



The Myotherapy Association Australia (MA) is Australia's only professional body dedicated solely to the interests of Myotherapists and the profession of Myotherapy throughout Australia.

VENUE

William Angliss Conference Centre
555 La Trobe Street, Melbourne
Campus Map

ACCOMMODATION

Quote 'MA conference at William Angliss' when booking the following discounted options:

Radisson on Flagstaff Gardens Melbourne
380 William St, Melbourne
Phone: (03) 9322 8000
Website: www.radisson.com/melbourneau

Atlantis Hotel
Address: 300 Spencer St, Melbourne
Phone: (03) 9600 2900
Website: www.atlantishotel.com.au

PUBLIC TRANSPORT

Train: William Angliss Institute is a short distance from both Flagstaff train station and Southern Cross train station.

Tram: The number 24, number 30 trams and the free City Circle tram stop right outside the Institute's Building A main entrance at 555 La Trobe Street.

PARKING

Onsite parking is only be for members with special assistance requirements and we advise you to please contact us should you require parking.

Metered parking is available on La Trobe Street, Little Lonsdale Street and Spencer Street (carefully check parking rules and rates).

Off-street Parking:
Wilson's Parking - Southern Cross Corner Spencer and Lonsdale Streets
Melbourne Care Park - Corner of Little Lonsdale Street and Merriman Lane
Melbourne Ace Parking - 612 Lonsdale Street

PROFESSIONAL DEVELOPMENT

MA Members accrue 8PD points for attending the full day.

TERMS AND CONDITIONS

The organiser reserves the right to alter items in the program. The information contained within this program is true and accurate at time of printing.

CANCELLATIONS AND REFUNDS

Cancellations must be notified in writing two weeks prior to event. No refunds will be given after this time. However a substitute person may attend by prior arrangement with the organiser.

2018 National Myotherapy Conference

A Mindful Practice: Understanding the Mind/Body Connection

Sunday 18th March 2018

BOOK ONLINE: www.myotherapy.org.au/
Enquiries: admin@myotherapy.org.au

The 2018 National Myotherapy Conference will be the most comprehensive Myotherapy and Musculoskeletal health event of 2018, bringing together the greatest number of myotherapists at the one event in Australia.

EARLYBIRD (ends January 31, 2018)

MA Member \$250
Non-Member \$275

FULL PRICE

MA Member \$290
Non-Member \$315

Students \$150

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William Angliss Conference Centre
555 La Trobe Street, Melbourne



Myotherapy Association Australia
200 Alexandra Pde, Fitzroy VIC
PH: 03 9418 3913
www.myotherapy.org.au

CONFERENCE PROGRAM

8:30am	REGISTRATIONS OPEN / EXHIBITORS / POSTERS	
9:00am	WELCOME	
9:15am	The Science of Mind - Body Medicine	Professor Avni Sali
10:15am	MORNING TEA EXHIBITORS/POSTERS	
10:45am	CONCURRENT WORKSHOP #1 Advances in Integrative Medicine Professor Avni Sali	CONCURRENT WORKSHOP #2 Orofacial Pain including T.M.J. dysfunction . A Myotherapeutic approach to clinical management Andrew Gallagher
11:40am	CONCURRENT WORKSHOP #3 Assessing Pain in Children and Adolescents: A Biopsychosocial Approach Andrea Williams	CONCURRENT WORKSHOP #4 Sustainability in myotherapy practice: how interpersonal neuroscience can improve your longevity and enhance patient outcomes Karen Lucas
12:30pm	LUNCH / EXHIBITORS / POSTERS	
1:15pm	15MIN OPTIONAL STRETCH SESSION	
1:30pm	Which pain specialist is right for me – the who's who and the how to	Dr. Nick Christelis
2:35pm	PANEL DISCUSSION	
3:00pm	TM AWARD & PRESENTATION	
3:10pm	AFTERNOON TEA EXHIBITORS / POSTERS	
3:40pm	CONCURRENT WORKSHOP #5 Mindfulness for resilience and performance Sally Cumming	CONCURRENT WORKSHOP #6 The battle between the drug and the herb - can they find true love? Gerald Quigley
4:35pm	CLOSING COMMENTS	
4:40-5:30pm	SPONSORED NETWORK DRINKS	

CONFERENCE PRESENTERS



Professor Avni Sali AM: MBBS PhD FRACS FACS FACNEM, Director – National Institute of Integrative Medicine (NIIM). Professor Avni Sali is often referred to as the father of Integrative Medicine in Australia. In 1996 he was the Founding Head of the Graduate School of Integrative Medicine at the Swinburne University in Melbourne. In 2009 he established the not-for-profit, charitable National Institute of Integrative Medicine (NIIM), and became its founding Director. In the past he was also Head of the University of Melbourne Department of Surgery at Heidelberg Hospital.



Dr Nick Christelis, Victoria Pain Specialists Director and Co-Founder Vic Pain, FFPMANZCA, 2011, FFPMRCA, 2008, FANZCA, 2009, FRCA, 2002, MBBChh, Medical School of the University of the Witwatersrand, Johannesburg, 1995. Dr Nick Christelis holds two specialist medical qualifications (Fellowships) in pain medicine: one from the Australian and New Zealand College of Anaesthetists (FFPMANZCA), for which he received with a Merit Award and the other, from the Faculty of Pain Medicine of the Royal College of Anaesthetists (FFPMRCA) in London (UK). He is trained in all aspects of pain medicine including advanced interventional techniques like nerve blocks, radiofrequency and spinal cord stimulation.



Gerald Quigley, Pharmacist/Master Herbalist: B.Pharm.Dip.MH.Ayurved.Herb (PostGrad) Pharmacist and Master Herbalist Gerald is a media health commentator heard each week on many radio stations across Australia in cities and regional centres. He co-hosts a health and wellness program on the Macquarie Network live across Australia, as well as a national TV show on wellness through 7TWO. His passion is to empower each person to make sensible health decisions, and to continually maintain and improve their quality of life, especially as they age. Rediscovering the ability to understand wellness, the role of food choices, and aging well, are aspects of vitality fundamental to our future.



Karen Lucas, Myotherapist: B.App.Sci (Human Movement) (Honours) Adv. Dip. Sc. (Myotherapy) M.Sci.Med (Pain Management) Ph.D. Dr Karen Lucas has been a practicing Myotherapist since 1995, and would be regarded by many as a pioneer amongst the Myotherapy profession. Karen is the first myotherapist to complete a PhD. Her doctoral studies focused on the effects of myofascial trigger points (contraction knots in the muscles). She regularly lectures to myotherapists and other health care professionals and is particularly interested in the effects of stress on the body and can teach you techniques to help calm the central nervous system and reduce the physical effects of stress. She is currently completing a Masters in the Science of Medicine (Pain Management) from the School of Medicine at Sydney University and is a member of the International Myopain Society, an international multidisciplinary society that researches and treats muscle pain and fibromyalgia.



Andrew Gallagher, Physio (TMJ): B.App.Sci.(PHYT) M.S.C.M. (HON), AdvDip Myotherapy. Andrews' clinical interests are in the treatment of complex musculoskeletal pain and in particular chronic orofacial pain. Andrew is the Principal of the Craniomandibular Rehabilitation Clinic, which provides specialist treatment services in Melbourne and Ballarat focusing on orofacial pain and temporomandibular joint (TMJ) dysfunction.



Sally Cumming, Mindfulness Expert: Mindfulness Practitioner (MTIA), Exercise Physiologist (ESSA) Sally Cumming established Engage Health in 2012 and is the Director and lead corporate wellness consultant in Melbourne. Sally is a certified mindfulness practitioner with the (MTIA) Mindfulness Training Institute of Australia. Her background as an accredited exercise physiologist, as well as her keen interest in mindfulness meditation and stress physiology, means she is passionate about teaching resilience strategies that can be implemented into the workplace to reduce stress and improve mental health. Sally teaches mindful leadership programs, as well as mindfulness-based stress reduction and mindfulness-based cognitive therapy to staff across the not-for profit, government, education, athletes and corporate sectors.



Andrea Williams, Myotherapist: B. Health Sc. (Clinical Myotherapy), Bachelor Nursing (B.N.), Grad. Dip Pain Management, Master of Sc. Medicine (Cand) – Pain Management Andrea has been a myotherapist for 17 years following a 10 year career as a registered nurse. Andrea has also been an educator in the myotherapy program at SSNT since 2004. Andrea has worked with prenatal women and children for many years both as a nurse and myotherapist and is passionate about exploring ongoing opportunities for myotherapists in these areas of clinical practice. Andrea has also completed post graduate studies in Pain Management from the University of Sydney in which she had the opportunity to learn more about pain in children, in particular, the implications on the family unit. In this presentation Andrea will explore pain in children and adolescents within the biopsychosocial framework.