Thinking of attending a conference?
Funds available for allied health professionals
Applications are now open!

The NAHSSS Allied Health Continuing Professional Development (CPD) scholarship 2014, 2nd round of applications are now open for CPD activities that take place from 1 July to 31 December 2014 and will close on 06 May 2014.

The online application is available on Continuing Professional Development Scholarship Page the SARRAH website www.sarrah.org.au.

NAHSSS Allied Health Continuing Professional Development Scholarship:
Supports practicing allied health professionals to attend continuing professional development activities such as:

- Short courses
- Conferences
- Clinical placements and
- Non-award postgraduate modules.

Funding of up to $3,000 per scholarship is available.

Additional Scholarships for Tasmania
As part of the Australian Government’s Tasmanian health package SARRAH will offer, 11 additional scholarships for 2014.

Applications are welcome from Aboriginal and Torres Strait Islander Allied Health Professionals.

For more information email the Postgraduate Team on Postgrad@sarrah.org.au
Or free call on 1800338061

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SARRAH National Conference
Registration will open in June 2014

Invitation to Attend

11th National Conference for Rural and Remote Allied Health Professionals. 17-20 September 2014, Mantra on Salt Beach, NSW.

The conference provides a forum for the rural and remote allied health workforce, bureaucrats, educators and consumers to:

- Present on innovative local solutions to issues that can be applied to address similar issues nationally and across disciplines
- Have input and influence from the ‘grassroots’ into national and state health policy and service delivery
- Demonstrate rural and remote allied health leadership in workforce and service delivery innovation
- Promote continuing education and professional development activities essential to support allied health professional practice in rural and remote Australia
- Promote rural and remote allied health research by professionals who practice in these areas and the presentation of research findings
- Develop supportive networks
- Promote good health and wellbeing through the delivery of allied health services to and by Indigenous and non-Indigenous people in rural communities.

Please visit www.sarrah.org.au for more information on SARRAH conference 2014
Scholarship Statistics

NAHSSS Allied Health Postgraduate Scholarships

NAHSSS Allied Health Postgraduate Scholarship 2014
Distribution of Scholarships by Home State

NAHSSS Allied Health Continuing Professional Development Scholarships

NAHSSS Allied Health CPD Scholarships 2014 (1st Round)
Distribution by Home State
Scholarship Statistics

NAHSSS Clinical Psychology Scholarships

NAHSSS 2014 Clinical Psychology Scholarships
Distribution by State

NAHSSS Clinical Psychology Scholarship - Distribution by ASGC-RA Status

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I am writing to thank SARRAH for providing me with the opportunity to attend a Professional Development course in Sydney.

I was lucky enough to obtain an Allied Health Continuing Professional Development Scholarship to attend the “Introductory Women’s Health and Pelvic Floor – 5 Day Intensive” workshop, run by Taryn Hallam from the Women’s Health Training Associates.

Currently I work as the sole senior physiotherapist at Innisfail Hospital providing inpatient and outpatient services to the Cassowary Coast district. The workload is diverse and at times challenging, and therefore it is often frustrating trying to prioritise what professional development events to attend! It would cost me a fortune to keep updated in all the areas I cover in my day to day practice, although, I do have a passion for paediatrics and women’s health and had been hoping to attend this course for over 12 months.

The scholarship application wasn’t too complicated and I was pleasantly surprised when I was notified of my acceptance, as it allowed me to attend the course and covered flights, accommodation and the course costs. The scholarship provided a financial aid which created a “stress free” professional development trip to Sydney and the knowledge and confidence I gained was invaluable.

The course was wonderful, intense, inspiring and I learnt so much about women’s health and the pelvic floor. Although the Sydney weather wasn’t favourable for a North Qld girl, I still had a wonderful time and I returned to work following the course so motivated.

The skills I acquired will provide a new service to the Cassowary Coast area. Patients will not have to travel an hour and a half to see a women’s health physiotherapist and can now be treated in their home town. This would not have been possible without the financial assistance from SARRAH and the NAHSSS, so thank you. It is relieving to know that there are avenues of assistance for rural and remote practitioners, to attend much needed and valued professional development opportunities.

Now to apply for a post-graduate scholarship to complete my Specialist Certificate in Rural Paediatric Practice, fingers crossed!
I attended Part one of Body As Voice training on June 29, 30, July 1 & July 2.  
I attended Part two of Body As Voice training on Oct 12, 13, 14 & 15.  

These represent the total of the scholarship money's awarded to the recipient, however there will be further two parts of this training in 2014, which the writer plans to undertake and may apply for reimbursement through SARRAH if/as appropriate.

The reason I applied for this training is the complex and intense work that I do with victim/survivors of interpersonal sexual assault. The growing body of knowledge regarding the neurobiology of trauma, the affect of trauma upon the brain (Bruce Perry, John Briere, Bessel Van Der Kolk, Alan Schore, Babette Rothschild, Pat Ogden, Janina Fisher etc) all attests to the primacy of implicit memory in relation to trauma. In a nutshell this relates to the knowledge that trauma is not usually stored as explicit left brain declarative memory but rather as implicit, body or somatic memory in the right brain.

What this means for therapy is that often clients who have experienced trauma, particularly childhood interpersonal trauma, will have an array of somatic symptoms which are not really accessible to their left brain and thus to talking therapy. Whilst some minimal work can be achieved in helping the client to ground and centre using talking therapy, this type of client needs a lot more than traditional talking therapies including the focussed psychological strategies which are accredited under medicare such as Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Interpersonal Therapy, Skills development and psychoeducation. These techniques are more suitable to those with anxiety and depression or with people who have a single trauma, and who do not have pre existing attachment based trauma, or childhood traumas such as many of the clients seen at GCASA and the other CASA's.

Now what are needed are somatic approaches which pay attention to aspects of implicit memory as seen in the client in the present.

These include:
Perceptual memory- involving all the senses;
Procedural memory- involving those things done by habit or rule;
Visceral memory- contained within the body organs;
Emotional memory- including disowned feelings;
Physical memory - or sensate memory;
Muscle memory- posture, tension, movement and skills;
Vestibular memory- involved in balance;
Autonomic memory- involving parasympathetic and sympathetic nervous system.  

Amber Elizabeth Gray is an international presenter from the US, who is a trained somatic psychotherapist, Dance therapist, and numerous other qualifications. She has worked extensively with populations of traumatised individuals and groups from various cultures including victims of torture. She has developed her Centre Post Framework incorporating her extensive professional knowledge base as well as her applied learning for over twenty years.
The first series of Body as Voice was devoted to teaching some of the basic concepts in experiencing our own bodies as a resource, as a way of embodying the knowledge within us as therapists for our own self care and also for teaching to our clients. The first 4 days were devoted to understanding our development as human beings in the somatic and sensate sense, which of course precedes verbal and left brain development.

We were taught about the importance of the primary portals of breath, spine, weight and sensation, and were increasingly exposed to our own mindful noticing of these portals in quality and intensity.

We were taught that that in terms of human experience from infancy onwards, our development requires that we experience a sense of yield in the form of firstly being held within the womb, and then by our caregivers in both a physical and emotional sense. The parallel in daily life is our ability to sense our own weight in relation to gravity in various postures—lying down, seated, standing, and later using various props such as a pilates ball.

We learned that this sense of yield is the experience we need in order to gain the energy and safety in order to be able to push and then to reach. Pushing is important in order to assert our place in the world and also to establish our own boundaries in relation to others. Reaching is important to realising our own physicality, and for all aspects of our development (mental, emotional etc).

A taster for the application of this work to client work was given in the form of a case study, where the presenter, spoke about a client she had worked with, a child victim of a terrible interpersonal trauma. The work with the child included traditional narrative therapy, and creative art therapy, but also movement therapy. In this case the child's culture had a history of use of dance in ritual and step by step, healing occurred through movement work and eventually culminated in a dance which was constructed collaboratively between the therapist and the child. We were privileged to see a video of this client dancing as permission had been given for this.

The second part of Body as Voice, focussed again on the primary portals as above, but extended this by linking it to the trauma literature. The group of 25 or so therapists also were involved in some applied learning. I presented an unidentified case study and received feedback about the incorporation of movement techniques with this client, others presented various aspects of the work including the 5 dimensions of breath, the spinal curl, yoga relaxation etc. Work in dyads proceeded to help us identify and increase our awareness of the somatic reactions of others and the relationship of this to our own somatic awareness. We did this in relation to assessing our own interpersonal boundaries. We also shared a past traumatic event (minor trauma- not major) with another therapist participant and experience that therapist use movement techniques to help us to intensify our awareness of the meaning of this event to us. Then the roles were switched and we had this opportunity to be the movement therapist.

There were approx five to six days opportunities which helped cement some of the learning, or embody the learning.
At the time of both of these trainings I was coping with emotional pain of my sister being diagnosed in Part one and actually dying in Part two. I mention this because doing this type of course, was extremely helpful to me towards my own coping, and strongly cemented the knowledge I had that somatic work is extremely helpful for people in distress and that it is vital that we all gain these skills.

In the rural community in which I work for Bairnsdale CASA, I coordinate the local Mental Health Professionals Network. There are a few of us in the network who are gaining somatic skills through various channels’ couple of colleagues are doing the Somatic Experiencing Course originated through Peter Levine, another colleague has skills in Mindfulness Meditation, we are fortunate also to have a Kinesiology and the interest in learning body based techniques for helping clients to self regulate their hyper and hypo arousal is increasing. I think that in 2014 we will certainly devote some MHPN sessions to body based techniques and so increase the local skill base and encourage others to gain these skills through further study.

Thank you for the opportunity to undertake this study. It has been very worthwhile for all my clients at GCASA (4 days a week), my private practice clients (1 day a week) and also my own wellbeing (very important for a trauma therapist).

I was very fortunate to have successfully gained a SARRAH Scholarship of $1500 to attend the Australian Physiotherapy Association 2013 Conference “New Moves” at the Melbourne Convention Centre 17-20 October. This event takes place every 2 years and was a wonderful privilege for me to attend with over 2000 Physiotherapists from all over Australia and 21 other countries.

I work as a Physiotherapist in a small rural hospital in Far North Queensland. There is minimal local CPD available and keeping up to date with Physiotherapy knowledge and skills is mainly accessed on line. So, it was wonderful to be a part of this Conference which show-cased the latest advances and research in all areas of Physiotherapy, including musculo-skeletal, cardio-respiratory, pediatrics, neurology, women’s health, aquatic, occupational health, acupuncture and dry needling, sports and gerontology as well as an Exhibition Hall with all the available Physiotherapy products on the market.

It was incredibly difficult to choose which of the concurrent sessions to attend as I did not want to miss out on anything and in rural practice, everything is relevant. Unfortunately I could only be in one place at a time but I have the ebook of abstracts to read up on those I missed.

It wasn’t all hard work and concentration over the 4 days, with a warm welcoming reception on the first night and a Masquerade Ball on the Saturday night where almost everybody was on the dance floor, keeping active and healthy, to the great entertainment of the Big City Beat Band! This opportunity to learn from leaders in the Physiotherapy field, to meet and network with other Physiotherapists in similar work environments will definitely help me to keep up to date with my profession and provide evidence-based, and the best possible care to the patients I am referred.

Marie Louise Gobius, Physiotherapist, Atherton Hospital, Queensland

Marie Louise
Scholar Story Contd... Marie Louise Gobius

This opportunity to learn from leaders in the Physiotherapy field, to meet and network with other Physiotherapists in similar work environments will definitely help me to keep up to date with my profession and provide evidence-based, and the best possible care to the patients I am referred.

I will also be sharing knowledge gained with other Physiotherapists in the region when I give a presentation on 20 November at the Cairns Hospital and Health Services District Meeting.

Join SARRAH and enjoy its membership benefits

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 and Student membership $30

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

There is no category for membership as an Association. Membership is for individuals only. SARRAH has a policy of talking to people as members rather than organisations. However, individuals of such organisations and institutions are welcome to apply for Full Member or Associate Member status – as is appropriate.

Some of the membership Benefits:

**Budget Buddies:**

Budget Buddies provides clubs and associations such SARRAH with discounted rental rates and promotions throughout the year. To make a reservation please log on to [www.budget.com.au](http://www.budget.com.au)

**Best Western Accommodation:**

10% discount off Best Available Rates available for members of SARRAH. Please visit membership page in our website [www.sarrah.org.au](http://www.sarrah.org.au) for more information.
Recipe—Baked Tomato Rice

Ingredients:
- 2 stock cubes
- 3 cups water
- 1 onion, chopped
- 400 g can no-added-salt diced tomatoes
- 1 1/2 cups brown rice (uncooked)
- 440 g can reduced-salt corn kernels, drained
- 1/2 cup frozen peas
- 185 g can tuna in spring water, drained
- 1/2 tsp ground cumin or curry powder

Method:
1. Preheat oven to 200°C (180°C fan forced).
2. Dissolve the stock cube in the water.
3. Mix all ingredients in a small baking dish.
4. Cover and bake for 45 minutes or until rice is tender and liquid has been absorbed.
5. Serve warm.

Variation: If using white rice, reduce water to 2 cups and bake for 35 minutes or until rice is tender and liquid has been absorbed.

Nutrition Information:

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<tr>
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<td>— sugars</td>
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<tr>
<td>Sodium</td>
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This recipe extracts from the LiveLighter
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