

APS Riverina Branch Newsletter September 2015

This Riverina Branch communication will be sent out to all members who provided their email address to the branch. In order to reduce the number of emails sent out, most communications for the group will be collated and sent out via this method. If you wish to unsubscribe from all Riv branch emails please contact the editor mpfinnegan@bigpond.com.

Chair's Message

Dear Riverina Branch Members,

I hope you all have survived the winter cold and look forward to a beautiful spring. Have you noticed the colourful flowers, and the white and pink blossoms of the ornamental plum trees? For our spring issues of the Branch newsletter, I want to briefly recap some of our recent achievements and future CPD events for 2015.

In July we had a panel session exploring issues faced by refugees and getting familiar with the available resources to refugees in our local community. Apart from allowing psychologists to network, this panel discussion provided great insights into the complex physical, social, and emotional issues confronting these new arrivals to Australia.

In September we had another Panel session titled- "The psychology of aging". Considering that our population, including rural population is aging, we thought that such a panel session is opportune. The focus of this panel session was to assist our profession in gaining a better understanding into the aging process and the complex impacts of aging on the older person and their family. For more information see the review of the panel below.

Coinciding with the 2015 APS Psychology week, we have planned an all day workshop titled "Managing Clients with Ice and Cannabis Addiction" This jointly sponsored workshop with the National Cannabis Prevention and Information Centre is split into two main sessions. The morning session is tailored for first responders and clinicians, and the afternoon session is recommended for participants with therapeutic experience in CBT & MI. Details for this workshop on the 11/11/2015 will be marketed soon.

I want to make you aware of our AGM on the 18/11/2015. We have invited a local Psychiatrist Dr Adesanya as our speaker. This AGM is also a good opportunity to invite APS members to become Branch Committee members. Your commitment would require you to attend evening meetings. We normally meet every two months, depending on need. The task of the committee in the main is to organise CPD events, liaise and network with other local service providers, and to address

local issues and act as a conduit with the APS NSW State Committee and National Office. We also have an upcoming vacancy for the Secretary and web editor positions. APS members interested in joining the Riverina Branch committee as committee member of office holder are invited to email me on

Riverina_branch_chair@yahoo.com

Finally, I wish you a great spring season and look forward to seeing you at our next CPD activities.

Regards,

Karl

Riverina Branch Chair

Riverina_branch_chair@yahoo.com

Treasurer's Report

Moving in to the final quarter of the year the Branch is in a sound financial position with the future major areas of expenditure being our Ice and Cannabis related one day professional development activity and Annual General Meeting both in November.

John Sheppard

Refugee Panel (Photos)

In July 2015 the Riverina Branch facilitated a Refugee Panel session. Frank Newah-Jarfoi is a local refugee who migrated from Sierra Leone West Africa in 2009. Frank provided an insightful talk in his pre and post migration experience.



Frank Jarfoi addresses the group

Frank described his experience of life in a refugee camp after feeling the torture and unrest in his homeland. Although they had limited resources in the refugee camp, he was an active participant in assisting his fellow refugee through his work with the refugee organization. Frank related that he has continued his active community support during his own adjustment to Australia. Although he has been living in Wagga Wagga for the past 6 years with his family, he indicated that he is still adjusting to his adopted country.

Dr Duncan a local GP provided some insights into complex medical matters, where patients need guidance and support for receiving the appropriate specialist support. Greg Lowe from Centacare provided valuable information in regards to government sponsored supports and their limitations. It seems that the process is quite bureaucratic and requires an experienced person to facilitate the available support to refugees'. Jeanette Ninnis, Mental Health Social Worker and trauma counsellor with STARTTS Southern NSW (Service for Treatment and Rehabilitation of Torture and Trauma Survivors) informed of the specialist support in dealing with trauma experienced by refugees'.



Panel L-R: Greg Lowe, Frank Jarfoi, Dr Duncan, Jeanette Ninnis



Panel participants

Psychology of Ageing Panel

by Dr Karl Wiener



Left to right June Price (ACAT), Jan Scott (ACAT), Dr Lauren Saling (CSU), Dr Genevieve Brady (ACTA)

This 'psychology of aging' panel was attended by 19 interested clinicians from the Riverina. The panel presentation was very informative and captivating, lasting an hour over the allotted time.

Dr Lauren Saling, PhD started off the panel presentation by providing an overview into research on aging including

reference to her own research and briefly relating to findings on neuroplasticity. Her presentation

was followed by Dr Genevieve Brady. Dr Brady, a medical doctor with the Age Care Assessment Team (ACAT) works with frail and elderly people suffering from various types of dementia. Her presentation related to the practical complexities when providing medical assessment and treatment to patients afflicted by dementia.

Dr Brady related to a holistic approach as most of her work also includes providing assistance to immediate family members/carers of her patients. Jan Scott, a nurse practitioner with ACAT provided information on behavioural and management problems experienced by patients suffering from dementia. Finally, June Price, a Social Worker with ACAT related her colourful anecdotal experiences when working with patients and their immediate families. This panel discussion provided a lot of opportunity for clarifying and informing questions as well as networking with local care providers.

Even though I consider myself an experienced clinician, this panel session has again confirmed to me that managing patients with dementia requires a multidisciplinary approach that also includes the services of psychologists. Many cases may appear to have initially easily solutions, but the important task in providing appropriate services and support is to educate clients and carers, and consider the wishes of the clients and supporting family members/carers. One of the resonating emotions in the elderly seems to be the fear experienced by the patients for the unknown, especially when it concerns the loss of one's independence.



Participants of the 'Psychology of aging panel'.

Upcoming Workshop

ALBURY APS WORKSHOP - WORKING WITH TRAUMA - Saturday 19th
September 2015

“Emotion-Focused Therapy (EFT) Trauma Training: A one-day workshop to enhance your skills and broaden your knowledge of how to work with trauma and EFT”

The APS Albury Wodonga Branch are pleased to host Dr Melissa Harte, Counselling Psychologist, who will provide a full-day workshop on working with trauma using an Emotion-Focused Therapy approach. Emotion-Focused Therapy (EFT) is one of the most rigorously researched forms of humanistic practice and has been shown to be efficacious in the treatment of depression, anxiety, and PTSD.

For further information please refer to the attached flyer, or go to:
<http://www.psychology.org.au/Events/EventView.aspx?ID=15985>

Please feel free to distribute this workshop information among your colleagues.

The history of the APS approach to Medicare and the two-tier system

APS position on the Better Access Medicare rebate structure

For the full article click the link below

<https://www.psychology.org.au/Assets/Files/APS-position-on-Better-Access-Medicare-rebate-briefing-paper-for-APS-members.pdf>

Studying Psychology at University: My experience

By Samantha Parsons

I started my Psychology degree back in 2007 when I attended the University of Wollongong. Throughout my time with this University I found the content of the subjects to be very research based and not counselling focussed or dealing with people as much as I thought Psychology would be. Hence I went and volunteered with various organisations, one of which was Lifeline. This was the experience that, despite being in my final year of Psychology, made me decide to go and get some life experience before I committed to becoming a Psychologist. I obtained a double degree of Bachelor of Arts/Bachelor of Commerce with majors in Human Resources and Psychology. I worked for 3 years in Human Resources before coming back to complete the Psychology component of my degree.

The experience at Charles Sturt University has been above and beyond my expectations of returning to University. The environment is well suited to anyone wishing to study. There are options to study by distance and internally depending upon your circumstance and they offer a lot of support. The content of the Psychology undergraduate element of the degree is in my opinion very extensive and much more practical than my previous experience. However, the degree at this stage is still lacking in a practical component. I feel as a people focussed career, this is a shame as the type of people completing the degree, in my experience, have been very much wishing to work with people and not just focussing on theory. Of course there is benefit in understanding the basics, however if one is to complete a three year degree which focusses so heavily on marks, there would be a great benefit for the course to also give students an idea of what all facets of the work involves.

The degree for me has been one that I have thoroughly enjoyed and am still continuing to enjoy and feel very lucky to have been able to pick up where I started. It is essential in any field to ensure that you gain experience whether that be through the University or through your own efforts. I would strongly recommend anyone thinking of completing or currently completing a degree, to try and get as much exposure to that field as they can. I am excited at the prospect of one day becoming a Registered Psychologist and hope I can really make a difference to people lives.

STARTTS 'Latest Research' Symposium. Live Webcast 2/12/15 9.30am to 1.30pm

Relevant to clinicians including psychiatrists, clinical psychologists, psychologists, counsellors, psychotherapists, social workers and other health professionals working with clients traumatised by war and political violence

Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS) will be holding a symposium on the 2nd of December 2015 called *'Latest Research on Effective Interventions and Models for Refugee Trauma: Annual Update 2015'*. Professor Zachary Steel, Professor Richard Bryant and Dr Angela Nickerson will present on various topics. This will be followed by a discussion panel.

The symposium will be held at The Holroyd Centre in Merrylands, Sydney on Wednesday the 2nd of December 2015, 9.30am-1.30pm. Morning tea and a light lunch will be provided. The Symposium is free.

Please find the flyer attached and the webpage link to STARTTS' website below. Please forward to your networks as appropriate. It's free to attend. **There will also be a live webcast.**

<http://www.startts.org.au/research-symposium/>

Jeanette Ninnis

Regional Outreach Direct Services Counsellor/Project Officer | **STARTTS
NSW Service for the Treatment and Rehabilitation of Torture and Trauma
Survivors**

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Referrals: (02) 9794 1900 or intakegeneral@sswahs.nsw.gov.au

Nominations for the position of Secretary of the APS Riverina Branch are open!

If you are interested in volunteering for the Riverina Branch Committee then here is your big chance. The position of Branch Secretary is available to qualified persons this November. There will be a vote held at the AGM. This is a great opportunity to become engaged in the local psychology scene and make a contribution to our discipline.



Anyone interested should complete the nomination form (see next page) and attend the AGM.



Branch Committee Nomination Form

ELIGIBILITY INFORMATION

Nominees

To accept a nomination for any Branch Committee position the Nominee shall be a member of the named Branch.

In addition, if nominated for the position of:

i) Chair

The nominee shall hold a membership grade of Honorary Fellow, Fellow or Member of The Australian Psychological Society (APS)

ii) Secretary, Treasurer or Committee Member

The nominee shall hold a membership grade of Honorary Fellow, Fellow, Member or Associate Member of The Australian Psychological Society

Proposers/Seconders

Any proposer/seconders of a nomination shall hold a membership grade of Honorary Fellow, Fellow, Member or Associate Member of the APS and be a member of the named Branch.

NOMINATION

Nomination to the following APS Branch Committee:

For the position of:

Chair Secretary Treasurer

Or

Committee Member

(a specific responsibility may be assigned at the first Committee Meeting following the AGM)

to hold office for two years from the end of this Annual General Meeting of the Branch until the end of the Annual General Meeting of the Branch held in two years.



Branch Committee Nomination Form

STATEMENT BY NOMINEE

I, _____,
being an Honorary Fellow, Fellow, Member or Associate Member of The Australian Psychological Society Limited, accept nomination of the position of:

Chair Secretary Treasurer Committee Member

to the APS Branch: _____,

and if elected, I agree to abide by the standards set in the [Code of Conduct \(APS Member Group Committee members\)](#).

Date: _____

APS Member Number: _____ APS Membership Grade: _____

PROPOSER/SECONDER

Holding a membership grade of Honorary Fellow, Fellow, Member or Associate Member of the Society and also members of the above named APS Branch, the following proposer and seconder supports this nomination:

PROPOSER

Name: _____

SECONDER

Name: _____

In submitting this completed form, the nominee verifies that those listed as proposer and seconder have provided their consent to be included in this nomination.

For this nomination to be accepted, this completed nomination form and confirmation emails from the Proposer and Seconder must be submitted seven (7) days prior to the AGM to:

APS Member Groups Administrator:

Post: PO Box 38 Flinders Lane, Melbourne VIC 8009

Fax: (03) 9663 6177 or Email: branches@psychology.org.au