

Supporting children's mental health after trauma

Dr Sara McLean Psychologist

Dr Sara McLean is a registered psychologist and Adjunct Fellow at the University of South Australia.



She holds a Masters degree in clinical psychology and has been working in the area of child and adolescent mental health since 1997.

Sara has expertise regarding the psychological issues associated with Fetal Alcohol Spectrum Disorders; neurodiversity arising from early adversity; and the support needs of children with challenging behaviour living in foster and residential care.

Sara was awarded the inaugural ACU Linacre Fellowship at Oxford University in recognition of her work supporting children in care settings with high stakes behaviours.

Sara is a member of the workforce development team at Emerging Minds National Workforce Centre for Child Mental Health.

Dr Jackie Amos Psychiatrist

Dr Jackie Amos is a child and adolescent psychiatrist and Gestalt psychotherapist.



She worked as a community CAMHS psychiatrist for 17 years, where she supported many children and their families after experiencing trauma.

Jackie now works for Centacare, Adelaide, in the children's services unit.

In her doctoral research Jackie developed two complementary and clinically informative models of intergenerational transmission of trauma. These models were used to understand key objectives of treatment for families where the care and protection of the children is compromised.

These objectives supported Jackie in developing in depth hypotheses about the mechanisms of action of a novel, and effective dyadic psychotherapy, Parallel Parent and Child Therapy, for mothers and children caught in intergenerational cycles of maltreatment.

Phoebe Lived Experience Advocate

Phoebe is a 47 years old survivor of domestic violence, currently living in Central Queensland. She is a single mother of four children aged 12, 14, 20 and 24.

Phoebe lives with Bipolar and two of her sons have been diagnosed with ADHD.

Phoebe works with Emerging Minds as a lived experience partner and through this partnership hopes that by sharing her lived experience she is able to help other parents and children face and survive adversity.

Webinar panel continued overleaf

Facilitator: Dan Moss

**Workforce
Development Manager,
Emerging Minds**



Dan Moss most recently worked as Assistant Director, Performance, Reporting and Evaluation at the Department for Child Protection. In this role he worked closely with the Early Intervention Research Directorate to explore the social determinants of child disadvantage and child protection involvement.

Previously, Dan worked for Uniting Communities for 15 years, as a practitioner, supervisor and senior manager in a range of services with children, parents and families dealing with the effects of family violence, child sexual abuse, mental health conditions and drug and alcohol use.

As a practitioner, Dan had a strong interest in narrative and strength-based engagement strategies with children, parent and families. Dan has recently submitted his PhD thesis which includes research on approaches to men's behaviour change programs and a creative writing component.

This webinar is co-produced by MHPN and Emerging Minds for the Emerging Minds: National Workforce Centre for Child Mental Health (NWCCMH) project. The NWCCMH is led by Emerging Minds and delivered in partnership with the Australian Institute of Family Studies (AIFS), the Australian National University (ANU), the Parenting Research Centre (PRC) and the Royal Australian College of General Practitioners (RACGP). The NWCCMH is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.