The Royal Australian & New Zealand College of Psychiatrists

Your Health in Mind

Northern Territory Branch

phn NORTHERN TERRITORY
An Australian Government Initiative

RURAL Workforce AGENCY NT

RANZCP & the NT PHN presents

Travelling Scholar 2024

Professor Murray Esler

24–26 July 2024

Date	Time	Activity	Location	Details
Wednesday 24 July	11:00am–2:00pm	1st Presentation	Red Lecture Theatre, Alice Springs Hospital	Presentation "Direct Measurement of Brain Serotonin Turnover: Bringing the "Brain Chemical Imbalance" Paradigm of Psychiatric Illness up to date"
	5:30pm–8:30pm	2nd Presentation with NT PHN	Doubletree Hotel, Alice Springs	Presentation "Mental Stress Causes Cardiovascular Disease"
Thursday 25 July	6:30pm–10:00pm	3rd Presentation with NT PHN	Mercure, Darwin Airport Resort	Presentation "Mental Stress Causes Cardiovascular Disease"
Friday 26 July	12:00pm–2:30pm	4th Presentation	Menzies Auditorium, Darwin Hospital	Presentation "Direct Measurement of Brain Serotonin Turnover: Bringing the "Brain Chemical Imbalance" Paradigm of Psychiatric Illness up to date"

Learning outcomes

Mental Stress Causes Cardiovascular Disease

1. Understanding how mental stress causes heart disease
2. Understanding the acute triggering of cardiac events, and prevention
3. Gaining a knowledge of cardiac pathology linked to stress and anxiety (e.g. Takosubo cardiomyopathy)
4. Learning how Panic Disorder conveys cardiac risk, and how to prevent this
5. Understanding how occupational stress is a cardiovascular risk factor
6. Becoming familiar with social isolation and low economic stratum as heart risk factors
7. Understanding how psychotropic drugs can increase cardiac risk
8. Learning how depressive illness increases heart risk
9. Understanding the new biology of essential hypertension; mental stress, sympathetic nervous system activation, renal denervation
10. The management of hypertension complicated by psychiatric comorbidity

Direct Measurement of Brain Serotonin Turnover: Bringing the "Brain Chemical Imbalance" Paradigm of Psychiatric Illness up-to-date

1. Understanding competing theories of the biology of psychiatric illness: Neural circuits vs. Neurotransmitters vs. Neuroplasticity
2. Understanding what "Brain Chemical Imbalance" might mean
3. Learning the evidence that the Brain Chemical Imbalance may be superseded.
4. Learn how to validly measure Brain Chemical Imbalances in psychiatry; serotonin, noradrenaline
5. Learn the real biology of noradrenaline in depressive illness and panic disorder
6. Learn the real biology of serotonin in depressive illness and panic disorder
7. Clinical application of measuring chemical imbalances in the brain