

## Supporting children and families to recognise and navigate paediatric anxiety



**Dr Andrew Leech**

**General Practitioner,  
WA**

Andrew is a GP with special interest in paediatric health and mental health. He enjoys working closely with families to support them through the challenges associated with having a child with chronic illness. More recently he has become heavily involved with Emerging Minds to improve education of other GPs and encourage a wider screening of paediatric mental health problems.

Andrew is a Fellow of the RACGP and has also completed the Diploma of Child Health.

He is also an educator with WAGPET (GP training provider in WA) and Notre Dame Medical School.



**Dr Ros Powrie**

**Child and  
Adolescent  
Psychiatrist, SA**

Dr Rosalind Powrie BMBS FRANZCP is a Perinatal Infant, Child and Adolescent Psychiatrist with over 30 years' experience in community and hospital settings.

For the past 16 years, Rosalind has worked in the Perinatal and Infant Mental Health Service at the Women's and Children's Hospital, Women's and Children's Health Network in Adelaide. She was a visiting psychiatrist to Maari Ma Aboriginal Health Corp in NSW from 2009-2020 and is a founding committee member and past president of the SA Branch of the Australian Association for Infant Mental Health.

She has trained and taught mindfulness (MBCT) to pregnant women over the last 10 years and more recently Mindfulness Based Childbirth and Parenting, a program for pregnant women and their partners in conjunction with midwives.

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**Rachel Tomlinson**

**Psychologist, WA**

Rachel Tomlinson is a registered psychologist and author of two

internationally published books who has worked with adults, families, and children (birth through eighteen years old) in a variety of settings such as drug and alcohol, employment support, torture and trauma counselling, women's refuges, disability care/support, children's residential settings, play therapy, parenting support and education settings.

She has presented at national conferences on mental health topics including trauma and play therapy, as well as guest lectured about domestic violence and relationships at colleges and universities. She also serves as a subject matter expert for journalists on topics such as mental wellbeing, parenting, child development, and relationships.



**Facilitator:  
Vicki Mansfield**

**Practice Development  
Officer, NSW**

Vicki Mansfield, a Practice Development Officer with Emerging Minds, has over 30 years' experience working with children and families. An accredited Mental Health Social Worker, Vicki has worked in a broad range of clinical roles in homelessness services, child and adolescent mental health, family and domestic violence services, child protection, acute hospital settings and private practice. She particularly enjoys the playfulness and creativity that comes with working with children and is committed to holding a safe space for the child's voice and individual uniqueness to shine.

For the last 10 years Vicki's primary area of focus has been perinatal and infant mental health, by providing clinical services, consultation, and reflective supervision across Australia. Vicki has a strong commitment to developing relationship focussed practice knowledge and skills, with the aim to promote infant mental health. She places great value in supporting parents in the perinatal period and feels this is a time of great transformation which offers many opportunities to make change as parent and child get to know each other. Vicki also works as a sessional academic with The University of Newcastle in their Social Work Faculty specifically areas of mental health, child protection, grief and loss. She particularly relishes in integrating theory into practice.