



ALMA

2019 21ST ANNIVERSARY
CONFERENCE

16-18 AUGUST • KATOOMBA

The Art of Medicine

The Australian Lesbian Medical Association

invites members and partners
to celebrate 20 amazing years
at the 21st Annual Conference

The Art of Medicine

16 August - 18 August 2019

at

The Carrington Hotel

15 – 47 Katoomba St,
Katoomba. NSW 2780

<https://www.thecarrington.com.au/>

Accommodation code - #24897

ALMA Conference Program 2019

Friday 16 August

- 0800 - 0900 **Registration with Tea & Coffee**
- 0900 – 0945 **Welcome to Country and Introductions (45 minutes)**
Aunty Carol Cooper and Jo Clancy, Wagana Dancers
- 0945 - 1045 **Keynote session: Dr Claire Hooker – Sydney Health Ethics:**
Approaching health and healthcare with creativity
- 1045 - 1115 **MORNING TEA**
- 1115 - 1200 **Keynote session: Dr Jack Ganbaatar – LGBT Centre Mongolia:**
LGBT Human Rights in Asia
- 1200 - 1230 **Hanna Sprod, University of Melbourne**
BDSM (Bondage & Discipline, Dominance & Submission and Sado-Masochism). How does it impact health and doctor patient relationships? Why do doctors need to know more?
- 1230 - 1330 **LUNCH**
- 1330 - 1400 **A Pictorial History of ALMA** - Laraine Ruthborn & Adele van der Merwe
- 1400 - 1530 **ALMA Legend** – interviewed by Brooke Daniels.
Who will she be?
- 1530 - 1600 **AFTERNOON TEA**
- 1600 - 1730 **ALMA AGM** - ALMA members only
- 1800 - 2000 **The Art of ALMA** – Exhibition Opening, Entertainment
- 2000 – 2300 **Dinner** – Avalon Restaurant
<https://www.avalonkatoomba.com.au/>
Student Dinner – 14 Lovell St

Speaker bios and presentation outlines



Aunty Carol Cooper is a respected elder in Katoomba and a keen supporter of Indigenous education at Katoomba public schools. She is a Darug and Gundungurra woman who grew up in The Gully, in Katoomba. Aunty Carol has been the backbone of the reconciliation movement in the Blue Mountains for the past 20 years. She is a founding member of Blue Mountains Aboriginal Culture and Resource Centre (ACRC) and long-term member of Blue Mountains People for Reconciliation.

(Pic: <https://dhrp.uws.edu.au>)



Jo Clancy – Wagana Aboriginal Dancers

Jo Clancy is a Mother, a Daughter, a Sister and an Aunty to many. She is a First Nations Choreographer, Dancer, Teacher and Mentor, a Wiradjuri woman from the NSW Central West who was raised and still lives on Darug and Gundungurra Country in the Blue Mountains with her family. Over the past twenty-five years Jo has developed many contemporary Aboriginal dance works and education projects for festivals and events throughout Australia and overseas. She founded her Company Wagana in 2007 and currently has 40 women and girls dancing with her every week on Country.



Professor Helen E O'Connell

Keynote: "The fine art of exploring female anatomy"

Helen is an academic Urologist based in Melbourne. She is the Director of Surgery and Head of Urology at Western Health. Completing her Urological training in 1994 she became Australia's first female Urologist. She became a leader in field of clinical urology, urodynamics and lower urinary tract reconstruction, particularly in women. Her Doctorate was in the study of female urogenital anatomy, studies for which she has international renown. Her research has transformed our knowledge of female genital anatomy and sexual function.



Dr Dorjjantsan (Jack) Ganbaatar

Former Health Program Manager, LGBT Centre Mongolia

Jack studied medicine at the National Medical University of Mongolia. He has been instrumental in identifying major healthcare gaps and developing opportunities to improve access to healthcare for LGBT people, including negotiating with the National Mental Health Institute for free-of-charge counselling for referrals from the LGBT Centre. Forty percent of his work involves counselling trans people on mental health and hormone replacement issues. The Health Program works on mainstreaming cultural and technical competence issues in both healthcare service provision and tertiary education curriculum, as well as providing information and referrals to LGBTI community members. He has worked as a National Consultant on UN Free & Equal Campaign in Mongolia. He is currently studying for his MPH at Melbourne University as an Australia Award recipient.

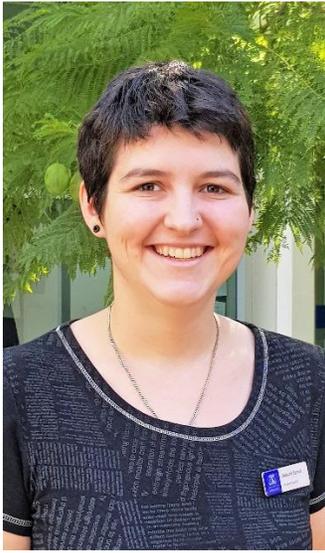


Dr Clair Hooker – Sydney Health Ethics

Keynote: Approaching health and healthcare with creativity

Claire is a long-standing academic member of Sydney Health Ethics, University of Sydney; Director of the Bioethics program, University of Sydney; and co-Chair, Arts Health Network NSW/ACT. Claire's research focuses on:

- Arts and health, especially community-based health initiatives and research.
- Experiences of medicine and health care, focusing on doctor as well as patient narratives, and on workplace communication, civility and collegial communication and interaction in hospitals and health care facilities.
- Medical humanities and health humanities more generally, with a focus on risk and narrative communication.



Hannah Sprod

Hannah Sprod is a medical student at Melbourne University. She graduated with a Bachelor of Speech Pathology from Flinders University in 2010 and spent the next six years working with children with disabilities in Victoria and South Australia.

In her free time Hannah has been involved in alternative sexuality communities since 2010 including memberships with MDQueer (2017) and ALMA (2019), and volunteering with KNOTbound Ltd (2018). Hannah is currently working a research project examining how practitioners of BDSM deal with injury and an academic article about the Australian BDSM Archives.

BDSM (Bondage & Discipline, Dominance & Submission and SadoMasochism). How does it impact health and doctor patient relationships? Why do doctors need to know more?

This is a presentation about KNOTbound Ltd, a registered charity providing support to the BDSM community. In keeping with the weekend's theme of art there will be a particular focus on one project, the Australian BDSM Archives, a repository information and artefacts. Greater cultural awareness of patient protocols, practices and lifestyle allows for more holistic care and improved health outcomes.

At least 1 percent of the population practice BDSM, however many are reluctant to disclose to doctors. In one study less than 40% were out to their health care providers and many preferred to ask BDSM community members for advice. Most would like to be open with their doctors in order to receive more appropriate care.



Making a Difference: A review of the Creative Activism of ALMA's International Issues and Human Rights Subcommittee (II&HR)

Liz Rickman and Ruth McNair

Liz and Ruth, along with several other ALMAs have worked tirelessly to get ALMA a voice on international human rights issues affecting same sex attracted women through achieving NGO status for ALMA at the UN. This session will present some of the creative advocacy ALMA has been privileged to share in and contribute to at the United Nations and in the International arena with such global friends as ILGA. II&HR welcomes and encourages ALMAs to share in this advocacy by contributing to issues such as the plight of LGBTI Refugees, intersex rights and environmental issues.



Johanna de Ruyter and Deborah Collins - Wicked Elephant Co-op

Deb Collins and Johanna de Ruyter are each skilled facilitators, consultants and coaches, who love working with real people struggling with real issues to produce real change. They are from the Wicked Elephant Co-op, a contemporary co-operative initiated by modern elders. We work with individuals, teams, leaders and organisations as facilitators and change agents to develop skills and abilities for powerful collaboration. We befriend the elephants in the room and transform wicked problems into wicked action. We challenge and support you to make change happen in your world, whatever your passion, whatever the scale.

About the workshop:

Uncertainty equates with modern life and yet for most of us; it engenders some panic and rarely thoughts of fruitful engagement. In this 2-hour session we will explore the tension held in uncertainty between anxiety and excitement.

We'll learn how to stay present and connected to ourselves and each other, how to show up even when emotions are heightened, and we'll begin to see that uncertainty is full of possibility and can even be great fun.

By the close of this playful and energetic session the participants will have skills they can apply in their personal and professional roles. We will use practices from applied improvisation, embodiment, theory bursts on neurobiology and reflective analysis.

This session is designed to increase the capacity in participants to -

- stay present and connected - in relationship with self and others
- feel less conflict or anxiety when in uncertainty
- better navigate uncertainty, knowing it is filled with potential.



Michelle Jersky is the Program Manager: Arts in Health & Community Development in the Department of Community Child Health, Sydney Children's Hospitals Network (Randwick). She has managed the Ngala Nanga Mai pARenT Group Program in the Department of Community Child Health, since 2009. The program uses art to engage with Aboriginal families in La Perouse and surrounds to build a strong social network, facilitate access to health services and opportunities for strengthening education and cultural wellbeing. Michelle has a Master of Art History, with a background in arts education and community arts. Michelle is interested in the intersection of Arts and Health and the capacity of art to facilitate change in communities.

About the workshop: Michelle will briefly share her experiences of working in an urban Aboriginal community delivering an Arts in Health program Ngala Nanga Mai pARenT Group demonstrating how arts in health works on the ground. Then she will assist participants to co-create an installation that reflects our shared understandings of what constitutes health and how the social determinants of health play a role in this. Participants will be invited to use their own creativity in *making* meaning as well as *thinking about* ideas in guided art activities and reflections. No previous art experience is required. We will explore how image making can

be a mechanism for deepening our understanding, engaging with complexity and probing the silences, the unspoken and the uncontested in our thinking.



Fiona Chisholm

Fiona uses her 28 years of communication experience across industry, government, politics and the non-profit sector to:

- create media coverage which helps find homes for rescue greyhounds (she has two),
- empower women from all walks of life to have their voices heard in the media.

Fiona has worked in merchant banking, health, education, IT services and industry regulation, as well as on ministerial staff, in the public service and for an industry peak body. Consequently, she can advise most would-be media players with an insider's appreciation of their issues and challenges. Fiona holds an MA (Communications), BA (hons) and Diploma in Fine Arts, but likes to keep on learning and now aims to improve her basic conversational Mandarin.

About the workshop

This workshop has been run for hundreds of full-time workers who rated it well worth the time away from their desks.

1. Learn about the 5Ws used by global media to distill complex issues.
2. Practice thinking and writing skills which allow you to 'translate' your issues for the media on one page.
3. Have fun while working on practical exercises with fellow workshop attendees – in this case, we'll be using ALMA's July 2018 CEDAW Report - *Human Rights Violations of Lesbian, Bisexual Women, Transgender and Intersex People in Australia*.
4. Ask questions and test your assumptions about the media.

**Brooke Daniels**

Brooke is the Chief of Staff of ABC Central West. Centred in Orange, her region covers a large chunk of central NSW from Lithgow to Goulburn, from West Wyalong to the back of the Hunter Valley. She says running an ABC regional bureau beats all past jobs hands down. Interviewing the ALMA Legend runs a close second.

**Sue Lightfoot**

Sue left the NSW Police Force in 2012 with the rank of Detective Chief Inspector having established and implemented the statewide Joint Investigation Teams (JIRTs), a unique, multiagency response to child protection. Sue is a passionate advocate for the rights of children and vulnerable people and is an expert on child abuse and sexual assault.

Since leaving the NSW Police Force with complex PTSD, major depressive disorder and anxiety, Sue has become a passionate photographer and adventurer. Now in the second half of life Sue volunteers on a regular basis teaching photography and creativity to a variety of women's groups. She has participated in several exhibitions using the medium of photography to capture the essence of life and light. Sue lives in the Blue Mountains with her partner, their family of fur kids and garden.

About the presentation:

In this session Sue will discuss her experiences with trauma and how having a creative pursuit has helped her manage the impact of living with PTSD. She will also give an overview of her experiences navigating the medical system including therapeutic interventions.

Sue will talk about how engaging in a creative outlet such as photography has assisted her to reset her in-built survival mechanisms to learn a way of communicating and finding new meaning in life.

While language is essential, feelings, thoughts, memories and unspoken words can be expressed through an artistic medium that assists with the healing process.



Gail Hewison OAM

Gail has a long association with ALMA as partner to Liz Rickman. Gail is a Mardi Gras 78er, ran The Feminist Bookshop for 29 years, is a long time Feminist and queer activist so had no problem in throwing together a few Trivia questions. Since retiring from Bookshop work her favourite project has been the OutStanding Short Story Competition, the premier creative writing event for the LGBTQIA+ community of Australia and New Zealand. (<http://outstandingstories.net/>) Gail serves on the Committee, as a judge and running short story workshops like the one she's sharing with ALMA.



Dr Laraine Ruthborn and Dr Adele van der Merwe

Adele has been an ALMA since her first year of medical school, 15 years ago. She lives with her partner and their 2 children in central Victoria, where she works as a GP Anaesthetist. Laraine is a long-standing and active SAALMA and a retired GP. Together they have a formidable grasp on ALMA history which they plan to share in the form of a pictorial romp through ALMAS glory (and perhaps some inglorious) days.



Dr Kath Burns and A/Prof Ruth McNair AM

Want more diversity recognised in the Australian Honours system? Already know someone you would like to nominate? Come along to a hands-on workshop on how to successfully nominate the people you want honoured lead by two fabulous ALMAS who need no introduction to ALMAS. Ruth received her AM in the recent Queens Birthday Honours for her advocacy for the LGBTIQ community. Both Ruth and Kath have experience nominating women for the Australian Honours. It can appear daunting, but this workshop will guide you through the process.

