

# Medical Psychology Services

## Dr Linda J. Beeney

Ph.D. (Medicine, USyd)

Psychology Board of Australia Registration # PSY0000986498

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## Curriculum Vitae – Linda Jane Beeney

### Current Appointments | Positions

- Honorary Associate, Sydney Medical School/Central Clinical School | Faculty of Medicine and Health, The University of Sydney
- Principal Investigator | **ReMinD** – Researching Media in Diabetes Program: Investigating Media and Communication in the diabetes space
- Director, Diabetes & Medical Psychology Services (ABN: 96 140 517 312). Consultancy providing specialized clinical, research & consulting services to patients, health professionals, the university sector & health industry (2012 ongoing)
- Private Practice Psychologist – specializing in diabetes, also cancer, lung and heart disease, CF, MS, solid organ transplantation (1996 – ongoing)

### Academic | Professional Training + Qualifications

- Academic Member, Australian Psychological Society College of Health Psychologists
- Registered Psychologist, Psychology Board of Australia, AHPRA Registration #PSY0000986498
- Postdoctoral Fellowship in Clinical Psychology, Harvard Medical School, Boston, USA
- PhD, Faculty of Medicine (Endocrinology), University of Sydney. *"An investigation of physician attitudes and behaviours in the management of diabetes"*
- Honours Class II/Division I, Department of Educational Psychology and Measurement, University of Sydney
- Bachelor of Arts, University of Sydney, Majors in Psychology III (Hons) and Education III (Hons)

### Previous Appointments

- Senior Research Fellow, Sydney Medical School, The University of Sydney (2018-2019)
- Honorary Associate, Sydney Medical School, The University of Sydney (2015-2017)
- Honorary Associate, Faculty of Veterinary Science, The University of Sydney – Lecturer in Professional Practice – Breaking Bad News, Communication skills, Handling Difficult Consultations (2000 - 2017)
- Research Coordinator (P/T), Medical Psychology Research Unit, University of Sydney, NSW (2006-2007)
- Project Officer (P/T), Northern Sydney Division of General Practice, NSW (2004-2006)  
\* 2003-2008 Career Disruptions – Significant medical illness 2003-2007; Carer for father post stroke, 2008
- Senior Clinical Psychologist (P/T), Department of Respiratory Medicine, Westmead Hospital, NSW (2002-2004)
- Senior Clinical Psychologist (P/T Locum), Multiple Sclerosis Society, NSW (2002)
- Senior Clinical & Research Psychologist (P/T), Institute of Endocrinology & Diabetes, Children's Hospital, Westmead, NSW (2000-2001)
- Lecturer, School of Psychology, The University of Sydney, NSW (2000)

- Postdoctoral Fellow, Joslin Diabetes Center, Dana Farber Cancer Institute and Brigham & Womens Hospital, Boston MA (1998-1999)
- Post-doctoral Research Psychologist. The Sydney Melanoma Unit, Royal Prince Alfred Hospital (1997-1998)
- Senior Research Officer, Hornsby Ku-ring-gai Coordinated Care Trial, Hornsby Hospital, NSW (1997-1998)
- Project Officer, Psychosocial Working Group, National Health & Medical Research Council (NHMRC) National Breast Cancer Centre (1997)
- Research Psychologist. Department of Surgery, University of Sydney. Sydney University Cancer Research Fund Grant (1995-1997)
- Research Supervisor, Emergency Department, Tamworth Base Hospital, NSW. Fellow in Emergency Medicine research project (1995-1996)
- Research Officer. Rural General Practice Training Unit and Emergency Department, Tamworth Base Hospital, NSW (1994-1995)
- PhD candidate, Faculty of Medicine (Endocrinology), University of Sydney (1/1990 - 4/1994)
- Research Assistant, Department of Medicine, University of Sydney, NHMRC Project Grant. *Consultation behaviour and outcomes in chronic illness (diabetes)* (1987-1989)
- Research Assistant, Department of Medicine, University of Sydney, NHMRC Project Grant. *Personality x Treatment Interactions in Diabetes Education* (1984-1986)

### **Research Funding, Grants, Awards**

- Chief Investigator, Do Names Really Hurt? Australian Diabetes Educators Association Research Foundation (2018)
- Finalist, VicHealth Awards: Research into Action category – Diabetes and Emotional Health: A Handbook and Toolkit for Health Professionals (2017)
- Co-Chief Investigator, *Media Messages about blood glucose targets for people with diabetes*. With A/Prof. K. Mosely, School of Psychology, Australian Catholic University, Faculty of Health Sciences Research Grant (2014)
- Chief Investigator, *Bridging the Gap – transition from paediatric to adult diabetes care*. United Way research grant (2001)
- Chief Investigator, *Communication when the diagnosis is diabetes*. School of Psychology, University of Sydney Research Grant (2000)
- Linda Pollin Postdoctoral Fellowship, Department of Psychiatry, Harvard Medical School (1998-1999)
- Associate Chief Investigator, National Heart Foundation Grant. Department of Medicine, University of Sydney (1990)
- D.K. Baird Bicentennial Traveling Fellowship, RPAH (1996)
- American Diabetes Association Travel Grant (1996)
- Juvenile Diabetes Federation Australia Travel grants. (1991-92)
- NHMRC Public Health Research & Development Committee Postgraduate Research Scholarship (1990-1993)
- International Diabetes Federation Congress Travel Grant (1991)
- NHMRC Public Health Overseas Traveling Fellowship (1989)
- Hoechst Award for Best Scientific paper ADS/ADEA Annual Scientific meeting (1989)

### **Other Professional Responsibilities**

- Member, NSW Committee - APS College of Health Psychologists (2015)

- Member, Type 1 Diabetes Network, Expert Advisory Group (2012 - 2016)
- Reviewer of manuscripts for various national and international academic journals (1991 ongoing)
- Member, NHMRC Type 1 Guidelines Development Group (2011)
- Co-Chair, National Type 2 Diabetes Guidelines Project – Education Section (1999-2000)
- Member, IDF Working Party - Guidelines for Psychological Aspects of Diabetes Care, (1998)
- Consultant, National Needs Assessment of Children + Adolescents with Diabetes, Juvenile Diabetes Foundation of Australia (1998)
- Review of scientific grant applications for NHMRC, DART, BDA, ANZAC Research Trust (1993 -1998)
- Member, editorial board for Diabetes Conquest, national journal of DA (1991-1995)
- Consultant to Diabetes Australia in the development of National Action Plan for Diabetes 2000 (1992)

### **Professional Memberships**

- American Diabetes Association
- Australian Diabetes Society
- Australian Psychological Society (APS)
- Academic Member, APS College of Health Psychologists

### **Teaching Activities**

#### **University of Sydney**

##### **Sydney Medical School**

Designed and delivered the online module "Assessment and Management of Psychological Issues in Diabetes" within the Advanced Diabetes Management course, Masters of Metabolic Health

##### **Faculty of Veterinary Science**

Planning of the Professional Practice course stream since introduced to curriculum in 2000, together with Prof. Henry Collins. Course topics include Communication with Clients, Breaking Bad News, Managing Difficult encounters, Grief + Euthanasia, Burnout Prevention.

##### **School of Psychology**

Authored and delivered 4<sup>th</sup> Year lectures and tutorials for Grad. Dip. Counseling Psychology students, undergraduate Psychology and Social Work students (Years 1-3). Topics covered included Health Psychology, Abnormal Psychology, Social Psychology and Counseling Psychology

##### **Faculty of Medicine, Clinical School**

Facilitator, 4<sup>th</sup> Year medical student hospital-based teaching rounds, Communication Skills

#### **University of Technology, Sydney - Faculty of Nursing**

Preparation and delivery of workshops on Diabetes Psychosocial issues, Communication + Motivational Interviewing, for nurses in general practice settings

#### **Royal Australasian College of Surgeons**

Design of an educational package to accompany *Technically Brilliant*, a video for assisting communication skills development with cancer surgeons

#### **Royal Australian College of General Practitioners**

Development and delivery of education program curriculum for rural GP trainees in collaboration with Dr Barbara Moritz, Tamworth Base Hospital, NSW

## PUBLICATIONS

### Books

Hendrieckx C, Halliday J, **Beeney LJ**, Speight J: Diabetes and emotional health: a handbook for health professionals supporting adults with type 1 or type 2 diabetes. Canberra: National Diabetes Services Scheme, 2016. ISBN 978-0-9873835-4-9.

### Book Chapters

**Beeney L**, Henman M, Butow P, *Normal psychological adjustment to medical illness: Assessment and intervention*, in *Concise Oxford Textbook of Palliative Care*, R. Dunlop, et al., Editors. 2002, Oxford University Press: Oxford.

**Beeney LJ**, Butow PN, Dunn SM. *Normal Adjustment to Cancer: Characteristics and Assessment*. In Portenoy R, Bruera E (Eds): *Topics in Palliative Care Vol. 1*, New York, Oxford University Press, 1997.

**Beeney LJ**, Dunn SM: *Doctor Attitudes to the Management of Diabetes*. (Appendix) In Bradley C (Ed): *Handbook of Psychology and Diabetes: A guide to psychological measurement in diabetes research and practice*. Chur, Switzerland, Harwood Academic Publishers, 1994.

**Beeney LJ**, Dunn SM, Welch G: *Measurement of Diabetes Knowledge - The development of the DKN scales*. In Bradley C (Ed): *Handbook of Psychology and Diabetes: A guide to psychological measurement in diabetes research and practice*. Chur, Switzerland, Harwood Academic Publishers, 1994.

Welch G, Dunn SM, **Beeney LJ**: *The ATT39: a measure of patient attitudes to diabetes*. In Bradley C (Ed): *Handbook of Psychology and Diabetes: A guide to psychological measurement in diabetes research and practice*. Chur, Switzerland, Harwood Academic Publishers, 1994.

### Articles in Refereed Journals

**Beeney LJ**. Behind Closed Doors: A Brief review of research investigating health professional communication in diabetes care. *Australian Diabetes Educator* 21 (4): December 2018

**Beeney LJ**, Fynes-Clinton EJ. The Language of Diabetes Complications: Communication and Framing of Risk Messages in North American and Australasian Diabetes-specific Media. *Clinical Diabetes* 2018 Sep; cd180024. <https://doi.org/10.2337/cd18-0024>

**Beeney LJ**. Making Adherence Obsolete. *Diabetes Management Journal* 59: 24-27, 2018

**Beeney LJ**. Equipping health professionals to manage diabetes distress. *Diabetes Management Journal* 57:30-33, 2016

**Beeney LJ**. What Media says about diabetes control and complications. *Australian Diabetes Educator*. 19(2): 33-37, 2016

**Beeney LJ**. Identifying and managing diabetes distress. *Endocrinology Today* 4(2): 21-23, 2015

Halliday J, Hendrieckx C, **Beeney LJ**, Speight J. Prioritization of psychological well-being in the care of diabetes: Moving beyond excuses, bringing solutions (Letter). *Diabetic Medicine* 32: 1393-1394, 2015

Butow PN, **Beeney LJ**, Juraskova I, Ussher J, Zordan R. The Gains and Pains of being a Cancer Support Group Leader: a qualitative survey of rewards and challenges. *Social Work in Health Care* 48:750-767, 2009

Srinivasan S, Craig ME, **Beeney LJ**, Hayes R, Harkin N, Ambler GR, Donaghue KC, Cowell CT. An ambulatory stabilisation program for children with newly diagnosed type 1 diabetes. *Medical Journal of Australia*. 180(6): 277-80, 2004

- Schofield PE, Butow PN, Thompson JF, Tattersall MH, **Beeney LJ**, Dunn SM. Psychological responses of patients receiving a diagnosis of cancer. *Annals of Oncology*, 14(1): 48-56, 2003
- Schofield P, **Beeney LJ**, Thompson JF, Butow PN, Tattersall, MHN, Dunn, SM: Hearing the bad news of a cancer diagnosis: The Australian melanoma patient's perspective. *Annals of Oncology*, 12:365-371, 2001
- Davis C, Girgis A, Williams P, **Beeney L**: Needs assessment of rural and remote women traveling to the city for breast cancer treatment. *Australian and New Zealand Journal of Public Health* 22: 525-7, 1998
- Doherty S, Hungerford P, **Beeney LJ**: Emergency medicine registrars and perceptions of rural practice. *Emergency Medicine* 9(2): 101-104, 1997
- Beeney LJ**, Bakry AA, Dunn SM: Patient psychological and information needs when the diagnosis is diabetes. *Patient Educ Counsel* 29: 109-116, 1996.
- Butow PN, Kazemi JN, **Beeney LJ**, Griffin AM, Dunn SM, Tattersall MHN: When the diagnosis is cancer: Patient communication experiences and preferences. *Cancer* 77: 2630-7, 1996.
- Welch G, **Beeney L**, Dunn SM, Smith RBW: The development of the diabetes integration scale: A psychometric study of the ATT39. *Multivariate Experimental Clinical Research* 11(2): 75-88, 1996.
- Dunn SM, **Beeney LJ**, Hoskins PL, Turtle JR: Knowledge and attitude change as predictors of metabolic improvement in diabetes education. *Soc Sci Med* 31 (10): 1135-1141, 1990.
- Beeney LJ**, Dunn SM: Knowledge improvement and metabolic control in diabetes education: approaching the limits? *Patient Educ Counsel* 16(3): 217-229, 1990.
- Dunn SM, Smartt HH, **Beeney LJ**, Turtle JR: Measurement of emotional adjustment in diabetic patients: Validity and reliability of the ATT39. *Diabetes Care* 9: 480-489, 1986.

## Theses and Reports

- Beeney LJ**: *An Investigation of Physician attitudes and behaviors in the management of diabetes*. PhD dissertation. Faculty of Medicine (Endocrinology), University of Sydney, NSW, Australia, 1996
- Beeney LJ**: *Developments in the theory, design and delivery of innovative exercise programs for diabetes patients based on behavioral research in the USA, UK and Europe*. Report to the NHMRC Public Health Research and Development Committee, 1989
- Beeney LJ**: *Application of the Health Belief Model to Diabetes Education: Implications for Exercise Compliance*. B.A. Honours Thesis. Department of Educational Psychology & Measurement, University of Sydney, 1988

## Conferences, Addresses, Presentations & Workshops

### Reviewed Papers Presented at International Scientific Meetings

- Beeney LJ**. US Media Portrayals of Type 1 and Type 2 Diabetes: A Celebrity Effect of Mary Tyler Moore? American Diabetes Association 77<sup>th</sup> Scientific Sessions, San Diego, 2017 (Late-breaking Poster 90-LB)
- Beeney LJ**. Messages About Major Complications In Diabetes-specific Print Media (Poster) Diabetes 2015; 64 (Suppl. 1): A904
- Beeney LJ**. Media Messages for Blood Glucose Targets (Poster) Diabetes 2014; 63 (Suppl. 1): A782
- Beeney LJ**. Medical Attitudes to Behavioral Diabetes Care (Poster) Diabetes 1999; 48 (Suppl. 1)
- Beeney LJ**, Thompson JF, Dunn SM, Bayliss A: Communication of the melanoma diagnosis. Proceedings of the 4th World Conference on Melanoma, Sydney, 1997
- Beeney LJ**, Dunn SM: How effective are physicians in managing patient behavior change in the NIDDM consultation? (Oral presentation) Proceedings of the 56<sup>th</sup> American Diabetes Association Scientific Sessions, Diabetes 45 (Suppl. 1); June 1996

**Beeney LJ**, Dunn SM, Turtle JR: Medical responses to non-adherence: Who's frustrated? (Poster) XIV Congress of the International Diabetes Federation. Diabetes 40 (Suppl. 1), 1991

Taylor JJ, Dunn SM, **Beeney LJ**, Turtle JR: Videotaping the diabetic consultation: take two. (Poster) International Diabetes Federation Congress, Diabetes 40 (Suppl. 1), 1991

**Beeney LJ**, Taylor JJ, Anstey KJ, Dunn SM: A randomized trial of psychologically-based intervention to promote exercise in the overweight NIDDM patient. American Diabetes Association, Atlanta, 1990 (Oral presentation)

**Beeney LJ, Dunn SM, Turtle JR**: Alternative approaches to formal diabetes education: A one-year follow-up. (Oral presentation) International Diabetes Federation Congress, Sydney, 1988

Taylor JJ, Dunn SM, **Beeney LJ**: Physician-patient rapport: estimates of diabetes knowledge and adjustment. (Poster presentation) Diabetes Research and Clinical Practice 5 (Suppl. 1), 1988

Dunn SM, **Beeney LJ**, Taylor JJ, Carr-Gregg MRC: A general model for psychological adjustment to major illness? (Poster presentation) Psychometric research in diabetes and cancer. IXth World Congress, International College of Psychosomatic Medicine, Sydney, 1987

### **Reviewed Papers Presented at Australasian Scientific Meetings**

**Beeney LJ**: Gain and Loss Framing of Complications Messages in Diabetes-specific Media. Proceedings of the Australian Diabetes Society Annual Scientific Meeting, 2016 (Oral Poster presentation)

Halliday J, Hendrieckx C, **Beeney L**, Speight J: The National Diabetes Service Scheme (NDSS) Diabetes and Mental Health Handbook: A '7A's' model for identifying and addressing psychological problems in diabetes consultations. Proceedings of the Australian Diabetes Society Annual Scientific Meeting, 2015 (Oral presentation)

**Beeney LJ**. Mosely K: Role of media advertising messages in shaping patient expectations for diabetes control. Australian Psychological Society College of Health Psychologists conference, April 2015. (Oral presentation)

**Beeney LJ**: Discussing distress with people with diabetes: The Diabetes Psychologist perspective. ADEA annual scientific meeting, Melbourne, 2014 (Symposium presentation)

Halliday J, Hendrieckx C, **Beeney L**, Morrish L, Baxandall S, Speight J: Monitoring the well-being of people with diabetes: how to translate guidelines into routine care? NDSS National Development Program for Mental Health and Diabetes. Proceedings of the Australian Diabetes Society Annual Scientific Meeting, 2013 (Poster presentation)

**Beeney LJ**. Diabetes-related distress in mothers of children with Type 1 diabetes (T1D): Development of the Parental Emotional Adjustment to Diabetes (PEAD) scale. Proceedings of the Australasian Society for Psychological Research in Diabetes, Christchurch, August 2007 (Oral presentation)

Srinivasan S, Craig M, **Beeney L**, Cowell C, Donaghue K, Ambler G, Howard N, Silink M: Diabetes Day Care Program at The Children's Hospital at Westmead. Proceedings of the Australasian Paediatric Endocrine Group, Annual Scientific Meeting, 2001 (Oral presentation)

**Beeney LJ**. "I'm not sure how to tell you this..." Explaining the diagnosis of diabetes. Proceedings of the Australasian Society for Psychological Research in Diabetes, Cairns, August 2000 (Oral presentation)

Schofield PE, Butow P, Tattersall M, Thompson, J, **Beeney L**, Dunn S: Breaking bad news: Melanoma patients experiences, preferences and psychological adjustment. Proceedings of the Clinical Oncological Society of Australia, Annual Scientific Meeting, 1999 (Oral presentation)

**Beeney LJ**, Dunn S, Bayliss A, Thompson J: Disclosing a Cancer Diagnosis: Does clinical practice reflect published guidelines? Proceedings of the Clinical Oncological Society of Australia Inc. Melbourne, 1996 (Oral presentation)

- Beeney LJ**, Hungerford P: Rural General Practitioners: Do they need Emergency Care? Proceedings of the Australasian College of Emergency Medicine, 1995 (Oral presentation)
- Beeney LJ**, Hungerford P, Guider S, Trollor J: Rural General Practitioner Involvement in Critical Care. Proceedings of the third National Rural Health Conference, 1995 (Oral presentation)
- Welch G, **Beeney LJ**, Dunn SM, Smith RBW: Psychological integration in diabetes: reducing the ATT39 to the ATT19. Proceedings of the Australian Diabetes Society, 1992 (Oral presentation)
- Beeney LJ**, Dunn SM: General practitioners and specialist physicians: Perceptions of success in patient behavior change. Proceedings of the Australian Diabetes Society, 1992 (Poster presentation)
- Beeney LJ**, Dunn SM: Clinical settings for behaviour change. Symposium, Australian Behaviour Modification Association, Sydney, 1991 (Oral presentation)
- Taylor JJ, Dunn SM, **Beeney LJ**, Turtle JR: Videotaping the diabetic consultation: take two. Symposium, Australian Behaviour Modification Association, Sydney, 1991 (Poster presentation)
- Baldwin J, **Beeney LJ**, Sumich M, Dunn SM, Flack J: Discussing Complications: How Do Diabetes Educators Cope? Proceedings of the Australian Diabetes Educators Association, 1991 (Oral presentation)
- Beeney LJ**, Taylor JJ, Anstey KJ, Dunn SM: A randomised trial of psychologically-based intervention to promote exercise in the overweight NIDDM patient. Proceedings of the Australian Diabetes Society, 1989 (Oral presentation)
- Taylor JJ, Cartmell TM, **Beeney LJ**, Dunn SM: Analysing the physician-patient consultation: What is the diabetic clinic trying to achieve? Proceedings of the Australian Diabetes Society, 1989 (Poster presentation)
- Beeney LJ**, Dunn SM, Shenfield G: Age-related trends in the self-identification of 'diabetics'. Proceedings of the Australian Diabetes Society, 35, 1986 (Oral presentation)
- Dunn SM, **Beeney LJ**, Turtle JR: Psychological adjustment and metabolic control in IDD. Proceedings of the Australian Diabetes Society, 1986 (Oral presentation)
- Dunn SM, **Beeney LJ**, Turtle JR: Evaluation of alternative approaches to diabetes education. Proceedings of the Australian Diabetes Society, 1986 (Oral presentation)
- Beeney LJ**, Dunn SM, Turtle JR: Diabetes education: is there an information gap? Proceedings of the Australian Diabetes Society, Adelaide, 1985 (Oral presentation)
- Dunn SM, **Beeney LJ**, Turtle JR: Diabetes education: feeling better or doing better? Proceedings of the Australian Diabetes Society, Adelaide, 1985 (Oral presentation)
- Dunn SM, Hoskins PL, **Beeney LJ**, Turtle JR: Knowledge and attitude change in diabetes education and their relation to metabolic control. Proceedings of the Australian Diabetes Society, Adelaide, 1985 (Oral presentation)
- Beeney LJ**, Donaghue K, Baldwin J, Garden S, Trigg R, Carter J, Hooper MJ: Good glycaemic control despite poor diabetes-related knowledge. Proceedings of the Australian Diabetes Society, 1985 (Poster presentation)
- Dunn SM, **Beeney LJ**, Turtle JR: Coping strategy: attitudes to diabetes. Proceedings of the Australian Diabetes Society, 1984 (Oral presentation)

#### **Invited Addresses - International**

- *Diabetes Psychological Research: A Global Partnership*. Australasian Society for Psychological Research in Diabetes, Christchurch, August 2007
- *Integrating psychological interventions into diabetes care: Opportunities and Obstacles*. European Association for the Study of Diabetes - Psychosocial Aspects of Diabetes conference, Windsor, UK, 1999
- *Opportunities to apply Medical Crisis Counseling with adult medical populations* Symposium, American Psychological Association, Boston, USA, 1999

- *Practical Implications of physician attitudes and relationship to consultation behaviour* Health Psychology Research Seminar, Royal Holloway, University of London, UK, 1999
- *What do they really think? Measurement of health professional attitudes to diabetes care* Joslin Diabetes Center Research meeting ". Boston, USA, 1998
- *Developing psychological interventions for at-risk patients with type 2 diabetes*. Western Psychiatric Institute and Clinic, and University of Pittsburgh, Pittsburgh, USA, 1989
- *Exercise in diabetes – the psychological obstacles*. Med. Klinik der Universität, University of Dusseldorf, Germany, 1989.
- *Diabetes education – the Australian experience*. European Association for the Study of Diabetes, pre-conference workshop on Diabetes Education, Maastricht, The Netherlands, 1989

#### **Keynote Speaker Addresses in Australasia (since 2000)**

- *The PhD Journey: Surviving and Thriving*. Faculty of Veterinary Science, University of Sydney, 2009
- *The Psychological Challenges of Type 1 Diabetes*. JDRF Symposium, ADS/ADEA Annual Scientific Meeting, August, 2000

#### **Invited Workshops in Australia (since 2000)**

- *Beyond Motivational Interviewing*, Novo Nordisk Clinical Trials team, Sydney, 2013
- *Research Workshop Day*, Australian Diabetes Educators Association, ACT, 2012
- *DAFNE Debriefing Workshop Day*, Diabetes ACT, 2012
- *Health Professional Burnout*, Roche Educators Day, Australian Diabetes Educators Association annual scientific conference, 2010
- *Psychological Insulin Resistance*, Diabetes Educators Workshop, ADEA – NSW, April 2007
- *Psychosocial issues, communication and motivational interviewing*, UTS, Short Course in Diabetes Education - Sydney, June 2006
- *Type 1 Teens and Transition*. Diabetes Australia-Victoria, Melbourne August 2006
- *Psychological Insulin Resistance*, Central West Division General Practice, 2003
- *Psychological Issues in Diabetes*, Diabetes Australia Victoria, Sale, 2001
- *Psychological Issues in Diabetes*, Annual state conference ADEA Tasmania, 2001

#### **Invited Addresses in Australia (since 2000)**

##### **For Health Professionals**

- *Managing Diabetes Distress*. Novo Nordisk NSW/ACT Endocrine Day, 2017
- *Detecting Depression and Distress in Diabetes*. Wide Bay Medicare Local / Diabetes Care Project, Hervey Bay, 2013
- *Diabetes Distress and Depression – What's the difference?* Sutherland Shire Division of General Practice, 2012
- *Psychological Impact of Chronic Illness*, Society of Hospital Pharmacists, 2010
- *Diabetes Burnout – Understanding the Patients' Point of View*, St John of God Hospital, Warrnambool, 2009
- *Understanding Psychological Insulin Resistance*, GP Education Day, ACT, 2008
- *Psychological Insulin Resistance*, Diabetes Educators Workshop, sponsored sanofi-aventis, 2007
- *Towards an understanding of Depression in Diabetes Self-Management* Diabetes Australia - Queensland, 2006



- *Addressing the challenges of chronic illness self-management*. Cardiac and Pulmonary Rehabilitation Professional Development Forum, Hunter New England Health, 2005
- *Chronic medical illness and overweight/obesity: How can psychology help?* Cardiac Rehabilitation Association of NSW, Annual conference, 2005
- *Grand Rounds*, Diabetes Centre, St Vincents Hospital, Sydney, 2005
- *The other Insulin Resistance*, IDI Symposium, Melbourne, 2002
- *Psychosocial Assessment & Management of young people with Chronic Illness*, Mater Hospital, Qld, 2001
- *Not Nagging, Caring – Issues for Families living with Diabetes*. ADS/ADEA Annual Scientific meeting, 2001

### **For Patients**

- *Psychology of Diabetes*, Westmead Hospital Community Forum, NSW, 2013
- *Depression and Diabetes Distress – what's the difference?* T1 Diabetes Information Group, ACT, 2012
- *Issues for Families with Diabetes*, T1 Diabetes Information Group, ACT, 2011
- *Balancing Hope with everyday life* Australian Diabetes Council Symposium, Sydney, 2010
- *Diabetes Distress and Burnout*, Type 1 Diabetes patient seminar, St Vincent's Hospital, Sydney, 2010
- *Staying Motivated*, Type 1 Seminar, Diabetes Australia-Victoria, 2009
- *Diabetes Burnout Day*, Sessions for Patients and Families, Diabetes Australia-Victoria, Warrnambool, 2009
- *Psyching Up for diabetes, the Doctor-Patient Relationship*, ISYAD Interactive Summit of Young Adults with Diabetes, Melbourne, 2000