



AMICUS MEDICAL CHAMBERS

# Newsletter

<https://amicusmedical.com.au>



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November 2023

Welcome to our first Amicus Newsletter of 2023. In this issue we discuss recent changes to Amicus Medical Chambers as well as our adjoining Practice Child Psychiatry Brisbane.

Dr Maarit Harden and Dr Scott Harden discuss their recent travels to the University of Turku in Finland and the use of CBT in Schools.

If you have any questions about the included information you can contact us at the details below;

Phone: 07 3832 3332

Email: [reception@amicusmedical.com.au](mailto:reception@amicusmedical.com.au)

Address: Level 2, Wickham House, 155 Wickham Tce, Spring Hill, Qld 4000

## Visiting University of Turku Finland

In April this year Drs Scott and Maarit Harden visited University of Turku in Finland to review their successful pilot program for teaching CBT to families of primary age children. Professor Andre Sourander invited us to visit with their research team and have lunch with them. It was a time of sharing ideas and encouraging the future development of online options in providing training and cognitive behaviour therapy.

While there, Dr Scott Harden gave a lecture on the current specialist situation in Queensland Australia.

If you are interested in the work that University of Turku Finland has developed for online options in CBT and educational frameworks being rolled out throughout primary schools in Finland you can check this out at

[https://research.utu.fi/converis/portal/detail/Publication/175257698?lang=fi\\_FI](https://research.utu.fi/converis/portal/detail/Publication/175257698?lang=fi_FI)



# Newsletter

## Child Psychiatry Brisbane



Child Psychiatry Brisbane introduces a brief course aiding families affected by Anxiety as well as coinciding conditions and behaviours.

### TIPS and TRICKS for FAMILIES DEALING with ANXIETY

The child and adolescent psychiatrists at Child Psychiatry Brisbane have limited availability for new referrals. Our team frequently communicates with parents on multiple waiting lists for specialized care access. To support these families, Associate Professor Scott Harden and Dr Maarit Harden developed an innovative course to assist families in working together in managing anxiety. Many await formal diagnoses, needing specialists to identify ADHD, Autism, or Anxiety as primary or combined issues. This course addresses this group, offering fundamental insights useful across presentations, as anxiety often co-occurs. It equips families with skills while awaiting specialist appointments for their child.

This course includes 5 short videos with an accompanying workbook specifically created for families and Allied health professionals looking to gain more insight into specific skills to manage anxiety and associated behaviours.

If you would like to check out the course material yourself, prior to purchasing for your clients, contact our reception staff by email. We have a generous package for you to choose from to make use of this material in the best way possible with your coaching and guidance as part of the team.

### Social Media Child Psychiatry Brisbane

Facebook

@childpsychiatrybrisbane

Instagram

@childpsychiatrybne

Follow us at the above links to find information about us, common myths about children busted and the adventures of George and Fifi!

**Why Choose our Child Psychiatry Course?**

Our course **Tips and Tricks for Families dealing with Anxiety** was created by health trained Professionals with experience in both raising children with anxiety and helping families with anxious children.

<https://childpsychiatrybrisbane.com.au>




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Amicus Medical Chambers

## Changes in the Amicus Rooms

**Dr Kristina McLennan**

Amicus Medical Chambers has been a specialist medical practice since 2010. In that time we have had many psychiatrists who have seen patients in our rooms. This month we farewelled psychiatrist Dr Kristina McLennan who had seen families at Amicus for over 10 years. Dr Kristina has relocated to St Paul's Terrace where she will continue to see her clients. Please update your address list with her new contact details.

**Dr Melissa White**

We also farewelled Dr Melissa White who has focused her clinical care to inpatient and group therapy at Belmont Private Hospital. Her contact details for your reference are below.

**Watch this space!  
New Female Adult  
Psychiatrist arriving  
December 2023!**

## Health Professionals Near Us!

### Paedix Paediatric Specialists

We are a Paediatric Specialist Practice conveniently located in Spring Hill looking after:

Services: Approx Wait Time\*  
General Paediatrics (including Behavioural & Developmental) 12 - 16 weeks  
Allergy & Immunology (with regular in-house food/drug challenge clinics) 4 - 6 weeks

\*Additional capacity may be added in future. Please call the practice for urgent cases or for the latest timings.

A little bit about our specialist:

**Dr. Ashisha Kallukaran (Provider: 423214EX)**  
MBBS, MMED, DCH, FRACP

General Paediatrician and Allergy & Immunology Specialist  
Dr. Ashisha Kallukaran (Dr. Ash) was awarded her fellowship in 2021 by the Royal Australasian College of Physicians in General Paediatrics as well as Paediatric Allergy & Immunology after completing her specialist training through the Sydney Children's and Queensland Children's hospital networks. Dr. Ash uses a holistic and tailored approach that allows patients to get the benefit of both her specialities.

How we make it easy for patients:

- Convenient Location (5 mins from Central Station)
- Free validated patient parking (3hrs)
- Paperless office with e-forms & e-scripts
- Telehealth available for follow ups and rural patients



Location: Suite 7, Level 5, 149 Wickham Terrace,  
Spring Hill QLD 4000  
Phone: (07) 2111 4100  
Email: [reception@paedix.au](mailto:reception@paedix.au)



#### Services

Urgent Care Clinic  
PAEDIATRIC EMERGENCY DOCTOR  
ED alternative with all-evening virtual ward for fevers, vomiting, rashes, wheezing, etc  
Video Telehealth consults with a Paediatric Emergency Doctor  
Ongoing support throughout the evening in our virtual ward  
Scripts and Prescriptions to a pharmacy of your choice  
Medical certificates, pathology and X-ray requests including COVID-19 testing forms  
Next day check-in from the Cub Care support team to make sure everything is going OK!

#### Amazing Online Healthcare for Kids

After-hours · Expert doctors for kids · Australia-wide

#### Services Continued

Baby & Toddler Clinic  
PAEDIATRIC DOCTOR  
Easy access to high quality paediatric care during the early years.  
Reflux, allergy, growth & milestone, unsettled baby, GP referrals, jaundice and more  
Crying or Unsettled Baby  
MIDWIFE/NURSE & PAEDIATRICIAN  
Help with feeding, sleeping, settling and medical issues for crying and unsettled babies. Holistic care: with a midwife/nurse and then a paediatrician

Open after hours until 10pm, 7 days a week. Please check the website for the latest details.

[www.cubcare.com.au](http://www.cubcare.com.au)






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## Specialist availability

Psychiatric practices recognize the shortage of new appointment slots, an issue they deal with weekly.

It's worth noting that not all psychiatrists possess the capacity to admit patients. If you believe your patient requires hospitalization, it's beneficial to connect with psychiatrists who hold admitting privileges at both Public and Private hospitals. Presently, the psychiatrists at Amicus Medical do not serve as visiting doctors at private hospitals. This insight might assist you in aligning your patients with the appropriate specialist for their needs.



Want your Practice to be featured in our next issue?  
Email [reception@amicusmedical.com.au](mailto:reception@amicusmedical.com.au)

## Are you Struggling with the Child Psychiatrist Shortage in Australia?

Join our transformative online course, "Tips and Tricks for Dealing with Anxiety," designed to equip parents and caregivers with the tools and strategies to support their children with anxiety.

Our comprehensive online course offers a flexible learning experience that fits into your busy schedule. You'll have access to engaging video lessons, informative readings and practical exercises with experienced child specialists in anxiety and family dynamics.



# The Artful Pivot

Using Creativity to Navigate Life's Crossroads

IG: @artfulpivotartworkshop  
 FB: @theartfulpivotbrisbane