

8th AACCP International Symposium Biological Stress; Bite, Fright and Fight. What every practitioner needs to know

AACP Australian Chapter
Sydney, Friday March 15th to Sunday 17th 2019
at The Sydney Harbour Marriott Hotel

REGISTRATION DETAILS

REGISTER ONLINE at www.aacfp.com.au

FULL REGISTRATION INCLUDES:

3 Days registration includes entry to all sessions for the full three days. Morning tea, afternoon tea and lunch each day. Conference bag plus access to the event App. Welcome Cocktail Evening on Friday 15th March 2019.

FOR CONTINUING PROFESSIONAL DEVELOPMENT THE CPD POINTS ARE:

CPD for 3 days
Anticipated 20 hours

AACP MEMBER REGISTRATION	\$1895 INCL GST
NON MEMBER EARLY BIRD 1	\$2095 INCL GST MAR 21ST DEC 15TH 2018
Non Member early bird 2	\$2195 INCL GST DEC 16TH TO FEB 10TH 2019
NON MEMBER	\$2295 INCL GST FEB 11TH 2019 ONWARDS
PHYSICAL THERAPISTS	\$1320 INCL GST (LIMITED TO 10 SPACES)

CANCELLATION POLICY

AACP Australian Chapter reserves the right to cancel any portion of the conference if needed. Should you need to cancel the AACP must be notified by February 25th 2019. All cancellations must be received in writing. In this case \$150 will be deducted from your refund. Cancellations after this date will be subject to a 50% fee per attendee.

VENUE

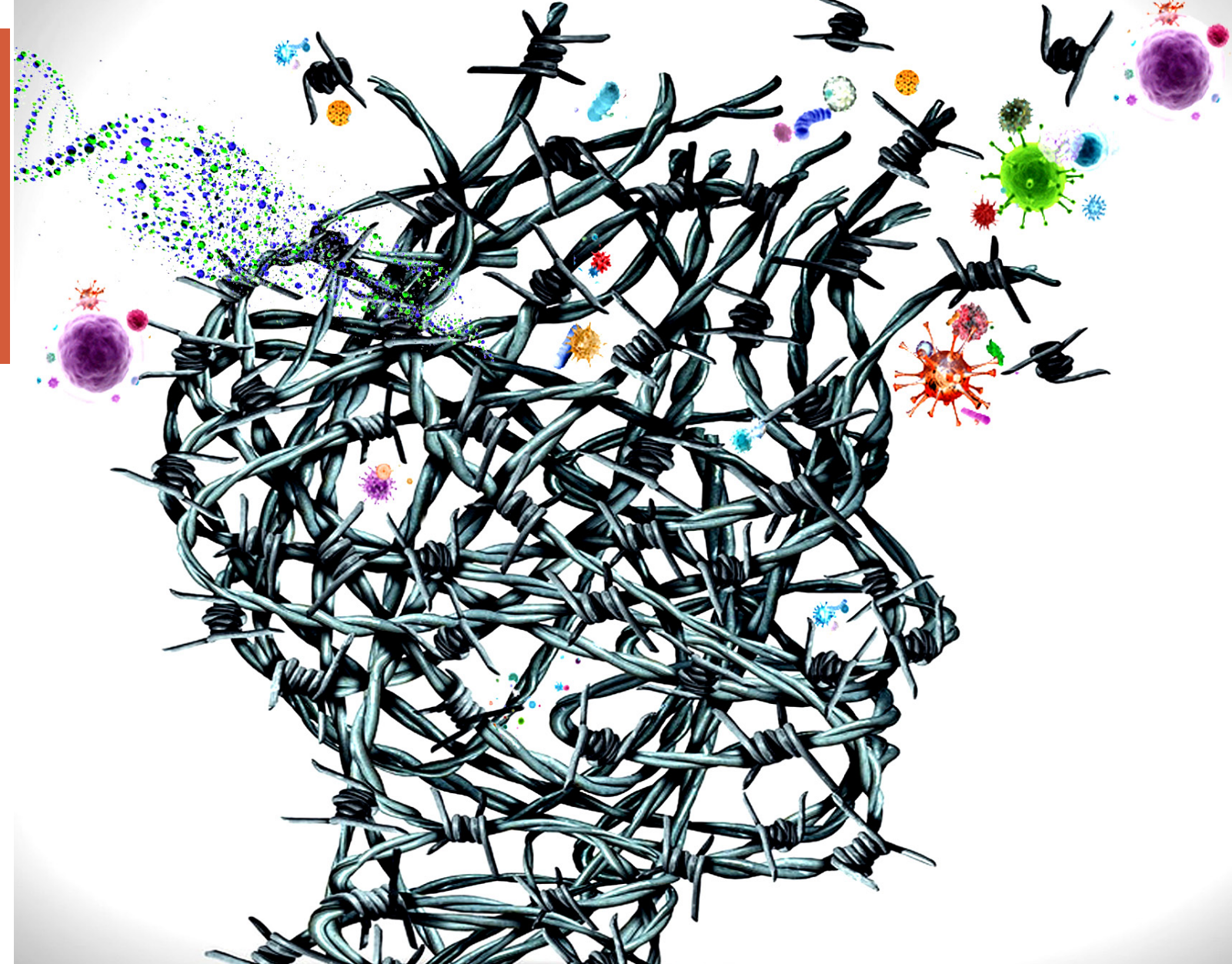
The Symposium will be held at **THE SYDNEY HARBOUR MARRIOTT HOTEL** - 30 Pitt St Sydney, NSW 2000.

The Hotel is offering **SPECIAL ACCOMMODATION RATES TO DELEGATES**. To secure these rates please visit our website www.aacfp.com.au and book using the customised hotel link. Please note hotel rooms are limited. AACP Australia cannot guarantee accommodation.

CONTACT US



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www.aacfp.com.au



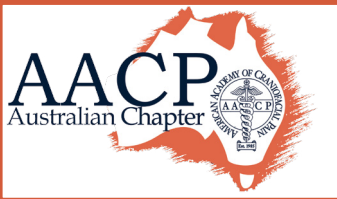
Biological Stress; Bite, Fright and Fight. What every practitioner needs to know

WHAT IS BIOLOGICAL STRESS AND WHAT CAN WE DO ABOUT IT? BIOLOGICAL STRESS IS ABOUT FAR MORE THAN BUSY LIFESTYLES AND MODERN DAY PRESSURES. OUR GENERATION DOES NOT HAVE CHALLENGES LIKE THE "GREAT WAR", THE DEPRESSION AND THE SPANISH FLU, BUT WE STRUGGLE MORE WITH STRESS-RELATED DISORDERS THAN OUR GRANDPARENTS. WHY IS THIS? DO WE NEED TO TAKE A DEEP BREATH AND LEARN TO CHILL OUT, OR HAS SOMETHING FUNDAMENTAL CHANGED? AS 21ST CENTURY HEALTH CARE PRACTITIONERS WE SEE INCREASES IN DISORDERS OF THE GUT, SLEEP, MOOD, DEPRESSION, AND CHRONIC PAIN. WHY IS THIS HAPPENING?

IN THIS 3-DAY COURSE WE START BY EXPLORING THE ORIGINS OF STRESS AND ASK EXACTLY HOW DOES IT AFFECT THE CELL? ON DAY 2 WE ASK WHAT IS THE IMPACT OF THAT CELLULAR CHANGE ON THE HEALTH OF THE BODY SYSTEMS? THEN ON DAY 3 WE GIVE YOU STRATEGIES FOR WAGING WAR ON STRESS AND IT EFFECTS.

AS HEALTH PROFESSIONALS TREATING CHRONIC PAIN AND SLEEP DISORDERS, UNDERSTANDING BIOLOGICAL STRESS EMPOWERS US IN THE BATTLE AGAINST THE BIGGEST HEALTH THREAT OUR FAMILY, FRIENDS AND PATIENTS FACE IN THE 21ST CENTURY: MODERN DAY LIVING.

WE HAVE INCREDIBLE SPEAKERS WITH A GREAT STORY TO TELL AND WOULD LOVE YOUR COMPANY ONCE MORE IN SYDNEY MARCH 15-17TH 2019 FOR THE 8TH AACCP INTERNATIONAL SYMPOSIUM ON BIOLOGICAL STRESS.



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ALLAN PACK Professor Allan Pack is the John Miclot Professor of Medicine, Director of the Centre for Sleep and Circadian Neurobiology at the University of Pennsylvania. He graduated from medical school in Glasgow before relocating to the United States. He has been faculty at the University of Pennsylvania since 1976. He directs multiple grants, and conducts translational research. He is the Founding Director of the Centre for Sleep and Circadian Neurobiology and the Division of Sleep Medicine at the University of Pennsylvania. Dr Pack's current main area of focus is on functional genomic approaches to sleep and its disorders. A major component of his research relates to the pathogenesis and consequences of OSA, and the effects of sleep loss. Dr Pack is actively pursuing research to establish the functions of sleep both for brain and peripheral organs and identifying biomarkers for sleep loss and OSA. He has received a number of awards for his activities including the Nathaniel Kleitman Lifetime Achievement Award and the William C. Dement Academic Achievement Award from the American Academy of Sleep Medicine, the Lifetime Achievement Award from the National Sleep Foundation, and the Farrell Prize in Sleep Medicine from Harvard Medical School.

CHRIS PECK Professor Chris Peck is Dean of the Faculty of Dentistry, the University of Sydney and President of the Australian and New Zealand Academy of Orofacial Pain. Professor Peck manages complex orofacial pain and disorder patients and conducts research on biomechanical aspects of jaw function, evidence-based diagnosis and management of orofacial pain, and biopsychosocial contributors to pain perception and jaw dysfunction. He is a senior facial pain expert in the NSW public health care system at the Royal North Shore Hospital's Pain Management Research Institute, involved in patient care, clinical supervision and research. Professor Peck is President-elect of the International Research Diagnostic Criteria for Temporomandibular Disorders Consortium network, which develops reliable and valid diagnostic criteria for facial pain complaints

MALIN ERNBERG Professor Malin Ernberg is Professor of Clinical Oral Physiology, Chair of the Division of Oral Diagnostics and Rehabilitation, and is Associate Head of Research at the Department of Dental Medicine, Karolinska Institute, Stockholm, Sweden. She is an accredited Specialist in Orofacial Pain/TMD by the Swedish Board of Health and Welfare. Between 2004 and 2006 she was guest researcher at the Department of Orofacial Pain at Aarhus University, Denmark and between 2009 and 2014 she held a 50% clinical research position financed by the Swedish Research Council. She has served as President of the Neuroscience Group of the International Association for Dental Research (IADR) and as President of the Swedish Pain Society, the national chapter of the International Association for the Study of Pain (IASP).

ALEXANDER MCFARLANE Professor McFarlane is Professor of Psychiatry and the Director of the University of Adelaide Centre for Traumatic Stress Studies. He is an international expert in the field of the impact of trauma on veterans, disaster survivors and civilian accidents. He is a Past President of both the International Society for Traumatic Stress Studies and the Australasian Society for Traumatic Stress Studies. He is the recipient of the Robert Laufer Award for outstanding scientific achievement in the study of the effects of traumatic stress. His research has focused on the epidemiology and longitudinal course of posttraumatic stress disorder, as well as the neuroimaging of the cognitive deficits in this disorder. He has a particular interest in the impact of childhood trauma and its impact on adult adjustment. In 2011, he received the Officer of the Order of Australia award in the Australia Day Honours List. The award recognizes outstanding contribution to medical research in the field of psychiatry, particularly posttraumatic stress disorders, to veterans' mental health management. In 2017, he was awarded an Honorary Fellowship of the American College

of Psychiatrists in recognition of his contributions to the field of traumatic stress.

DAMIEN FINNISS Professor Damien Finnis is a clinician and researcher at the University of Sydney Pain Management Research Institute & Royal North Shore Hospital. He has published numerous papers in International peer reviewed journals and contributed several book chapters in the field of placebo analgesia. He is currently the Chair of the International Association for the Study of Pain (IASP) group on Placebo and regularly presents his work at International meetings.

MARK HUTCHINSON Professor Mark Hutchinson is the Director of the ARC Centre of Excellence for Nanoscale BioPhotonics (CNBP) and a Professor within the School of Medicine at the University of Adelaide. Professor Hutchinson returned to the University of Adelaide in 2009 as an NHMRC CJ Martin Research Fellow, and established the Neuroimmunopharmacology research laboratory. From 2005-2009 Mark worked in the laboratory of Prof Linda Watkins in the Center for Neuroscience at the University of Colorado at Boulder. He and Prof Watkins pioneered the research which has led to the discovery of novel drug activity at innate immune receptors. Mark's research has implicated the brain immune-like cells in the action of drugs of dependence and the negative side effects of pain treatments. His work has enabled the translation of compounds at the lab bench to clinical agents used at the bedside. Mark has published over 100 papers in Journals and refereed conference proceedings. He is the Director of the CNBP, which is an ARC Centre of Excellence with \$47M of funding committed for 7 years, out of The University of Adelaide, with nodes at Macquarie University, Sydney and the RMIT, Melbourne. They are partnered with universities and companies in Europe, the US and China, and other Australian institutions to "Discover new approaches to measure nano-scale dynamic phenomena in living systems"

ANTHONY HANNAN Professor Anthony Hannan is an NHMRC Principal Research Fellow and Head of the Epigenetics and Neural Plasticity Laboratory, Florey Institute of Neuroscience and Mental Health, University of Melbourne. Prof. Hannan received his undergraduate training and PhD in neuroscience from the University of Sydney. He was then awarded a Nuffield Medical Fellowship at the University of Oxford, where he subsequently held other research positions before returning to Australia on an NHMRC RD Wright Career Development Fellowship to establish a laboratory at the Florey Institute. He has provided the first demonstration in any genetic animal model that environmental stimulation can be therapeutic. This has led to new insights into gene-environment interactions in various brain disorders, including Huntington's disease, dementia, depression, schizophrenia and autism spectrum disorders. His research team explores how genes and the environment combine via experience-dependent plasticity in the healthy and diseased brain. Their research includes models of specific neurological and psychiatric disorders involving cognitive and affective dysfunction, investigated at behavioural, cellular and molecular levels to identify pathogenic mechanisms and novel therapeutic targets.

PAUL L. DURHAM Paul Durham is Distinguished Professor of Cell Biology at Missouri State University in Springfield and Director of its Center for Biomedical and Life Sciences, a multidisciplinary laboratory that utilizes cellular/molecular, microbiological, biochemical, and chemical techniques. A primary goal of his research is to determine the signalling pathways by which inflammatory and anti-inflammatory agents control neuropeptide gene expression in disorders involving the trigeminal nerve. Currently, he is studying the regulation of protein expression in cultured nerve and glial cells, human cell lines, in vivo animal models, and clinical studies. A major focus of his research has been to elucidate the cellular/molecular mechanisms by which novel drugs and

nutraceuticals modulate the excitability state of neurons and glial cells under pathological conditions in models of migraine, TMJ disorder, and epilepsy. Recently he has been investigating epigenetic mechanisms and changes in gut microbiota in response to changes in diet, sleep pattern, stress, and chronic inflammation. He received a PhD from the University of Iowa in Iowa City.

FIONA BLYTHE Fiona is Professor of Public Health and Pain Medicine at the University of Sydney. She is a public health physician and pain epidemiologist. She is currently Head of the Concord Hospital Clinical School, and Associate Dean within the Faculty of Medicine, University of Sydney, and Senior Advisor to the Sydney Public Health Observatory, within the Sydney Local Health District. She has been involved in studies of chronic pain epidemiology for over fifteen years, including large prospective cohort studies, RCTs, pharmacoepidemiological studies, and health services research using linked routinely collected datasets. She is internationally recognised for her work conceptualising pain as a public health problem. She was on the expert reference group for low back pain for the 2010 Global Burden of Disease (GBD) Project. She has close collaborative links with local and international groups researching healthy ageing, arthritis/musculoskeletal conditions, and comorbidity/multimorbidity. In January 2018 Prof Blyth was made a Member (AM) of the Order of Australia for "significant service to medical research and education in the field of public health, pain management and ageing, and to health policy reform".

CHRISTINA ADLER Christina is a medical scientist (BSc Hons, University Medal 2007, PhD Doctoral Research Medal 2012), whose research focuses on understanding how the oral microbiome contributes to the maintenance of health and the development of oral diseases, particularly dental decay (caries) that is the most common chronic disease worldwide. Her research approach brings together diverse fields including evolution, genomics, microbiology and oral health. In 2012, she completed a PhD on the evolution of the oral microbiome and human population genetics at The University of Adelaide and was awarded a Doctoral Research Medal for the discovery that changes during human evolution shifted the oral microbiome to a caries-promoting state (Adler et al., Nature Genetics, 2013). In 2012 she moved to The University of Sydney to take up a lectureship role.

RAJ NAIR Raj is Deputy Head of School (Research), Higher Degree Research (HDR) Convenor and Discipline Head of Oral Medicine, Oral Pathology and Human Diseases at Griffith University, Australia and Senior Oral Oncology Consultant, Haematology and Oncology (Cancer Services), Gold Coast University Hospital (GCUH), Queensland Health, with over 100 publications, books and book chapter contributions. He is Honorary Associate Professor at University of Queensland, Brisbane, Australia. He obtained his PhD in oral medicine and microbiology from the University of Hong Kong in 1996 and his oral medicine/oncology clinical training as a fellow at Harvard and affiliated hospitals, USA and University of London, England. His current research projects include but not limited to i) microbiome and cancer, ii) precision oral oncology and diagnostics (microRNA studies); ii) photomedicine in cancer-therapy induced complications (international multi-centre); iii) oral mucositis and other complications amongst cancer patients (international multi-centre); and iv) gene polymorphisms in atypical orofacial pain disorders.

JIM KANTIDAKIS Jim is the Founder of The Gut Centre and is an Expert Gut-directed Psychologist & Clinical Hypnotherapist, and one of the first experts in Australia to use Psychological /Hypnotherapy treatment of individuals diagnosed with gastrointestinal problems. Jim has extensive expertise in the area, with over 10 years of experience. He is also the only known Psychologist to provide Psychological and Hypnotherapy treatment to children in paediatric gastroenterology in Australia.

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REGISTRATION DESK OPENS FRIDAY 15TH MARCH 8AM. EVENT FINISHES SUNDAY 17TH MARCH AT 5.15PM

Mark Hutchinson:

LECTURE 1

The stressed "other brain": Neuroimmune consequences and contributors

LECTURE 2

The stressed "other brain": male and female divergence

Allan Pack:

LECTURE 1:

GWAS and Other Approaches to Identifying Gene Variants for Sleep Disorders

LECTURE 2:

Applying Biomarkers to Sleep and Circadian Disorders

LECTURE 3:

P4 Medicine Approaches to Sleep Disorders

Malin Ernberg:

LECTURE 1:

Omics in chronic pain diagnosis and treatment

LECTURE 2:

Comorbidities in TMD

LECTURE 3:

Exercises in the treatment of FM and TMD

Paul Durham:

LECTURE 1:

Sympathetic versus Parasympathetic Activity: Getting the balance right

LECTURE 2:

Improving Gut Brain Health: Key to Management of Chronic Pain

LECTURE 3:

Novel Treatments to Manage Orofacial Pain: Quieting the Trigeminal System

Chris Peck:

LECTURE 1:

TMD as a Generalised Pain Disorder

Damien Finnis:

LECTURE 1:

Placebo and Nocebo Effects: Mechanisms and implications for clinical practice

Alexander McFarlane:

LECTURE 1:

Stress as a Systemic Disorder

Christina Adler:

LECTURE 1:

Factors influencing the oral microbiome

Anthony Hannan:

LECTURE 1:

Gene-environment interactions informing novel therapeutic approaches in disorders of neural plasticity

Fiona Blyth:

LECTURE 1:

The Global Burden of Pain

Raj Nair:

LECTURE1 :

Bugs 'R Us, the Microbiome Saga and an Update on Precision Oral Oncology

LECTURE 2:

Oral cancer: the bad and the ugly lesions and an update on orofacial complications due to modern drugs

LECTURE 3:

Light at last? Mitigation of soft tissue ailments and orofacial pain control using photobiomodulation (PBM)

Jim Kantidakis :

LECTURE1 :

Psychological therapy for Stress Related Disorders