
DAWN MACINTYRE PHD

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Counsellor - Professional Supervisor - Facilitator - Researcher - Author

Profile

Bringing more than 30 years' experience as a Clinical Counsellor, my research and practitioner interests include chronic pain, grief and loss, ASD and carer support, domestic violence, stigma and mental health, professional support for stigmatised grief, and employment challenges.

I am a university lecturer, a hospital consultant, professional facilitator whose experience includes developing and facilitating domestic violence workshops.

With expertise in advocacy, governance and policy, my experience spans government and non-government sectors. I have been a representative on Ministerial Committees and Australian Standards committees.

I have published and presented widely, including at international safety conferences, water safety workshops, and to local governments regarding Safe Communities.

Observant, caring and professional, I bring an adaptable, flexible approach and enjoy creating programs to meet client needs. I'm passionate about supporting people through challenging circumstances.

Education and training

- PhD (Public Health), University of Queensland (UQ)
- Master of Public Health, Curtin University of Technology, WA
- Diploma of Group Counselling, London Institute of Group Analysis
- Bachelor of Humanities (Hons). Majors: Education, Psychology, London University
- Professional Supervisor, Australian Counselling Association
- Certificate IV in Facilitation, Australian Institute of Professional Facilitators

Personal and professional approach

I am passionate about using my networks and skills to facilitate positive change in both my personal and professional life.

Personally, I have been a foster parent for many years and supported children and their families through challenging times. I have a retreat in the Northern Rivers of NSW, offering free accommodation for long-term carers and families experiencing challenging times.

I have supported mature students through their PhDs, academically and on the emotional rollercoaster that goes with the study process. I am aware from firsthand experience, that whilst committed to studying, life may present challenges which require support in order to continue with the academic requirements.

Professionally, I have worked with hundreds of individuals and families in a clinical counselling role. I also provide professional supervision to counsellors and enjoy the balance between discussing caseloads and the work/life balance of the counsellor to ensure they are supported both professionally and in their personal lives.

My work has always focused on public health issues – including clinical, educational, environmental and governance issues. I am passionate about creating safe environments, both geographically and personally.

I am a published author. More than 10 years ago, I wrote a book, '*Nothing Changes if Nothing Changes if Nothing Changes – what you always wanted to know about counselling but were afraid to ask*', in an attempt to demystify counselling and encourage people to seek appropriate, professional support. I was inspired by many of my clients who said that if they had known what the process was earlier, they would have seen me sooner.

My second book, *Living with Chronic Pain: From OK to Despair and Finding My Way Back Again*, chronicles my experience of living with chronic pain, in an attempt to de-stigmatise the condition and address many of the psychosocial impacts of this isolating and often depressing illness. I hope that my book offers hope and guidance to both the person and people living with chronic pain as well as the many health professionals who can become a critical part of our support networks. The book will be available from August 2020.

Career path summary

Employee Assistance Program Clinical Counselling and Training Delivery, 2019-Current
Director, Nothing Changes if Nothing Changes (counselling supervision), 1997-Current
Carer workshop design and delivery, Commonwealth Respite & Carelink Centre, 2015-2016
Director, Queensland Safe Communities Support Centre, 2000-2009
Co-Vice Chair, Australian Safe Communities Foundation, 2000-2009
Manager, Queensland Injury Surveillance Unit, Mater Hospital, Brisbane, 2000-2009
Consultant, National Heart Foundation, 1998-1999
Consultant, Queensland Ambulance Service, 1998-1999
Evaluator, Valuing Mothers Program, Parent Aid Unit, Mater Hospital, Brisbane, 1998-1999
Lecturer and Subject Coordinator, Faculty of Health Science, UQ, 1998-1999
Senior Policy Officer (short contract), Health Outcomes Unit, Queensland Health, 1998
Senior Researcher (short contract), National Health and Medical Research Council, 1998
Media & Marketing Manager, Public Transport Division, Queensland Transport, 1995-1997
Senior Policy Officer & Senior Consultation Officer (contracts), Queensland Transport, 1995
Senior Behavioural Scientist, Queensland Transport, 1993-1994
Lecturer, School of Public Health, Queensland University of Technology, 1992-1993
Injury Prevention Project, Health Advancement Branch, Queensland Health, 1990-1993

Committee experience (summary only)

- Pain Management Forum Executive, Agency for Clinical Innovation (ACI)
- Patron, Autism support group
- Executive Committee – community-based injury prevention network
- Healthy Cities State Committee
- Child Accident Prevention Foundation
- State Executive, Public Health Association (PHA)
- State Executive, Australian Association of Health Promotion Professionals (AAHPP)
- Executive, QLD Injury Coalition
- Ministerial Advisory Committee on First Aid
- Australian Resuscitation Council
- Early Childhood Injury Prevention Program
- Ministerial Electrical Safety Committee
- Queensland Injury Surveillance and Prevention Project (QISPP) Steering Committee
- Ministerial Pool Safety Council Committee
- Australian Standards Committee – domestic pool fencing

Skills

- Excellent client centred counselling skills - offering a flexible, adaptable to presenting circumstances

- Excellent written communication skills
- Strong group facilitation skills
- Experienced advocate
- 25+ years' experience in public health policy and research
- Enjoys working effectively both individually and in a team environment

Awards and grants

- Ministerial Award – Community Engagement
- Redlands Community Service Award
- \$60,000 research grant – Injury Prevention Council, Queensland Health
- PhD research grant – University of Queensland

Selected publications - under former name, Spinks

- PhD thesis. 'The Psychosocial Impact of Fatal Child Drowning in Queensland and the Availability and Use of Support'.
- 'Nothing Changes if Nothing Changes. A Practical Guide to Choosing the Right Counsellor.' Dawn Spinks. 2008
- Co-authored approximately 40 QISU bulletins spanning 12 years, contributed regularly to Safe Community Weekly News and coordinated all QSCSC newsletters - www.safecommunitiesqld.com.au
- Barker,R, Heiring,C, Spinks,D, Pitt,R. Domestic Pool Immersion In Queensland Children Under 5 Years. December 2008
- Scott,D. Hockey,R, Barker,R, Spinks,D, Pitt,R. Water Related Injury In Queensland. Dec 2004
- McClure, R, Stevenson, M, McEvoy, S. (Eds.) The Scientific Basis of Injury Prevention and Control. Ch 19. IP Communications; Melbourne.
- Spinks, Murphy, Driver Tools For Change. The Do It Yourself (DIY) Home Safety Project: Issues in Marketing. Health Promotion Journal of Australia. 1993, 3 (3).
- Spinks, D. Operation Waterwise – An Educational Approach to Reducing Pool Drownings Australian Journal of Early Childhood Vol 17 No. 3 September 1992.
- Balanda, K., Spinks, D. The Brisbane Home Safety Survey and Its Role In The Queensland Pool Safety Campaign: Domestic Swimming Pool Characteristics, Compliance and Attitudes, Health Promotion Journal of Australia, December 1991.
- Spinks, D. Use of data in developing Home Safety Series videos. NISU proceedings ISIS users and PHA (SIG) meetings Adelaide, September 1991.
- Spinks, D., Fisher, J. ACHPER Directory of Australian Professional Programs Specialising in Health Education; The ACHPER National Journal, December 1987.
- Spinks, D., Fisher, J. Professional Preparation Programs in Health Education Offered At Australian Tertiary Institutions. School of Community Health, Division of Health Sciences, Curtin University of Technology, December 1987.

Selected presentations - under former name, Spinks

- Spinks, D. 16 Years of Pool Fencing debate: where to now? RLSSA. Sydney. May 2008
- Spinks, D. 17th International Conference on Safe Communities. New Zealand. Lead speaker. From Little things, big things grow. The developing role of the QSCSC. October 2008
- Spinks, D. 17th International Conference on Safe Communities. New Zealand. Workshop: A purposeful dialogue; exploring the potential role of the QSCSC in developing Pacific Nations.
- Spinks, D. Are you Remotely Interested? Presentation of Safe Communities papers and panel chair. 2007 and 2008, Mount Isa Centre for Rural and Remote Health.
- Spinks, D. Townsville Thuringowa Safe Communities Designation and Queensland Safe Communities National Conference, Townsville 2006. Building Blocks - Welcome to Safe Communities.
- Spinks, D. The value of statistics in drowning prevention. Local Government Rangers Association Conference. March 2006.
- Spinks, D. Real community safety - partnerships with shared visions. AIPN 8th Australian Injury Prevention Conference, Sydney, September 2006.
- Spinks, D. Facilitator and session leader. Queensland Injury Surveillance Unit (QISU), Queensland Safe Communities Support Centre (QSCSC) and the Department of Local Government, Planning, Sport and Recreation. Pool fencing workshop. Brisbane February 2005
- Spinks, D. Welcome to Safe Communities. An Integrated Way of Doing Business. Delfin/Lend Lease Head office, Sydney. 2005
- Spinks, D. The fit between Safe communities and Crime Prevention – a Multi-tiered approach. 20th Biennial Conference on Preventing Crime: Trends in Crime Prevention. Freemantle 21-22 March 2005. Australian Crime Prevention Council.
- Spinks, D. The Challenges of Sustainability for a Statewide Safe Communities Program. 7th Australian Injury Prevention Conference and 2nd Pacific Rim Safe Communities Conference. September 2004
- Spinks, D. The Development and Function of a Support Structure to Sustain the Emerging Safe Communities in Queensland,

- Australia. Annual Local Government of Queensland Conference, Mackay. August 2004
- Spinks, D. Toddler Swimming Pool Drowning in Qld. A learning journey integrating the Safe Communities Model in large urban centres. Calgary Safe Communities Conference. Canada April 2003
 - Spinks, D. The role of Safe Communities in Toowoomba. Briefing to Public Meeting. Toowoomba 2002
 - Spinks, D. West Moreton Safe Communities Seminar. Ipswich. Facilitator and session leader – ‘What is a safe community?’ 11th November 2002,
 - Cantor, C., Spinks, D., et al. The Epidemiology of Suicide and Attempted Suicide Among Young Australians. Report to the NH&MRC 1999.
 - Spinks, D. The Role of the Marketing and Promotions Unit: Communications with the Department, Industry and Community. Second Public Transport Regional Workshop, Brisbane, August 1996.
 - Balanda, K., Spinks, D. Reducing Childhood Home Injuries: The Role of Local Home Safety Surveys. Childhood Injury Prevention and Education. Australian Journal of Early Childhood June 1995.
 - Spinks, D., Lobban, J. Integrated Regional Transport Plan Consultation Strategy and Evaluation. Queensland Transport document. May 1995.
 - Spinks, D. Whole of Government Approach to a Complex Issue with Varying Agendas. How Do We Affect Any Change? Qld Health Injury Control Workshop, Brisbane, August 1995.
 - Spinks, D. The Interface Of Public Health And Road Safety. Identifying And Overcoming Barriers To A Road Safety Issue – A Consensual Approach. First National Conference on Injury Prevention and Control; Sydney. February 1995.
 - Chapman, P., Spinks, D. Recognition of Farm Hazards by Children Engaged in Farming Activities Journal of Occupational Health and Safety. August 1994 (Vol 10 (4)).
 - Spinks, D. The Role Of The Child Health Nurse And Injury Control. Workshop written and delivered at the National Conference for Maternal and Child Health Workers, Royal Children’s Hospital, Brisbane, September 1994.
 - Spinks, D. School Transport Safety; A Case Study Of A Consensual Public Health Approach To A Road Safety Issue. 1994 Road Safety Research and Enforcement Conference, Melbourne.
 - Spinks, D. Is Injury Prevention an Issue? If It Is, How do we Tackle It and What is the role of health promotion models? August 1993 School of Human Movements, University of Queensland.
 - Spinks, D. The Role of Queensland Health in Child Education Projects. August 1993.
 - Spinks, D. Childhood Injuries. The role of the Health Department and the Early Childhood Injury Prevention Project. Child Health Seminar, Brisbane, August 1993.
 - Spinks, D. The Queensland Pool Fencing Experience Perth 1993.
 - Spinks, D. The DIY Home Safety Project – Did We Achieve Our Goals? Perth 1993, AAHPP Conference.
 - Spinks, D. Operation Waterwise – An Educational Approach to Reduce Toddler Drowning. The Second World Injury Conference on Injury Control, Atlanta, USA Abstracts. May 1993.
 - Spinks, Balanda. The Brisbane Home Safety Survey. The Second World Injury Conference on Injury Control, Atlanta, USA Abstracts. May 1993.
 - Spinks, D. Marketing DIY Safety to Home Renovators. The Second World Injury Conference on Injury Control, Atlanta, USA Abstracts. May 1993.
 - Spinks, D., Balanda, K., Ring, I. The Role Of The Brisbane Home Safety Survey In the Queensland Pool Safety Campaign. The Second World Conference on Injury Control, Abstracts. May 1993
 - Spinks, D. Issues in Conducting a Home Safety Survey on Injury Risk Factors: National Injury Surveillance Unit : ISIS Users and PHA (SIG) Meetings, Adelaide, 1992.
 - Spinks, D. Accidents Don’t Just Happen. September 1991 and May 1992 for Save the Children Fund (Qld Division) Strathpine and Mt Gravatt.
 - Spinks, D. Report on Current Queensland Prospects for the Elderly. National Better Health Program Project Evaluation Workshops – November 1991 Sydney.
 - Spinks, D. Operation Waterwise. Royal Life Saving Society AGM Seminar, QUT Gardens Campus; September 1991.
 - Spinks, D. Epidemiology of Childhood Injury. June 1991 – Mater Public Hospital, Brisbane.
 - Spinks, D. Falls in the Elderly – Resources and the Power of Advocacy. Australian Retired Persons Association – Queen Street, Brisbane October 1991.
 - Spinks, D. Falls in the Elderly – What Can We Do To Prevent Them? Brisbane 1991.
 - Spinks, D. Homes, Our Most Hazardous Environment – Analysis of a Brisbane Household Survey. PHA special injury seminar, QEII Medical Centre Perth, November 1991.
 - Spinks, D. Hazard Analyses of the Australian Home CAPFA National Conference. Child Injury Prevention: Australian Response to a Global Problem – University of Western Australia, April 1991.
 - Spinks, D. Operation Waterwise – Drowning. A National One Day Seminar – Royal Children’s Hospital, Brisbane, November 1990.
 - Spinks, D. Towards an Integrated Health Promotion Services Branch Approach to Working with General Practitioners. August 1989 – Health Department Western Australia.
 - RLSSA - Water safety conferences 2004, 2005, 2006, 2007, 2008