



Health care for Legal Professionals

There is a higher than average level of stress within the legal profession. This may take the form of anxiety, depression, alcohol and drug misuse, family issues, and work pressures and related problems.

The Bar Association of Queensland is assisting members through a variety of approaches, including providing a panel of experienced, independent psychologists, coaches and counsellors for all BAQ members to avail themselves of as they see fit.

The Panel

The panel members have the following attributes in common:

- They have formal qualifications in counselling or clinical psychology, organisational psychology, or clinical social work.
- They have seniority and experience in their professions.
- They are experienced in working with lawyers and law firms.
- They are completely independent practitioners in private practice settings.
- They specialise in different areas of practice in psychology and executive coaching.

How it works

Panel members are listed below with profiles and contact details.

BAQ members make contact privately with any panel member to arrange a consultation. There is no need or requirement to inform BAQ of any aspect of the arrangement. The providers are not funded by BAQ, except as detailed below for the first consultation, and panel members do not report to the Association on any matters relating to consultations.

With the approval of Bar Council, members who consult the providers on the panel may have three (3) consultations per year free of charge. To preserve confidentiality, members are asked to advise the panel consultant of their membership of the Association. The consultant will then bill the Association.

Members are responsible for payment for subsequent consultations. (Most of the listed practitioners have facility for Medicare and/or insurance rebates.)

The process is completely confidential.



**BAR ASSOCIATION
OF QUEENSLAND**

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**Constituent Member of the
Australian Bar Association**



DR CHRIS DAY

Chris is a clinical psychologist and executive coach with 20 years' experience. Her qualifications are PhD, MPsych. (Clinical), B. Sc. (Hons); Member of clinical college of the Australian Psychological Society. Chris has presented to the Queensland District Court Judges, the Queensland Bar Association, Women Lawyers Association, and the Australian Legal Practice Management Association. Her articles have appeared in Lawyers Weekly. In her clinical practice where she sees lawyers, other professionals and general clients, Chris specialises in stress and depression, work/life balance, executive coaching, difficult relationships, dealing with difficult people, and mental toughness. Medicare rebates are available. Chris is the author of the book, 52 Secrets of Psychology.

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PATRICK O'REGAN

Patrick (Paddy) is a Clinical Social Worker with 18 years' experience. His qualifications are BSW, M Social Policy, M Gestalt Therapy and Member of the Australian Association of Social Work. He has worked extensively with organisations such as Department of Justice and Attorney-General and has provided clinical support to members of the legal profession through his private practice and as a manager and senior practitioner in a national EAP service. His clinical interests include acute and longer term responses to traumatic incidents, mindfulness approaches to stress and anxiety, and supporting people to use their own resources to manage stress.

Organisationally he is interested in working with supporting change and, in particular, dealing with resistance to change.

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VELDA MORISCO

Velda Morisco is a psychodynamic psychotherapist who moved to Australia from Europe 15 years ago. Her relevant professional qualification is a Master of Psychotherapy from the University of Queensland. Velda has worked in private practice in Australia for 12 years, doing individual psychodynamic psychotherapy and family therapy. The psychodynamic way of working acknowledges the complexities of clients' lives. It strives to provide an environment for clients to explore and find solutions to their problems, within a collaborative and strictly confidential relationship.

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DR JOHN BARLETTA

John is a counselling and clinical psychologist, corporate coach, and educator with over 30 years' experience. His qualifications include a PhD (Ohio), MEdSt (UQ), GradDipCouns (QUT), BEd (ACU), and DipT (QUT). He is Full Member of both the Australian Psychological Society and the College of Clinical Psychologists, and has been a tenured senior academic. John promotes healthy living via the application of positive psychology principles. He routinely works with legal and other professionals, and is frequently invited to present at conferences and to corporations. John specialises in stress, depression, relationship counselling, work-life balance, executive coaching, medico-legal reports, and workshops. He is author of The Home Therapist.

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MARCO KORN

Marco is a clinical psychologist and executive coach with over 20 years of experience. His qualifications are BA (Hons) Psychology (University of Queensland). He is a member of the Clinical College of the Australian Psychological Society (APS), The APS Interest Group in Coaching Psychology and the APS Interest Group in Psychoanalytic Psychology. In his practice he specialises in anxiety and depression, professional self-care and burnout prevention, conflict resolution, dealing with difficult people, executive coaching, leadership development, and organisational consulting. He has been invited to speak to these topics at State and national professional forums. He has provided assistance to members of the legal profession, as individuals and organisationally. Medicare rebates are available.

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HANNE PAUST

Hanne has a Masters of Science in Psychology from Gothenburg University and a Masters of Public Health from QUT. After working as a Psychologist and Senior Psychologist at Wolston Correctional Centre, Hanne has been in private practice for the past 18 years. Her husband's practice at the Bar and her extensive experience treating clients from all parts of the legal profession have given her a good understanding of the many mental health challenges that face barristers and how to manage these. Hanne has previously presented two papers to the Queensland Bar; "Neuroplasticity and Implications for Mental Health" and "Resilience at the Bar." She has an interest in applied neuroscience, in which therapy may be described as a process of improving neuroplasticity and building helpful neural patterns while allowing unhelpful patterns to disintegrate, improving wellbeing and performance.

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