

**2009 ANNUAL FORUM**  
**Antares Foundation Inc. (Australia)**



<b>KEY FORUM INFORMATION</b> From 12 <sup>th</sup> – 14 <sup>th</sup> November 2009	
<b>Forum Theme</b>	<b>The Science of Stress and the Art of Managing Wellbeing for Humanitarian Aid Workers</b>
<b>Venue</b>	<b>Angliss Conference Centre (William Angliss Institute)</b> <i>Melbourne, Australia</i>
<b>Program features</b>	<ul style="list-style-type: none"> <li>• Pre-conference workshops</li> <li>• Presentations of research and practice</li> <li>• Case study analysis</li> <li>• Interactive workshops</li> <li>• Symposiums</li> <li>• Professional and social networking opportunities</li> <li>• Poster and photo exhibition</li> </ul>
<b>Registration Information</b>	Participants for the Forum will need to register. <b>Take advantage of early bird registration before 30<sup>th</sup> September, 2009</b> Participants can register via the Antares Foundation Inc. website <a href="http://www.antaresfoundation.org.au/documents/reg_annual_forum_09.pdf">http://www.antaresfoundation.org.au/documents/reg_annual_forum_09.pdf</a> or by contacting the Antares Foundation Inc. directly.
<b>Forum Support</b>	The Forum is supported by the Australian Government, AusAID.
<b>Cost</b>	Early Bird Rates ( <i>up til 30<sup>th</sup> September, 2009</i> )    1 day @ AUD \$ 210    2 days @ AUD \$ 380 Regular Rates ( <i>from 1<sup>st</sup> October, 2009</i> )            1 day @ AUD \$ 260    2 days @ AUD \$ 480 <i>Please contact the Foundation for student prices and conditions</i>
<b>Pre-forum workshops</b>	There is also the opportunity to attend one of 3 full day pre-conference workshops on Thursday 12 <sup>th</sup> of November.

<b>Pre-Forum Workshops: Thursday 12th November 2009</b>		
Cost: AUD \$ 120.00 full day workshop		
<b>Time</b>	<b>Workshop</b>	<b>Facilitator/speaker</b>
9.00am -5.00pm	<b>Workshop A:</b> Mindfulness for Aid Workers	Dr Craig Hasted <i>(Monash University Department of General Practice)</i>
9.00am -5.00pm	<b>Workshop B:</b> Psychosocial Risk Management Tools	Amanda Allan <i>(Operational Director, Antares Foundation Inc.)</i>
9.00-5.00pm	<b>Workshop C:</b> Working Across Cultures	John Jablonka <i>(Cross Cultural Consultants)</i>

<b>Poster &amp; Photo Exhibition</b>		
Saturday, 14 <sup>th</sup> November, 2009	Applications to exhibit welcome	Contact Kate Mort (Programs Manager, Antares Foundation Inc.)

<b>Forum Dinner: Friday 13th November 2009</b>		
<b>Time</b>	<b>Forum Dinner</b>	
From 7.00pm	Forum dinner (optional)	Venue TBA Cost: \$ 45

Forum Day 1: Friday 13th November 2009			
Time	Activity		Facilitator/speaker
8.30am -9.00am	Registration and arrivals		FORUM MC Professor Nick Haslam (University of Melbourne)
9.00am-9.30am	<b>Welcome</b> <b>The Science of Stress and the Art of Managing Wellbeing</b>		Amanda Allan <i>(Antares Foundation Australia</i> Professor Rob Moodie <i>(Nossal Institute)</i> AusAID
9.30 am-10.30 am	<b>Psychophysiology of Stress</b>		Professor Sandy McFarlane <i>(University of Adelaide)</i>
<b>10.30am-11.00am</b>	<b>Morning Tea</b>		
11.00am. 11.45am	<b>Understanding Resilience in Aid Workers</b>		Dr Amanda Comoretto <i>(Universidad Autónoma</i> <i>Barcelona)</i>
11.45-1.00pm	<b>Symposium – Resilience</b> <b>Chair:</b>		
	Screening for Resilienceq <i>Dr Ali Maginness</i>	Maintaining Resilience in Complex Emergenciesq <i>Bronwen Blake</i>	Resilient Civilian Women in Warzonesq <i>Jacqueline Paul</i>
<b>1.00-2.00pm</b>	<b>Lunch</b>		
2.00-3.00 pm	<b>Principles of Assessment and Intervention for Managing a Traumatic Event that Impacts on Staff</b> Effective practice case studies		Facilitated by Iris Trapman <i>(Antares Foundation Australia)</i>
<b>3.00pm-3.30pm</b>	<b>Afternoon tea</b>		
3.30-5.00pm	<b>Parallel Sessions (repeat @ 45 mins each – participants can attend 2)</b>		
	Staff Support Jordan  <i>Tineke van Pietersom</i> <i>Antares Foundation</i> <i>Holland</i>	Issues of Staff Retention  <i>Kate Mort</i> <i>Antares Foundation</i> <i>Australia</i>	Disability Inclusive Staff Support Programs  <i>Pauline Kleinitz</i> <i>CBM – Nossal Institute</i>
<b>5.00pm</b>	<b>Close of Day</b>		
<b>7.00pm</b>	<b>Forum Dinner</b>		

Forum Day 2: Saturday 14th November 2009						
Time	Activity					Facilitator/speaker
8.30 -9.00am	Registration and arrivals					
9.00-9.45 am	<b>Stress Fitness and the Impact of Fatigue</b>					Colonel Peter Murphy <i>(Director, Defence Force</i> <i>Psychology)</i>
9.45-10.30am	<b>Preventing and Recovering from Burnout</b>					Dr Craig Hassed <i>(Monash University Department</i> <i>of General Practice)</i>
<b>10.30-11.00am</b>	<b>Morning Tea</b>					
11-12.30	<b>Staff Support Initiatives: NGO Case Studies</b>					
	NGO Case Study 1  <i>Staff Support</i> <i>Vanuatu</i>	NGO Case Study 2 <i>Short Visit</i> <i>Travel Peer</i> <i>Support</i> <i>Teams</i>	NGO Case Study 3 <i>Staff Wellness</i> <i>Training for</i> <i>Colleagues by</i> <i>Colleagues</i>	NGO Case Study 4 <i>Achieving work</i> <i>life balance –</i> <i>National staff</i> <i>Asia Region</i>	NGO Case Study 5 <i>Implementing</i> <i>systems of staff</i> <i>care for 500 staff</i> <i>Sri Lanka</i>	NGO Case Study 6  <i>t. b. a</i>
<b>12.30-1.30pm</b>	<b>Lunch</b>					
1.30-3.00pm	<b>Recent Initiatives</b>					
	Australian Skills Council Frameworks for Training <i>Mr Robin Flynn</i>	ACFID OH&S Policy and Guidelines <i>Jan Jackson /Aurelia</i> <i>Pompili ChildFund &amp;</i> <i>The Brief Group Pty Ltd</i>	Antares Foundation Psychosocial Risk Management Tool  <i>Amanda Allan, Kate Mort, Kate Minto</i> <i>&amp; Srimalee Eramudugolla</i>			
<b>3.00-3.30pm</b>	<b>Afternoon tea</b>					
3.30-4.30pm	<b>Symposium - Hypothetical</b>					
<b>4.30pm</b>	<b>Close of Forum</b>					
From 4.30pm	Cocktails and refreshments					