

Insight / APSAD Webinar Series - Semester 2, 2025

FREE – Wednesdays 10:00 – 11:00am (AEST)

Join via webinar by visiting <https://insight.qld.edu.au/training/webinars>
(07) 3837 5655 insight@health.qld.gov.au



Insight Seminars are proudly delivered in partnership with the Australasian Professional Society on Alcohol & other Drugs



August 6

ADD TO CALENDAR

Psilocybin assisted psychotherapy for methamphetamine dependence

Professor Jonathan Brett
Senior staff specialist in clinical pharmacology, toxicology and addiction medicine at St. Vincent's Hospital

The field of psychedelic medicine has rapidly evolved in the past 10 years, culminating in the re-scheduling of psilocybin to treat depression and MDMA to treat PTSD. In this seminar I will present an overview of our experiences with establishing a psychedelic research program at St. Vincent's Hospital in Sydney and a summary of results from our first study of psilocybin assisted psychotherapy for methamphetamine dependence.

August 20

ADD TO CALENDAR

Exploring peer-led chemsex interventions and talk therapies

Jack Freestone
Post-doctoral research fellow, National Centre for Clinical Research on Emerging Drugs (NCCRED)

Bo Justin Xiao
Coordinator of Chemsex Peer Support Program (M3THOD, ACON)

Join us for a webinar exploring new research on the development, implementation, and lived experiences of peer-led services and talk therapies that address the sexualised use of crystal methamphetamine and gamma-hydroxybutyrate (GHB), a practice commonly referred to as “chemsex.” Over the past decade, chemsex has been the subject of extensive research, highlighting a complex interplay of pleasures, motivations, and associated harms, and reinforcing the urgent need for tailored, affirming interventions. In this seminar, Dr Jack Freestone presents his research on implementing community-based and peer-led chemsex responses, shedding light on the importance of integrating sex and sexuality into alcohol and other drug (AOD) treatment. Learn how services can foster connection and safety without shame, and why addressing the sexual dimensions of drug use is essential to creating inclusive, effective care.

August 27

ADD TO CALENDAR

Better conversations: Bringing Motivational Interviewing into initial AOD assessment

James Hoey
Psychologist and Insight Program Manager

Motivational Interviewing (MI) is more than a technique—it's a way of being that can enhance every part of our work with people experiencing impacts from alcohol and other drugs. Research consistently shows that when MI is used well, it improves treatment engagement, strengthens therapeutic relationships, and leads to better outcomes. In this webinar, we'll explore the idea that MI isn't something we do after assessment or once trust is built—it's a companion we can weave into every interaction from the start. We'll look at how MI can be used in the early stages of engagement, particularly during initial AOD assessment.

September 03

ADD TO CALENDAR

Empowering families through the spirit of Motivational Interviewing

Mark Powell
CEO, WRAD Health

This presentation explores how Motivational Interviewing can empower families navigating a loved one's substance use or mental health challenges. Attendees will learn practical skills to shift from control to connection, reduce conflict, and foster change without enabling—while also supporting their own well-being.

September 10

ADD TO CALENDAR

Improving youth alcohol and other drug treatment outcomes: Clinical profiles and engagement trends

Dr Gabrielle Campbell
Senior Research Fellow, School of Psychology

This presentation will provide an overview of the clinical characteristics of youth presenting to AOD treatment and examine treatment engagement. The benefits and challenges of engaging youth in AOD treatment will be discussed.

October 15

ADD TO CALENDAR

Development of a culturally-based social and emotional wellbeing program for Aboriginal and Torres Strait Islander people in prison

Associate Prof Michael Doyle
Proud Bardi man, Leading the Aboriginal and Priority Populations team, Edith Collins Centre at the University of Sydney

TBA

October 22

ADD TO CALENDAR

From Insight to action: Launching the trauma-informed care and practice toolkit

James Hoey
Psychologist and Insight Program Manager

Dr Melissa Connell
Psychologist

Join us for the launch of Insight's new Trauma-Informed Care online training suite and toolkit—designed to support AOD and mental health workers. The project was funded by Queensland Health and this webinar will walk you through two tailored learning pathways that have been developed — Foundations (for all staff) and Applying (for client-facing roles). Each module is built upon current evidence, real-world practice wisdom, and input from people with lived experience. You'll get a guided walkthrough of the platform, explore sample content and tools, and hear how services can embed this training to strengthen workforce capability, staff wellbeing, and client outcomes.

October 29

ADD TO CALENDAR

Substance-Involved Child-to-Parent Violence.

Dr Travis Harries
Lecturer in Psychology at Deakin University in Victoria

Dr Ashlee Curtis
Senior Lecturer within the School of Psychology at Deakin University

This presentation will discuss recent research on child-to-parent violence which is substance involved. The family and individual risk factors, as well as clinical implications will be discussed.

November 05

Working out Boundaries

Julia Ward and Brett Hodges
Julia and Brett are both AOD Lived-Experience Educators with Insight

Join us for the launch of Insight's new Working out Boundaries eLearning module as part of the AOD Peer Work Practice series. This module is distinguished by its development process, which involved a consultation group, exclusively employed in designated AOD lived-living experience roles. The depth and authenticity of the dialogue contributed by these workers has ensured this module is both accessible and highly relevant across the sector. Entirely peer-led in its design and development, this resource reflects the insights and priorities of Peer Workers, for Peer Workers. The presenters describe this initiative as a means of 'shifting the narrative' with this webinar offering a rare opportunity to explore a peer-led resource that's reshaping boundaries and redefining best practice.

November 12

ADD TO CALENDAR

Understanding preloading: A new theory for alcohol and drug use before events

Dr Jacob Sorbello
Clinical Psychologist and Researcher, Belmont Private Hospital

This webinar will explore a proposed Theory of Preloading (TOP)—a cognitive-behavioural model explaining why people consume alcohol and/or drugs before attending social events. Drawing on established psychological theories, this webinar examines the motivations, planning behaviours, and reinforcement loops behind preloading, with practical implications for harm reduction and intervention strategies.

November 19

ADD TO CALENDAR

Understanding the intersection of AOD use in the context of DFV..what theory tells us about practice

Lillian Flannigan
Advanced Social Worker, DFV Workforce Specialist, Metro North

Dr Brian Sullivan
Co-founder, SICURA

This presentation will explore the intersection of DFV/AOD/MH. Practitioners and staff will hear both theory to practice and learn the basics of what is DFV and how it presents. Discussions around what next will also be explored