The Newsletter of the College of Counselling Psychologists aims to inform its members and other psychologists of current information, events and activities related to professional practice. The Newsletter further serves as a medium between members, and the National & State Committees to College members.
Editorial Policy

Aims and Objectives
The Newsletter of the APS College of Counselling Psychologists is produced by the National Executive of the College in collaboration with State Committee sections. Its target audience is College members. It serves as a means for communication for members and as a publicity tool for the Society in the public arena. It promotes the work of Counselling Psychologists, provides a forum for discussion and keeps members aware of forthcoming events and important issues in the field of Counselling Psychology.

Contents
Newsletter contents will vary from issue to issue but will attempt to include editorial comment, a National Chair’s report, State Branch Chairs reports, training activities, professional practice issues, membership surveys, APS news and advertising.

Contributions
The Editorial Board encourages College members to contribute articles to the Newsletter. Effort will be made to ensure publication of all articles submitted but publication of articles cannot be guaranteed. The Editorial Board reproduces in good faith information sent for inclusion in the Newsletter. It accepts no responsibility for the correctness or otherwise of information included in the articles presented nor does it necessarily endorse the views expressed in printed articles. It respects the rights to freedom of thoughts and speech and encourages active debate amongst members.

Material for inclusion in the Newsletter is to be submitted to the Editor by the relevant deadline, 28 February; 30 June; and 31 October. Submissions are preferred to be in electronic format (Word document) and should be between 500-800 words. Submission can be emailed to lyndon.medina@rmit.edu.au

Advertising
Advertising in the Newsletter is welcome. Rates are available on application. Placement of an advertisement is not an endorsement of the advertiser. Approval of advertising rests with the Editorial Board.

Subscription
Members of the APS College of Counselling Psychologists will automatically receive the new edition of Psi Counselling News via email as part of their membership. Mental health practitioners and other allied health professionals may receive the Newsletter by subscribing and being on the College email list. Send your request to lyndon.medina@rmit.edu.au
Editor’s Notes

It does not seem that long ago when I first produced the March edition of the Newsletter, but in reality over three months has actually passed. Within that three months many changes have happened both personally and professionally. The most significant change in our profession came into effect on 01 July 2010, when the National Registration commenced and new practice guidelines from the Psychologist Board of Australia was declared. These shift include mandatory professional insurance, use of specialist title or area of practice endorsement, continuing professional development hours instead of points, recommendation for 10 hours peer consultation per year, develop learning plan and so forth.

The next preoccupation in our profession seems to be the ICAP (International Congress of Applied Psychology) Conference scheduled on 11-16 July. Looking at the list of presentations, half day and full day workshops, and keynote, I believe that any professional development ‘enthusiast’ will be deeply gratified. It’s a pity that I have spent my CPD allowance for the year already.

At the College level, the ‘wind of change’ has also affected the ‘busyness’ of College members and Committee members. I have been asked by several psychologist to be a proposer/ seconder for College membership application and APS full membership. In this issue, you will read more on membership from Maria Pirrello’s report; Elaine Hosie provides an inspiring report; and College State Chairs providing an update on counselling psychology in their locality. Michael Di Mattia and the Victorian committee has done a great deal of work organising the College State Conference and have managed to invite Professor Ernesto Spinelli to present the keynote, as well as doing two workshops for the College in November.

With changes almost behind us, I wonder whether ‘that is all’ at the moment. It would be nice to catch up with the readings, to familiarise myself with the new guidelines, review journal articles for knowledge, and/or finish the remaining five books I have been reading concurrently. Perhaps, most of all I would love to go up to the mountains. Inasmuch as I would love to have some downtime, however, I am worried of being complacent even for just a minute, as I’m sure in a ‘blink of an eye’, I would have already fallen behind.

Speaking of ‘behinds’, I have just received an sms/text from the Australian Taxation Office (new communication initiative) reminding me that it is tax time. So much for ‘slowing down’, I better attend to this, so bye for now, and I hope you enjoy the July 2010 edition of Psi Counselling News, and I look forward to your contribution on the November 2010 edition.

Lyndon Medina

THINKING GREEN

To promote sustainable thinking and practice, the Psi Counselling News is designed to be viewed onscreen. It can be saved on a memory stick, CD or a computer’s hard disk. It is suitable for printing, but please consider printing only the necessary pages required. Consider also printing on both sides of the paper.
Chair’s Report

Has Counselling Psychology come of age yet? This is a question I am often asked along with ‘what is it that counseling psychologists do’. I am not about to attempt to answer these questions in this forum but I would say is that neither is a question about which we can become complacent. As soon as we pause to pat ourselves on the back about our achievements another issue for counseling psychology and the profession of psychology emerges in these times of such rapid change. The profession of psychology along with the entire health sector is facing significant change brought about by the new national registration guidelines, just three days away as I write this article.

Counselling Psychology has been recognized as an endorsed area of specialist practice of psychology under the national registration guidelines placing us firmly alongside the other specialties’ of clinical, clinical neuropsychology, organizational, sports, educational & developmental and forensic psychology as the seven acknowledged areas of specialist endorsed psychological practice. Our heartfelt concerns go to our colleagues in health and community psychology whose areas of practice are yet to be acknowledged as endorsed specialities in the new national registration guidelines. We wish them well in their endeavours to gain acknowledgement.

The breadth of practice and talent within our ranks of counseling psychology is impressive, evidenced in the last edition of the Psi Counselling News. As a snapshot of the work of counseling psychologists the March edition of the newsletter made reference to narrative therapy, working with bullying in the workplace, research on motivational interviewing, process experiential emotion focused psychotherapy, supervision, existential practice and psychotherapy and not least the beautiful poetry illustrating the humanistic practice of counseling psychologists. All this in just one edition gives evidence to the array of interventions in the practice of counseling psychologists. I was heartened recently when a client stated ‘I have had heaps of counseling and you are the first person who has listened and talked to ME.’ I think that comment encapsulates that which is held dear to the practice of counseling psychology.

IT is timely to remind you of the opening sentences of the latest brochure of the College of Counselling Psychology which states 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’.

At this juncture I wish to make special mention of Ben Mullings from WA, student member of the National Executive of the College since 2008 who recently resigned from this position on the NE. I thank Ben for his tireless research, attention to detail and exacting analysis and response to documents in the political arena. His work directly assisted in steering the direction taken by the NE in recent years. Thank you Ben for your efforts for the College. I welcome Adam Becker from Latrobe University as the new student representative on the National Executive of the COCP.

I also want to make special mention of the death of Dr Jim Penney, a very long standing member of the College and advocate for counseling psychology. We send our condolences to his family and friends.

My sincere thanks go to the editor of Psi Counselling News, Lyndon Medina for producing such an interesting newsletter.

Elaine Hosie
National Chairperson
College of Counselling Psychologists
Chair’s Report

Western Australia Section

During 2009-10 there has been a focus on national registration and all the issues attached to it. In WA the College has supported the specialist debate but not very actively. Our experience in WA was that specialisations only served to divide rather than unite and the current response of some members of the profession is proof however, in spite of this, or because of this, the Counselling College in WA has and continues to work towards unity in the profession. To this end the College is co-ordinating a state conference to be held during Psychology Week – “Recognising Unity in the Diversity of the Profession”. The aim of the conference is to bring together the nine Colleges; each College will present a 1 ½ hr workshop that will attract Level 2 PD points on that day. This is a first of such events to bring all psychologists together.

We continue with our PR with doctors and the public. During Psychology Week last year, and planned again this year, we have a display at a couple of big shopping centres which are mainly manned by Counselling Psychologists.

Little by little we are growing in numbers and although still small we make a difference in the West.

Lidia Genovese

Victorian Section

The Victorian state committee meets on a monthly basis, with lively discussions on the current issues in psychology and in particular those affecting counselling psychologists. The upcoming changes for the profession of psychology and the implications for counselling psychology has provided much impetus for our discussions. One aspect of the committee’s work is organising professional development for our members, which continue to be well attended, with a number of events taking place over recent months. The PD calendar for the second half of this year offers diversity for members, including a workshop on eating disorders and body image, working with sexual issues in couples counselling, two training opportunities with Professor Ernesto Spinelli and the state conference.

The conference organising committee has finalised the program for our inaugural state conference and are delighted with the quality and diversity of submissions received, believing we have put together a program that showcases the breadth of practice and research in counselling psychology. What is pleasing about the conference is the diversity of members presenting, with a number of rural practitioners and postgraduate counselling psychology students presenting papers.

The marketing subcommittee, under the leadership of Lyndon Medina, has been active in redesigning a number of our key marketing tools, including a new design for our college bookmark. Whilst the slogan “Catalysts for change” remains, there is also an alternative bookmark with the slogan “Specialists in psychological therapy”, emphasising one of the key skills of our specialisation. The new design is now incorporated into the PD certificates which will be used at all future college workshops. The marketing subcommittee intends on developing strategies to market the expertise of counselling psychologists to other psychologists, health providers and the general public.

Michael Di Mattia
Chair’s Report

This past year the committee has continued to meet approximately every two months. We have been grateful to Maria Pirello for her hospitality for most of our meetings. Our country member on the committee from Grafton, Catherine Eastwood joins us via Skype (when we can get it to work efficiently) or via teleconferencing. Our other committee member from The Illawarra, Wollongong is Arch Tibben who attends as often as possible.

Maria of all the committee members has probably been the busiest in the last few months dealing with the increase in interest in membership of the College. The deadline of June 30 for all applicants wanting membership and therefore endorsement under the new PBA guidelines has been demanding for many of us. We hope it bears fruition in an increase in membership.

At the beginning of this year we made a decision to limit the number of professional development activities we would run ourselves. There were two reasons for that decision. Firstly the Sydney branch is very active in sponsoring PD activities and secondly the International Conference of Applied Psychology and a number of other professional development opportunities. This suggested to us that with the busy lives most members live and the cost of professional development in time and money we would organise something at the beginning and end of the year. We have promoted the seminar by Dr Robert Neimeyer on ‘Grief, loss and the quest for meaning’ as a very worthwhile PD activity to attend and which will attract specialist points for College members. He is an excellent communicator. Katherine Johnson was very enterprising in that she managed to get a reduced fee for College members in NSW. The other activity is the visit to Sydney of Professor Ernesto Spinelli in November which a number of college members indicated an interest in attending. This is being sponsored by the Centre of Existential Practice in Sydney in conjunction with the Counselling College in Victoria.

The professional development activity which we ran in April was with Dr Geoff Denham. The topic was ‘Investigating the effectiveness of your practice. Toward client responsive tracking of therapeutic outcomes’. All those present valued highly Geoff’s presentation. It is also good to use the skills of colleagues when planning professional development activities. Our meeting at the end of the year and Christmas activity is to be finalised at our next committee meeting. At the request/urging of the National Executive I joined the Forum which met in Sydney to look at ‘Multidisciplinary work force within rehabilitation’. Two other APS members from the Clinical College were also present. They have presented a proposal to the government in response to the draft National Rehabilitation Strategy and this was favourably received. It was followed up with a face to face meeting in Canberra where they were given positive feedback and suggestions forward. APS was a willing signatory to the proposal and it will be interesting to see the outcome. Because of being overseas in May I was not able to attend the most recent meeting and gain a further up date.

We continually raise the question about the need to provide more activities in the rural sector but as yet the opportunity to plan something definite has alluded us. At a personal level as chairperson I am hoping my life will be less demanding when hopefully I submit my PhD in October. That may make my life more flexible and able to move round the state more readily. The makeup of the committee remains unchanged since last year, namely: Geoffrey Glassock (Chairperson), Wendy Buchanan (Secretary), Thomas Schick (Treasurer), and Committee members: Maria Pirello, Catherine Eastwood, Katherine Johnson, Francesco Lopizzo, and Arch Tibben.

Dr. Geoffrey Glassock, OAM
Chair’s Report

Queensland Section

A small group of members continue to promote activities of the College in South East Queensland. We are presently operating without the services of a treasurer and appeals to members have so far gone unanswered. One of the challenges in Queensland relates to the distance many of the members are from the Brisbane city area.

Professional Development

During the past nine months we have conducted a number of seminars with invited guest speakers, including:

1. Dr Robert Schweitzer on Therapist Efficacy
2. Dr Elizabeth Tindle in conjunction with the Women and Psychology Interest group
3. Vivian Jarrott on Therapists Perceptions of Mental Illness
4. Owen Pershouse on Dealing with Male Clients in Relationship Crisis

These events are generally well attended by a broad range of practitioners, students and, at times, other allied health workers. A recent challenge has been the distribution of event flyers through the APS to local psychologists. We are looking into ways to improve that communication. Additional topics being planned for the coming months include dementia, supervision, personality disorders and working with teens.

Commencement of Counselling Masters at UQ

The multi-specialty Masters program that commenced at University of Queensland in 2009 achieved accreditation. The concept provides for Masters in Counselling, Health and Sport with a percentage of the work being combined and specialty areas managed separately.

Thanks

I would like to express my thanks to all members of the local committee – Nicole, Elizabeth and Doreen.

Jo Ehrlich

Have you seen Viktor Frankl’s DVDs?

These 2 DVDs are available for loan by College members from the Victorian Section of the APS College of Counselling Psychologists, at the cost of Postage & Handling.

Download “Order Form” from the College Members Media Library
http://www.groups.psychology.org.au/GroupContent.aspx?ID=1874 or email Jan Seeley at janseeley@yahoo.com
Membership Report

Membership of the Counselling College stands at 643 as at 31/5/2010. This figure is not dissimilar to 2009. The figures for 2009 reflected renewals just prior to the Annual APS conference in October whereas the figure of 643 in May 2010 indicates current membership prior to the annual renewal period. I believe that the actual membership figures for the College in 2010 will be much higher at the next census date in August 2010. There are several factors operating here.

In 2009 the downward trend appeared to stabilise and College numbers started to increase. This increased interest in College membership was in part a result of the leveling out of the Medicare factor and the introduction of mandatory PD for general APS membership. I believe this encouraged many ex-College members to have their membership reinstated. A second contributing factor was the increase in the number of Counselling Courses at university level. These Courses require lecturers in the Program to be members of the College at the same time it is also providing a pool of student members who will become full members of the College at graduation.

The interest in College membership gathered momentum during 2010 driven by the uncertainty around the requirements of the Psychologist Board of Australia (PBA). The announcement by the PBA of Specialist endorsement for College members was announced in early June with a deadline of 24 June. Potential applicants were given a short window of opportunity to apply for College Membership. This deadline created an avalanche of enquiries and applications. The further announcement of the closing of the 4+2 pathway by the PBA also galvanized many older APS members who had come in via the old 4+2 route into action. Lapsed College members also rushed to have their membership reinstated. The lack of any transitional arrangements by the PBA added further stress to the already overloaded APS office and membership committees rushing to process applications in time to meet the June 24 deadline.

Many applicants became frustrated as communication with National Office was shut down due to the unprecedented number of applications for all the Colleges which flooded National Office. As Membership Chair of the College I was inundated by anxious applicants seeking clarification about the non standard entry route to College membership; need for a proposer; registration of supervision and reinstatement of College membership. Fortunately the announcement by the PBA of a transitional arrangements at the eleventh hour gives potential applicants for College membership a new deadline of the 30 September 2010.

As membership Chair of the College for the last fifteen plus years I have reflected over the many changes which have occurred both for the College and the APS as a whole. In processing the recent applications for College membership I have been impressed with the quality, the wealth of knowledge and experience of the applicants and the applications coming in via the non standard pathway. In many ways it is a pity that it took the PBA to move these APS members to join but I hope in the future that the College will grow and prosper as a result of, not only, the increase in membership but from the expertise within its ranks. I would hope that these members become active in their various States to make the College the leader in the provision of psychological therapy and a force to be reckoned with in the Society.

Maria Pirrello

Do you work with couples?

This DVD is available for loan by College members from the Victorian Section of the APS College of Counselling Psychologists, at the cost of Postage & Handling, Download “Order Form” from the College Members Media Library http://www.groups.psychology.org.au/GroupContent.aspx?ID=1874 or email Jan Seeley at janseeley@yahoo.com
The College webpage is full of current information relating to our professional practice, counselling psychology and activities of the National and State Committee. College members are encouraged to visit the site occasionally and are invited to contribute to the content of the website. The College webpage was designed to augment and complement the *Psi Counselling News* as well as to provide immediate access to information relating to our profession.

Current information in the College webpage include:

- Counselling Psychologists *Supervisor’s List*
- Papers by College members, e.g., *Vive le difference: Counselling & Clinical Psychology* by Dr. Elizabeth Tindle
- Subscription & submission to the *Australian Journal of Counselling Psychology*
- Response to the Psychology Board of Australia
- College *Online Discussion Forum*
- Victoria Conference - *Counselling Psychologists: Experts in Psychological Therapy*
- Member’s Media Library
- Professional Development activities
- College Portfolio Groups
- Previous editions of *Psi Counselling News*
- *APS College Committee Manual*
- *News* about Counselling Psychologists
- Office Bearers contact details

To submit material for inclusion on the College webpage, please contact Gerard Webster [gerard.w@optusnet.com.au](mailto:gerard.w@optusnet.com.au) - College website coordinator.
Professional Self Care

A journey to remember - Catriona O’Neill

I knew I couldn't evade Lyndon's requests for photos forever... It's hard to believe half a year has passed since my trip to Peru in January. I went on a three-week tour with Intrepid - starting out from Lima on the coast, down to Nazca, gradually making our way up into the Andes and Cuzco, then trekking the Inca Trail to Machu Picchu, followed by island stays on Lake Titicaca and finishing in La Paz, Bolivia. My tour group were great fun and I saw lots of amazing things but one of the highlights was definitely the Inca Trail. So here are 3 photos from that part of the tour...

1. Our tour group on the first day of the three- and- a-half day, 45km trek. The men in blue behind us were our porters for the trip who between them carried almost everything - including food, water, gas, tents, chairs and 6kgs each of luggage for the group. Very fit, and accustomed to the altitude in the Andes, they would be regularly seen running past us heavily laden with huge backpacks. I was impressed, but the trail felt like an achievement for all of us on the trip. The ponchos were for the rain, which it did, on and off for the whole trek. It was summer, but cool. The next photo shows how cold it gets higher in the Andes...

2. The incredible view from our final night's campsite. The next morning we woke around 4am, aiming to get to Machu Picchu by sunrise...

3. And here it is - Machu Picchu. The end of the Inca Trail for us (we caught a bus then train back to Cuzco later that day). It is the largest of the Inca sites on the trail, of which several were very quiet and beautiful. I picked this photo because it makes it look as though there is hardly anyone there (hah!). Which is what the trail was like for most of our way - lots of solitude, altitude, mist, rain, beautiful scenery, incredible stonework, and incredible porter-work. Challenging physically and mentally, it was an unforgettable trip.
**Member’s Section**

**Want to save some lives?**

Those lives could include your own, and of the people you love. I am talking about climate change.

Some otherwise highly intelligent people choose to be ‘climate sceptics.’ Well, some otherwise highly intelligent people choose to be evolution sceptics. The teaching of evolution is forbidden in some States of the USA. And yet, there is scientifically absolutely no doubt about evolution. It is a fully validated theory whose predictions are borne out. It is supported by many lines of convergent evidence. Of course, there are growing edges and disagreements in biology, but no controversy at all about the basic facts. The controversy is only among people with no expertise in biology. The same is true in climate science.

The basic facts about climate change are accepted by 100% of climate scientists. The supposed controversy is due to cognitive dissonance, and to people funded by vested interests who misguided think that they can escape the effects. Anyone interested in the evidence can email me at bob@bobswriting.com. My friend Barrie Pittock was the head of the CSIRO Division of Meteorology until his retirement in 2008. At my request, he has supplied me with a few short but authoritative summaries of the evidence. I can send you these.

The facts beyond dispute are these:

- Climate change is real. It is occurring, and it can be documented with clear converging evidence.
- Climate change is caused by human activities. The rate and magnitude are way too large to be explained by any natural fluctuations.
- Climate change can not be prevented. Large-scale, concerted global effort two generations ago could have achieved that, but because of the long time lags, whatever we do now, things will get worse.
- Climate change has already caused disasters, and will continue to do so. As a single example, the Black Saturday fires on 7th February 2009 were affected by climate change. (There is a Fire Danger Index. When it reaches 50, a Total Fireban is announced. The 1983 Ash Wednesday fires were on a day with FDI in the high 90s. On Black Saturday, it was 150.)
- Mitigation is possible: we can do things to reduce and delay the effects. Adaptation is necessary: changes that will reduce the impact on humans and some natural ecosystems.

This last point is where psychologists come in. Mitigation and adaptation are only going to happen if there is widespread attitude change in the whole community. If all humanity goes on a war footing to work on climate change, we can prevent a whole heap of suffering. As psychologists, we are experts in inducing attitude change. Therefore, it is our duty to work on it.

Your first step could be to join the Psychology and Environment Interest Group.
A martini, a medal and medication

When the brain is gone, where am I?
Where have I gone?
Physically present but not at home
I wander.

We’re warned by the bean counters
Of the escalating cost of care.
Focussing on the post-war baby boomers
Who’re approaching ‘senility’
Are they a burden on the State
Or scarce young tax-payers?

Amis* suggests a solution to this “grey
 tsunami”
This gaggle of grey nomads
Who roam the Australian outback
Or pack the bingo halls in Britain.
No moral dilemma for him.
A booth at every street corner for
Those who have reached their ration of life
Three score years and ten, then
Send them to their Maker with
A martini, a medal and lethal medication.
Death for the demented!
One half of Darby and Joan exterminated
No more to saunter hand in hand
Around local lanes.

Is this the veil of ignorance that
champions Justice?
Is this the social contract that rewards
a life well lived?

Ponder on it.

* Martin Amis, Professor of Writing, Manchester University, UK.

February 2010

Princehorn painters (Heidelberg) and the mentally ill succumbed to this fate
200,000 euthanized to free up beds for injured servicemen in World war 2.

THE TIME HAS COME...

“The time has come” the Intern said,
“to talk of many things,
Of leaving QUT at last and
seeing what life brings.”
“A year of tedium toil and tests:
A year of this and that.
Some boring scoring (and some “jawing”)
Administering Beck’s or WRAT*.
It’s over now. I’m fully fledged.
This bird is on the wing
I’m now a Psych, so au revoir
I’m off to have a fling.”

* WRAT- Wide Range Achievement Test
Beck Depression Inventory, Beck Anxiety Scale, Beck Hopelessness Scale.

Adapted from ‘The Walrus and the Carpenter’ by Lewis Carroll, (1872) in Alice through the Looking Glass.

Dr. Elizabeth Tindle

Regret

Shoe boxes stuffed with letters
Letters from abroad
Sent with love o’er many years
She savoured every word.

Antipodean journey
Had left her quite forlorn.
Those weekly words had given hope
Now she was left to mourn.

Dr. Elizabeth Tindle

Would you like to see Dr. Jeffrey Young demonstrate Schema Therapy?

This DVD is available for loan by College members from the Victorian Section of the APS College of Counselling Psychologists, at the cost of Postage & Handling,
Download “Order Form” from the College Members Media Library
http://www.groups.psychology.org.au/GroupContent.aspx?ID=1874 or
email Jan Seeley at janseeley@yahoo.com
Member’s Section

The poppy paintings are in recognition of our over 65 womens basketball team that played in Sydney in the World Masters games in October 2009. Our team is called the *Queensland Red Poppies* and a few of us are over 70.

Dr. Elizabeth Tindle.
Ennui and Anomie: From Existential Dilemma to meaning.

Dr. Elizabeth Tindle FAPS AFBPS

This is a brief background paper to accompany a discussion by a panel of four, at an Australian Psychological Society, College of Counselling Psychologists’ seminar, held at QUT, Kelvin Grove Campus.

Ennui “A weariness and dissatisfaction resulting from inactivity or lack of interest”

Anomie “a lack of purpose, identity or ethical values in a person or society”

“Social instability caused by an undermining of values. The personal rootlessness which comes from a lack of purpose”

As I write, I look out of my window and see a few youths ‘hanging out’ with their skate boards. They’ll be moved on eventually. They always are. They kick a few stones around, curse loudly with a few four letter words. Later they may return with their cans and bottles, slowly get “pissed” and leave their debris and broken bottles on the ground. This is considered a good time for these kids. They will leave school, or maybe they already have left school, and then what? Ninety percent of them will use and need alcohol to pursue pleasure in their lives. For some the weekend binge will be the norm for many years. They will leave home on a Friday or Saturday night, or both, with the intent of achieving a state of drunkenness. That is the “high” for the week. Some of them will lose their way and not make it through the “identity formation” (James Marcia) stage of development and start on a roller coaster of anxiety and panic attacks. Some will hibernate in their bedrooms with a laptop computer and rarely “come out of the woodwork”

Their social anxiety, panic attacks or depression, may be treated by heavy and varied medication from psychiatrists and General Practitioners and maybe a yoyo period of in and out of psychiatric clinics will follow until the ultimate diagnosis falls on a small percentage. It is the DSM IV (Diagnostic and Statistical Manual) diagnosis of Schizophrenia. This is devastating for them and their families and some may never realize their original potential of earning a living. They may have years, or a lifetime, on disability pensions. They suffer.

My six year old daughter asked me one day when I had taken her to a special function, “Why are we here?” I was about to launch into an explanation as to why I thought she might enjoy the occasion, when she interrupted me in a short voice, a little irritated at my lack of understanding, “No Mum. Why are people, here in the world?” Taken off guard, I gave her some lame reason such as “To be happy”. Didn’t Socrates say something similar? Didn’t he converse with the youths of Athens all those centuries ago and discuss such philosophical issues?

Professor Martin Seligman has proposed that for “happiness” there are three levels; the pleasant life, the engaged life and the meaningful life. Raj Persaud (2006) speaks of Level 1 and Level 2 happiness. The first is immediate gratification (getting intoxicated each week end!!) and the latter involves delayed gratification. In our society there are those who search for some meaning, try numerous things, don’t find any meaning or satisfying purpose and give up the search. Others are not engaged and do not belong to any group. One male client said to me “Life in the next world has got to be better than this”. He connected with no one and trusted no one as “everybody” in his life, he said, had hurt him or treated him badly. He was not prepared to take any more behavioural risks again. So he lived alone, had no friends, was cut off from his family and joined in no activities. He existed in his own bubble, had no one he loved and little to look forward to although he did have something to do, namely a couple of Information Technology subjects he could do without having to leave home. He was contemplating suicide.

Maybe we need to distinguish between clinical and existential depression and anxiety. The former is usually not chosen. The client wants something different, something better and may seek our help to find it (or that of the GP, Psychiatrist or priest): the second is accepted as the way he or she wants to be in the world. What is the point of putting out the effort, taking on the challenge, working up a sweat,
Professional Practice

joining the “rats” in the race, putting on the uniform, commuting each day, producing, consuming, being rule bound? All that pain, output of energy, even stress, negotiating with others and the possibility of being labeled a loser or a failure or a no-hoper or being rejected, is not worth the pay off. Avoidance, escape, separation, independence, freedom, aloneness or defensiveness, bring a certain degree of safety. There is no competition, no comparisons, no winning and losing, no measurement and being defined as mediocre if one chooses this sort of life. Drift and just BE it may be argued. “We are supposed to be human beings not human doings” said my 14 year old teenage daughter some years ago.

Where does this existential and clinical depression originate?
One theory is that it raises its head in wealthy, affluent societies. At different periods of history, luxurious lifestyles have resulted in disenchantment, alienation and what was known in 1733 as the “English Malady”, melancholia, where laissez faire capitalism can result in a blurring of social structure. We are all entitled to a share of the “goodies” and we DESIRE them. According to De Botton (2008), many of us suffer from “status anxiety”, the desire to move up the social ladder.

If we examine the world since 1979 when the “monetarism” of Margaret Thatcher and Ronald Reagan was first introduced, the structures of working class support have been crumbling. The diaspora of sons and daughters and the disconnectedness of the displaced émigré have left people miles from their roots with the risk of losing their sense of identity and belonging. Emile Durkheim (1897) the sociologist, would describe this as “anomie”.

In the USA, the populace can be deluded into believing that anyone can become a millionaire. All it takes is hard work, smart risk-taking and business know-how. It can be every American’s dream. Poverty many believe, is the fault of the individual or of laziness or stupidity. This, according to Reinhart Kuhn can produce chronic ennui in those who opt out, struggle or cannot keep up the pace. And so we have the blues of the Deep South fuelled by poverty and depression. The Neo-Capitalist theory is “Go for it (get in, get rich and get out), use any business technique in the book”. It is not important to be strong in business ethics as exemplified in Enron, WorldCom, HIH, and a host of other dodgy companies that have gone under in the global financial crisis of 2008, leaving the “little man” a lemon. The rip-off-merchant, the con man and the spiv mentality will inherit the earth because God will be with them. He (God is always a He) admires a go-getter, it is being argued, who becomes super wealthy. Remember the parable of the talents where the guy who invested and made more money was held up as a shining example and was given the poorer man’s share. Forget the incident of the money changers in the temple whose tables were turned over with disapproval, or the analogy in the parable, of it being easier for a camel to pass through the eye of a needle than for a rich man [sic] to enter the Kingdom of Heaven.

Seneca said “Happiness is a mind free from fear and desire. Our world is full of fear and desire. We desire more and we live in fear of losing what we have and being poor, like those billions of people around the world who may become sick and destitute. We may live in fear of becoming a nonentity, of being a loser of being a failure in the competition to grab as much as we can for ourselves and our offspring. The selfish gene (Richard Dawkins, 1976) is alive and well. In addition we may push and cajole our children to get out front too and reward them for their high performance rather than for who they are.

Is it any wonder that there is a plague of lost souls out there, feeling alienated, confused perhaps, refusing to struggle any longer and withdrawing into themselves? Some may find themselves in your office or mine, seeking a way out or wishing to just talk about their pain or misery. Although this can occur at any phase of life the three vulnerable periods, I believe, are late teens/early twenties, mid life especially after the children have reached reproductive age and old age itself.

Neil Flanagan, a Queensland Psychologist, when interviewed on the Radio National programme, Life Matters (15 March, 2006) spoke about this very issue in sixty year olds, whom he calls the new trend-setters. They have to find new meaning in their lives because of the increased years in “retirement”. As my son commented, “That is a long time to knit”.

In a university setting, invariably someone presents to the counsellor, as “lacking motivation” or of being caught up in a life that is tantamount to “amusing themselves to death”. This can be spending
an average of sixteen hours a day playing a computer game, such as War of the Worlds, smoking pot or drinking with mates or living a chaotic existence. They may be staying up all night and sleeping all day. Many may have goals but goals that are so distant and difficult that they seem impossible to reach. Some may want to be rich, have an important job or live in a big house but they end up spending their time in their bedroom, with their laptop, or in front of the TV. They may come to university wanting to perform, highly motivated to achieve. They want to get outstanding results some believing that anything less than a distinction is a failure. They want mind blowing grade point averages (GPAs). They are frequently proud of how well they did at school without doing any work. But when university becomes challenging, needing preparation, structure, self discipline, concentration and commitment in order to reach deadlines, the pain is too great and a mediocre result hurts. The discrepancy between the desire of where they want to be and where they are actually at, is too great. In psychological terms, we might call it a cognitive dissonance. To be average for some is being a 'nobody' and we all want to have some recognition. This reminds me of Emily Dickinson’s poem. Which starts with the words, “I’m a Nobody. Who are you? Are you a nobody too?” Fear, anxiety, depression and sometimes panic attacks may increase with such a realization.

There are some who choose and refuse to begin the modern day journey and select an alternative lifestyle, often in poverty, but exempt from the effort described. They do not like what they see or may even have had a go in a number of different spheres and did not find it to their liking. They chose not to live their life this way.

I think that we, as psychologists and social workers can work with both types of clients, if they want to work with us. I find that it is more difficult to affect change in those who are heavily medicated. Clients sometimes present looking grey or numb with drugs. One young man regularly took six valium tablets a day in addition to his antidepressants. These clients seem to have lost some of their own inner strength and resources. We can help them regain connection little by little. I tend to use some Sports Psychology practices with those who are not medicated heavily, and tap into their old vitality so that they have choices and energy to renew and pursue previously enjoyed activities. I usually keep a couple of tennis balls on the shelf for a few needing to start slowly and wanting to get some movement, any movement, in their life. To increase the vertical (standing!) can be a simple goal after finding the base line of horizontal versus vertical in their daily behaviour. We may also look at our natural happy drugs and try to tap into some, such as dopamine and beta endorphins. I may explore how or if they play (past and present) where, what, how and with whom? My own formula is, twenty minutes of physical play equals one antidepressant and as research is suggesting, a few minutes of rewarding connection with another human being who could be you, the counsellor, increases dopamine in the brain.

There can not be (of course) any strict pattern to the therapy offered. Each session is unique to that person and specific issues that emerge, and we spin and weave a rich tapestry of an ongoing healing experience on each occasion. This I refer to as boutique therapy. We work on the principle that meaning in life is a physical, mental, social and perhaps spiritual experience and if we were to incorporate more of Seneca’s wise teaching we would include helping others in our life. His words were “You must live for another if you wish to live for yourself”. Perhaps the more individualistic self of western society contributes to the ennui and anomic that is so prevalent today.

References

Professional Practice

Eating Disorders Victoria
Responding to the Needs of Individuals Affected by an Eating Disorder

Eating Disorders Victoria (EDV) is a comprehensive support and information service covering all aspects of eating disorders. EDV incorporates a unique approach to the provision of non-clinical support services through a blend of qualified professionals and lived experience of employees and volunteers. EDV is NOT a treatment service provider, nor do they support any one treatment approach. EDV provides information about a range of available treatment services/approaches and allows clients to make autonomous decisions about which options best suit their needs.

EDV support throughout the recovery process

First point of contact:
Services such as the Eating Disorders Helpline, and the EDV website are often the first point of contact for many people who discover they have an eating disorder, or their family and friends. Through these services, information and support is made easily accessible to service users (who can choose to remain anonymous if they wish), in a confidential, respectful and non-threatening manner.

Treatment Services Referral:
EDV provide treatment options and details of service providers through the Treatment List and Referrals Database, which lists all eating disorder-specialist services across Victoria. EDV stresses the importance of seeking medical assessment, diagnosis and referral to promote recovery from an eating disorder.

If you or someone you know would like to be on our referral database (and meet the necessary criteria), please contact the Helpline number on 1300 550 236.

Non-clinical support to complement medical treatment:
EDV's non-clinical support services effectively underpin and strengthen clinical treatment through the provision of resilience skills, education, encouragement and support for families and friends.

These services include the:

- The Eating Disorders Helpline - telephone and email help - Phone: 1300 550 236
- Recovery support - face-to-face &/or telephone support and information for persons with an eating disorder
- Family support - face-to-face &/or telephone support and information for families and friends of a person with an eating disorder
- Education programs for community, mental health professionals (not treatment based), families and friends, to build skills for caring for a loved one with an eating disorder
- Support group network - metropolitan and regional for people experiencing an eating disorder and their families, partners & friends
- Online support services
  - Recovery Chatroom and Message board for people experiencing an eating disorder (16+)
  - Care and Share’ chat room and message forum for families, partners and friends of someone with an eating disorder.
  - Comprehensive and reliable website including information on all aspects of eating disorders
- Specialist library of books & DVDs – including comprehensive collection of resources for health professionals and resources for carers and individuals suffering from an eating disorder.

Eating Disorders Helpline: 1300 550 236
General inquiries: (03) 9885 6563
1513 High St, Glen Iris Vic 3146
Information can be accessed at www.eatingdisorders.org.au
**Professional Practice**

**Jill’s Green Cards**

While working as a volunteer counsellor at Solaris Care Cancer Support Centre in Perth, I have been using ordinary index cards (13 x 7.5 cm) to write on and give to clients as reminders of a discussion. I did not deliberately choose the colour, but it has turned out to be surprisingly appropriate.

It all began as a response to the realisation that people dealing with cancer (both as patients and as family members) are often over-whelmed. They are dealing with huge emotional, physical, practical and time-consuming issues, including input-overload, which severely limit their available energy, memory and attention span. I found myself giving people little notes written on pieces of paper and was embarrassed when told how much they were used and shown to others. So I bought a box of index cards which are quite sturdy and of a size to encourage brief, meaningful statements.

What do I write?

Usually we work on the wording together towards the end of a session, and I use the clients words as much as possible. Sometimes the client will say "write down what you said about…… " and that's alright too.

Common notes include:

- **Be kind to myself** - after discussion of unrealistic standard setting
- **Remember I am grieving** - after discussing emotional issues
- **Asking for help is a gift to the other person**
- **Decide what I want to say and stick to it** as part of assertiveness training
- **Keep my 'Stroke Tank' topped up** useful TA image re self-care for carers

These are not world-shattering insights, nor is the idea of a post-session note or letter a new one. However, I have been touched and humbled by comments like "I keep my card in my handbag all the time", "I put my card up near the telephone", "I look at my card when I can't sleep". You can match these comments to the examples above.

Some cards are more specific. Here are two examples:

A young man whose father was in the late stages of cancer, began his second appointment by saying "I've done everything on my card". You'll understand my surprise when you see that his card read:

- **Get help with….**(urgent family business)
- **Tell Mum I'm not going to carry on …**(the family business)
- **Talk to Dad about his dying**
Professional Practice

A woman whose husband had cancer said at the very end of a joint session, "I meant to ask you what to do about all this anger I have". We had been meeting for a while so I felt able to write her a Green Card to be going on with, and promised to start with the issue at the next appointment. I wrote

I wrote:

Work out where your anger is directed
Decide who/what is responsible
What action, if any, can you plan to take?

Next time we met she said she had not only worked through this and found it very helpful, but had taken it to a Cancer Support Retreat and shared it with others. I had to ask her to show it to me, as I couldn't remember what I had written!

Counselling in a setting like this is, of course, based on universal therapeutic principles. However, the circumstances usually limit the number of sessions (sometimes to only one) and the needs are often urgent. Also, the clients have usually been well-functioning people before being hit by a major life crisis. While I am definitely more directive than when counselling in other settings, I try to work with empathy from where the client is, and to write the cards in the context of "this is what we have worked on today".

Why do many of my clients find their Green Cards helpful?

I think there are several reasons:
1. they provide a personal focus in a situation of confusion, trauma and conflicting demands
2. they reinforce insights gained, skills worked on or (dare I say?) advice given
3. they continue the therapeutic connection beyond a session or between sessions
4. they encourage accountability to work towards agreed goals.

What do you think?

Jill Lawson

PS. A school psychologist supervisee has just told me she is cutting the cards in half for her student clients so they can easily put them in their shirt pockets.

Editor's Apology: This article has been published again as the full version of the article was not provided in the March 2010 edition of Psi Counselling News. The editor apologises to the author.
Professional Development Report

With the National Registration coming into effect on 01 July 2010, the APS has made the move to align its continuing professional development (CPD) with the Psychology Board of Australia’s (PBA) guidelines on professional development. Some of these changes were reported by Lyn Littlefield (APS Executive Director) in APS Matters - 01 July 2010 and Daiva Verbyla’s (APS Manager Professional Development Standards) email to APS Continuing Professional Development (CPD) Program Provider on the same day.

These changes include:

- All APS members will begin a new CPD system from 01 July 2010.
- The APS CPD system will run in annual cycles, with the new cycle beginning on 01 July 2010 and finishes on 30 November 2011 to align with the first CPD cycle of the PBA. Subsequent CPD cycles will be 12 months in duration, commencing on 01 December each year.
- To count towards the mandatory PBA CPD requirements for the first cycle, all CPD must be undertaken between 01 July 2010 and 30 November 2011.
- CPD will now be counted in hours rather than the previous points system. Level 2 CPD activities cease.
- The APS CPD requirements will be 30 hours of CPD activities per annual cycle, aligning with the PBA mandatory CPD requirement of 30 hours per year.
- Of the required 30 hours of CPD activities annually, at least (see PBA & APS website for more info.):
  - 10 hours must be peer consultation focused on the psychologists’ own practice
  - 10 hours are recommended as “active” CPD (active training through activities designed to enhance and test learning)
- Psychologists who are registered with Medicare as providers for general items will be required to accrue 10 hours of Focussed Psychological Strategies (FPS).
- To maintain APS College membership and/or area of practice endorsement under the PBA, more than 15 hours of the 30 hours must be relevant to the particular area of specialist practice. Where a member has two College memberships and/or two area of practice endorsements, 15 hours must be relevant to each area of specialist practice.
- Members will be required to develop a learning plan each year to identify areas for improvement of skills and knowledge relevant to each individual’s practice.

The APS will provide further details of the revised APS CPD system and transition arrangements as soon as the modifications of the online logging system and other required changes have been finalised. CPD endorsement process, the APS Events Calendar, and new PD applications are currently being revised.

Lyndon Medina
Professional Development

The APS College of Counselling Psychologists (VIC) presents:

Sibling sexual abuse:
Challenges for families, therapists & agencies

Special Presentation by Helen Kambouridis

As part of the
ANNUAL GENERAL MEETING
Tuesday, 17 August 2010
6.30 p.m. - 9.00 p.m.

As counselling psychologists we hear many stories of people’s grief, trauma & struggles; many of which we may have even touched by ourselves. We know that sexual abuse unfortunately has occurred to far more people than will ever walk through our therapy room doors. One particular form of childhood sexual abuse that is perhaps more hidden and less understood than others, is sibling sexual abuse. What is it, what does it do to victims/survivors and their families, how does it impact on therapists and what can we do about it? These are some of the issues Helen will cover in this presentation.

Helen is a counselling psychologist who initially trained as a teacher and moved into psychology in the mid 1980s to work with Disability Services. While completing her M.A. at Swinburne University, Helen started working at the Gatehouse Centre for the Assessment and Treatment of child abuse, a Centre that is located with the Royal Children’s Hospital, but is also a part of the Victorian Centres Against Sexual Assault. Helen has worked there for over 13 years, often with families who have experienced sibling sexual abuse. Helen has also undertaken training in family therapy. Amongst many things, Helen is a sister to her identical twin and to her older brother and she is currently undertaking a PhD through Bouverie Centre, La Trobe University, looking at best practice for working with sibling sexual abuse.

Schedule:

6.30 p.m.  Food/Social
7.00 p.m.  Reports: Chair, Secretary, Treasurer, PD Convenor
7.30 p.m.  Presentation
8.30 p.m.  Questions
9.00 p.m.  Closing

Location:  “Treacy Room”
Treacy Centre, 126 The Avenue, Parkville, VIC.

Cost:  Counselling College Members & APS Students - **FREE**
Other College & APS Members - $20

Registrations (please register for Catering purposes):

Michael Di Mattia - Email: michael.dimattia@adm.monash.edu.au or 0413 355 565
Psychodrama - history, theory, research, and applications to both individual and group therapy.

Brief History

Psychodrama is the original ‘here and now’ method, it is about ‘being in the moment’. Such is its philosophy; simple, yet profound. Used first in the gardens of Vienna with children, their nurses and parents in the first decade of the 20th century, the founder of psychodrama and group psychotherapy, Dr Jacob Levy Moreno (1889-1974) conducted rudimentary groups with Tyrolean refugees in the Mittendorf Camp in Austria in World War 1. His work with prostitutes in Vienna enabled them to get together and lead to getting better health through access to hospitals and legal representation. Right from the beginning he was working with ethical concerns and values of communities, which today we call Axiodrama.

Psychodrama evolved to a therapeutic method after Moreno immigrated to the USA in 1927. He began the Beacon Sanitarium in New York where he worked with people with a mental illness. Together, with his primary collaborator and wife, Zerka, he inspired a generation of psychodramatists and others in the field of social sciences to think and use role theory, sociometry, sociodrama and psychodrama. For example, Kurt Lewin and Ron Lippitt, two of the founders of the National Training Laboratories in Bethel, Maine and Fritz Perls in his development of the Gestalt method. Psychodrama has permeated the field of mental health and human services in our community with the result that Moreno’s ideas on group psychotherapy, group method and the concept of role are widely applied and known throughout the world, even though many people may not know where these ideas originated (1).

The idea of psychodrama is that a person is always creating and evolving, and that we co-create with others; we are not isolates. This idea may be of special interest when we look at the new developments in neuroscience that reveal that our brain changes itself, not just the thinking but the patterns and pathways. Not only thinking, but also acting aids this process of change and development. Norman Doige’s book *The Brain that Changes Itself* shows many examples of this. Psychodrama is holistic and systemic. We are always in relation to something. A human person is a group person; we learn and live in and through our interactions in groups.

Theory

The theoretical foundation of psychodrama is role theory. Role theory is at the heart of sociometry and psychodrama. It encompasses the whole person matrix by including the faculties of thinking, feeling and action. Behaviour is part of the role theory matrix yet role theory is not behavioural. There are operational links between the roles and these role clusters form a partial self. Roles can be physiological, psychological (psychodramatic) or social, and they may overlap. Basically a person expresses themselves through their role structures, the role being a unit of function and organization. A role is a form of
phenomena, more than behaviour, and observable in a particular situation in relation to other phenomena. It is the tangible form of the self. Within role theory is the spontaneity theory of child development and a general spontaneity theory.

Research

Psychodrama research includes the researcher in the process. Rather than standing outside the process the person of the researcher is important. He is part of the group. The research methodology usually involves sociometry, which is the study and measurement of human relations. Seminal work of Moreno show the extent of a sociometric research process. His opus, Who Shall Survive? is on-line and available at http://www.asgpp.org/docs/WSS/WSS.html. Other research work includes how to carry out sociometric research, and include the works of Mary L Northway, Carl Hollander, Ann Hale and Thomas Treadwell. Zerka Moreno is 93 years old and the doyenne of the psychodrama world. In a recent interview with Victor Yalom, she said in relation to the question of research, “psychodrama works”. It is true. We see people embrace new roles, old roles drop away and a new identity emerges. People become more lighthearted, they learn to choose that which suits them rather than going along being far more acted upon than acting.

Applications to Individual and Group Psychotherapy

Group Psychotherapy

Psychodrama is a discipline on its own and can run through or encompass other disciplines. It can be used in both individual and group psychotherapy. It was the first group psychotherapy – Moreno coined both the terms psychodrama and group psychotherapy. Employing a psychodrama approach in group psychotherapy, a person (known as the protagonist) enacts his concerns rather than talk about them. The leader of the group needs to be specially trained in psychodrama because it involves the production of a drama, considerable knowledge and skill in warming a group up, following a group warm up, being on board with the protagonist, being a skilled group leader and therapist. The psychodramatist must do significant role development and personal work so that he is able to fully appreciate the concerns, fears and obstacles in the way of his protagonist, and to have a role theory framework. Group members (known as auxiliary egos) take on roles of the significant members in the protagonist’s drama. In addition the group members are encouraged to relate to one another, so that their relationships with each other develop, and then the drama happens within the group context rather than on the stage. The interpretation in psychodrama is in the act.

Individual Psychotherapy, Couple and Family Therapy

In individual psychotherapy, the therapist might use psychodrama techniques such as role reversal and setting out a particular system of the client. He may take some of the roles or not (if the person takes up all his roles, this is know as a monodrama). He may use cushions or chairs or other objects as props. Couples might be encouraged to sculpt their relationship, and family members might be encou-
Professional Development

raged to role reverse with other members of the family whether they are in the room or not. When a therapist has a psychodrama framework he is usually looking at a person as they arrive, working in the here and now, doesn’t use labels and works within a relationship model, of which he is an integral member. He is observant to the client’s system and is usually employing a role analysis in the process. Sometimes a practitioner might use a sociometric approach and have a client draw their system on paper and at other times both he and his client may never move off their chairs.

Evaluation

Evaluation in both the individual and group process is done in terms of the fulfillment of a contract, the development of roles, the dropping of the old and embracing of the new, which can be quite frightening, and the extent to which a person is able to function well in their life. With some people it might mean being able to make a commitment to a marriage or a partnership, with another it may the ability to role reverse with an employer or employee, with other people it may be that some healing needs to take place in their social atom (the people one is in relationship with at any point of time and the feelings, the tele, that flows between them). This may include looking at and experiencing the past, present or future in the here and now of the present. Therapy might traverse several months, sometimes several weeks with several sessions or sometimes a person might have one session. With clarity and insight they can take up and do what they need to do in life. The psychodramatist who is a therapist has a belief in the creative genius of his client to affect his life, and to find any necessary solutions.

Psychodrama being a group process can be used in education and a wide range of contexts such as institutions and businesses. In addition to the therapeutic field, it is applicable in any field including education and business. Some relevant texts include Sociodrama in American Education edited by Robert Haas; Joe W. Hart & Raghu Nath’s Sociometry in Business and Industry: New Developments in Historical Perspective; Psychodrama in the Home by Florence Moreno and Zerka Moreno’s Psychodrama in a Wellbaby Clinic.

Training and Supervision in Psychodrama

The study and experience of psychodrama takes a minimum of five years or 800 hours of ongoing training and supervision at the Psychodrama Institute of Melbourne (PIM). Preliminary education requirements for an application in psychodrama training include a University or Higher Education degree, or the equivalent, in a field relevant to the applicant’s area of practice. Training is held over four terms per year, one night a week for six weeks and a day of training on a weekend each term. In addition there are short courses and workshops, which compliment the training and offer a variety of training and personal development workshops for those interested in psychodrama and professional or personal development.

Trainers, practitioners, and trainees working under supervision apply the psychodrama method in the community, in education, business, hospitals and other institutions. PIM is one of two training
Professional Development

Institutes within the umbrella of the Moreno Psychodrama Society. The Psychodrama Institute of Aotearoa (PIA) in New Zealand is the second one. There is an Advisory and Assessment Board of Psychodrama, which organizes assessments and accreditation. To become an accredited Psychodramatist, trainees must have fulfilled all the requirements of the course including written projects, theses or papers of journal article size and completed a practicum. They are then entitled to call themselves a psychodramatist. There is a worldwide community of psychodramatists, training and practicing in many countries; all have their own training and standards relevant to their specific cultures, and there are thousands of articles, journals and books on the psychodrama method and its many applications.

Sue Daniel - Director of Psychodrama Institute of Melbourne and Psychologist.
Telephone: (03) 9416 3779  Email: pim@netspace.net.au
Program Information:  www.psychodrama-institute-melbourne.com


Are you looking for a Supervisor?

Did you know that the College of Counselling Psychologists has a list of its more experience members who are willing to provide counselling & clinical supervision in an individual and/or group format to other professionals working in a range of areas.

There are over 250 Counselling Psychologists qualified to provide supervision across all States and Territories of Australia. For contact details of the list of accredited Counselling Psychologist supervisors, download the

Counselling College Supervisors Directory

from the College Webpage:

www.groups.psychology.org.au/ccoun/events_pd/supervision
APS College of Counselling Psychologists (VIC) presents

**Working with Sexual Intimacy Issues in Couples Counselling**

**Sandra Pertot (Clinical Psychologist & Sex Therapist)**
BA, MPysch, PhD, MAPS, ASSERT(NSW)

**When:** Saturday, 11 September 2010, 9.00am - 4.00pm

**Where:** “Mary Rice Room”, Treacy Conference Centre
126 The Avenue, Parkville

**Costs:** APS Counselling College Members = $100; APS students = $100
APS General Members, & other APS College Members = $125

**Limited Places:** This workshop is limited to 30 people

**Note:** arrival tea/coffee, morning tea, and afternoon tea are included, **lunch is not included.**

A good sex life is assumed, by relationship counsellors and sex therapists alike, to involve “intimacy”, yet what does this mean, and how do couples achieve it? Is it essential in achieving and maintaining a mutually satisfying sex life over time? Is it the same thing for the two partners in the relationship? And if it is an integral part of a couple’s sexual happiness, what comes first, good sexual performance, or emotional connection? Historically, if a couple sought help for a sexual problem, the focus remained on finding ways to boost libido, last longer, add excitement, and so on, to resolve the situation. Whatever the cause of the problem, the answer was still to do sex better. In recent years, there has been some interesting sex research that sheds new light on what sexual satisfaction might really be about. Instead of just asking people what they did, some sex researchers began to ask how they felt about their sex lives: are you satisfied? Or distressed? What they found was many individuals and couples who experience some form of sexual difficulty are nevertheless satisfied, even extremely satisfied – i.e. not just “not concerned” – with their sexual relationship.

This leads, then, to the questions this workshop will explore: What makes a sexual relationship satisfying? Is it just about sexual performance and physical satisfaction, or are there other factors that promote contentment in the sexual domain of a relationship? What role does “intimacy” play in an ongoing successful sex life? And what are the issues when the partners in a relationship have different expectations, wants, and needs in their emotional and sexual relationship?

**Presenter:** Sandra Pertot has worked as a clinical psychologist and sex therapist for more than 30 years. She believes that maintaining a varied clinical practice and not exclusively focussing on sexual problems has enabled her to develop a broad perspective on the experience of sexual distress in our culture. She has written three books, "A Commonsense Guide to Sex" (Angus & Robertson, 1985; Revised Edition Harper Collins, 1994); "Perfectly Normal: Living and Loving with Low Libido" (Rodale, 2005); and “When Your Sex Drives Don’t Match: Discover Your Libido Types to Create a Mutually Satisfying Sex Life” (Marlowe & Co, 2007), as well as having numerous articles published in the popular press, not only on sexuality but mental health issues in general.

**Workshop**

This workshop will explore the following topics:
- Current beliefs about the nature of a good relationship and satisfying sex life
- Developing an “equal but different” concept for individual differences in wants & needs
- Describing a process whereby the couple can end up distressed and dissatisfied with their relationship despite their best efforts
- Presenting treatment strategies to help the couple understand and reconcile their differences in the context of a “good enough” relationship
- Acknowledging that some couples are unable to achieve a mutually acceptable relationship
Registration Form

Working with Sexual Intimacy Issues in Couples Counselling

**Presenter:** Sandra Pertot (Clinical Psychologist & Sex Therapist)

**Venue:** Treacy Conference Centre, 126 The Avenue Parkville

**Date:** 11 September 2010

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**PERSONAL DETAILS**

| Full Name: |  |
| Mailing Address: |  |
| Suburb: | State: | Post Code |
| Telephone contact: |  |
| Email address: |  |
| Special dietary requirements: |  |

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**PAYMENT DETAILS**

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1. I enclose a cheque for AUD$ ________payable to the Australian Psychological Society Ltd, or

2. Please debit my credit card AUD$ _______ AMEX MasterCard Visa (please circle type of card)

Cardholder Name ____________________________________________

Card No: ________/_______/_______/_______ Expiry Date ___/___

Cardholder’s Signature ____________________________________________

AMOUNT ENCLOSED: _______________________

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Please photocopy this form and send your payment to:

Events Team, The Australian Psychological Society, PO Box 38, Flinders Lane VIC 8009, Ph: (03) 8662 3300, Fax: (03) 9663 6177. Workshop Enquiries: Events Team- (03) 8662 3300

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CANCELLATION POLICY: Refunds less $50.00 administration fee are given for cancellations received in writing via email or fax to the APS Events Team at events@psychology.org.au or Fax: (03) 9663 6177, no less than 21 days prior to the event. Refunds are not possible less than 21 days before the event, regardless of personal circumstances. Cancellation policy is final and not negotiable. The APS College of Counselling Psychologists regrets the difficult personal circumstances that prevent people attending including medical concerns and emergencies, severe weather or transport difficulty, however the logistics of event management prevents The College from assuming responsibility for such difficulties.

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This form is a tax invoice once filled in and payment has been made. Please make a copy for your records.
Professional Development

The APS College of Counselling Psychologists (VIC) present a one day state conference

Counselling Psychologists:
Experts in psychological therapy

When:     Friday November 12th 2010

Time:     8:30am – 9:00am (registration)
         9.00am – 5:00pm (conference)
         5:00pm – 6:00pm (networking)

Where:    Treacy Conference Centre, 126 The Avenue, Parkville 3052

Cost:     APS Counselling College members & APS student members: $190
         APS General members and other APS College members: $230

Note: arrival tea/coffee, morning tea, lunch and afternoon tea are included, as well as food and drinks at the conclusion of the conference

This one day conference aims to bring together counselling psychologists from across Victoria and provides an opportunity to experience the diversity of perspectives and activities that make up the practice of counselling psychology. This exciting one day conference will feature a number of different presentation formats, including symposia, individual paper sessions, panel discussions and innovative sessions. There will also be an opportunity for networking with colleagues at the conclusion of the conference, with food and drinks provided.

The conference organising committee is pleased to announce that Professor Ernesto Spinelli will deliver the key note address for the conference.

Details of the conference program will be updated on the college’s webpage throughout the year.

Online registrations can be made at:

Counselling psychologists: experts in psychological therapy

<table>
<thead>
<tr>
<th>Time</th>
<th>Room</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 - 9:00</td>
<td>Registration</td>
<td>For registration information.</td>
</tr>
<tr>
<td>9:00 - 9:15</td>
<td></td>
<td>Official welcome – Michael Di Mattia</td>
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<tr>
<td></td>
<td></td>
<td>Chair, Victorian Branch, APS College of Counselling Psychologists</td>
</tr>
<tr>
<td>9:15 - 10:30</td>
<td></td>
<td>Key Note address – Professor Ernesto Spinelli, PhD</td>
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<tr>
<td></td>
<td></td>
<td>Whatever you say it is, it isn’t: counselling psychology at the crossroads</td>
</tr>
<tr>
<td>10:30 - 10:50</td>
<td>Morning Tea</td>
<td>For refreshments and networking.</td>
</tr>
<tr>
<td>10:50 - 12:20</td>
<td>Edmund Rice Room</td>
<td>Individual papers: Professional issues in counselling psychology</td>
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<td>Two-tier rebates are the least of our problems: Has the end of counselling</td>
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<td></td>
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<td>psychology begun?</td>
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<td></td>
<td></td>
<td>Julian McNally</td>
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<td>Profiling a Profession: Surveying the Victorian general public’s attitudes</td>
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<td>toward and knowledge of counselling psychologists</td>
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<td>Joseph McKeddie</td>
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<td>Paradox in therapy</td>
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<td>Dr. Bob Rich</td>
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<td>Constructivism and Human Meaning: Reviving the essence of Psychological</td>
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<td>therapy as the foundation of our expertise</td>
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<td></td>
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<td>Jonathon Norton</td>
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<tr>
<td>12:20 - 1:20</td>
<td>Lunch</td>
<td>For lunch and networking.</td>
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<tr>
<td>1:30 - 3:00</td>
<td>Innovative session</td>
<td>Individual papers: Diversity of practice in counselling psychology</td>
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<td>Process-Experiential Emotion-Focused Therapy (PEEFT): Theory of Practice and</td>
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<td>Supervision in Australia</td>
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<td></td>
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<td>Melissa Harte</td>
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<td>Zoe Krupa</td>
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<td></td>
<td></td>
<td>Symposium</td>
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<td>Contextualised counselling is expert counselling</td>
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<td></td>
<td></td>
<td>Heather Gridley (c)</td>
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<td></td>
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<td>Carmel O’Brien</td>
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<td>Carol Tutchener</td>
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<td>Julie Morsillo</td>
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<td>Julie Kruss</td>
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</table>

Note: The schedule details the events and times for the Victorian Counselling College State Conference on Friday 12th November, 2010.
<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>3:00 – 3:20</td>
<td>Afternoon Tea</td>
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<tr>
<td>3:20 – 4:00</td>
<td>Research papers</td>
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<tr>
<td>3:20 – 4:00</td>
<td>Psychotherapist Tearfulness: Therapist and client perspectives</td>
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<tr>
<td>3:20 – 4:00</td>
<td>Megan Brownlie</td>
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<td>3:20 – 4:00</td>
<td>The Pain of Difference: A qualitative exploration of shame and</td>
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<tr>
<td>3:20 – 4:00</td>
<td>embarrassment amongst a sample of gay men living in Australia</td>
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<tr>
<td>3:20 – 4:00</td>
<td>Adam Becker</td>
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<tr>
<td>3:20 – 4:00</td>
<td>The Aftermath of Black Saturday: The subjective experiences of</td>
</tr>
<tr>
<td>3:20 – 4:00</td>
<td>psychologists working with Victorian bushfire survivors</td>
</tr>
<tr>
<td>3:20 – 4:00</td>
<td>Michelle Morris</td>
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<tr>
<td>3:20 – 4:00</td>
<td>Barriers and challenges in the practice of multicultural counselling</td>
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<tr>
<td>3:20 – 4:00</td>
<td>in Malaysia</td>
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<tr>
<td>3:20 – 4:00</td>
<td>Rafidah Aga Mohd Jaladin</td>
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<tr>
<td>4:00 – 4:55</td>
<td>Panel Discussion</td>
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<tr>
<td>4:00 – 4:55</td>
<td>Successes and future challenges for counselling psychology in Australia:</td>
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<tr>
<td>4:00 – 4:55</td>
<td>training, identity and practice</td>
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<tr>
<td>4:00 – 4:55</td>
<td>Michael Di Mattia (c)</td>
</tr>
<tr>
<td>4:00 – 4:55</td>
<td>Dr. Janette Simmonds</td>
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<tr>
<td>4:00 – 4:55</td>
<td>Dr. George Wills</td>
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<tr>
<td>4:00 – 4:55</td>
<td>Julian McNally</td>
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<tr>
<td>4:55 – 5:00</td>
<td>Closing Remarks</td>
</tr>
<tr>
<td>5:00 – 6:00</td>
<td>Networking (Food and Drinks provided)</td>
</tr>
</tbody>
</table>
Registration Form

Counselling Psychologists: Experts in psychological therapy

Date/Time: November 12th 2010, 9.00 a.m. – 5:00 p.m.
Venue: Treacy Centre, 126 The Avenue, Parkville

PERSONAL DETAILS

Full Name: ____________________________________________

Mailing Address: _______________________________________

Suburb: __________________________ State: ______________ Post Code __________

Telephone contact: _______________________________________

Email address: __________________________________________

Special dietary requirements: ______________________________

PAYMENT DETAILS

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<td>APS Student Members</td>
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1. I enclose a cheque for AUD$ ________ payable to the Australian Psychological Society Ltd, or

2. Please debit my credit card AUD$ ________ AMEX MasterCard Visa (circle type of card)

Cardholder Name___________________________________________

Card No: __ __ __ __/ __ __ __ __/ __ __ __ __/ __ __ __ __ Expiry Date ___ / ___

Cardholder’s Signature_____________________________________

AMOUNT ENCLOSED: ______________________________

Please photocopy this form and send your payment to: APS Events Team, The Australian Psychological Society, PO Box 38, Flinders Lane VIC 8009, Ph: (03) 8662 3300, Fax: (03) 9663 6177.
Conference Enquiries: events@psychology.org.au or APS Events Team on 8662 3300

CANCELLATION POLICY:
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UNCERTAINTY: Exploring our responses to an unpredictable world

A 2 day training with Professor Ernesto Spinelli, PhD

When: 13-14 November 2010, Saturday & Sunday
Time: 9.30 a.m. - 5:00 p.m.
Where: Medina Grand Hotel, 189 Queen Street, Melbourne 3000
Cost: APS Counselling College members & APS student members: $465
       APS General members and other APS College members: $499
Note: arrival tea/coffee, morning tea, lunch and afternoon tea are included

We live in an unpredictable, ever-changing world and our response to this uncertainty has never been more relevant, both in general terms and as expressed by clients in the therapeutic relationship.

This two day workshop will present key ideas from existential psychotherapy, focusing on particular issues raised by uncertainty and its relationship to clients and therapists in their struggle to engage with one another and the life-issues being presented. The workshop will address how best to draw out and work with the (often) implicit fears and concerns experienced by clients when facing uncertainty, so that the creative and constructive possibilities of uncertainty may be enhanced and incorporated into their worldviews. The workshop will utilise theoretical and case study discussion as well as practical exercises. Participants are strongly encouraged to bring their own case material - and life experiences of uncertainty - for discussion.

Ernesto Spinelli has gained an international reputation as one of the leading contemporary trainers and theorists of existential analysis as applied to psychology and psychotherapy and, more recently, the related arenas of coaching, facilitation and conflict mediation. Ernesto is a UKCP-registered existential psychotherapist, a Fellow of the British Psychological Society (BPS) and the British Association for Counseling and Psychotherapy (BACP) as well as an accredited executive coach and coaching supervisor.

A prolific author, Ernesto’s most recent publication is Practising Existential Psychotherapy: The Relational World.

Online registrations can be made at:

Registration Form

UNCERTAINTY: Exploring our responses to an unpredictable world

Date: 13-14 November 2010;  Venue: Medina Grand Hotel, 189 Queen Street, Melbourne. 3000

PERSONAL DETAILS

Full Name: ________________________________________________
Mailing Address: __________________________________________
Suburb: __________________________ State: ___________ Post Code ____________
Telephone contact: ____________________________
Email address: ____________________________________________
Special dietary requirements: __________________________________

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Workshop Enquiries: events@psychology.org.au or APS Events Team on 8662 3300

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Professional Development

The APS College of Counselling Psychologists (VIC) in conjunction with the Centre for Existential Practice presents:

AN EXISTENTIAL APPROACH TO SUPERVISION
A one day training with Professor Ernesto Spinelli, PhD

When: Tuesday, November 16th 2010
Time: 9.30 a.m. - 5:00 p.m.
Where: Medina Grand Hotel, 189 Queen Street, Melbourne 3000
Cost: APS Counselling College members & APS student members: $320
      APS General members and other APS College members: $350

Note: arrival tea/coffee, morning tea, lunch and afternoon tea are included

This small group experiential training will focus on key ideas from existential psychotherapy as applied to the theory and practice of supervision. This training will highlight both theoretical and practical ways of utilising existential concepts in supervision. Existential supervision focuses, primarily on ‘how a therapist is’ with their clients and attention will be paid to the inter-relational realms present in the therapeutic relationship. Attendees are encouraged to bring their own supervision material to the training, as there will be opportunities to partake in live supervision.

This training will also address:
- The implicit assumptions, beliefs, values, attitudes, demands and conflicting stances (i.e. the worldview) embedded in the relational realms of the therapist/client and the therapist/client/supervisor relationship.
- The attempt to assist the therapist to explore and specify the client's experience of the therapist, the therapist’s experience of the client, and the relational qualities that emerge from the therapeutic relationship co-created by the therapist and client.
- The immediacy of the supervisory relationship and what it can reveal experientially to the supervisor and supervisee alike.

Ernesto Spinelli has gained an international reputation as one of the leading contemporary trainers and theorists of existential analysis as applied to psychology and psychotherapy and, more recently, the related arenas of coaching, facilitation and conflict mediation.

Ernesto is a UKCP-registered existential psychotherapist, a Fellow of the British Psychological Society (BPS) and the British Association for Counseling and Psychotherapy (BACP) as well as an accredited executive coach and coaching supervisor.

A prolific author, Ernesto’s most recent publication is Practising Existential Psychotherapy: The Relational World.

Online registrations can be made at:

Registration Form

EXISTENTIAL SUPERVISION:

Date/ Time: November 16th, 2010, 9.30 a.m. - 5:00 p.m.
Venue: Medina Grand Hotel, 189 Queen Street, Melbourne, 3000

PERSONAL DETAILS

Full Name: ____________________________________________________________
Mailing Address: ______________________________________________________
Suburb: __________________ State: __________________ Post Code ______
Telephone contact: ______________________________________________________
Email address: _________________________________________________________
Special dietary requirements: ____________________________________________

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Card No: __ __ __ __/__ __ __ __/ __ __ __ __/__ __ __ __                 Expiry Date ___ / ___
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Ph: (03) 8662 3300, Fax: (03) 9663 6177.

Workshop Enquiries: events@psychology.org.au or APS Events Team on (03) 8662 3300

This form is a tax invoice once filled in & payment has been made. Please make a copy for your records.
Feedback on “Therapists’ perception of mental illness” workshop

Our clients take on the role of mentally ill as soon as they walk into our consultation rooms. Clients take on and engage in the behaviour expected of them in concert with the label of “mental illness”. Vivian Jarrett, Psychologist and Research Project Manager, Griffith University School of Nursing and Midwifery, has focused her studies on a social psychology approach to understanding the experiences of people labelled with a mental illness. Vivian challenged participants in this workshop to think about the skill-set necessary for clients to overcome their mental illness label. She presented scholarly research which identified an association between certain stereotypes and lowered performance. In the case of people labelled with a mental illness, this means that they may “under-perform” in their lives due to the effect of this label on their self-concept and due to experiences of discriminatory behaviour at the personal and societal level.

Vivian uses the term *psychism* to describe this social phenomenon and provided us with a review of her scholarly research which identified the discriminatory behaviour experienced by people labelled with a mental illness. At the personal level, people with a mental illness label experience denigration, personal avoidance and acts of injustice. Vivian found at the societal/structural level, people with a mental illness label experience vilification, social avoidance, and inequity of which vilification is the most prevalent. For mental health professionals this raises questions of our ethical responsibility towards the discrimination of the mentally ill.

Vivian guided the workshop participants to consider her research on the prevalence of discriminatory events among mental health professionals. She found in her research that mental health professionals experience a statistically significant greater prevalence of discrimination in their social environment, and personally discriminate toward the mentally ill more often. This is challenging for mental health professionals to consider how they might be perpetuating acts of discrimination through their personal and professional social interactions.

Clients with mental illness can overcome the effects of *psychism* if they are aware of the effect of the mental illness label on their psychosocial performance. This has counselling practice implications in that by promoting this awareness with clients, it empowers them to engage the necessary skills to be as well as they can despite the personal issues they face.

Dr. Jason Dixon, PhD
Senior Research Fellow in Mental Health
Queensland University of Technology - Vietnam Public Health Program
Professional Development

Victoria - 2010 PD Activities

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>27-28 Feb</td>
<td>Process Experiential Emotion</td>
<td>Melissa Harte</td>
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<tr>
<td>27-28 March</td>
<td>Focused Therapy (PEEFT) - (6 Days Workshop)</td>
<td>Melissa Harte</td>
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<tr>
<td>17-18 April</td>
<td>Temperament, Constitution &amp; Health: Holistic Perspectives in Counselling</td>
<td>Paul Holman</td>
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<tr>
<td>13 March</td>
<td>Acceptance &amp; Commitment Therapy: Advanced workshop</td>
<td>Julian McNally</td>
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<tr>
<td>22-23 May</td>
<td>Process Experiential Emotion</td>
<td>Melissa Harte</td>
</tr>
<tr>
<td>19-20 June</td>
<td>Focused Therapy (PEEFT) -</td>
<td>Melissa Harte</td>
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<tr>
<td>17-18 July</td>
<td>Health at every size: A feminist/humanist perspective on Eating Disorders &amp; Body Image concerns</td>
<td>Dr. Naomi Crafti &amp; Dr. Raelynn Alvarez</td>
</tr>
<tr>
<td>17 August</td>
<td>Siblings sexual abuse: Challenges for families, therapists &amp; Agencies and AGM</td>
<td>Helen Kambouridis</td>
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<tr>
<td>11 September</td>
<td>Sex therapy: Working with couples and mismatched libidos</td>
<td>Dr. Sandra Pertot</td>
</tr>
<tr>
<td>12 November</td>
<td>Counselling Psychologists: Experts in Psychological Therapy</td>
<td>Prof. Ernesto Spinelli</td>
</tr>
<tr>
<td>13-14 Nov.</td>
<td>Uncertainty: Exploring our responses to an unpredictable World. (see Poster—main page)</td>
<td>Prof. Ernesto Spinelli</td>
</tr>
<tr>
<td>16 November</td>
<td>An Existential Approach to Supervision</td>
<td>Prof. Ernesto Spinelli</td>
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</tbody>
</table>

Enquiries: Linda Tilgner- 0409 198 774, ltilgner@hotmail.com

New South Wales

17 April  Investigating the effectiveness of your practice: Towards client responsive tracking of therapeutic outcomes

Presenter: Dr. Geoff Denham

Grief, loss and the quest for meaning

Presenter: Dr. Robert Neimeyer

Recommended by New South Wales College Section

Queensland

March  Alcohol problems related to young women and pregnancy Defects

Presenter: Dr. Elizabeth Tindle

May  Therapists Perceptions of Mental Disorders

Presenter: Vivian Jarrett

6 May 2010

A Block, Room 105

Kelvin Grove Campus,

Queensland University of Technology

24 June  The (e)x files: Working with men in relationship crises.

Presenter: Owen C. Pershouse

Kelvin Grove Campus,

Queensland University of Technology

Western Australia

Planning for a “mini-conference” involving the 9 Colleges are evolving
The National Committee of the APS College of Counselling Psychologists would like to hear from members about any concerns, issues, feedback and questions. Please feel free to contact any of the Office Bearers listed or log onto the College webpage for more information.

[Website Link]
### College Committee Meetings - 2010

#### National Executive Committee

- 19 March
- 11 July
- 12 July (AGM)
- 26 November

#### New South Wales
Meet every 6 weeks

#### Queensland State Committee
Meets 4-6 times per year

#### Victoria
- 01 February
- 05 July
- 01 March
- 17 August *Annual General Meeting*
- 12 April
- 06 September
- 03 May
- 04 October
- 07 June
- 08 November

- **PD subcommittee meets 2-3 times per year**
- **Marketing Subcommittee meets as required**

#### Western Australia
Meets bi-monthly

#### Australian Capital Territory

### State Committee

#### New South Wales
- Dr. Geoffrey Glassock (Chair)
- Wendy Buchanan (Secretary)
- Thomas Schick (Treasurer)
- Cathy Eastwood
- Katherine Johnson
- Francesco Lopizzo
- Maria Pirrello
- Arch Tibben

#### Queensland
- Jo Ehrlich (Chair)
- Nicole Detering (Secretary)
- Brian O’Hanlon (Treasurer)
- Kathleen Ellerman
- Diana Greenhalgh
- Doreen Wesley

#### Australian Capital Territory
- Marshall O’Brien (Treasurer)
- Stanton Bongers (Secretary)
- Tessa Neill

#### Victoria
- Michael Di Mattia (Chair)
- Julian McNally (Secretary)
- Monica Lederman (Treasurer)
- Linda Tilgner (Professional Development)
- Lyndon Medina
- Dr. Naomi Crafti
- Dr. Raelynn Wicklein
- Catriona O’Neill
- Melissa Harte
- Jan Seeley
- Adam Becker
- Jonathan O’Hara
- Joseph McKeddie

#### Western Australia
- Lidia Genovese (Chair)
- Nicki McKenna (Secretary)
- Kim Maserow (Treasurer)
- Kaye Barr
- Lorna Dick
- Maggie Orum
- Ben Mullings
- Georgina Timms
- Jenny Thornton
- Gail Boyle
- Nicci Lambert