyn Kerr

Psychologists:

Richard Wellauer

Violette McGaw

Registered Nurses:

Terri O'Connell

Damian Devereaux

Social Workers:

Courtney Schooler

Amber Roberts

Administrative Staff:

Jae Ramsdale

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Dr Andrew Khoo attained his fellowship from the Royal Australian and New Zealand College of Psychiatrists in 2002, receiving a College medal for his final year dissertation on Post Traumatic Stress Disorder. He has worked as a private psychiatrist in the Brisbane metropolitan area since 2002. He has worked in the Day Programs at the Toowong Private Hospital (TPH) for the last 18 years providing CBT based group therapy for PTSD, mood and anxiety disorders, and has held the position of Director of this unit since 2004. In 2016, he was nominated to the position of Director of Medical Services and Chair of the Medical Council at TPH. He holds academic title with the University of Queensland within the School of Medicine and has published, and continues to publish, academic papers in peer reviewed psychiatric journals. He is the Chair of the RANZCP Committee for the Military, Veterans and Emergency Services Personnel Mental Health Network and has presented on behalf of the RANZCP to multiple Senate Inquiries and Productivity Commission public hearings as well as to the ADF and DVA. He is a member of the Department of Veteran's Affairs Mental Health Expert Advisory Group. He is part of the ACSQHC Expert Advisory Group for the Review of Defence and Veteran Suicide in Australia. He is the Deputy Chair of the Open Arms (formerly VVCS) National Advisory Committee and holds the Psychiatrist position on the Consultation Reference Group for Phoenix Australia's (Centre for Post-traumatic Mental health) Centenary of Anzac Centre. He is the Psychiatric Advisor to the Gallipoli Medical Research Foundation (GMRF) and is also a member of the GMRF Research Advisory Committee. He is a current member of the Qcomp Medical Assessment Tribunals. He has chaired, been interviewed, presented or participated on panels around Australia and across all media platforms on Post Trauma psychological reactions and Military and Veteran's Mental Health issues.