

# Psi Counselling news

NEWSLETTER OF THE APS COLLEGE OF  
COUNSELLING PSYCHOLOGISTS

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## CONTENTS:

From our Chair.	→
The Editor's rave.	2
Introducing: our new secretary	2
<b>PROFESSIONAL ISSUES</b>	
Re-educating advertisers	3
"Focussed Psychological Strategies;" Marion Oke	3
GPs too; Pat Greig	4
Job Equivalence in the UK; Ben Mullings	4
More Medicare; Alison Waugh	5
<b>INTERESTING STUFF</b>	
A film review; Helen Kambouridis	5
Darwin Festival, Cambridge, UK; Elizabeth Tindle	7
The role of Counselling; Zaharah Braybrooke	7
A call for comment; Jill Lawson	8
Kids traumatised by climate change; Lance Olsen	8
The president of the APA likes us	8
<b>FROM THE STATES</b>	
<b>NSW</b>	9
<b>Queensland</b>	9
<b>Victoria</b>	10
PEEFT workshop	10
One-Day Conference on Counselling Psychology	10
<b>WA</b>	11
<b>INTEREST GROUPS</b>	
Dispute Resolution	11
Alternative Medicine	11
Women	11
<b>ANNOUNCEMENTS</b>	
National Psychology Consultation Forum Vic <b>soon</b>	12
Family Constellations Workshop: WA <b>soon</b>	12
Positive schools 2010 conference & a day with Jane Elliott; WA	12
<b>Submission Guidelines</b>	13

## From our National Chair

Elaine Hosie

I wish to congratulate our outgoing Secretary of the National Executive, Dr Bob Rich on his appointment as a Board member of the APS. Bob has worked tirelessly for the College at both National and State levels and we will miss his quiet assurance, his humour, his creative ideas in the promotion of counselling psychology and not the least his hard work for the College. His appointment is our loss and the Board's gain. I know he will continue to be an advocate for counselling psychology. I welcome the incoming Secretary of the National Executive, Bronwyn Towart from NSW. Bronwyn has worked on the National Executive in the past during the seminal days of professional development so she brings a history of college activities to the role. I thank all those members who expressed interest and am heartened by the number of members willing to put their hand up when the jobs need doing. If the strength of an organization is gauged by the willingness of its members to get involved then counselling psychology is indeed healthy.

Another indication of the health of our discipline is the publication of the new brochure stating that **Counselling psychologists are specialists in the provision of psychological therapy. They provide psychological assessment and psychotherapy for individuals, couples, families, and groups and treat a wide range of psychological problems and mental health disorders. Counselling psychologists use a variety of evidence-based therapeutic strategies and have particular expertise in tailoring these to meet the specific and varying needs of clients.** All counselling psychologists should be familiar with this terminology and use it often in the ongoing campaign to educate the public about the training and expertise of counselling psychologists. Copies of the brochure can be ordered from the APS and will be readily available at College functions.

Current initiatives from the National Executive of the College include

- A campaign re-educate those advertising psychology positions
- Representation on the ICAP Conference program committee
- Working party on promoting counselling psychology: transition from psychiatric care and other life transitions
- Defining counselling psychology: continuation of the work
- Response to the Psychology Board of Australia document for National Registration
- Response to the new health initiatives from the Federal Government
- Response to the APS President about the work of counselling psychologists for National Psychology Week.

The President of the APS, Professor Bob Montgomery, has alerted us to the changes to our profession with the implementation of National Registration and Accreditation in July 2010 and changes to the education model which moves away from the 4+2 model of training to a 5+1 model with increased focus on the practice of psychology. The National Executive keeps abreast of these changes and continues to be active writing submissions about all matters concerning counselling psychology.

As always I thank sincerely all those members who are currently involved on the National Executive, on State Branch Executives, on Portfolio groups, on working parties, the ICAP Conference program development committee and by simply giving a voice to counselling psychology.

We have a voice. Make sure it is heard.

Elaine Hosie

National Chairperson

## The Editor's Rave

Bob Rich

As most of you will know, I've been kicked upstairs. As a member of the Board, I no longer represent Counselling Psychology, but the whole of the Society, and more, the profession of psychology.

As a Director, I am very much an L plate driver, and will be doing a course on how to do it in the early part of 2010. It's all a bit scary, but I can do cognitive therapy on myself: examine the evidence. Whenever I've taken on something in the past, I've done OK. I'll do OK here too... eventually.

Meanwhile, as my colleagues on the Board are starting to find out, I am a fractal-shaped peg that makes its own hole. I do a good job — my way. This is not always comfortable for those around me, but for some reason they tend to like me anyway. So, don't feel too sorry for them.

My years on the National Executive of the College have been an excellent apprenticeship, but the Board is a different ball game. I am bound by the Companies Act and all that. At least, I don't normally need to wear a tie.

So, this is my last issue as Editor. Lyndon Medina has offered to take over the job from me. He is a wonderful young man, and has been the very charismatic chair of the Victorian section for some years. He is in charge of the Professional Development portfolio group (assessing submitted events for College endorsement), is still on the Victorian State committee, is involved in the College's marketing endeavours... and has a job as well, and presumably a private life. I don't know what he does to keep boredom at bay.

I know he will do a competent job at editing this newsletter, as he does everything.

Have a good life,

Bob

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### Introducing: our new secretary

Hi, my name is Bronwyn Towart and I have recently been appointed as the new Secretary of the National Executive of the College of Counselling Psychologists. I am a practising Counselling Psychologist and currently work as Manager of Family Services at Boys' Town Engadine. This agency runs a residential, family preservation service for adolescent boys and their families and a day program for adolescent boys and girls, all of whom are experiencing a range of difficulties in their family relationships, school and personal lives. Most of our clients have a mental health diagnosis and the counsellors in our agency offer individual and family counselling as well as group work and collaborate with other multidisciplinary staff to develop and deliver a range of programs to assist clients reach their stated goals.



I am a registered supervisor in NSW and actively supervise my 2 staff teams and also supervise Masters and Undergraduate Psychology and Teaching students, TAFE Welfare students and overseas Social Work and Youth Work students. I am employed on a contract basis with the NSW Office of the Board of Studies, on the learning difficulties team, making recommendations on Special Provisions applications for state exams. I have my own practice and have been a consultant Psychologist for a domestic violence program for 4 years, providing counselling to children, adolescents and parents who are witness to or victims of domestic violence. I enjoy presenting at conferences, both here and more recently overseas on topics related to my work.

I graduated from Sydney University with a Bachelor of Education, (with a Psychology Major) in 1988 and taught for two years in Western Sydney. I did the Masters of Education, (Counselling Psychology) course at UWS under the tutelage of Susanna Richardson and John Martin, graduating in 1992. This was an extremely valuable course, with both theoretical and practical counselling applications that formed the basis of my later work. I studied Solution Focused Brief Therapy with Michael Durrant and Brian Cade for one year and this remains my preferred way of working with clients.

In 1992, I worked as a DET School Counsellor, in Sydney's South West, which was a steep learning curve and helped hone my counselling skills very quickly. In 1993, I took a fulltime position as a School Counsellor in a Catholic School and began my two years of supervision with Cecily Moreton. As part of that process, I became involved with the NSW College branch, assisting with the organising and running of PD activities and conferences. It was during this period that I learnt a lot about the APS and the College; so after gaining my registration as a Psychologist in 1994, I applied for and became a full member of the APS and the College in 1995.

I was a committee member and PD Co-ordinator for the NSW Branch of the College, (1996-1998) and later became Chair of PD for the National Executive, (1996-1998). I was invited to be on the APS National Committee to develop and implement the standardised PD program that is now in place for all APS members, (1996-1999). During this period, I learnt a lot from my committee involvement and from other committee members and found this to be an invaluable experience and thank everyone for their assistance at the time.

In 1995, I became School Psychologist for an Independent school and was involved on a committee level with the PD activities of the Independent School Counsellors group. In 2000 I was able to mix my Education and Psychology knowledge in my role at Boys' Town, at a Management level and have found this to be a great experience. In 2004, I was fortunate enough to do a secondment at the Catholic Commission for Employment Relations, advising schools and welfare

agencies on child protection matters in relation to NSW legislation for several months, where I also learnt a great deal.

My desire to again become actively involved with the College was reignited at the recent APS conference in Darwin, after attending some really good Counselling College workshops and listening to the passion of the committee at the AGM. As fate would have it, this position became available shortly after the conference and I was fortunate enough to be offered the role and I look forward to undertaking my duties and representing College members and keeping you informed. I have already received a warm welcome from the National Chair and other Executive members, and Dr Bob Rich has kindly offered to mentor me in this position and I thank him and the entire committee for their support.

Bronwyn Towart

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### **Professional Issues** **Re-educating advertisers**

Bob Rich

At one of the meetings of the APS Membership Recruitment and Retention Advisory Group, Simon Harvest presented the results of an informal survey: a large proportion of job advertisements specify "Clinical Psychologist." Others have noticed this too. For example, some months ago, Heather Gridley wrote a strong letter of protest to the PRBV when they advertised for a Clinical Psychologist to sit on their panel. As a Community and Counselling Psychologist, she advanced cogent objections to that specialty being singled out for no good reason. Within the past month, Michael Di Mattia noted a repetition of the same ad. He queried the PRBV and got a reply that "any registered psychologist may apply" — but the ad had specified a Clinical Psychologist.

Perhaps, despite the competence of the organisation as a whole, the person or committee wording the ad was ignorant, and wanted a psychologist in therapeutic practice. Heavens, what else could that be but a Clinical Psychologist?

So, our College has started a new initiative, and I hope other Colleges follow our example. We are establishing a new portfolio group. These will be College members around Australia who keep an eye on job advertisements. We need a watch on PsychXChange, on *The Australian*, and on each major State newspaper that runs job advertisements. There may be other internet-based venues too. This is not too difficult, since there are free services that email you a list of job ads selected according to keywords you specify. One is <http://mycareer.com.au/>.

When an advertiser requires a Clinical Psychologist, we will obtain the job specifications, and then contact the advertiser with a positive, respectful letter that advises them: this job can be done just as well by a Counselling Psychologist, so that they can tap into a much wider pool of talent in filling their job.

The submission-writing portfolio group is working on a template for such a letter.

When I called for a new Secretary for the College, we got responses from a surprisingly large number of very impressive people. I felt fortunate in not having to be part of the selection process, because all or almost all of these candidates could do an excellent job. Only one could be selected, but the others are being invited to form this new portfolio group for re-educating the job advertisers. This could be the seed for changing public perception of counselling psychology. I cannot overstate its importance.

I look forward to seeing the effects of their work.

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### **"Focussed Psychological Strategies"** **by Marion Oke**

This essay appeared as a Letter to the Editor in *InPsych*. However, the limit of 300 words meant that some of Marion's content had to be cut. Here is the full text:

Recently I received the book *Working Together. Working Better. Interdisciplinary Networks for Mental Health Professionals. Participants' Manual*. This manual contains information about the operation of the Medicare Better Access Initiative, including how 'Generalist Psychologists' are expected to work compared to Clinical Psychologists.

We are advised that "Psychological Therapy" is a service which "...can only be provided by clinical psychologists who have been deemed eligible through the assessment process conducted by the Australian Psychological Society" (Mental Health Interdisciplinary Network Project (MHINP), 2009. p. 10). It is described as follows: "CBT has the most research evidence of effectiveness ...so it is recommended that this form of treatment is used when providing psychological therapy services" (Mental Health Interdisciplinary Network Project, 2009, p. 10.) Interpersonal therapy may be used, particularly for depression and "Narrative therapy has been identified as a mode of working of particular value to Aboriginal and Torres Strait Islander people. Clinical psychologists can also use psychoeducation and motivational interviewing..." (MHINP, 2009. p. 10.)

All other eligible allied mental health providers, including all other psychologists, are to provide a service called "Focussed Psychological Strategies" (MHINP, 2009, pp. 10, 11). While we have known about this since the introduction of the Better Access scheme, what hasn't previously been known is exactly what "Focussed Psychological Strategies" comprise. Dr Bob Montgomery (APS President, cited in the APS Media Release, 5 February 2009), stated: "...Focussed Psychological Strategies, a small number of well-established, basic psy-

## *Psi Counselling news*

chological treatments... sufficient for successful treatment of common, uncomplicated psychological problems."

This document (MHINP, 2009. p.11), details what these focussed strategies comprise: "1. Psychoeducation, 2. Motivational Interviewing, 3. Cognitive behaviour therapy (eighteen strategies, covering all aspects of CBT are listed), 4. Interpersonal therapy (especially for depression). There is flexibility to include narrative therapy for Aboriginal and Torres Strait Islander People." It is clear from these descriptions that there is no difference at all between the treatments/therapies comprising "Psychological Therapy" and "Focussed Psychological Strategies." It is here in black and white (albeit not explicitly stated) that clinical psychologists are getting paid substantially more for doing exactly the same work.

It is also stated that "Clinical psychologists are able to undertake assessment and treatment of consumers presenting with more complex mental disorders and those co-existing with drug and alcohol problems" (MHINP, 2009. p. 10.) Where is the evidence that clinical psychologists have more to offer in these contexts than for example counselling psychologists? It is further stated, "These consumers need more complex, comprehensive and integrated forms of psychological therapy" (MHINP, 2009, p. 10.) Firstly, where is the evidence that clinical psychologists can provide more complex, comprehensive and integrated therapy? Secondly, "Psychological Therapy" provided by clinical psychologists appears to comprise exactly the same range of treatments, strategies and approaches as "Focussed Psychological Strategies."

Marion Oke, PhD, MAPS, Member Counselling, Health and Community Colleges.

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### **GPs too**

Pat Greig

Recently a couple of GPs have been referring clients to me for me to assess them for eligibility for a MHCP. This seems unfair given that the GP then charges \$153.30 which is 100% refundable for an assessment based on my report.

Also, I recently attended a Mental Health Professional Network Meeting and was interested to note a couple of things from the manual provided.

The description of what a Clinical Psych is to offer is exactly what I do as a Counselling Psych — i.e., assess using psychometric measures and treat using CBT, IPT or Mindfulness as appropriate and with complex cases. It is interesting to note that the list of FPS is more comprehensive than what is indicated for Clinical Psychs and actually includes what is described under clinical psych treatment.

I also noticed that where a GP provides Focussed Psychological Strategies ( same as us!), the GP scheduled fee for a 40 plus minute session (2007 figure) is \$117.55 with 100% rebate to the patient whereas for us for a 50 plus minute session, the scheduled fee for FPS is now \$92.20 with an 85% refund to the client. How can this be seen as equitable? Maybe this is an issue for the APS to address as much as the two tiered system. I wonder how many GPs have had a minimum 4 years full time tertiary level psychological study plus 2 years full time supervised clinical practice plus a minimum 20 hours per year PD in psychological theory and practice?

It's all a little confusing and if I were not good at defusing from unhelpful beliefs and unable to engage in acceptance of uncomfortable emotions and stay in the now and focus mindfully on my client issues, because I want to ensure that my values as a therapist are maintained, I could well plummet into deep depression!

If I am sounding a little cynical and somewhat annoyed, you are right.

Pat Greig

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### **Job Equivalence in the UK**

Ben Mullings

Ben posted this on the Counselling Psychology in Australia email list you should all subscribe to for your interest. <http://au.groups.yahoo.com/group/counselling-psychology/>.

I just wanted to draw your attention to a job advertisement I recently came across advertised on the net for Clinical or Counselling Psychologists in the British public health care system, doing complex mental health work. This is for the sake of history — so that we have examples like this on standby:

<http://www.pulsejobs.com/job/23772-155073-psychology-clinical-or-counselling-psychologist.aspx>

These sorts of examples show the equivalence I've referred to elsewhere in their public health system, the NHS.

Ben Mullings.

Profession Psychology

Region London All

Contact Telephone 01992 305 640

#### **Description**

PULSE have a number of vacancies for Psychologists (clinical and counselling) to work in various Community Mental Health Teams across West London. We need people who have experience of working with people with longer term mental health problems, in particular psychosis, and in working within CMHTs. We have 2 band 8a roles and 1 band 8b role. We will be looking for Psychologists for a period of 3 months initially.

You must be chartered with the BPS or have registered with the HPC to be eligible for this role.

For more information please see [www.pulsejobs.com/doctors](http://www.pulsejobs.com/doctors).

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Job Type Temporary

Contact Name Kathryn Scott

Starting On 19/10/2009

## **More Medicare** from Alison Waugh

I work with patients with complex and chronic conditions, and often with dual diagnoses. I spend many hours each year upgrading and enhancing my skills and qualifications at considerable cost, especially when in private practice. I am more than adequately qualified to practice Clinical Psychology but I do not have a Masters in Clinical Psychology and I am therefore not a member of the College of Clinical Psychologists. As a result I am significantly disadvantaged financially due to the lower level Medicare rebate for psychologists who are not members of this group. This affects me in several ways:

1. I bulk bill a large proportion of my clients, who because of their complex and chronic conditions, would otherwise not be able to access psychological services, and receive \$78.40 for item 80110 compared to \$115.05 for item 80010. Why? I also wonder why APS membership fees are not adjusted accordingly.

2. Members of the College of Clinical Psychologists have used the title Clinical Psychologist to their advantage in marketing to both clients and medical practitioners for referral advantage; therefore building referral networks has been more difficult for other Psychologists

And on a personal level

3. I am outraged that a decision made some time ago continues to discriminate within our profession, and personally know of a number of highly skilled, highly qualified and experienced practitioners in the same situation who are very distressed by this situation. I therefore do not feel supported equally by the APS and have considered not continuing my membership.

Finally the following anecdote communicates my position accurately: I was at a CPE seminar a year or so ago and was chatting with a colleague who made a point of telling me she as a Clinical Psychologist and espoused her “superior” skills. When I asked her about her client mix she said she dealt with anxiety, depression and grief; the inference was that the rest of us just do relaxation therapy and a bit of counselling!

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## **Interesting Stuff** **Beautiful Kate**

**A film review by Helen Kambouridis**

### **The Secret that’s too hard to break... to awful to speak**

Beautiful Kate is a beautiful film. The cinematography, the score, the performances are all beautiful. The grief, the despair, the confusion, the guilt, are all palpable and beautifully conveyed by the actors. Yet while the beauty radiates from the screen in Kate’s face, it comes to a shattering stop with the subject matter. Sibling incest.

As the film begins you would be forgiven for not knowing that this is the territory it would eventually traverse. The majority of press releases and reviews did not share the secret. The focus is on the strained relationship between father and son, with some broad reference given to relationships between the siblings. Ned is returning home after a 20 year absence; his father is dying. We learn quickly that beautiful Kate, Ned’s twin, died and that their older brother, Cliff, has also died. Only Ned and his younger sister, Sally remain. But there is a strong sense that we are missing something; that something critical to the story of this family’s life remains unspoken. Through a combination of flashbacks, memories triggered as Ned revisits his past, and the discovery of Ned’s diary by his girlfriend, the events of the past are revealed.

Jim Schembri, in his interview with the director Rachel Ward (*The Age*, August 1<sup>st</sup>), described the film as “a confronting, provocative drama about guilt and incest” and in a subsequent review (*The Age*, August 6<sup>th</sup>) he refers to it as a “mesmerising story about family skeletons, sexual transgression and a lifelong father-son grudge in desperate need of resolution.” While he seems to have been one of the few reviewers who has named what took place between the characters Ned and Kate for what it was — incest — like the movie itself, those words barely capture the anguish of individuals and of families who have lived through sibling incest. Clint Morris ([www.moviehole.net](http://www.moviehole.net), 21<sup>st</sup> July) and Urban Cinefile ([www.urbancinefile.com.au](http://www.urbancinefile.com.au), 6<sup>th</sup> August) also refer directly to what occurs between Ned and Kate as incest.

Rachel Ward refers to the “greyness” of the issues and to her need to feel discomfort with a movie, not to just go along with the ride. She also, however, refers to it as a “love story”. Having worked in the Victorian sexual assault field for 14 years, as a psychologist, and undertaking PhD studies in the area of sibling incest, “greyness” may be a word that comes to mind when referring to such events. Ambivalence, dissonance, paralysing confusion, among others, are perhaps more accurate. “Love story,” however, is not.

Sex with your sibling is not most people’s idea of first love. Mention the idea to them and they look at you as if you were crazy. Does that really happen? Yes it does, according to research both in Australia and overseas. The Children’s Protection Society reported in 2000 that 43% of their adolescent clients had abused a sibling (Flanagan & Hayman-White, 2000); whilst the Male Adolescent Program for Positive Sexuality (MAPPS, a service within the Juvenile Justice Department in Victoria for young people who are convicted of sexual offences) reported 28% of its clients had offended against a sibling (MAPPS, 1998). A NSW study found that 69% of the victims of the young people attending the New Street

## *Psi Counselling news*

Adolescent Service (an early intervention program for young people aged 10-17 years who have sexually abused) were their full siblings, 24% were their half siblings and 7% were step siblings (Tolliday, 2005).

Goldman & Goldman's (1988) Australian study reported that 57% of people who had experienced intrafamilial sexual abuse had been abused by a sibling; in the UK, Cawson, Wattam, Brooker & Kelly (2000) reported that sibling abuse occurred twice as often as sexual abuse perpetrated by a father or stepfather; and a more recent study in Victoria found that children are five times more likely to be abused by a brother or sister than by their father (Hatch, 2005).

But who knows this? Who wants to know this? Yes, it is confronting and it's a brave and welcome thing that Rachel Ward has taken on in making this movie. It is good to examine our moral principles, to struggle with right and wrong, to find room for forgiveness and opportunity for redemption. But in the process, let's not minimize the impact of sibling incest on the very people involved, and thereby collude with one of the more powerful dynamics associated with sibling incest and sexual abuse in general. Secrecy.

Ned struggles with his secret for 20 years. It has clearly impacted on his relationships with his father and remaining sister — keeping them apart, disconnected — and presumably on his relationships with women. Sally, his younger sister, holds on to the secret for 20 years. No-one even knows she holds it. Even while you watch the film, you could be forgiven for thinking that look she shoots young Ned at the dinner table is just a petulant little sister pulling a face at her brother who doesn't want to take his sister to the party. Ned, of course is compelled to reveal all through his diary, discovered by his girlfriend. But even Sally breaks her silence and tells Ned that she saw what happened that summer night and then the real meaning behind that look becomes apparent. And we are also left wondering if part of the reason behind the suicide of the older brother, Cliff, is what Sally suggests also happened between him and Kate.

Sally forgives her brother. It's not clear if she forgives her sister. But as she says, "blame's a mug's game" and the only time Sally seems to lose her calm is when she thinks Ned is going to tell his father exactly what happened. He strides back into Bruce's room and just as we hold our breath, waiting to see if Ned will find the words, he forgives Bruce and cries out his sense of guilt over Kate's death. If only he, not Cliff, had driven her home that night... So the secret is still kept from Bruce; presumably to protect him, to not add to his grief as he draws closer to death. And to protect Kate?

It is concerning, too, that Kate appears to be held responsible for what happens. She is beautiful but manipulative, almost narcissistic. Rachel Ward describes her in an interview on the SBS films webpage as "innocent." We do get a glimpse of Kate's pain and loss, but she also seems to know her power over her brothers and she uses it. Kate is not an unbelievable character, nor is she unidimensional. Like Sally, the viewer may not be sure how to take her. But in implying her role as instigator, the movie takes responsibility away from Ned. Yes he was disturbed by what he had done, but he did it. As if he was putty in Kate's hands. We are all responsible for our actions. Ned included. It also takes away responsibility from Bruce as the father. Where were the boundaries in this family? We are left to wonder that, had the children's mother not died, just how different things would have been. She was, as Bruce tells us, the one who was so close to the children, in a way he did not know how to be. Different family dynamics have been found to be part of the picture beneath sibling incest, but they are not an excuse. Not all families where the mother has died, experience sibling incest. Not all adolescents who live in isolated parts of Australia unleash their "burgeoning adolescent sensuality" on their siblings ([www.sydneyfilmfestival.org/Festival/Films/FilmDetails.aspx?id=11](http://www.sydneyfilmfestival.org/Festival/Films/FilmDetails.aspx?id=11), downloaded 6.8.09).

Beautiful Kate also runs the risk of either demonising women or romanticising sex between siblings. Julie Rigg in her review on ABC Radio National, 7<sup>th</sup> August, also made the point that the story does not give us Kate's voice — it is told purely from Ned's point of view. Yes, Ward has brought to our attention the fact that young girls are also sexual beings, but to do this through the voice of a male... how does that really help us to understand Kate's experience without being tempted to hold her responsible?

Nor is there a clear sense that sex with your siblings is wrong. Rather there is confusion and blurring of the lines between romantic movie scenes and the horrible consequences of what has occurred. Kate's jealousy when another young woman flirts with Ned, Kate and Ned together on the dance floor at the party, the actual sex scene by the dam. Sally thought Ned was hurting Kate, but if you didn't know they were siblings you'd be forgiven for thinking here is a couple, longing for each other, who have been kept painfully apart and who can now consummate that love. Like Romeo and Juliet, or the rich girl and the boy from the wrong side of town... No, not quite. They are brother and sister. Yes, I appreciate Ward's point that she is exploring the greyness of moral issues, and certainly part of the dynamics of sibling incest includes a confusion of feelings and a blurring of boundaries.

But this is not a love story and these are not events or a set of circumstances that we should accommodate, accept or make excuses for. I imagine that from a movie director's point of view, here is a story that will confront and capture the audience, but I wonder if anywhere along the process, Rachel Ward or any of the many interviewers and reviewers who skirted the issue of incest gave thought to someone who may have experienced sibling incest going along to the movie, on the strength of the many comments about what a beautiful and important piece of Australian film making it is, and exactly what that person might feel as the events unfold on the screen before them?

I don't know if the original novel is based in any real experience; I am prompted to read the book. But it seems important to make the point that sibling incest does happen and that it is not simply about sex or love. It is a form of sexual abuse and rarely spoken about because of the shame, the guilt, the confusion and the pressing need to protect parents from (among many things) the unfathomable grief of feeling torn between their children, and to protect both the child who tells

and the other sibling from the potential loss of the only family they know. It is a secret that many have carried throughout their lives — too shamed to tell. But one point that the movie does make clearly is that “the past is always present” and perhaps the only way clear of that past for the characters in this film was to find a time, a place and a way to break the secret. A time, a place and a way that descries judgement and blame, that offers support, understanding and connection. Perhaps, like finding the words to put to the secret, this is easier imagined than done.

Finally, people deal with sibling incest, sexual assault and abuse in many different ways. Beautiful Kate is but one story. There are, however, many survivors of these experiences who get up each day, go to work, to school, to the movies... and a dying parent does not have to be the only path to resolution. Any person who has experienced sibling incest, or any other form of sexual assault can seek assistance through the Victorian Centres Against Sexual Assault phone line on 1800 806 292. There are similar services in other States.

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**Darwin Festival, Cambridge, UK**  
**5<sup>th</sup> to 10<sup>th</sup> July 2009**

Elizabeth Tindle

In early June I spent six full days (and some evenings) at the Darwin Festival celebrating two hundred years since Charles Darwin's birth. This I can only describe as an “intellectual feast” and in this brief account I am unable to do justice to the experience. The trip was made possible by having received a VC Performance Award, which paid my travel costs. I thank whoever nominated me for the award.

Many of the most eminent scientific names appeared on the programme. They presented papers, appeared on panels or chaired sessions. There were numerous Nobel Prize winners, Lords, Sirs, and Dames honoured for their outstanding life contributions. The main presentations were held in the Concert Hall of Cambridge University and videoed to an auditorium in the Law Faculty. My seat was invariably in the front row of the Concert Hall (having booked well in advance) and I felt part of the action and enjoyed sharing the row on occasions with people like Richard Dawkins and Daniel Dennett.

The dinner was held on Thursday night in Kings College Great Hall. According to the rumour, the tickets for it were being sold on the “black market” for quite exorbitant prices. The draw card was Sir David Attenborough and Professor Lord Martin Rees who could be described as national treasures. The latter is Professor of Cosmology and Astrophysics at Cambridge University. The former needs no introduction.

Much of the programme was relevant to psychology. Randolph Nesse, Professor of Psychiatry and Psychology at the University of Michigan spoke about “Why we get sick: The new science of Darwinian medicine,” which is also the title of one of his books and is an area that I have been exploring for some time. Other contributors included two Nobel Prize winners in Physiology and Medicine (Prof. Paul Nurse, 2001 and Prof, Sir John Sulston 2002). Professor Sarah Hardy presented her work contained in her book “Mothers and others: The evolutionary aspects of mutual understanding.”

As an aside, I read a book in the early 1970s called “Steps to an ecology of mind” by Gregory Bateson. Imagine my surprise when I was introduced to a young Melissa Bateson (his grand niece) when I visited the Centre for Evolution and Behaviour in the Neuroscience School at Newcastle University before travelling south to the conference. At the Darwin conference I met another relative of the author, Professor Sir Patrick Bateson, Professor of Behavioural Ethology who has a research interest in the origin of human behaviour.

Of the hundreds of conferences I have attended over a fifty year career, this has certainly been the jewel in the crown.

During my stay in Cambridge I stayed with a school friend, Rosemary, whom I last saw and spoke to in 1955 when we were 16. We had to catch up on almost fifty five years of life.

2009 is the 800<sup>th</sup> anniversary of the Founding of Cambridge University. The city was alive with celebration in the form of concerts, exhibitions, readings and lectures. It was vibrant.

Elizabeth Tindle August 2, 2009

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**The role of Counselling**

Zaharah Braybrooke

Counselling to me implies a lot of things. Most importantly it is an interaction between two individuals about some issues that need to be addressed. In some cultures or traditional societies it is always the wise man or woman who is appointed to hold such an esteemed position. He or she could be the patriarch, matriarch or the community leader. With the breakdown of the traditional societies and the subsequent emergent nuclear families to replace the old order, our society changed its overall patterns of social interactions. Thus individuals become detached from the old ways of getting wisdom about life and in its place he is left to his own devices. As a result, for some it became more problematic, particularly if the individual is emotionally insecure and disadvantaged physically, socially and economically. Hence professional counselling was brought about to meet their needs .What is the consequence of such societal transformation?

Today we have professional bodies such as the College of Counselling Psychologists performing the traditional roles in the modern sense. I am not denying the facts that we still have some community leaders who are currently active in counselling their communities. What I am saying is that the needs of the younger generation are highly complex and they need help from independent sources. We are filling up the roles of the esteemed elders who were their advisers, educators

or the confidantes of their soul.

In my opinion we are their significant other that they hope to have the wisdom and the experience that they can identify and learn about life and living skills particularly after having some psychiatric problems. Indeed Counselling Psychologists fit in to this professional role as their caretaker, educator, confidante and mentor in their path to normality.

What are the fundamentals of counselling? In order to reconnect these clients to their community, primarily we need to have that universal love in order to serve everyone. By this, I mean it is the love that emanates beyond the nuclear family. Altruism and universal love go hand in glove, so to speak. In each of us we have an internal universe that corresponds to the shared external world we live in. Then of course our professional expertise and academic qualifications enhance the facilitation of our clients' growth.

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### **A call for comment**

from Jill Lawson

The other day, a client arrived waving a page of thoughtful and honest statements about her relationship. (This was not a homework task I had set.) She handed it over, saying, "I said to myself, Jill will be so proud of me." My response was to feel "that's one of my favourite things for a client to say." But later, I thought, "should I be pleased about such a comment? Shouldn't the client be proud of herself for herself, not for me?" I also asked myself, "is this transference, and if so, should I do anything about it?"

I had previously believed (rationalised?) that a statement like this indicated the client felt I was supporting her toward agreed goals.

Comments, anyone?

Jill can be contacted on [lawsone@westnet.com.au](mailto:lawsone@westnet.com.au), or you can send a response for publication in the next issue of Psi Counselling News.

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### **Kids traumatised by climate change**

from Lance Olsen

Australia's recent years of drought and fire have been linked to rising temperatures worldwide. A news story in the Melbourne *Age* seems to be a leading indicator of trends we should expect as high temperatures persist.

Evidence turned up by climate scientists strongly indicates that elevated temps will persist for centuries, even if the entire world stops consumption of fossil fuels and forests. Susan Solomon's investigations turned up evidence of persistence for 1,000 years. David Archer's work indicates persistence for 10,000 years. James Hansen has said that such persistence amounts to irreversibility in terms of human lifetimes.

The October 19, 2009 report is about the work of Monash Professor Louise Newman, who has found that children are suffering from persistent anxiety concerning the coming bushfire season. This is exacerbated by media reports that the coming year will be worse than the last.

Professor Newman said parents and schoolteachers needed to talk to children about plans for protection in the event of a bushfire, to assuage youngsters' fears.

Children should be aware of any evacuation plans and what possessions and pets would be taken.

Professor Newman said parents and teachers should be ready to talk to children about their fears when the child was ready. Children are often the forgotten victims of trauma because they may not openly express their fears.

"What we are finding is that children are very much affected by their exposure to trauma, that many children will have concerns that they might die," Prof Newman said. She said children may not use language to describe what they experienced, but it could emerge in the games they play, or their behaviour.

Monash University's Centre for Developmental Psychiatry and Psychology hosted a national conference, "Helping Children in the Aftermath of Bushfires: Recognising and responding to emotional and psychological distress."

<http://www.theage.com.au/national/children-worried-about-bushfire-season-psychology-expert-20091019-h404.html>

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### **The President of the American Psychological Association likes us**

Presidential Travels

James H. Bray, Ph.D.

President, American Psychological Association

Travel Log October 3, 2009, somewhere over the Pacific Ocean headed for Washington, DC to attend the APA Education Leadership Conference.

APS Annual Convention, Darwin, Northern Territory, Australia, September 29-October 3, 2009.

Darwin is the northernmost city in Australia. It is closer to Indonesia and Southern Asia than some parts of Australia and the city reflects this cultural diversity. It is inside the Tropic of Capricorn, so the sun is intense (my beaming red face reflects this fact). The Australians were warm, friendly and funny people. I found myself smiling and laughing most of the time during my visit to Australia. The psychologists made a special effort to include me in their activities and the visit is certainly one of the highlights of my presidency.

The APS conference had about 750 attendees and was a good number given the distance from the major cities in Australia (for example Darwin is 2000 miles from Sydney). The conference is similar to ours — scientific presentations, clinical workshops, governance meetings, etc. However, there is a big difference in the APA and APS governance. The



APS reorganized its governance structure a few years ago. APS governance structure is much smaller, with an 11-member board of directors and nothing similar to our Council of Representatives. Their board members are elected by the general membership. The president serves one year as president-elect and two years as president. There is no past president position on their board. At their annual general meeting, all members present are allowed to discuss, debate and vote on policy changes. Rather than divisions, they have colleges (clinical, health, forensic, counseling, etc.). Psychologists must have certain qualifications to be a member of a college.

**Hot Issues.** Australia is in the midst of health care reform too. APS has positioned itself very well for increasing psychologists' role in health care changes. For example, Lyn Littlefield, the APS CEO, was on one of the three major work groups sponsored by the government to develop proposals for health care reform. Their government's health care reform bodies included the National Health and Hospital Reform Commission, the National Primary Health Care Strategy Task Force, and the National Preventative Health Task Force. Like the US, Australia is working to increase access to health care, increase preventative services and better manage and treat chronic illness. The goal is for Australia to be the healthiest country in the world by 2020.

Australia has a government sponsored health care system called Medicare. It is open to all Australians and the central focus is on primary care provided by General Practitioners (GPs). In early 2000, psychologists demonstrated the value of psychological services in general practice and the Australian government poured millions of dollars to fund increased access to psychological services. Psychologists are the primary mental health providers.

**National Licensure.** Australia is moving to national licensure, rather than a state based system. They call licensure "registration." APS is very excited, however, they are worried that because of the shortage of psychologists, the government may demand a decrease in training standards to increase the number of psychologists.

**Prescriptive Authority.** The APS board decided to pursue prescriptive authority for appropriately trained psychologists. There are mixed feelings about this. I discussed the American experience at their general membership meeting and pointed out that the power to prescribe is the power to un-prescribe.

The Australian media was interested in my research on adolescent alcohol use. I did an interview with *The Australian* newspaper. Binge drinking among adolescents is a major concern in the country. The reporter asked if I were meeting with government officials about policy implications of my work (a question not usually asked in interviews in the US).

Australia 2010: International Congress of Applied Psychology (ICAP), Melbourne, July 2010. ICAP will be held next July and the Congress should be great. The APS is co-sponsoring the conference and holding their annual meeting in conjunction with ICAP. Lynn Rehm is the chair of the clinical section of ICAP. There is still time to submit a program (see <http://www.icap2010.com>). I had such a great time in Australia, I am planning to attend and tour more of the country.

G'Day Mates,  
James

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### From NSW

The College has a vigorous and competent committee in the State. With Bronwyn appointed as National Secretary, now 5 National Executive members are from NSW.

One problem is that currently there are no accredited courses in NSW for counselling psychologists. A number of dedicated people attend graduate courses in Victoria via distance education, and unfortunately that means they need to pay the full fee. The State committee is hoping to encourage NSW Universities to offer suitable courses in the near future.

Excellent PD events have been run in the past year, including a very successful dinner meeting with Elaine Hosie. In the coming year, there are plans to run PD activities for counselling psychologists in rural areas.

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### From Queensland

Charles Darwin Symposium September 2009  
Convention Centre Darwin NT.  
A report from Elizabeth Tindle

On September 3<sup>rd</sup> I flew to Darwin for the Charles Darwin Symposium, one of the many world events to celebrate the Bicentenary of his birth.

The city of Darwin has a particular reason for celebrating Charles: it's the only city in the world named after him. Darwin and his ship the *Beagle* spent some time exploring the Darwin and NT coastline during his five year voyage around the world in the early 19<sup>th</sup> Century. The keynote speaker at the conference was the Nobel Prize winner Professor Peter Doherty whose presentation I found very challenging.

One particularly interesting speaker was Professor Sarah Hardy, an American anthropologist who has just launched her book 'Mothers and Others' providing a behavioural and psychological perspective on evolution. She was interviewed for Radio National's popular programme "All in the Mind" after the symposium.

Charles Darwin's great-great grandson Chris Darwin, an Australian, provided a fascinating link with the past. The air fare to Darwin was paid from the 2009 VCs Award.



### **From Victoria**

#### **Process-Experiential Emotion-Focused Therapy**

**6 days professional development run by Melissa Harte (Psychologist)**

from Linda Tilgner

**When:** 27<sup>th</sup> and 28<sup>th</sup> February (Saturday & Sunday), 27<sup>th</sup> March and 28<sup>th</sup> March (Saturday & Sunday),  
17<sup>th</sup> and 18<sup>th</sup> April (Saturday & Sunday), 2010

Time: 9.30 a.m. - 5.30 p.m.

**Where:** 155 Langridge Street, Collingwood (Training Room, Psychodrama Institute of Melbourne)

**Cost:** Counselling College Members \$ 470 Non-Members \$ 570

84 specialist points endorsed by the College of Counselling Psychologists

**Limited Places:** This workshop is limited to 20 people. It was rated highly by the participants who attended this year

**Catering:** Morning & Afternoon Tea provided. Lunch is not provided.

**Enquiries:** Melissa Harte – 0407 427 172, [M.Harte@latrobe.edu.au](mailto:M.Harte@latrobe.edu.au)

Melissa is currently undertaking her Doctor of Counselling Psychology studies at La Trobe University. She is a passionate advocate for the Person-Centred approach of Process-Experiential Emotion-Focused Therapy (PEEFT). Her research involves the investigation of in-therapy experiences and treatment effects for depressed young people (18-25) counselled with PEEFT. Melissa is also involved in PEEFT training, research, supervision and the organisation and delivery of professional development. In addition, Melissa has her own successful private practice.

#### **Training Workshop**

Process-Experiential Emotion-Focused Therapy (PEEFT) is a integrative, humanistic, process-orientated, evidence-based practice. PEEFT is one of the most rigorously researched forms of humanistic practice and has been shown to be efficacious in the treatment of depression, anxiety, PTSD, Complex PTSD, trauma and abuse. This experiential training will highlight theoretical as well as practical ways of working with clients with many forms of psychological distress. Each session will provide opportunities to observe live demonstrations as well as take part in practical triad work. All participants will be provided extensive reading list as well as a copy of the PowerPoint slides that are presented during the training. A 30 minute test will be given on the sixth day to test participants' knowledge, understanding as well as their competence of the PEEFT model.

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### **One-Day Conference on Counselling Psychology**

#### **Counselling Psychologists: Experts in psychological therapy**

The Victorian Branch of the College of Counselling Psychologists is organising this one day conference.

**Friday 12<sup>th</sup> November, 2010**

**Treacy Conference Centre, Parkville, Melbourne**

The conference organising committee invites submissions from members to present at this conference and particularly welcomes submissions that highlight the diversity and expertise of counselling psychologists.

We look forward to receiving your submission.

Regards,

Michael Di Mattia

Chair

We aim to bring together counselling psychologists from across Victoria to provide an opportunity to experience the diversity of activities that make up the practice of counselling psychology. The organising committee welcomes submissions that highlight the diversity and expertise of counselling psychologists.

There will be:

- Symposia
- Panel discussions
- Individual papers
- Innovative sessions

#### **Guide to Submissions**

Submissions are welcome in the following areas:

#### **Symposia and Individual papers**

A symposium consists of several papers presented on a similar topic. The symposium would normally consist of a chairperson who briefly introduces the topic and is followed by 3-4 speakers. There should be opportunity for members of the audience to ask questions of the presenters. Symposium sessions last for 90 minutes.

An Individual paper may be offered by any participant. Where thematically similar papers are evident, these may be allocated to a symposium session by the organising committee. Otherwise individual papers will be presented in a conference session identified as "Individual papers".

Papers are usually 30 minutes – 20 minutes presentation and 10 minutes for questions.

#### **Panel discussions**

Panel discussions focus on a theme, issue or question that is addressed by a panel of experts. Panel discussions normally consist of a chairperson, who provides an introduction to the session and the panel members. Normally 4-6 panel

members will have the opportunity to share their perspective on the theme, issue or question. A discussion will then ensue between panel members with the opportunity for questions and comments from audience members. The chairperson will act as a mediator in this process. Panel discussions will run for 90 minutes.

### **Innovative sessions**

Innovative sessions are an opportunity to create new ways of presenting ideas and research, using unusual methods and/or formats. Sessions may involve as few or as many presenters necessary to optimise the proposed strategy. Examples include, but are not limited to: presentation of case studies, video and multimedia presentations and debates.

**How to make a submission** Submission forms are available from Michael Di Mattia [michael.a.dimattia@gmail.com](mailto:michael.a.dimattia@gmail.com).  
Deadline for submissions **March 30 2010**.

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### **From WA**

After 4 years in the chair, Kim Maserow has handed the task over to Lidia Genovese, who is a past chair. However, Kim is staying on the committee.

Ben Mullings, who is the Student Representative on the National Executive, has been elected as the chair of the Association of Counselling Psychologists, and this will improve cooperation between the two bodies even further. Ben is also incredibly active in working on issues such as Medicare and National Registration.

If you look under "Announcements" below, you will find two interesting events, one with a very close deadline for registration.

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## **INTEREST GROUPS**

*Psi Counselling News* is happy to provide a venue to interest groups for publicising their activities. If you belong to one, you may want to ensure that your group takes advantage of this opportunity.

### **APS Interest Group on Dispute Resolution and Psychology**

This new interest group was endorsed at the APS Annual General Meeting held in Darwin, Friday 2 October 2009, in conjunction with the APS Annual Conference. The interest group is orientated toward researching and disseminating psychological aspects of dispute resolution. Further information about this group is available at [http://www.groups.psychology.org.au/drpig/about\\_us/](http://www.groups.psychology.org.au/drpig/about_us/)

The National Committee is currently being formed and comprises four acting committee members, with the potential for more. The Committee seeks to include representatives from across Australia. Further information is available from Mark England on (02) 8234 8831 or [mark\\_england@swiftdsl.com.au](mailto:mark_england@swiftdsl.com.au). You may like the committee to record, investigate or comment on a particular type of dispute relevant to the APS College of Counselling Psychologists or your own experience, knowledge or interest. Your interest/involvement in dispute resolution is of value to this new group. If you wish to join this interest group, simply download an application form at [www.groups.psychology.org.au/igs/](http://www.groups.psychology.org.au/igs/).

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### **Complementary and Alternative Medicine Interest Group's Annual General Meeting**

Date: Friday 13<sup>th</sup> November, 2009

Time: 4.00pm – 5.00pm

Venue: Berkelouw Books, 70 Norton St., Leichhardt, Sydney NSW

*\* Refreshments provided and opportunity to join committee for dinner afterward*

**Guest Speaker: Dr Peta Stapleton** (Private Practitioner and Senior Lecturer, Medicine, Griffith University) **“Addressing the Missing Link in the Weight Loss Field: Six Month Results of an Intervention for Food Cravings”**

Dr Peta Stapleton has 15 years experience as a registered Psychologist in the State of Queensland, Australia and has completed a Bachelor of Arts, Postgraduate Diploma of Professional Psychology and Doctor of Philosophy. She is a three times published author of non-fiction psychological texts and is one of the developers of the internationally delivered SlimMinds® program (a group based program focusing on the preconscious mind to assist those who choose to change their minds, change their shape and change their lives to achieve their optimal wellness and personal wealth).

Dr Stapleton is well known in her area of specialty and is often consulted for radio, television and print media interviews for her expert opinion. She has received many honours including the 2001 APS Elaine Dignan Award for research into women's issues. Dr Stapleton is the immediate past President of the Eating Disorders Association of Queensland and past Gold Coast Branch Secretary for the APS. Dr Stapleton was most recently invited to submit to the House Standing Committee on Health and Ageing, House of Representatives: Inquiry into Obesity in Australia.

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### **Women and Psychology Interest Group**

Join us in Sunbury for Re-Engendering Psychology: Research and Practice about and with Women, a weekend residential conference for persons who work with women and girls to share their experiences, research, and practice approaches and interventions. It is an opportunity in a comfortable setting to explore invitations to work with women and girls in many contexts toward gaining shared knowledge of issues they experience.

A special keynote will be delivered by Annemarie Ferguson of the Women's Circus <http://womenscircus.org.au/>, who

## *Psi Counselling news*

will speak on their inspiring work with women through outreach. Their outreach programs have included work with Spectrum, Parkville Juvenile Justice Centre, the Royal Melbourne Hospital Eating Disorders Unit, Gilmore Girls College and Art Beat. Annemarie will also lead an experiential workshop that is not to be missed!

Who may want to attend? Psychologists, Counsellors, Social Workers, GPs, School Counsellors, Community Workers, Welfare Workers – anyone who works and researches with women and girls.

When? 4, 5 & 6 December 2009

Where? 17 Circular Drive, Sunbury, VIC, Victoria University, Sunbury Hall

Online Registration and more information: <http://www.psychology.org.au/Events/EventView.aspx?EventID=5254>

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### **Announcements**

#### **National Psychology Consultation Forum**

The Psychology Board of Australia has released a consultation paper. Written submissions to it must be received by them by **24th November 2009**. This is only 4 weeks after the date of release!

[http://www.ahpra.gov.au/documents/consultation\\_papers/Psychology%20Board%20of%20Australia.pdf](http://www.ahpra.gov.au/documents/consultation_papers/Psychology%20Board%20of%20Australia.pdf)

A public consultation meeting has also been organised.

**Date:** Thursday 19 November 2009

Venue: Hilton Melbourne International Airport (this is linked to the main car park and is located directly opposite the airport arrivals hall within walking distance).

**Time:** 3.00 pm until 5.00 pm

**R.S.V.P:** By 5.00 pm on Tuesday 10 November to: [natboards@dhs.vic.gov.au](mailto:natboards@dhs.vic.gov.au)

If you have any queries or require further information please contact [natboards@dhs.vic.gov.au](mailto:natboards@dhs.vic.gov.au)

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#### **Family Constellations Workshop with Lutz and Sally Pamberger**

21-22 November 2009, 9.00 am to 5.00 pm

\$ 250.00

A Place to Just Be

4A Preston Point Road, EAST FREMANTLE

BOOKINGS ESSENTIAL: 0417 952 899

email: [lpamberg@bigpond.net.au](mailto:lpamberg@bigpond.net.au)

**Lutz Pamberger** (MAPS) trained in **Clinical Psychology** in Germany. He undertook further training in **Gestalt therapy** with the Gestalt Centre Berlin, The Gestalt Therapy Institute of Los Angeles and in **Family Constellations therapy** as developed by Bert Hellinger with the Human Systems Institute, Portland (USA) and the International Systemic Constellations Association (ISCA) in Germany.

Lutz is a member of The Australian Psychological Society (APS) and its College of Counselling Psychologists. He has lectured in counselling at The University of Notre Dame.

**Sally Pamberger** (MACA, provisional member PACAWA) holds a Master of Arts, a Graduate Diploma in Counselling (Notre Dame) and is a Certified Facilitator of The Work of Byron Katie. She has trained with Lutz with the International Systemic Constellations Association in Germany. Sally has been counselling for 10 years and is a Clinical Member of the Australian Counselling Association and a provisional member of the Psychotherapists and Counsellors Association of WA.

Lutz and Sally are happily married. They work with individuals, couples and families, promoting healthy, vibrant and fulfilling relationships.

**FAMILY CONSTELLATIONS WORK** was developed by **Bert Hellinger**. Hellinger's powerful, cutting-edge work has been broadly applied to family and individual therapy, homoeopathy and organisational consultation with remarkable results.

If you

- Find it difficult to open up in relationships
- Feel that you are carrying a burden that may not belong to you
- Feel like something is holding you back
- Feel depressed and don't know why...

... Then this workshop may be for you.

Workshop fee includes morning and afternoon tea, but Please bring your own lunch.

**PAYMENT IS REQUIRED ON BOOKING TO SECURE YOUR PLACE.**

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#### **POSITIVE SCHOOLS 2010 CONFERENCE & A DAY WITH JANE ELLIOTT**

Proudly brought to you and supported by Wise Solutions, The University of Western Australia & Constable Care  
REGISTRATIONS OPEN

20th May 2010 —Pre-conference event: A day with Jane Elliott

AN OPPORTUNITY TO SEE JANE ELLIOTT IN PERSON. JANE WILL PRESENT OVER THREE HOURS OF

## MATERIAL IN A SPECIAL ONE DAY PRESENTATION.

Jane Elliott is the iconic creator of Brown Eyes Blue Eyes and has provided inspiration and guidance to millions world wide. [janeelliott.com.au](http://janeelliott.com.au) for more information.

21st May 2010 – Main Conference Day [positiveschools.com.au](http://positiveschools.com.au)

### NINE PRESENTATIONS INCLUDING

Jane Elliott (keynote): challenging prejudice and discrimination

WA Police Commissioner Karl O'Callaghan (keynote) — safety and “its OK to do b”

Australia's first indigenous MP Carol Martin — offering inspiration

A/Professor Helen Street — addressing teacher wellbeing

A/Professor Sean Hood — childhood anxiety

Dr Sean Murray — therapeutic approaches to goal success

Professor Donna Cross — Preventing bullying and building community

### NINE INTERACTIVE 90 minute WORKSHOPS running across three streams INCLUDING

A/Professor Moira Sim — Prevention of drug and alcohol abuse

A/Professor Sue Byrne — Positive body image

The Game Factory — Promoting prosocial behaviour

A/Professor Helen Street — Beating staff stress and procrastination

Protective Behaviours — Promoting safe kids

Solving the Jigsaw — As seen on ABC TV

Zaza Lyons — Whole school social and emotional assessment

Project Rockit — Anti-bullying initiative

Delegates can choose to attend all presentations or to attend a mixture of presentations and up to three different workshops running concurrently, three at a time, across three sessions of the day. All delegates will have the opportunity to attend a maximum number of workshops and to see Jane Elliott.

This two day event will sell out. Please book early to secure places at the early bird rate of \$450 ex GST for attendance at both complete days (including satchel and all catering).

All comments and queries can be addressed to Neil Porter, conference organiser, by email [info@positiveschools.com.au](mailto:info@positiveschools.com.au). Confirmation of your place and an invoice will be sent upon receipt of your completed registration form.

Registration forms can be completed online or you can download a registration form from [positiveschools.com.au](http://positiveschools.com.au) and return by fax or mail.

Ph. 08 9388 8843

Fx. 08 9388 8848

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### Submission guidelines

Contributions need to be brief. Ideal is something to fit one page. If it's all text, that's about 800 words. Pictures, tables etc. will reduce the word count. And shorter filler items are invaluable.

Content should be relevant in some way to Counselling Psychology, using clear language. Anything inflammatory, discriminatory or libellous will be consigned to the deep.

Send contributions to [bobrich@bobswriting.com](mailto:bobrich@bobswriting.com).

The next issue of Psi Counselling News is due out in May 2010. Deadline for contributions is 23rd April, 2010.

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A parting shot from Bob:

I have run an interactive workshop a number of times. It's topic is *Overload Without Burnout*, and it covers the ways in which I protect my emotional wellbeing despite my very heavy workload.

One of these protective mechanisms is FUN. When I get to that point, I tell my audience:

"You can put endorphins into your blood in three ways: through aerobic exercise, through laughing, and through enjoying sex. Unfortunately, right now we cannot have an interactive exercise of the third kind."

For some reason they laugh, and so get their endorphins anyway.