

# Webinar panel

## **Nicole Gibson**

### *Lived experience*

Nicole Gibson is committed to making a positive difference in the lives of young people. After overcoming mental health challenges as a young person, in particular anorexia nervosa, Nicole is channelling her energy into motivating other young people to be the best they can be. In 2011, Nicole established The Rogue & Rouge Foundation to reverse the stigmatisation of mental health, body image and self-esteem issues in Australia's young people.



As the Foundation's Chief Executive Officer, Nicole dreams that every teenager can look in the mirror and smile. Nicole is tackling the epidemic of low self-esteem by creating community outreach programs and working directly with schools, service providers and education departments in both central and remote parts of Australia. Nicole has recently completed her national youth motivation tour, 'Champions for Change', which has since seen her facilitate workshops at 300 schools with 50,000 young people across Australia to encourage young people to champion change in their communities through the development of innovative solutions.

Ms Gibson was a finalist for Young Australian of the Year 2014, named as one of Australia's 2012 Young Social Pioneers and is a current finalist for The Pride of Australia Medal.

## **Dr. Karen Speilman**

### *General practitioner MBBS (Hons), RACGP*

Dr. Karen Speilman is an inner city Sydney GP with over 20 years' experience. She has maintained a special interest in Eating Disorders since completing a Diploma in Shared Care Eating Disorders in 2001. She has also worked extensively with adolescents in a wide variety of settings and ran a bulk billing practice for disadvantaged young people within a local youth centre for 10 years. She has been heavily involved in the setup of the Bondi Junction headspace and has been working there since it opened last year. Her main practice is in Paddington where she practices "cradle to grave" medicine with a wonderful group of colleagues. Karen enjoys teaching registrars, is on a few working parties and helps out at educational events from time to time.



**Dr. Steve Lyon**

*Regional general practitioner  
MBMS(Hons), BA-BSc(Hons), FRACGP*

Dr Stephen Lyon grew up in the Illawarra before moving to Canberra to study anthropology and environmental science at the Australian National University BAarts/Science (Hons). He became interested in health during this time and decided to pursue a Diploma of Herbal Medicine and become a yoga teacher whilst completing a Bachelor Medicine (Hons) at Newcastle University.



Steve moved back to Wollongong in 2002 and worked in hospitals throughout the Illawarra before joining Woonona Medical Practice in 2006. Steve enjoys all aspects of medicine (from paediatrics to geriatrics) and has a particular interest in mental health, particularly eating disorders (having worked for 5 years at headspace Illawarra) and integrative medicine (integrating complementary and mainstream medicine). He has completed a Diploma of Child Health and training with ACNEM (Australian College of Nutritional & Environmental Medicine), ACMN (Australian College of Medical Nutrition) and Bio Balance Australia.

**Facilitator: Dr. Jan Orman**

*General practitioner  
MBBS MPsychMed*

Dr Jan Orman is a Sydney GP with a special interest in mental health and psychological medicine. She has a Masters in Psychological Medicine (CBT) from the University of NSW and has combined general practice and specialised work in mental health for over two decades. Jan has also worked for more than 10 years as a facilitator in Black Dog Institute's Professional Education team. She is currently responsible for developing the content of and delivering the GP education programs for the Black Dog Institute's arm of the e-Mental Health in Practice Project.

