

# Staying Well in the Law webcast: Vicarious traumatic stress: How to recognise it and how to stay well

Tuesday 12 April 2022 – 12.30pm – 1.30pm



## Dr Adrian Allen

**Director and Principal  
Clinical Psychologist  
Healthy Mind Clinic**

Adrian is director and principal clinical psychologist at the Healthy Mind Clinic in Sydney. He specialises in treating PTSD and other traumatic stress reactions, depression, anxiety, OCD, relationship concerns, work and life stress, burnout, perfectionism, and other emotional difficulties. He spent several years working at the Clinical Research Unit for Anxiety and Depression at St Vincent's Hospital, Sydney, where he continues active research collaborations. He has worked at the Kiloh Centre at the Prince of Wales Hospital and the Anxiety Treatment and Research Unit at Westmead Hospital. He is a conjoint lecturer with the School of Psychology at UNSW, a lecturer for the NSW Health Education and Training Institute (formerly the NSW Institute of Psychiatry), a member of the WHO Global Clinical Practice Network and provides clinical supervision to practicing psychologists and clinical trainees. He is a consultant clinical psychologist to the NRL, the AFL Players and Coaches Tackle Your Feelings Program and provides mental health keynotes, workshops and training to corporate organisations. His research is published in peer-reviewed journals and he presents regularly at national and international conferences.



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