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Membership news

The DGPP Award 2019



Significant Contribution Award

Dr Richard Chambers

Richard is a clinical psychologist and leading mindfulness expert. After discovering mindfulness in 1999, he wrote both his Honours and DPsych theses on mindfulness and became passionate about introducing it into the education system. Richard is leading an initiative at Monash University to embed mindfulness in the core curriculum, with more than 5000 students and 1500 staff receiving mindfulness training in 2019.



He was an early developer of the Smiling Mind app, which has more than 4.5 million downloads. At Monash, he is a lead developer of two award-winning online mindfulness courses which have been done by over 400,000 people around the world.

When not consulting to schools and universities, Richard also delivers mindful leadership training to a growing number of businesses and organisations domestically and internationally.

The author of three books, including Mindful Learning, Richard gave a popular TEDx talk on the role of mindfulness in education, is regularly published in peer-reviewed journals and popular media and was featured on ABC Catalyst.

Significant Contribution Award

Andrew Chua

Andrew has been an APS member since 1998. Andrew has spent the majority of his career insecure about his capabilities and standing in Australian society, but continually driven by his passion to apply and disseminate the benefits of psychology widely.



Like many DGPP members, Andrew's broad range of qualifications and experiences across many disciplines allowed him to make significant contributions to the education of psychology in secondary schools, positive sexuality community education, mentoring and leadership development. He works promoting careers in psychology and the provision of counselling and broader promotion of psychoeducation within university and broader populations.

In his role in the DGPP Forum (2015-19), Andrew actively increased transparency of the APS to members to increase member engagement in APS decision-making. Through more active APS involvement, Andrew is confident of his ability to contribute richly to his profession and beyond.

Significant Contribution Award

Hend Saab

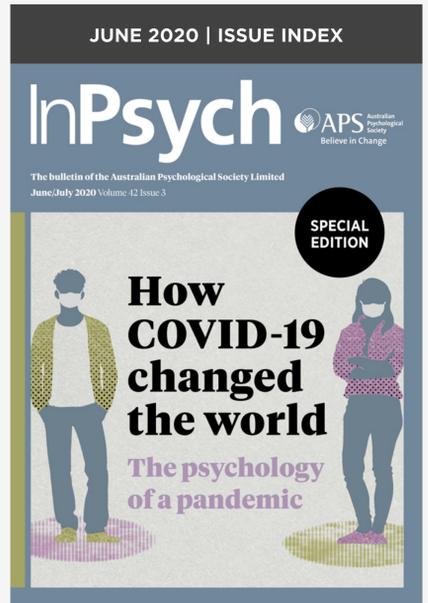
Hend has 25 years of experience in clinical and group work, mostly with Culturally and Linguistically Diverse Communities (CALD), providing supervision and delivering educational programs. In 2015, Hend received The Excellence and Outstanding Staff Award by the Board of South East Sydney Mental Health Executives.



In 2013, Hend developed a Mindfulness CD in Arabic which was received very well by the community in Australia and abroad. Her work on the Arabic Mindfulness CD and the CALD Mindfulness group program, which she developed in 2016, has received several awards, and has been presented at national and international conferences. It has also been published in the Journal Transcultural Psychiatry 2019.

In 2019, Hend completed new Mindfulness audio resources in English, Arabic and Bangla which could be for self-administrated or as a complementary tool to individual therapy or group programs.

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