

Dr Jeannie Higgins

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Published Books: <http://www.evolvewithtrauma.com/ebook.html>

Books, Blog, Resources: www.evolvewithtrauma.com

Summary

Dr Jean (known as Jeannie) Higgins is a specialist clinical psychologist, a community and organisational consultant and a writer with forty years of clinical, research, community and policy experience. Dr Higgins has worked in acute psychiatry, community health, developmental disabilities, university teaching, alternative and substitute care for abused and neglected adolescents; the provision of shop front and country outreach services for war veterans and their families, relationship education and counseling; and in the well-being of emergency service personnel such as medical practitioners, police, nurses, fire-fighters and ambulance officers. For over twenty years, Dr Higgins has run a busy practice in Canberra, Australia with a particular focus on facilitating transformational and intergenerational change in survivors of complex trauma and their supporters. She works very closely with the multiple systems that impact on health, social and vocational outcomes. Dr Higgins provides professional staff training, mentorship, health facilitation and practical support to individuals, families, groups and local, regional, national and international organisations who facilitate the knowledge, wisdom and resources of vulnerable people.

Relevant Qualifications and Clinical Experience

PhD (Clinical Psychology)

Full member Australian Psychological Society, APS, and its College of Clinical Psychologists

Qualified Yoga & Meditation teacher (Full member Yoga Australia)

Continuing Professional Development (CPD) requirements of APS and its Clinical College including separate monthly peer supervision with two other highly experienced practitioners

2017-May 2022 Perinatal Anxiety and Depression: An Interdisciplinary Approach, MHPN Webinar, Panellists Dr Nicole Highet, Dr Nicole Hall, Rosemarie Vary, Nia Ellis & Prof Stephen Trumble; Suicide Prevention for LGBTIQ+ Communities MHPN Prof Damien Riggs, Dr Atair Metcalf, Emerson Osterberg & Dameyon Bonson; What it all means in the end- Working with people making sense of the end of their lives. APS Professional Development. Dr Toni Lindsay, Senior Clinical Psychologist, Psych-Oncology Service. Chris O'Brien Life; **House** Supporting the well being of infants and children through a trauma-informed lens, MHPN and Emerging Minds, Webinar Dr Jasmine MacDonald (Vic senior research officer), Kathryn Lenton Australian Childhood Foundation, Alma-Jane O'Donnell SA Specialist;

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Coercive Control and its impact on mental health. MHPN webinar Dr Karen Williams (Psychiatrist), Dr Bronwyn Hudson (GP and Addiction Physician), David Tully (Practice Manager for family Violence);

An interdisciplinary approach to caring for people living with GAD. MHPN Dr Cathy Andronis (GP), Assoc Prof Lisa Lampe (Psychiatrist), Natasha Davies (Clinical Psychologist); Integrating emotional regulation skills into Schema Therapy APS Professional development Webinar Christopher Hepworth, Trauma Informed Care for Older Australians MHPN E/Prof Judith Atkinson (Indigenous Healer, Educator & Researcher, Dr Johanna Lynch (GP), Dr Duncan McKellar (Psychiatrist); An interdisciplinary approach to caring for people living with OCD MHPN webinar Dr Johanna Lynch (GP), Dr Celin Gelgec (Clinical Psychologist), Dr Scott Blair- West (Psychiatrist); Trauma-focussed therapy for PTSD and Complex PTSD Dr Darryl Wade. APS Institute; **Internalised Shame in Children &**

Adolescents: Alison Bocquee Clinical Psychologist, APS & College of Clinical Psychologists; **Conceptualisations and Treatment Approached Internal Family Systems: Clinical Applications 2-day Advanced Workshop** Dr Frank Anderson MD Psychiatrist, Dr Bessel van der Kolk MD and Dr Richard Schwartz (PhD) PESI; **How to Foster Posttraumatic Growth, NICABM** Drs Steven Hayes Pat Ogden, Marsha Linehan Shelly Harrell Sue Johnson Ron Siegel, Kelly McGonigal, Rick Hanson, Stephen Porges, , Joan Borysenko, Michael Yapko, Scott Miller, Laurel Parnell, Christine Padesky, Stan Tatkin, Mr Bill O'Hanlon; **National Guidelines for The Treatment of alcohol problems** APS Associate Professor Mathhew Gullo; **Polyvagal Informed Therapy Master Class** Dr Deb Dana, Dr Stephen Porges; **Culturally Responsive Health Care for Older Australians MHPN; Interdisciplinary Cross-cultural Conversation, MHPN; PTSD and Complex PTSD** APS Institute Dr Darryl Wade; **Internal Family Systems: The Framework and the Steps of the Model** PESI Dr Frank Anderson; **How to work with Shame, NICABM, Dr Marsha Linehan; Neurobiology of Attachment, NICABM, Dr Dan Siegel; Children affected by Grief: Collaborative Approach** MHPN Dr Andrew Leech; **From self to Whole-How giving enhances meaning in life** APS Institute Dr Thomas Nielsen; **Chronic pain: working collaboratively** MHPN Professor Michael Nicholas; **Psychotropics –The Unvarnished Version** APS Clinical Psychology Professor J Kulkami; **Working with the Pain of Abandonment** NICABM with world leaders on the field including Professor Stephen Porges and Dr Dan Siegel; **Primary Care Older Persons and Mental Health** MHPN Professor Susan Kurrie; **Eating Disorders-Australian Training Standards** APS webinar Dr Tracey Wade; **Aboriginal Children & intergenerational Trauma** MHPN & **Emerging Minds; Delivering Practice in the Online World** APS Institute by Dr Sarah Schubert; **Adjusting practice for CO-VID parts 1 & 2** APS Institute by Dr Aaron Frost; **Providing Psychological Services to people affected by the Bushfires** APS Institute by Dr Rob Gordon; **Adverse Childhood Experiences (ACE) Study, PESI Lecture** Dr Vincent Felitti Co-founder of the ACE Study; **Domestic and Family Violence workshop, Capital Health Network; Overcoming Trauma-Related Shame and Self-Loathing; Borderline Personality Disorder, Neuroplasticity in Clinical practice, Dr Norman Doige, M.D., is a psychiatrist, University of Toronto's Department of Psychiatry and Research Faculty at Columbia University; Interpersonal Neurobiology in the consulting room** by Dr Dan Siegel, M.D., clinical professor at the UCLA School of Medicine, Co-director of the Mindful Awareness Research Center; **Overcoming the brain's negativity bias, PESI course** American Psychological Association (APA).Presenter Dr Rick Hanson, invited presenter at Oxford, Stanford, and the University of California at Berkeley; **Polyvagal Theory and Treatment implications, Understanding Polyvagal Theory** by Professor Stephen Porges, Ph.D, University of Illinois at Chicago; **Does Neuroscience really**

matter? Presenters Dr Dan Siegel MD and Dr Rick Hanson PhD; Suicide Bereavement; What s BPD? Jointly Created by MHPN, Australian BPD Foundation & Spectrum PD; Collaborative Care and Narcissistic Personality, Project Air and MHPN; Daring Greatly course, Dr Brene Brown, University of Houston; Rising strong online course, Dr Brene Brown, University of Houston on-line-course; Positive Neuroplasticity Training, Training 6 week online by Dr Rick Hanson; Professional Course in in Positive Neuroplasticity Training, (PNT)- 13 hours of online training by Dr Rick Hanson; Interpersonal Neurobiology Perspective on trauma, child development and neural integration, Dr Daniel J. Siegel Attachment, trauma & psychotherapy: Neural integration as a pathway to resilience and well being; Borderline Personality Disorder – Treatment principles MHPN, Australian BPD Foundation & Spectrum Disorder Service Webinar; Building Resilience in children and families, Dr Gene Beresin Cay Centre for Healthy Minds Webinar by GAINS (Global Association for Interpersonal Neurobiology); Communication medical and mental health professionals; Cultural Awareness Training, Capital Health Network and Yurana Centre.; Reporting on trauma, Facilitated and Presented by two experienced journalists, Ginger Gorman and Karen Middleton; Evidence based Treatments for BPD, MHPN, Australian BPD Foundation & Spectrum Disorder Service Webinar; Self-care for psychologists, APS Institute; Creating an LGBTI inclusive Practice, Capital Territory Health Network; Personality Disorders & Substance Abuse: Tips on effective treatment approaches, MHPN webinar Borderline Personality Disorder in Youth and early intervention, MHPN webinar; Clinician understanding of Shame, Dr Brene Brown; Impacts of intergenerational disadvantage on children, Webinar: Joint project & MHPN Working with parents and children affected by intergenerational disadvantage; Self-care for mental health professionals MHPN Webinar; Unravelling the myth; Somatic Symptom disorder, MHPN webinar: 23/10/18; Attachment & Emotion Regulation: Brain-Based Therapy & Practical Neuroscience Dr Bonnie Badenoch, Portland Sate University – Online learning course; Overcoming Trauma Related Shame & Self-Loathing, Dr Janina Fisher; The role of play and creativity in Psychotherapy, Dr Daniel Siegel, MD, Clinical professor of Psychiatry, UCLA, School of Medicine, The Realization Process: Trauma and the unbound body, Dr Judith Blackstone; Somatic Experiencing: Healing trauma through the wisdom of the body. Healing Trauma Summit, Dr Peter Levine, Senior Fellow Meadows Addiction & trauma Centre; Never Too Late: Addressing the Long-Term Effects of Childhood Trauma, Dr Gabor Mate; Institutional Child Sexual abuse: Understanding complex trauma, APS; Comorbid mental Health Conditions in Veterans, Adverse Life Experiences, Grief and Loss in Older People, MHPN online conference (May-June 2019).

Years of clinical psychological work in teaching hospitals, government funded psychological counseling services (Vietnam Veterans Counseling Service), national clinical monitoring services Attorney General's Dept.), NGO services and private practice.

Organisational Consultancies

Policy development experience at local, state/territory, national and international levels

Skills in Evidence-

Facilitation of sustained transformational changes in the implementation of theoretically informed best practice evidence-based interventions, including:

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Based Practice

- Severe clinical presentation across arrange of disorders including complex traumatic stress reactions, chronic illness and pain, anxiety, depression, bereavement and grief, eating disorders, body dysmorphia, OCD, substance abuse, relationship dysfunction and management of psychotic disorders
- Prevention and intervention in the negative consequences of traumatic stress reactions and the facilitation post-traumatic evolution and growth
- Interpersonal and systemic interventions in the well-being of couples, parents, children, groups and organisations
- Sustained therapeutic presence and intervention in major life transitions such pregnancy and childbirth, menopause and mid-life issues and the challenges and opportunities of navigating the processes of aging and death
- Prevention, intervention and management of occupational distress and trauma-informed organisational change

Organisational Consultancies

- Playability in the Bega Valley & surrounds on impact and intervention in trauma for survivors and workers, Australian Nurses Federation, Police Federation of Australia, Emergency Services Australia – Australian Capital Territory (ACT) (Fire-fighters, Ambulance Service, Rural Fire Service, and State Emergency Service), Vietnam Veterans Association of Australia –ACT Branch, Victims Support Service- ACT Branch, ACT Division of General Practitioners, Communities at Work (community development organisation)
- Provision of Independent Pre-liability and Medico- legal Assessments to Comcare Australia and numerous other national insurance companies
- Provision of Employee Assistance Program psychological consultancy services to the Department of Defence and the National Registration Authority over several years
- Organisational Consultancy Police Association of NSW & the Australian Federal Police on occupational wellbeing
- Beyond Blue & Medicines Sans Frontiers (recognised provider)
- Commonwealth Government Case Managers, Human Resource Personnel and Rehabilitation Providers on successful and sustained vocational rehabilitation
- Fibromyalgia self-help group, Arthritis Foundation, RSI & Overuse Injury Association of the ACT, Staff of the Australian National University on the successful management of acute and chronic injuries and pain and “surviving” medico-legal processes
- International Society for Traumatic Stress Studies (ISTSS) over a number of years in Canada, Turkey and Australia on research and treatment issues in traumatic stress reactions,
- Invited speaker on an expert panel discussing the relevance and validity of evidence in psychological therapies at a conference co-hosted by the National Centre for Post Traumatic Mental Health and Australasian Society for Traumatic stress Studies (ASTSS).
- Nursing Federation of Australia on violence in the workplace and other experiences of traumatic stress
- Professional supervision over several years of Sports Psychologists from the

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Australian Institute of Sport (AIS) who provide psychological consultancy to Olympic athletes and teams representing Australia in the Olympic and Commonwealth Games and World Championships

- Australasian Representative on the Public Education Committee of ISTSS. This committee has representatives from the US, Europe and South Africa and they have produced a series of pamphlets to further educate the general public and other health professionals about traumatic stress reactions and its sequelae.
- Invited speaker to the ACT Division of General Practitioners on domestic violence, traumatic stress reactions and GP self-care.
- Presentations to the Australian Psychological Society, the ACT Division of General Practitioners, ACT Mental Health & The Disaster Recovery Centre, the ACT Chamber of Commerce and the National Conference of the Australasian Society of Traumatic Stress Studies and a psychological consultancy to the media on community recovery following the bushfires in the ACT in January 2003,
- Shop front facility and country outreach program to war veterans and their families,
- Senior Psychologist and Acting Principal Psychologist with the Commonwealth Attorney Generals Department and part of a specialist team of four psychologists who were responsible for monitoring and improving the quality of family services in Australia. This work involved clinical evaluation of intervention and supervisory models and methods and the piloting of preventative family skills programs across the country.
- Sports Psychology consultancy- elite athletes at both individual and team levels in Tasmania, the ACT and Sydney
- Well Being courses with staff of the Australian Choreographic Centre and many other community-based organisations

Selected Publications & Presentations

- Higgins, J. (1995a.). Traumatic Stress reactions in police. Doctoral Dissertation Abstract. University of Wollongong. Australia
- Higgins, J. (1995b.). A conceptual model of traumatic stress reactions. Beyond Survival 13,11-17-
- Higgins, J. (1997a, October). The reconstruction of trauma: A brief overview. Australasian Stresspoints. 7-10
- Higgins, J. (2000, March). Therapeutic process issues and the reconstruction of trauma. Invited Advanced Level Workshop. Abstract Third World Congress, International Society for Traumatic Stress Studies (ISTSS), Melbourne, Australia
- Higgins, J. (2001a, November). Traumatic stress reactions: Assessment and treatment. Invited Seminar for ACT Division of General Practitioners, Canberra, Australia
- Higgins, J. (2001b, March). Relevance and validity of evidence in psychological treatment of trauma. Invited paper presented at the National Conference for the Australasian Society for Traumatic Stress Studies and

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National Centre for Post Traumatic Mental Health. Canberra, Australia

- Higgins, J. (2002, February). Surviving the medico-legal process. Invited paper presented on International RSI Awareness Day to the RSI and Overuse Injury Association of the ACT. Canberra, Australia:
- Higgins, J. (2002, October). Work-related injury, stress, trauma and chronic pain. Invited presentation to AFP/ACT policing executive
- Higgins, J. (2005, September). Dramatic evolution in functioning as a possible response to a traumatic event. Paper presented at ASTSS Conference. Perth, Western Australia.
- Higgins, J. (December, 2010) Evolve with Trauma: Become your own safe, compassionate and wise friend. Canberra, Australia: Thawun Press.
- Higgins, J. (2011, May). Evolve with Trauma- organisations. Invited presentation Emergency Services Australia - ACT. Canberra, Australia.
- Higgins, J. (2011 October) Invited paper presented to the Police Post Trauma Support group. Sydney, Australia.
- Higgins, J. (2014, March). Threat, neuroscience and emotional Intelligence. Invited paper/workshop for audit training program for the Murray–Darling Basin Authority. Canberra, Australia.
- Higgins, J. (2017). I am more than my trauma, loss and pain. Eden, Australia: Thawun Press.
- Higgins, J. (2018, March). Surviving a compensation claim. Invited paper presented on to the RSI and Overuse Injury Association of the ACT. Canberra, Australia.
- Higgins J. (2018, August). Trauma Workshop: Evaluation & Impact, Identification & Support, Vicarious Traumatization and Trauma & Autism Spectrum Disorder. Invited presentation to Playability Inc. Bega & Surrounds. Eden, Australia.
- Australasian Society for Traumatic Stress Studies (ASTSS)
- International Society for Traumatic Stress Studies (ISTSS)
- International Society for the Study of Trauma and Dissociation (ISSTD)
- Blue Knot Foundation (formerly Adults Surviving Child Abuse)
- International Women’s Development Agency (IWDA)
- Plan International Australia
- Amnesty International Australia
- Medicine Sans Frontiers
- The Wilderness Society
- The Smith Family – Educate program
- AVAAZ-The world in action
- Bush Heritage Australia
- GetUp
- Change.org- The world’s platform for change

Selected Advocacy & Support