

PROGRAM AT A GLANCE

Saturday 20th JUNE 2026 ARRIVAL AND REGISTRATION 8:30AM

TIME

- 8:55AM **Acknowledgement of Country**
Fran Grant
- 9:05AM **Welcome Address**
Dr. Michael Holland, MP
Member for Bega
Parliamentary Secretary for Health, and Parliamentary Secretary for Regional Health
NSW Government

SESSION 1

- 9:15AM **Gidget Foundation Australia Welcome**
Arabella Gibson, CEO, Gidget Foundation Australia
- 9:20AM **Keynote Presentation**
Bringing in the Baby: Infant Observation in Perinatal Mental Health Care
Dr Claudia Gold, Pediatrician and Writer
- 10:30AM **Morning Tea**
- 10:45AM **Clinical Spotlight**
Updates and Insights in the Neurobiology of Perinatal Mood Disorders: Clinical Implications and Emerging Therapies
Dr Oscar Serrallach, GP, Maternal Health Practitioner, Researcher & Founder of The MotherCare Project
- 11:45AM **Clinical Spotlight**
Human-Centred Care: Understanding the Respectful Maternity and Newborn Framework
Victorian Chief Midwifery Officer [To be announced in May]
- 12:30PM **Lunch**

SESSION 2

- 1:30PM **Keynote Presentation**
Caring in Context: The Perfect Mother Myth in Perinatal Care
Dr Sophie Brock, Sociologist and Mother specialising in Motherhood Studies
- 2:30PM **Rapid Talks**
- When Words Are Not Enough: Creative Expression in Perinatal Mental Health Care**
Helena Anolak, Registered Nurse and Midwife and Head of Midwifery & Course Coordinator Perinatal and Infant Mental Health at Federation University
 - Childbirth-related Post-traumatic Stress Disorder: A Disruption to Mother-Infant Interactional Synchrony**
Dr Alysha-leigh Fameli, Registered Psychologist/PhD
- 3:00PM **Afternoon Tea**
- 3:15PM **Clinical Spotlight**
Listening to the Maternal Body in Perinatal Mental Health
Hollie Swanton, Mental Health Occupational Therapist & Gidget Foundation Australia Clinician
- 4:00PM **Clinical Spotlight**
The Second Baby Shift: Understanding the Emotional Reality for Parents and Siblings
Gen Muir, Parent Educator, Author, Speaker, Founder of Connected Parenting
- 4:45PM **Conference Roundup and Evaluation**
Arabella Gibson, CEO, Gidget Foundation Australia
- 5:00PM **CONFERENCE CONCLUDES**

