

APS Riverina Branch Newsletter June 2014

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.

Newsletter Information

We plan to have two more issues of the APS Riverina Branch Newsletter in a PDF format for September and December 2014.

Please email resources like professional local events, narratives of your own professional experience, narratives about a study tour, and any other information you consider relevant for our membership to our Secretary/Editor Mr. Martin Finnegan mpfinnegan@bigpond.com

Chair's Message

By Karl Wiener

Greetings from the Riverina branch chair,

The APS has recently announced a change to membership eligibility in the April issue of the InPsych magazine. The changes suggest that associate members with more than 5 years work experience can apply for full APS membership from 1st of July 2014. This new development is good news and finally acknowledged the professional expertise clinicians gather over the years.

Phone conference with DGPP NSW representatives

Surprisingly, only a small group of Riverina psychologists took part in the telephone conference with the two NSW representatives of the Division of General Psychologists in Practice (DGPP). The following issues were raised in the discussion;

- The DGPP continues to lack a web presence, which would facilitate easier communication between members, and encourage communicate and exchange value information.
- Clearly stated mission of the DGPP.
- Demonstration clear objectives in the way the DGPP can assist its membership across different fields of psychological practice.

Seminars, Panels & Workshops

In the past few months, The APS Riverina Branch committee organised a number of professional activities.



The Aboriginal cultural diversity in society panel with Aunty Gail Clark and Lloyd Dolan attracted 11 participants allowing for an interactive and informative exchange. Both Aunty Gail Clark (middle) and Lloyd Dolan (right) are experts in their field and were able to not only relate to historical issues, but also provide valuable practical information in assisting Aboriginal clients in today's clinical settings.

The seminar by Dr Robert McNeilly on 'Ericksonian approaches to hypnosis' was attended by 18 participants. Dr McNeilly's interpretation of the Ericksonian approach provided a distinctly different understanding of hypnosis. Dr McNeilly also provided a live demonstration of his approach to hypnosis, which was enjoyed by the volunteer and led to informative exchanges of information. Members interested in his approach can visit his website on www.cet.net.au.

Associate Professor Tim Hannan shared his expertise with 27 participants in a one-day workshop on ADHD in childhood. In my opinion, the focus of this workshop was to integrate the current research with diagnostic strategies including clinical and psychometric assessments, and subsequent treatment implementation strategies. Tim applied the findings from Jeffery Gray's model including behavioural inhibition and executive function factors in explaining ADHD behaviour. Tim's presentation style and his interwoven humour made this an enjoyable and informative workshop.

Future professional development activities

Student Career information afternoon

The Riverina Branch has planned a 'Student Career Information afternoon' in August where a number of clinicians provide practical insights into the working of psychologists. Presenters will provide information from a variety of psychological fields.

Exposure and Behavioural Experiments in OCD and Anxiety Disorders

The Riverina Branch will conduct their final local workshop for 2014. In August 19th, Associate Professor Rocco Crino will facilitate an interactive workshop discussing practical strategies underpinned by empirical evidence in the diagnosis and treatments of anxiety conditions and OCD.

Finally, I would like to draw your attention to the regular up-dates and news provided by the PsyBA. If you want to take part in the 'Public consultation on a review of the requirements for general registration, continuing professional development, and recency of practice.', please click on:

<http://www.psychologyboard.gov.au/News/Current-Consultations.aspx>

Our profession is going through challenging changes as part of ongoing regulatory changes and changing government programs. Active involvement in your local branch would place you in the forefront of these dynamic changes. If you are interested in becoming a Riverina Branch Committee member, please contact me on: riverina_branch_chair@yahoo.com

Have a great winter season,

Karl
Riverina Branch Chair

Treasurer's Report

By Gerald Wurf

The last financial statement received from the APS covered the period to the end of April, 2014. The Branch has a balance of \$992.72. Expenditure associated with our two recent professional development events (late April/early May) is not yet reconciled. It is anticipated that the hypnosis presentation will provide the Branch with a small surplus. The upcoming workshop on ADHD is planned to be cost neutral. The APS end of financial year reconciliation closed at the end of May and the Branch will be eligible for a full allocation (based on actual member numbers) from the APS at the start of the new financial year.

Review of 'ADHD in Childhood' workshop

by Pam Bongers

Stan and I attended the workshop on ADHD in Childhood conducted by Associate Professor Tim Hannan, FAPS, for the APS Riverina Branch on 5th June.



Tim's talk provided a clear and comprehensive overview of ADHD considered from the viewpoints of theory and current practice. He took us systematically through the history of explorations into this condition, starting with Still's 1902 description of it as "inhibitory volition", with identified features still relevant today, through the Minimal Brain Dysfunction era, very familiar to me when I worked in the unemployment scene, to the various DSM classifications. The presenting features at

different developmental stages, from Infancy to Adolescence, were useful, as was the discussion of diagnostic matters – through criteria, sub-groups, associated problems and differential diagnosis. Epidemiological findings of not only the named condition but also its component presentations reinforced the diversity of actual manifestations of the ADHD diagnosis. And then there was the input from investigations from other professional sources, and, step-by-step on to the proposed theoretical model.

This involved for us a very educational journey through the postulated Self-Regulation process – explaining the Behavioural Inhibition system (BIS) and the Behavioural Activation system (BAS), the various components of the brain's Executive functions, and how these all come together (or don't!) for the ADHD sufferer. The portrayal of children with ADHD as having "a primary deficit in behavioural inhibition, which gives rise to secondary deficits in executive functions", and "these deficits have a negative impact on a child's ability to exercise self-control over goal-directed behaviour" was well-developed and made good sense from experience with children with this disorder. "If only they would stop and think" is so often the heart-felt plea in response to yet another impulsive act; we learnt that they were well capable of thinking, but because of their BIS deficit, they don't get to the "think" stage before they act.



Sessions on assessment and interviewing were of less relevance for us, but questions from the audience for whom this course component was relevant suggested that this too was a useful contribution. I did though "take home" the recognition that IQ tests may not give a true picture of the child's ability because of the possibility that some test responses may be interfered with by impulsivity.

The challenging area of interventions focused on improving "Behavioural Inhibition", with the expectation that "treatment cannot provide a "cure" for ADHD, but rather is aimed at relieving the symptoms of the disorder". The role of stimulant medication and the effectiveness of skills-based interventions were

extensively discussed and education of caregivers and teachers advocated – as well as the adoption of realistic expectations!

We learnt a lot, and are very grateful to Tim for his presentation and to the Riverina APS Branch for arranging this workshop. We believe that the day provided those attending with both an excellent overview and many points from which to launch further study in the area.

Pam Bongers
Cootamundra

Workshop Announcements

Exposure and Behavioural Experiments in OCD and Anxiety Disorders

Presenter	Associate Professor Rocco Crino	
Date	Tuesday, 19th of August 2014	
Time	9.00am-4.00pm	
Venue	Murrumbidgee Medicare Local, 1/185 Morgan Street, Wagga Wagga	
Cost	APS Members	\$170-00
	Non-APS Members	\$ 270-00
	APS Student Members	\$ 60-00

Food: Morning and afternoon tea, lunch and softdrinks, coffee and tea will be provided. Please register and pay online and indicate any special dietary requirements:

<https://events.psychology.org.au/ei/getdemo.ei?id=1510&s= 4HW0JY4IE>

New Directions in Acceptance & Commitment Therapy

Living the Good Life in a Stressed Out World

Thursday/Friday July 31 – August 1, 2013 at Charles Sturt University, Conference Centre Boorooma Street ,Wagga Wagga

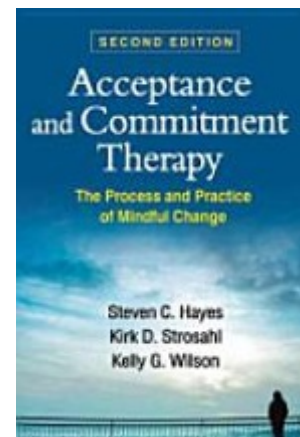
Dr Kelly Wilson, one of the three co-founders of Acceptance and Commitment Therapy (ACT) has announced that he will be visiting Wagga Wagga in August 2014 as part of a planned visit to Australia. Dr Wilson is intending to provide a 2 day ACT workshop under the auspices of the APS Riverina Branch.



Kelly Wilson, Steve Hayes and Kirk Strosahl

Kelly G. Wilson, Ph.D., is a Professor of Psychology at the University of Mississippi. He is Past-President and Fellow of the Association for Contextual Behavioral Science and has devoted himself to the development and dissemination of ACT for nearly 25 years.

He has published more than 80 articles and chapters, and 10 books including *'Acceptance and Commitment Therapy: The Process and Practice of Mindful Change'* and *'The Wisdom to Know the Difference: An Acceptance and Commitment Therapy Workbook for Overcoming Substance Abuse'*. Dr Wilson has taught in 31 countries, and has participated as co-investigator in a wide range of research projects in the U.S. and abroad.



The entire workshop will be organised and administered by Dr Wilson. The role of APS Riverina will be limited to promoting the visit. Once the visit and workshop arrangements/details have been finalised the branch committee will advise all members and others that may be interested.

For more information or to book your place click the link below:

http://onelifellc.com/Australian_workshops_2014.html

2014-15 APS membership renewal

APS membership renewal for 2014-15 is now open online. The online process is secure, quick and easy to use, and is accessible via the button on the homepage of the APS website or from the link below. Payment is due by 31 July 2014

The APS Institute: Renew your APS membership and receive \$100 off an eLearning program

The APS is offering all renewing APS members (with the exception of student members) a \$100 discount for APS Institute eLearning programs, valid for registration for one selected eLearning program between 31 July and 31 December 2014. The discount offer is also available to new and reinstating members who have joined the APS over the last few months

The 10 Commandments of Logic

1. Thou shall not attack the person's character, but the argument. (*Ad hominem*)
2. Thou shall not misrepresent or exaggerate a person's argument in order to make them easier to attack. (*Straw man fallacy*)
3. Thou shall not use small numbers to represent the whole. (*Hasty generalization*)
4. Thou shall not argue thy position by assuming one of its premises is true. (*Begging the question*)
5. Thou shall not claim that because something occurred before, it must be the cause. (*Post Hoc/False cause*)
6. Thou shall not reduce the argument down to two possibilities. (*False dichotomy*)
7. Thou shall not argue that because of our ignorance, claim must be true or false. (*Ad ignorantum*)
8. Thou shall not lay the burden of proof onto him that is questioning the claim. (*Burden of proof reversal*)
9. Thou shall not assume "this" follows "that" when it has no logical connection. (*Non sequitur*)
10. Thou shall not claim that because a premise is popular, therefore it must be true. (*Bandwagon fallacy*)