Welcome!

Welcome to the second edition of the Newsletter produced by the Postgraduate team of Services for Australian Rural and Remote Allied Health (SARRAH).

Thank you kindly for your valuable comments for our first edition of the newsletter and the input for the second edition of the newsletter.

Each Quarter the Postgraduate team will highlight topics, scholarship stories and other events of interest.

Congratulations!

NAHSSS Scholarship Logo Competition - Winners!

The SARRAH Scholarship staff in consultation with the NAHSSS Reference Group agreed that a logo should be developed for the allied health scholarship streams of the NAHSSS.

Scholars from the 5 allied health streams administered by SARRAH were invited to submit a design that best captured the rural and Indigenous aspects of the Allied Health component of the NAHSSS Scholarships. SARRAH received 37 entries for the logo competition.

SARRAH is pleased to announce the winning entries.

First Prize: iPad mini goes to Suzanne Elkhaligi

Second Prize: $200 gift voucher goes to Varshini Ganeshapillai

Third Prize: $50 gift voucher goes to Nick Vancour

The logo will be used for all scholarship promotional material. Also, SARRAH is currently in the process of establishing another program, the National Rural and Remote Support Service (NRRSS) funded by the Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA). This program is responsible for assisting provision of an increase in the available early intervention service providers for children with a disability.

As the NRRSS also needed a logo, the Program Manager selected one of the finalists, Kate Laffey as the winner who also received an iPad mini.

Inside this Issue

| NAHSSS LOGO Competition Results | 1 |
| Scholarship News | 2 |
| SARRAH Membership | 2 |
| Scholarship Statistics | 3-5 |
| Scholar Story | 6-7 |
| Recipe-Warm Lemon Chicken Salad | 8 |

We are pleased to announce that we are moving to our new building on 18 October 2013. The new office is located on Ground Floor 40 Thesiger Court Deakin ACT 2600 PO Box address, fax number and phone numbers remain the same.

Please update your records accordingly.
**SARRAH Membership Categories**

Membership is open to individuals who support SARRAH’s primary objective ‘... to develop and provide services that enable Allied Health Professionals who live and work in rural and remote areas of Australia to confidently carry out their professional duties in providing a variety of health services”. SARRAH currently has four (4) types of membership categories as follows:

- **Full Member** - An individual who has an allied health professional qualification
- **Associate Member**: An individual who is not an allied health professional
- **Semi–Professional Membership**: An individual who is an allied health assistant/support worker
- **Student Member**: A student enrolled in an allied health profession of study

**Membership Fees—Per Annum**

- Full Membership - $170
- Associate Membership - $170.00
- Semi–Professional Membership - $100
- Student membership - $30

Please visit the membership page at [www.sarrah.org.au](http://www.sarrah.org.au) to download the application.
Scholarship Statistics 2013

NAHSSS Allied Health Postgraduate Scholarships

Total Number of applications received—305

Total Number awarded—186
Scholarship Statistics 2013

NAHSSS Clinical Psychology Scholarships

Total number of applications received—281
Total number awarded—109

CPS Scholarships - Applied and Offered 2013
Location of place of Residency by State

<table>
<thead>
<tr>
<th>State</th>
<th>Applied</th>
<th>Offered</th>
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<tbody>
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<td>WA</td>
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Clinical Psychology Scholarships - 2013
Applied and Offered by Gender

<table>
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<tr>
<th>Gender</th>
<th>Applied</th>
<th>Offered</th>
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</thead>
<tbody>
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<td>Female</td>
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<td>93</td>
</tr>
<tr>
<td>Male</td>
<td>37</td>
<td>16</td>
</tr>
<tr>
<td>Total</td>
<td>281</td>
<td>109</td>
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</table>
Scholarship Statistics 2013
NAHSSS Continuing Professional Development Scholarship

1st Round - Applied 142 - Awarded 93
2nd Round – Applied 282 – Awarded 105

CPD Scholarships offered in 2013 by location of place of residency

One dot may represent more than one scholar in some locations
Scholar Story—Kobie Allison—Psychologist

Kobie has a Masters in Applied Psychology (Counselling) and is currently completing her Doctorate in Psychology (Clinical). Kobie has released a number of research publications and presented at conferences. Her special interest areas are anxiety, depression, phobias, grief and loss, school anxiety and working with families. Kobie has worked with children and adolescents since 2008 and has a passion for supporting families with anxiety. Kobie’s aim is to provide an environment of acceptance and empathy and has a gentle, supportive, client centered approach. Kobie uses a variety of techniques including Cognitive-Behavioural Therapy, Mindfulness, Psychodynamic, Solution-Focused, Narrative, Family Systems, Schema and Acceptance and Commitment Therapy.

I was awarded the Clinical Psychology Scholarship by SARRAH in 2013. At the time of receiving this scholarship I was balancing a Masters and a Doctorate whilst working three days per week as a counsellor.

This scholarship has enabled me with the necessary funds to complete the following activities, as prior to this scholarship my funds were limited: I presented my Masters research titled “Therapeutic Alliance: Exploring the Concept of Safety' From a Neuropsychotherapeutic Perspective” on 23 February 2013 at the APS Counselling Psychology Conference in Melbourne http://www.groups.psychology.org.au/ccoun/conference2013/.

I had the available funds to cover editing fees, which are involved in publishing a journal article that is featured online with an accompanying inter-

view on the following website http://www.neuropsychotherapist.com/.

I recently travelled again to Melbourne to present my second research paper titled “Brain-Based Trauma Intervention: The Role of Safety in Facilitating an Enriched Therapeutic Environment at The International Conference on Attachment and Trauma Informed Practice http://atip.com.au. In July 2014 I will be travelling to Paris with my Masters supervisor to present my research at the 28th International Congress of Applied Psychology (ICAP) http://www.icap2014.com. If I did not receive the gift of the Clinical Psychology Scholarship by SARRAH I would not have the funds to be able to share my research with others clinicians.

This scholarship has helped me to survive financially and to share my work with others in the hope I assisting others.

Thank you SARRAH for this life-changing gift!

“*If I did not receive the gift of the Clinical Psychology Scholarship by SARRAH I would not have the funds to be able to share my research with others clinicians*”

Kobie Allison

Coming together is a beginning.
Keeping together is progress.
Working together is success.

- Henry Ford
Lauren Phillips—Physiotherapist

I was awarded a NAHSSS Allied Health Continuing Professional Development Scholarship in 2013 to attend a short course on ‘General Movements’.

I am working as a senior physiotherapist at Cairns Base Hospital and Child Development Service. My role is a clinical senior in the area of paediatric physiotherapy. On a daily basis I provide front line service, including inpatient and outpatient appointments to the children of the Cairns Health Service district.

I feel that professional development is one of the most important factors for us as health professionals as the changes and advancements in the health field are constant. I feel that my career, my advanced skills and my role as a senior has been in large part due to my commitment to professional development. Working in the public sector means that most, if not all, of my outside professional development has to be self funded in terms of course cost, flights, accommodation. I have undertaken at least 2-3 courses or conferences per year to stay up to date.

The funding provided under the NAHSSS CPD Scholarship has helped me to attend a course called "General Movements" which is an evidence based, gold standard, valid and reliable assessment procedure for infants.

This technique will allow me to provide this assessment technique to infants in Cairns, which can help identify the need for early intervention for therapy for children and help with early diagnosis and therefore early treatment for children at risk of cerebral palsy.

This course is one of the best courses and most relevant clinic course I have ever attended and am very grateful for the opportunity to attend this course.

“It feel that professional development is one of the most important factors for us as health professionals as the changes and advancements in the health field are constant”.

Lauren Phillips

Robyn Main—Optometrist

It was an honour and a privilege to attend the NRHA and present my "good news story" about Kimberley aged care residents’ great eye health. I was part of the Indigenous Eye stream which ran a colloquium. Eye health workers spoke in sequence and collaborated to form a recommendation that was presented to the Federal Minister for Health, Tanya Plibersek, on the final day of the conference. See URL for our recommendation which emphasises the need for sustainable funding and support for Regional Eye Health Coordinators (REHCs).

“It was an honour and a privilege to attend the NRHA and present my "good news story" about Kimberley aged care residents’ great eye health”

Robyn Main

Another benefit of the conference was meeting rural health workers from all over Australia who are passionate about improving health conditions for the 30% of Australians who call the bush, "home".

I was invited to speak on ABC Radio National Bush Telegraph URL about my work followed by a REHC from the Barkley region of NT who spoke about the difference the eye health team has made in her remote community.

Finally, networking with Flinders University Optometry School Head, Prof Konrad Pesudovs resulted in me being offered the (voluntary) position of WA agent to promote the Rural and Indigenous optometry student intake from WA and to seek WA rural optometrists who can offer placements to final year optometry students who want to graduate and practise optometry in the bush.

Overall, it was a worthwhile and enriching experience and I would like to acknowledge your financial assistance and support to me in my work as a researcher and clinician.
Recipe—Warm Lemon Chicken Salad

Method
Preheat oven to 200°C (180°C fan forced). In a small baking dish place chicken, zest and lemon juice, honey, garlic, herbs, currants and pepper. Toss chicken in marinade to coat both sides then cover with a layer of lemon slices. Bake covered in the oven for 15-20 minutes until just cooked through and chicken juices run clear. Discard herbs, remove chicken to cool and reserve pan juices. Meanwhile place spinach leaves, carrot strips and spring onions in a large serving bowl. Top with thinly sliced chicken, lemon and pan juices. Serve immediately.

Hint
Cover and refrigerate marinated chicken for as long as time permits, from 30 minutes to overnight.

This recipe extract from the LiveLighter LiveLighter © State of Western Australia 2013, reproduced with permission.

Ingredients

▲ 2 small (400g) skinned chicken breasts, skinless, trimmed of fat
▲ Zest and juice of 1 lemon
▲ 3 teaspoons honey
▲ 2 cloves garlic, crushed
▲ 4 tablespoons fresh thyme or oregano leaves
▲ ½ cup currants
▲ Freshly ground black pepper, to taste
▲ 1 lemon, extra, thinly sliced
▲ 4 cups baby spinach leaves (120g)
▲ 2 carrots, peeled into long ribbons
▲ 4 spring onions, finely chopped
(including green tops)