

CURRICULUM
VITAE

DR. CHRISTOPHER J.
WALSH

2014

ACADEMIC QUALIFICATIONS

M.B.B.S. Melbourne University

D.P.M. Melbourne University 1994

MEMBERSHIPS

F.A.Ch.A.M. 2004 (Fellow of the Australian Chapter of Addiction Medicine)

Member of the College of Contemporary Psychotherapy 2005

APSAD (Australian Professional Society for Alcohol and Other Drugs)

AACBT (Australian Association of Cognitive Behavioural Therapy)

SIGATSI (College of Psychiatry Special Interest Group in Aboriginals and Torres Strait Islanders)

Family Drug and Alcohol Network (FADNET).

ISCA (International Systemic Constellations Association)

Victorian Association of Family Therapy

REGISTRATION

Registered as a medical practitioner with the medical board (now APHRA) since 1983.

Registered as a consultant physician in the specialty of psychiatry by the Specialist Recognition Advisory Committee for the State of Victoria, as from April 11, 1994.

Accredited Supervisor of Trainee Psychiatrists for the Royal Australian and New Zealand College of Psychiatrists (RANZCP)

WEB PAGES

www.cwalsh.com.au Front page

www.mindfulness.org.au Resources about mindfulness

www.constellationflow.com resources about family constellations

www.mbsc.net.au Training in Mindfulness Based Systemic Constellations

CURRENT POSITIONS:

- Private psychiatric practice
- Consultant Psychiatrist at The Melbourne Clinic
- Consultant Psychiatrist at Epworth Hospital Camberwell
- Clinical Supervisor Staff at Epworth Hospital Camberwell
- Clinical Supervisor to Odyssey House Staff
- Founder and moderator of internet discussion group, Constellation Talk (800+ members worldwide) for peer supervision for practitioners of Systemic Family Constellations
- Developer and trainer of Mindfulness Based Systemic Constellation (MBSC) training.
- Member of editorial board of “The Knowing Field” the international systemic constellations journal
- Family Constellations Workshop Facilitator and Trainer

LANGUAGES

English – native speaker

Spanish – conversational fluency, can conduct psychotherapy in Spanish

Japanese – early stages – not fluent

Publications

Psychostimulant Abuse: A Treatment Overview (1994)

Proceedings of Autumn School of Studies on Alcohol and Drugs.
St. Vincent's Hospital, Melbourne.

Psychological and Behavioural Problems in Children of Adults on Methadone Maintenance. (1994)

Proceedings of the APSAD (Australian Professional Society on Alcohol and Drugs) National Conference.

Assessment & Treatment of Anxiety Disorders in People on Methadone Maintenance. (1996)

Proceedings of Australian National Methadone Conference

The Therapeutic Alliance With Those With Dual Diagnosis (1998)

Problematic Drug & Alcohol Use and Mental Illness
National Conference Melbourne

The Practical Application of Mindfulness in Individual Cognitive Therapy (2005)

28th National conference for the Australian Association for Cognitive and Behaviour Therapy (AACBT) in April.

Carmen's Dream: Integrating Family Constellation Work with Ongoing Therapy (2005)

The Knowing Field, International Constellations Journal pp 33-37

Book Review (2007): Foundations of Clinical Psychiatry, 3rd edn SIDNEY BLOCH & BRUCE SINGH, eds. Melbourne: Melbourne University Press, 2007

Drug and Alcohol Review (September 2007), 26, pp569-570

Mindfulness and Phenomenology (2008)

The Knowing Field, International Constellations Journal pp 28-34

Warum tägliche Übung von Achtsamkeit systemischen Aufstellern hilft (Feb 2011)

(Why Daily Mindfulness Practice Makes Better Systemic Constellations Practitioners)

Praxis der Systemaufstellung pp138-140 (Systemic Constellation Practice - The German Systemic Constellations Journal)

Acontece Pelo Mundo por Chris Walsh Constellation Talk (2/2012)

(Accounts from around the world by Chris Walsh, Constellation Talk

Revista Conexao Sistemica Sul pp 80-82

Unpublished Conference Presentations

Introduction to Mindfulness in Treating Addictions Workshop

Presented at:

1. The Australasian Professional Society on Alcohol and Other Drugs (APSAD) Conference, Melbourne, Australia, November 2005
2. Australian Winter School, Brisbane, Australia, July 2006

Assessment & Management of Anxiety in People with Substance Abuse Problems. - Workshop

Australian Winter School, July 2006

Getting Past the Blame Trap in Families of Substance Abusers by Understanding Trans-generational Family Issues - Workshop

The Family Alcohol and Drug Network (FADNET) Conference, Melbourne, Australia, August 2006

Why families need their men: Helping fathers emerge from the wings - Workshop

The Family Alcohol and Drug Network (FADNET) Conference, Melbourne, Australia, June 2007

Community Unfolding: Supporting our Growth through Connection and Cooperation - Panel Member

2nd USA Conference on Systemic Constellation Work, North Carolina, USA October 2007

Minding our Business: A Critical Review of What We Do – Panel Member

2nd USA Conference on Systemic Constellation Work, North Carolina, USA October 2007

Mindfulness-Based Phenomenology in Constellation Work - Workshop

2nd USA Conference on Systemic Constellation Work, North Carolina, USA, October 2007

Clinical Applications of Meditation - Case Studies. Panel Moderator

3rd Annual Conference Mind and Its Potential, Sydney, Australia, November 2007

Plenary Session Panel Member

Equity in Access to Treatment for Hepatitis C. Romance and Reality.

Case-based discussion:

HCV treatment – the reality. Turning Point Healthy Liver Clinic experience. St Vincent's Clinic experience. Alcohol and HCV. Mental health issues. Injecting issues. Substitution therapy and treatment. 15th National Symposium on Hepatitis B and C, November 2007

Meditation & Psychotherapy - The historical dance keynote presentation

Meditate09 Conference, Melbourne Convention Centre, June 20-21 2009

Day to day mindfulness - workshop

Meditate09 Conference, Melbourne Convention Centre, June 20-21 2009

Our Families Can Affect Us In Ways We Are Not Always Aware

31st Australian Family Therapy Conference, October 6, 2010

Mindfulness Based Training in Systemic Constellations

First Australasian Pacific Intensive Systemic Constellation Training January 2011

The power of genuine humility and how to cultivate it

First Australasian Pacific Intensive Systemic Constellation Training January 2011

Introduction to Mindfulness Based Systemic Constellations

International Systemic Constellations Intensive 2012

WORK EXPERIENCE

Early Medical

1983

Residency year at Ballarat Base Hospital

1984

R.M.O. year Wangaratta Base Hospital

Emergency department, Orthopaedics, Obstetrics and Gynaecology, Paediatrics

1985 & 1986

Beechworth Psychiatric Hospital

Acute Adult Psychiatry, Rehabilitation, Drug and Alcohol Detoxification and Rehabilitation.

Psychiatry Training

1987 -1989

Heatherton Psychiatric Hospital

Six months in a Crisis Team

Six months in Psychogeriatrics

Twelve months in community psychiatry

Including a six month placement at **Prince Henry's Hospital** Liaison Psychiatry

And a six month placement at **Monash Medical Centre** Child Psychiatry

1990 -1992

Mont Park & Larundel Hospitals

Including 6 months Forensic Psychiatry

And 18 Months in the Aboriginal Mental Health Unit

A total of 5.5 years from 1985 to 1992 was spent working in acute adult psychiatry.

As Qualified Psychiatrist

August 1992 - August 1994

Drug Services Victoria (DSV)

Specialist Medical Officer / Consultant psychiatrist

Program Manager of Men's Acute Withdrawal Unit. and of the Assessments Area..

Acting Head of Medicine (November 1992 - March 1993)

Deputy Head of Medicine (March 1993 - August 1994)

Other Roles from August 1992 to August 1994:

Lecturing foreign doctors preparing for the A.M.C. exams in psychiatry, as part of the program organised by the Victorian Medical Postgraduate Foundation.

Lecturer, tutor and examiner of fifth year medical students for the Department of Community Medicine, Melbourne University.

September 1994 - January 2000

Consultant Psychiatrist Western Hospital Footscray

Consultant Psychiatrist SUMITT (Substance Use & Mental Illness Treatment Team)
December 1997 – January 2000

This was Victoria's first dual diagnosis multidisciplinary treatment team. As well as being team leader Dr Walsh developed a dual diagnosis curriculum for psychiatric registrars and advocated for effective dual diagnosis initiatives within both drug and alcohol and psychiatric services. He also gave lectures and tutorials to other psychiatrists and psychiatric registrars, including presenting at the MPM course.

This position involved extensive assessment and management of patients with complicated acute and chronic severe psychiatric illnesses.

September 1993 – 2002

Consultant to the Drug and Alcohol Clinical Advisory Service

August 2004 – November 2007

Psychiatrist to Turning Point Drug & Alcohol Treatment, Research and Training Centre where he was:

- Consultant to DDAC (Dual Diagnosis and comprehensive Care Unit) which involved extensive assessment and management of patients with complicated acute and chronic severe psychiatric illnesses.
- An RANZCP (Royal Australian and New Zealand College of Psychiatry) accredited supervisor of trainee psychiatrists

Private Practice

1994 – 1998

Consultant Psychiatrist to The Melbourne Clinic

Consultant Psychiatrist to The Epworth Hospital Drug and Alcohol Unit (including the running of a relapse prevention group).

1998 – Current

Private practice in Melbourne, Australia

Pro Bono Work

Since 2003 Founder and moderator of internet discussion group, Constellation Talk (700+ members worldwide) for peer supervision for practitioners of Systemic Family Constellations

Founding member and co-organizer of the Melbourne Constellation Peer Supervision group from 2003 until the present day.

Website development team coordinator and webmaster for International Systemic Constellations Association (ISCA) www.isca-network.org 2008 – 2009

Primary organizer of the First Australasian Pacific Intensive Systemic Constellation Training January 2011

Since 2001: Organiser of a number of family constellation trainings with recognized international trainers (Jakob Schneider, Bertold Ulsamer, Gunthard Weber, Peter Van Zuilekom, Otteline Lamet, Ursula Franke, Albrecht Mahr) in Australia

2004-2011: Member of Steering Committee of Family Drug Help (FDH) FDH is an innovative and effective self help organisation for families of people with substance abuse.

2006-2008: Steering Committee member for Alcohol and Drug Training and Resource Unit (ADTRU) to evaluate Mindfulness Based Relapse Prevention with drug-court clients (diverted from prison) in Queensland

Presenter and Trainer of Systemic Constellations

Developer and trainer of Mindfulness Based Systemic Constellation (MBSC) training in Melbourne Australia and Singapore

Has run trainings in Australia, New Zealand, Singapore, Japan, Germany and the USA

Trainer at the 2011 and 2013 Australasian Constellation Intensives

Mindfulness trainer at the International Constellation Intensive in Bernried Germany in 2012 and 2013

Current Practice

Since 1998, Dr Walsh's practice has been a psychotherapy and general psychiatry practice, with an emphasis on family inclusive practice and the use of mindfulness as a therapeutic tool.

Since 2012 he has been a consultant to The Melbourne Clinic where he contributes to the mindfulness program. He also has special interest in managing anxiety, depression, effects of trauma and transcultural issues.

Since 2014 he has been a consultant psychiatrist at the Epworth Hospital Camberwell where he contributes to the mindfulness program running patient groups and staff supervision as well as seeing individual patients.

Since 2008 he has been a consultant to Odyssey House outreach program where he:

- is instituting a mindfulness based relapse prevention (MBRP) program
- assesses and manages dual diagnosis patients (psychiatric and substance abuse)
- provides supervision to medical, nursing and allied health staff
- supports the development of family inclusive programs

Since 2001 Dr Walsh has run regular family constellation groups which are a way of dealing with personal issues that are related to family dynamics.

Along with Catherine Ingram he is the developer and trainer of Mindfulness Based Systemic Constellation (MBSC) training. This is the first constellation training that has systematically integrated mindfulness meditation training techniques as a way of enhancing the phenomenological stance.