

Kay Wilhelm, AM, MB BS, MD, FRANZCP

Present:

- Program Developer, Facilitator and Trainer, Black Dog Institute General Practitioner Education Program
- Director, Consultation Liaison Psychiatry, St. Vincent's Hospital
- Professor (Conjoint), School of Psychiatry, UNSW
- Fellow, Royal Australian and New Zealand College of Psychiatrists
- Consultant, Mood Disorders Unit since its inception
- Member, NSW Medical Board and Chair of the Board's Medical Subcommittee

Principal areas of expertise:

- Psychosocial aspects in onset and maintenance of depression
- Gender differences in experience of depression
- Genetic risk factors to onset of depression
- Interpersonal risk factors to depressive disorder
- Coping styles in depression and medical illness
- Doctors' mental health
- Identification and management of common mental health problems in general practice
- Depression in the medically ill (especially diabetes, cardiac and respiratory disease)
- Smoking and depression
- Interventions for deliberate self harm
- Longitudinal history taking, interviewing skills
- Coping with stress, improving wellbeing, especially in medical settings
- Expressive writing as an intervention