

APS College of Counselling Psychologists
Catalysts for Change

Congruence

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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.



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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 15 November. Submissions are preferred to be in electronic format (Word document) and should be between 500-1000 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 receive an email notification that the new edition of *Congruence* is available to be downloaded, 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

Some may argue that it is **premature** to say "Merry Christmas" at this still early month of November. However, in reality Christmas is just around the corner and this is the final newsletter of the year. So I do hope that on the last week of December, College members and other readers have a good break and rewarding contact with your families and friends.

I also want to express my gratitude to everyone who has contributed to *Congruence* this year. Your articles, poems, essays, pictures, opinions, have made this newsletter a pleasure to read and appreciated by many. Each time I receive a submission, I become inspired by contributors, talents, creativity and passion.

So with 2011 almost completed, what is next for you? A new goal, additional resolution, different learning plan, another cycle of professional development, a challenge for personal growth, fresh commitments, and new promises. But before you take the step into 2012, are you ready to move forward? Have you completed what you wanted/needed to do? Have you had closure? What are you leaving behind? and are you ready to meet 2012. On the other hand, perhaps you will just go with the flow, leave it to default, stay behind and attempt to resist, or be forced to cross the line.

Perhaps it is also **premature** to consider my ramblings in that last paragraph, and instead focus in the "here and now" as this edition of *Congruence* provides a wealth of member's contribution. In particular, the Chair's report are a good read; the membership report is informative; a passionate open letter; the poems and haiku are paradoxical; creative member's section; informative professional practice essays; motivational interviewing and emotion focused therapy workshops; professional development calendar for 2012; and last but not least, names, pictures and contact details of your hard-working APS College of Counselling Psychologists (VIC) committee. **Enjoy** and I look forward to your contribution for March 2012.



Lyndon Medina

THINKING GREEN



To promote sustainable thinking and practice, *Congruence* 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

As I write this report, my first as national chair, I want to acknowledge the work of the national executive; many of its current members have sat on the executive for over five years. Having been on the executive for the past two years, I am aware of the work undertaken by members in addition to their paid employment, to represent counselling psychologists. I thank them for their efforts on behalf of all college members.

Two awards have been given this year. At the college's AGM, the national executive presented the Award of Distinction, recognising outstanding service to counselling psychology, to Dr. Elizabeth Tindle. Elizabeth was the chair of the Queensland branch for many years and was active on the national executive throughout this period. The award for best Doctoral thesis was won by Dr. Katie Wyman from Swinburne University for her thesis titled, *What therapists bring to therapy: an examination of therapist effects on the alliance and the characteristics which build the therapist-client alliance*. The college congratulates Elizabeth and Katie.

The inequities surrounding Medicare continue to be an issue for members, and as I write this, the day after the report of the senate inquiry into the funding of mental health, it is disappointing the committee does not see the need to alter the current two-tier structure and include specialist trained counselling psychologists in the upper tier. This is very disappointing for the college, with the ongoing lack of recognition for our specialist training and expertise in mental health.

Whilst Medicare remains an ongoing issue, the executive also needs to take a broader focus on the future of counselling psychology. With only five postgraduate training programs, the challenge for the college is to ensure current courses remain, as well as develop new courses in the future. This is all occurring in a difficult climate, as the introduction of Medicare rebates has seen students preference clinical psychology programs, the closure in recent years of postgraduate programs in the other specialty areas and the reluctance of universities to fund postgraduate training due to the high costs associated with these. The college needs to ensure that remaining a college member is seen as desirable and we also need to engage with students enrolled in our Master's and Doctoral programs, as they are the future members of the college.

Members of the executive are currently working on a number of important documents. The college competencies are being revised, specifically highlighting the skills and knowledge base required to be a counselling psychologist. Each college has been asked to nominate an area of expertise in which a practice certificate can be given. Dr. Geoff Glassock, NSW chair, who sits on the national executive, is taking on this important task, writing practice guidelines in the area of Loss & Grief.

Finally, I thank all those members who have contributed to the college over the past year. The strength of the college lies in the contribution from its members and I look forward to your involvement in the coming year. I wish you a restful break over the Christmas and New Year period and look forward to what will be, no doubt, another interesting and challenging year ahead.



Michael Di Mattia
Chairperson
National Executive Committee

Chair's Report

NSW Section

In spite of the efforts of the committee endeavouring to promote Counselling Psychology in NSW and increase the number of activities the college supports we have only managed two COCP workshops both in Sydney. There have been other activities which College members have attended in particular the *'Dare to Write'* dinner and forum at Macquarie University.

Having been a member of the panel for sometime, I now convene the panel of Counselling Psychologists who approve the applications for professional development workshops, courses etc. Not all of these application approved by the Counselling Psychology panel appear on the APS calendar of events, so I am hoping that in the New Year I can send out a diary of events approved by the College panel which will give members details of what is on offer and the number of points that will accrue for CPD.

There are some positive moves under way with two institutions considering the possibility of introducing a post graduate degree in Counselling Psychology.

The National Executive is continuing to argue for Counselling Psychologists to be recognised by both the APS and the PBA for equal status with our Clinical colleagues. We believe that we have been discriminated against in the way the knowledge, skills and practice of Counselling Psychologists have not been adequately supported by our professional association. This lack of recognition continues to frustrate when students in clinical and counselling courses attending the same lectures are not given equal status on graduating.

On a more positive note the National Executive is planning a National conference in 2013 with keynote speakers from overseas and Australia. Watch this space for more details in 2012.

The NSW committee extends its best wishes to all members for a happy Christmas a relaxing holiday season and health and happiness in the new year.



Geoffrey Glassock, AM, MAPS

Chair's Report

Western Australia Section

The WA Counselling Colleges has again this year had two of its committee members represent the college on the organizing committee for the WA state APS "Unity & Diversity" conference being held in November. In addition to this a new initiative by the WA College this year has been to encourage and involve the Master Students from Curtin University in college events. Hence, this year for the first time we have invited two masters students to present their thesis at our AGM in November, and have their entry to the WA state APS "Unity & Diversity" conference sponsored by the WA Counselling College.

The WA Counselling College committee members are also involved in running a peer consultation group to meet PD requirements. Both Lidia Genovese and Nicki McKenna have given their time to travel to Melbourne for the National Executive meetings as representatives of the WA College for Counselling Psychologists.

This year is an election year and we would like to take the opportunity to thank the committee members for participation on the committee. The WA College is seeking to increase the number of committee members to share the load. We are a small group in WA and we need more members to become involved so we can best represent them at a local and national level.

No Photo

Nicki McKenna

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

Chairs Report

Victorian Section

I would like to begin by thanking Michael Di Mattia who chaired the Victorian State committee for the last 2 years. Michael is gentle, thoughtful, and intelligent and I know he will do a great job of chairing the national committee. He remains on the state committee and we are very thankful for his ongoing gentle guidance and support. The state committee has grown over the last year to 16 people including Adam Becker (Chair), Monica Lederman (Treasurer), Julian McNally (Secretary), Ania Krysztofiak (PD Convenor), AiTran, Ailsa Lord, Catriona O'Neill, Jan Seeley, Jenny Corran, Linda Tilgner, Lyndon Medina, Melissa Harte, Michael Di Mattia, Nigel Denning, RaeLynn Wicklein, and Sonja Nota.

Since the July edition of Congruence, the committee has been busy with the following events:

Annual General Meeting, guest speaker: Kaye Frankcom - 16 August

PD - Motivational Interviewing: Resolving ambivalence and strengthening commitment to change, Helen Mentha - 13 and 20 August

Counselling Psychology Information Evening: An information forum for future students of Counselling Psychology - 13 September

Counselling Psychology presentation to the APS Careers Evening - 14 August

PD - Advanced Process Experiential Emotion Focussed Therapy PD Day, Melissa Harte, 2 October

PD - Introduction to Relationship Counselling using Gottman's Marital Therapy: A Research-Based Approach, Linda Tilgner and Nigel Denning - 8 October

Free Movie - "TT3D: Closer to the Edge" (in 3D), 9 October, Cinema Nova, Carlton - we gave away 55 double passes (110 tickets)

Free Movie - "Drive", 24 October, Classic Cinemas, Elsternwick - we gave away 25 double passes (50 tickets)

The committee is busy planning a full suite of PD events for 2012 and I believe there's a sneak peek of some of these events in this edition of Congruence. We've also formed an advocacy sub-committee which is planning ways to support and advocate for counselling psychology in Victoria. We also plan to have more bookmarks, notepads and pens printed once the APS have aligned the college branding with the new APS branding; we hope to have made progress in this regard in the coming months. We are always very keen to hear from members including suggestions of how we might support counselling psychology in Victoria, and also any PD events that you'd like to see us run. If you have suggestions then please don't hesitate to make contact with the committee through the secretary, Julian McNally, via email: counselling@julianmcnally.com



Dr. Adam Becker

Membership Report

The last year has seen a large increase in the College numbers driven by the closing of the Non-standard Entry pathway to the College and the linking of College membership with Specialist Endorsement with the Psychologist Registration Board of Australia (PBA). The initial cut-off date of 30 June was then extended to 30 September 2010. This galvanized many APS members to apply for College membership. Lapsed College members also rushed to have their College membership reinstated.

The deadline generated an avalanche of enquiries and applications. A team at National Office over sighted by Helen Lindner did the initial assessment of all applications which were then forwarded with recommendations to the Membership Secretary for final approval.

Assessment of applications focused on Supervision, Competencies, CPD, and relevant work experience. Applicants whose qualifications, experience or professional development was considered insufficient to progress to full membership were placed on Individual Bridging Plans (IBP). Applicants were required to submit a Bridging Plan for approval to National Office and the Membership Secretary. The IBP once approved was lodged with the PBA. It is hoped that these IBP's will be completed ahead of the PBA deadline of 30/6/12 to allow for the APS to assess the IBP's and then for applicants to have adequate time to lodge with the PBA..

The Bridging Plans focused on the following areas of remediation:

Supervision: if this was seen to be insufficient in terms of hours or because the supervisor was not approved.

Competencies: those applicants were deemed not to have covered all competencies and were required to undertake supervision to demonstrate achievement in specified areas.

CPD: applicants were required to undertake further or more recent CPD relevant to the Counseling College.

Work experience: those applicants whose scope of work was considered too narrow were required to demonstrate casework relevant to the Counseling College.

The short time frame for submission often resulted in applications that were lacking in detail creating a problem for the assessor. Helen Lindner's guidance, and commonsense prevailed in order to provide fairness across the board and to respect applicant's claims around CPD and supervision. The number of applications processed between 10/07/10 -31/12/10 was 228.

The following tables will give a snap shot of the membership from 2010 to 2011.

Date	College Membership
30/06/10	664
30/09/10	725
31/12/10	945
31/8/11	945

Current Membership by State

ACT	9
NSW	247
NT	1
QLD	78
SA	12
Tasmania	6
Victoria	538
WA	41
International	13
TOTAL	945

Current Membership by Grade

Member	768
Affiliate	82
Down graded to Affiliate	4
Associate	38
International Affiliate	1
Student	52
	945

Individual Bridging Plans

College Members on IBP's at 31/12/10	72
College Members currently on IBP's	55
IBP's completed	14
IBP's Withdrawn	3
Awaiting member grade of the Society	2
Members who have yet to propose an IBP	11

New Memberships forms are now on-line to reflect the new generic rules, including:

- Academic Member
- Affiliate
- Associate Member - Doctorate
- Associate Member - Masters
- Student Subscriber
- Eligibility for approval as a supervisor
- Final Report - Supervised Practice
- Progress Report - Supervised Practice
- Supervised Practice - Registration and Agreement form

A new grade of membership now exists, of professional subscriber, who is not a psychologist but has an interest in the specialty area.



Maria Pirrello

Have you visited the College webpage recently?

www.groups.psychology.org.au/ccoun

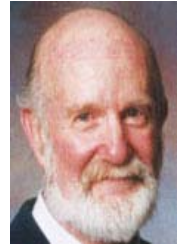
The College webpage is full of current information relating to our professional practice, counselling psychology and activities of the National and State Committee. College members are encouraged to visit the site occasionally and are invited to contribute to the content of the website. The College webpage 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 - College website coordinator.

Member's Section



Dr. Bob Rich

Open letter to the Prime Minister & Mark Butler (Minister for Health)

Dear Hon. PM,

I am a counselling psychologist, which is one of the 9 specialties, on the same level of expertise as for example clinical psychology. My specialty is with adult survivors of childhood abuse or neglect. Many of my clients are too traumatised to earn a good living, so Medicare has enabled them to get effective help for the first time. I bulk bill most of my clients.

These people typically don't qualify for services designed for disorders such as schizophrenia, but are among the 13% of Medicare users your cuts to Better Access will deprive of more than 10 sessions.

Today I had a client on her 9th session. She was sexually abused by her brother, with her father's encouragement. It took her 6 sessions before she started trusting me enough to open up. We are just starting effective therapy. 18 sessions, the maximum until now, is only enough for people like this by being ingenious: after the first few months, 3 or 4-weekly sessions to span the year till the next referral. Evidence-based therapy for them takes 2 years +.

I cannot abandon her after the next session. She cannot afford to pay for therapy. Psychiatrists have very long waiting lists, and none bulk bill in my area. In any case, you can't just substitute psychotherapists like you can, say, surgeons, because therapy vitally depends on the personal relationship between two unique individuals.

So, I will continue with clients like her pro bono. But then, I deserve payment for my training (14.5 years full time university equivalent), + 20 years experience. I have to live too, and my practice has costs.

A huge sum has been allocated to Headspace, which an American commentator called the biggest publicly funded experiment ever. It has little evidence base. In contrast, the recent Medicare evaluation study has shown Better Access to be highly effective, and very cheap compared to other options.

You must of course balance the mental health budget, but why at the expense of some of the most damaged, vulnerable people of society? The saving from cutting 18 sessions to 10 is a modest proportion of the total mental health budget.

As a matter of urgency, please defer this cut, and investigate other ways of keeping expenses in check.

Sincerely,

Bob Rich.

Member's Section

Alliance for Better Access

The 'Alliance for Better Access' is the name we have given to all people who are joining in opposition to the planned cuts to psychological services in the Better Access program. The group is primarily comprised of mental health consumers and concerned members of the general public, however, it is joined by all of the mental health professions including psychologists, social workers, psychiatrists, general practitioners, occupational therapists and mental health nurses.

The group initially formed around a Facebook Group that was created by counselling psychologists who wanted to bring together all of the people who have concerns about the impact of the planned cuts to the Better Access program and to hear a broad range of perspectives on this issue. The aim was to see whether there was any common ground between consumers, the general public, and our mental health professions on this important issue. It was found that not only is there almost universal opposition to the planned cuts to psychological services from all of the key groups in mental health, but there is also common ground in the reasons why each group are opposed to the cuts. The Facebook Group gathered momentum rapidly and is now very active, with around 800 members. This social media platform has been the main way that ideas have been shared between all of the people involved. Within that group, it was decided to launch an online petition, which is now approaching 6000 signatures. The group also proposed a GetUp campaign idea, which is currently ranked 7th overall. There have been a number of radio interviews, newspaper articles, television spots, and Internet articles, that people involved in our group have used to raise public awareness about their concerns.

With so much activity spread around the Internet, a decision was made to create a website that linked all of these efforts together and helped our group to coordinate with one another collectively. At that point this website was established and the name for the group ('Alliance for Better Access') was coined, to describe our shared goal of protecting the strongest part of our mental health system in Australia. This website is entirely managed by individual contributors and does not receive donations from any special interest groups or organisations. Everything on this website is written by volunteers within the group, with those who offer stories retaining full editorial control over all of the content that they offer (including the right to remove their stories entirely). We have drawn on support from individuals within the group who bring experience in the areas of writing, research evaluation, media and the arts. The group is a loose knit collective, retaining the individuality of each of our members. If you wish to join with us, you can simply add your name to our network, or if you like, you can get involved in any of the activities people suggest in our group. We draw support from each other, with assistance from all people who want to speak up and be heard on the problem of cutting psychological services.

Every voice makes a difference!

Submitted by Ania Krysztofiak, written by Ben Mullings

Alliance for Better Access website:

<http://www.betteraccess.net>

Facebook Group:

<https://www.facebook.com/groups/GetBOMHC>

Online petition to Mark Butler:

<http://www.gopetition.com/petitions/better-access-to-psychologists.html>

GetUp Campaign suggestion:

<http://suggest.getup.org.au/forums/60819-campaign-ideas/suggestions/1833821-better-access-to-psychologists>

Member's Section



Dr. Elizabeth Tin-

dle

SHALOM

Behind the daily duties
Beneath the thoughts of now,
There lies a depth of memory
To nourish every hour.

At times we seem quite pensive
When pausing to reflect
On a life of mutual love and joy
That gives us self respect.

When sailing on a ketch or sloop
To places far away
Adventure has been in the blood
That's why we're "rich" today.

ONE POTATO

He looked at me strangely
As much to say,
"Why would you buy one potato?"
He weighed it: "Fifteen cents", he said
I wrapped it carefully
And put it in my handbag.
Weird woman! First signs of Alzheimer's?
Or just eccentric.
No, Neither of these.
Merely a morsal from a mother

(Tribute to a malnourished girl)

A TRIBUTE

She is the hub, the core, the light
Around which human insects fly.
She is the fulcrum and the might
Altho' in size she's so small fry.

She's a welcome mat upon the floor,
When lost or weary reach our door
Exuding warmth and love and more,
To those whose lives are wrecked or raw.

She is a friend to colleagues all
The short ,the plump the long, the tall,
She shares a joke and "has a ball",
Connects through email or a call.

Who is the enigma of whom I write?
Who is this maid so cool and calm?
Why it's Debbie Lincoln, our delight,
So let's celebrate her wit and charm?

(Tribute to Debbie Lincoln)

FOR LUCY

Through the grapevine I've heard
That a shock has occurred
Putting you all in a spin.
It has challenged your strength
Creeping in with such stealth
And you've taken it right on the chin.

With justifiable chagrin
You will not let it win
So retaining composure and cool.
You will fight the good fight
A long future in sight
The sky changing from 'gris' to 'azul'

Member's Section



Lyndon Medina

Mindfulness/Mindlessness = (Haiku)

A beautiful girl
Wonder if she'll notice me
She's busy on her phone.

Yey! A paradise
So many people to meet
But they're so busy.

Focus on my breath
It's easier said than done
Focus on my breath.

Where is happiness?
Am I going to find it
In the here and now.

It is coffee time
So many styles of coffee
Where is the coffee?

On top of the tree
Yes, I can see the 'whole
world'
But I must come down.

It's time for dinner
Right in front of the T.V.
What's an alternative?

Cock-a-doodle-doo!
The rooster declares
morning
Is it the same day?

There's the fallen one
Next to the hypocrite man
Showing compassion.

Member's Section

RESPONSE TO POEM "IN SESSION" by Elbie van Coller (in *Congruence*, July 2011)

Clients indeed come "dragging sacks of misery and bundles of despair." Sometimes we refer to clients "dropping their bundle" when they come for a session. Our job can be seen partly as tidying up and containing their bundles so they can leave the session more hopeful and better able to cope. Sometimes at the end of a session my clients' bundles are only a little better sorted but somehow seem smaller and easier to carry away...

What happens if one is dealing with one's own bundle of despair as life throws us our own inevitable crises and challenges? Personally I find those days the hardest as I am less available and less clear about the boundaries necessary to be helpful. I am more affected by the pain of clients which probably means I work well with them but am quickly depleted and left emotionally exhausted.

On such days I have subversive thoughts and hopes that one or two clients will not attend so I can attend to my own untidy bundle (preferably by walking in a beautiful park or beach or if I can't escape the office to do some healing meditation). The support and wisdom of colleagues as well as my own pleasure in singing and painting when I have time help me a lot.

I'm wondering how others cope with such "messy bundle" days and would appreciate sharing of their "self care" strategies.

Thanks

Margaret Wilkes
margaret.wilkes@bigpond.com

"In session"

They come, dragging sacks of misery, bags of defeat, hasty bundles of anxiety
and unwieldy packages of fear or resentment
Dropped untidily at my feet
Help me help me help me help me
With infinite care we unfasten the knotty string - spread out the shameful contents
Sigh and weep, perhaps a rueful laugh, a bitter smile
Discard some, polish some, wrap some in tissue, crush others, organise and repack
You cannot leave this bundle here, I have my own to sort.

Elbie van Coller

Member's Section

On Being Happy, or Sad, or Contented, or Mindful. or Well

- Will Pity

I begin by remembering some happy times: like watching a thunderstorm from the family verandah after a long drought; like riding my bike about ten miles down to the Murray River while on leave from the RAAF and catching a six pound Murray Cod; like the night I walked from Flinders Street Station to the Melbourne Showground because no trams or busses were running – it was VE Day, etc etc. And more recently when I look at works of art painted by my mother and my eldest sister, Daisy. And when I had a round of 77 off a handicap of 17 in the Royal Hobart annual Golf Championship, C Grade, using post-hypnotic suggestion to be “one putt Pity, etc. etc.

But the point is that if a person claims to be always “as happy as Larry”, or “as the day is long”, most people who know him or her would wonder whether that person is “away with the fairies”, “off his/her head” or even of unsound mind. For as my mate Blind Freddy and I know from firsthand experience, human beings vary according to their moods, or prevailing emotions from time to time. And persons vary according to their largely in-born temperaments: some seem mainly sad, others usually cheerful, and some even-tempered. And females may vary with the progress of their menstrual cycle.

If you would like to read some good sense on this topic of happiness I recommend Emmy van Deurzen (2009) *Psychotherapy and the Quest for Happiness*. She says that the new cognitive science only touches the tip of an iceberg that philosophers and therapists alike have circumnavigated since the beginning of time. Science provides us with an intellectual discipline but it does not really satisfy our spiritual and moral aspirations. Emmy reckons that we have to be responsible for our own actions, thoughts, feelings and way of life. I was one of ten siblings, five of each gender growing up on a family grazing farm, absorbing the tenets of Methodism and enduring the strain of prolonged drought. I was a member of a Bomber squadron during World War II which included a bout of septicaemia following measles and a mastoid, then lived for five years in a University College while getting an Honours Degree in Psychology and a major in English. I have practised in a variety of contexts, taught and learned at several universities, been influenced by experts in Australia, the UK and the USA. I have been married for over fifty years and have four adult offspring, each with their own personality and profession. For all these reasons I believe that I have some relevant form in this matter of living. And I am 86 as of now.

Of course I have been influenced strongly by humanistic and experiential psychologists, psychiatrists and philosophers. Especially by Raymond Gaita and his books about his father, Romulus, and his *A Common Humanity*. Together with the clinical psychologist Norman Sundberg I came to realise the necessity of thinking systemically for seeing that the whole is greater than the sum of its parts, and with Lewis Mehl in *Mind and Matter* that “enlightenment consists in the progressive widening of the context of understanding”. Of course if you participate in lots of groups and you learn to hear the music behind the

Member's Section

words, your understanding of the difference between logic as the land of reliable inference, and psycho-logic as the recognition of themes, symbols and parallel processes in human behaviour patterns will assist your recognition of the different levels of communication. For example, many years ago in a Gestalt workshop with James Oldham at Valla Beach we were asked to write a poem to a person of significance in our life – I wrote one first to my Mother and then to my Father, and signed off “Ah men and Ah women.

Of course both Csikszentmihali and Seligman have sparked an overt recognition for a positive psychology to balance the entrenched emphasis on mental illness. And Seligman has provided his summary of the five crucial elements of well-being:

- P – Positive emotions: experiencing joy and pleasure.
- E – Engagement: being consciously involved in activities.
- R – Relationships: having enjoyable interactions and encounters.
- M – Meaning: finding a purposeful narrative about our lives.
- A – Accomplishment: achieving goals and following core values.

As texts for sermons go, this is hard to beat. Of course, the gain comes from one's presence in doing.

One last recommendation, especially if you are involved in how to help others regain their health, balance and well-being, is to Daniel Siegel's *The Mindful Therapist* (2010) which provides a basic conceptual explanation of the linking of brain, mind and relationships, as the triangle of well-being, and mindsight as the process that enables us to monitor and modify the flow of energy and information within this triangle. And that the individual parts of the system that interact with one another in the flow of energy and information may vary from phases of integration to disintegration. I like Siegel's use of a river metaphor to describe mental functions, since the slow but sure flowing of the River Murray at Echuca or downstream at the favoured camping sites at Marywood or Belbins has long been the internal theme of my reflective consciousness.

But please remember that the choice is yours as to whether you have a good day or some other kind. And here are the poems that I wrote to Mum and Dad.

On the death of my Mother, October 1963

Dear Mum.
Mum's the word, they say.
But I say, how I miss
Your warmth and sensitivity
Your cream puffs and your apple pie
Your welcome home and warm good-byes

Member's Section

I do not miss your emotionality
For it is still in me
Your well-intentioned playing God
To me your son - - -
You stunted my growth then
But now that I have learned
 How to be freer,
 I am on my way
 To being a seer.

He is gone but will not be forgotten 3/9/77

Our Father
Who are in the Riverina
William Henry be thy name
And Pitty for all of us
Thy Kingdom has gone
Thy will is not being done
In Sydney or the bush
Give us this day
Our daily freedom
To be ourselves
And hopefully not.
Hypocritical wowers

Ah men and Ah women.
Valla Beach October 1976.

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Member's Section

Reflections: Creativity and the Inner World.

Lara Bardsley



I do believe that some things cannot be spoken, only felt and perhaps alluded to through the creativity of visual art, dance, or music. I am not trained as an art therapist; in fact, I rarely use the arts in my therapeutic practice. However, I feel the line between my own personal narrative as a woman, a therapist and an artist is seamless. I completed my training in Clinical Psychology 16 years ago. The experience was formative in that it catapulted me to further studies into the antithesis of the model within which I studied: to explore the unseen and the unconscious. I have explored these themes in undertaking further training in the counselling field: 10 years training in Transpersonal Psychology with Stanislav Grof, 3 years with Gestalt therapy, 5 years personal exploration with a Jungian and Counselling psychologist, EMDR, Systemic and Narrative therapy and 25 years practicing and exploring Buddhism, meditation and mindfulness practices.

I consider myself to be both an artist and a psychologist. It is both an honour and a challenge to be in the unique position to bear witness of the way we seek to find meaning in our lives. 10 years ago I began a PhD to explore the healing potential of non-ordinary states of consciousness. My own experiences led me to feel that change and growth can be deeply embedded in the unconscious, and healing may well occur in states of consciousness that are out of the ordinary.



Member's Section



For good or ill, 5 years of struggling with my PhD led me to pursuing my art practice in a more committed manner. At that time, I could not bridge the academic and the feeling, comfortably. Instead, I left psychology for a few years and studied art full time and commenced a Bachelor of Fine art at Victorian College of the Arts where I was drawn to the raw feeling and the transpersonal motivations of the work of Abstract Expressionists like Mark Rothko, the alignment of the human and the divine in the works of Gustav Klimt, the free gestural language of Cy Twombly among many others.

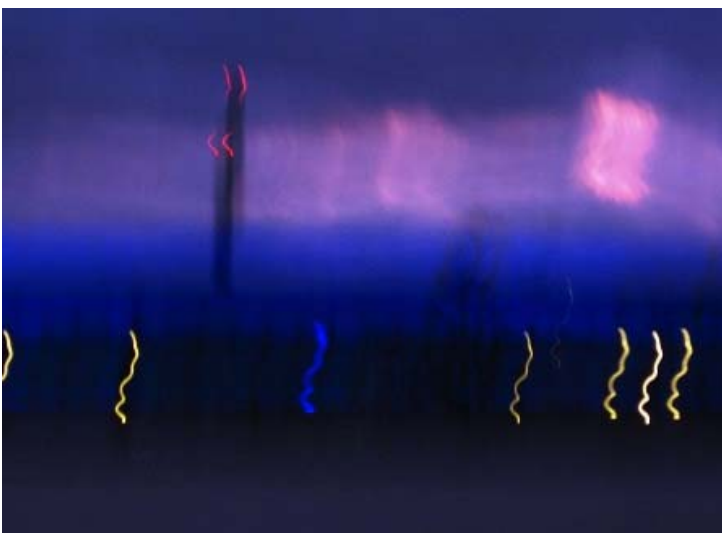
Currently, I work part-time as an artist and part-time as a psychologist. I have sought to participate in the understanding of Self and meaning in both of my careers. Using images and techniques that allude to the human, the unconscious, and the spiritual, my aim is to evoke a reflection of a place of unity and wholeness which I feel exists within each of us.

10 years ago, while working on her PhD researching mystical states of consciousness, Lara Bardsley changed direction to represent the numinous through her art practice. Still working as a Counselling Psychologist, Lara spent 10 years refining her art practice through studies at Victorian College of the Arts, the La Trobe School and mentorships with professional artists. Lara's practice spans different mediums including film, photography and fine art. Her work explores the themes of transcendence, the spiritual within the everyday and narratives of humanity's search for meaning.

Living and working in her Port Melbourne Studio, Lara's most recent paintings utilize layering, portrait and Abstraction: gold leaf panels that seem to engulf the viewer, their delicate irregular surface responding to the slightest movements of air and breath. Images are elemental, evocative, encouraging the viewer to respond to their own interpretation of meaning.

Lara also works as a Senior Psychologist at the RMIT Counselling Service where she provides counselling for students and supervision and training for Psychologists on placement.

Her artwork can be seen at <http://larabardsley.com>



Professional Practice

Victims of Scams: Lest we don't forget

Dr. Elizabeth Tindle, QUT.

This brief paper will address some of the issues resulting from the fallout from internet scams of various sorts. It will look into the impact on victims in the Australian context, but may be applicable and generalisable to other cultural groups. The paper will also reflect on historical contexts and use some classical literature to attempt to get perspective on cross cultural crime in an age of technology.

I tried to think of a suitable title for this article. I thought of; Bouncing back; Getting over it; Fleeced; Regaining trust; Belief in self again; Restoration; Back into Life; Healing the harm; Lest we forget; and Lest we don't forget. None of the above was quite satisfactory but I chose the last.

What have been some of the devastating experiences of the victims of emotional scams? One gentleman who was interested in meeting a potential partner was approached by a woman doctor in Sydney who was willing to relocate. She said that she needed to travel to America to complete some study and, after being robbed by someone, asked for financial help. He obliged on a number of occasions until the sums being requested were astronomical for him. He realised that he had been scammed.

Another young woman from Perth similarly showed interest in forming a relationship. Before long she too was needing cash for medical bills for her young son and some was sent. Finally she wanted \$10,000 to transport antiques to America. He realised that it was another scam. Since "having his fingers burnt" on two occasions, he has kept to himself and feels he is unable to trust again.

One very sad young woman explained that she believed that she had an established relationship, which had continued for about eighteen months. She and her "beau" were very close and were planning to marry. She now feels a deep grief at the loss of her relationship and the loss of a planned future together. Her physical and emotional health has suffered and she says she is getting "slower and slower" because of the pain she feels. She was financially "ruined". She describes herself as completely devastated and uses words like "betrayed and "raped". She does not know HOW to recover her former self. Although always a shy person she now has lost all confidence in herself. She also is angry at herself for being "such a fool" and for "being conned". Her best support has been her "very understanding" female General Practitioner. She has been taking anti-depressants for six months and is eager to function without them.

A third participant described herself as being lucky to "get out" of the "relationship" scam when she did, but felt "stupid, vulnerable, used, cheated and betrayed". This third client said that she withdrew from everyone and was unable to tell friends or family the full traumatic story. There was a lot of self blame for what had eventuated and she went through the pain alone.

A fourth participant in the group described her emotions as depressed and sad at the loss of a potential relationship. She has still far from recovered from the trauma. She has lost trust in others and she says that she has become rather cynical. She had no idea that one human being could act so cruelly toward another by deliberately manipulating emotions. She now thinks that she was gullible to go along with it. She says that she has withdrawn into herself and has little desire to socialize or talk very much. She was financially drained of her "hard earned savings" and she is struggling to recover from the financial impact too.

A fifth participant said that he felt rage and anger to the point of feeling violent. He has withdrawn from life and lost trust in humanity and in himself. He blames himself and said that he is disgusted at being conned. He has withdrawn into himself, has lost his self confidence and shares little with family or friends. He is still in an emotional turmoil and pain and had what he described as a "mental breakdown". He has given up on being "happy" and is very lonely. His female friend turned out to be a male scammer.

A sixth young man who had been already very lonely before the scam was left feeling even more

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isolated. He was far from home, family and friends and had studied for a number of years at an Australian university. Since his experience of being conned he has lost a great deal of trust in others. He was relieved to find that the fraudster was not from Australia as he would have left immediately and returned to his own country if that were the case. This participant said that he became “self-destructive” for a time for being so “naive”. However, he continues to feel some empathy or “pity” for the fraudsters who lack honesty and he says are “liars”.

A seventh participant agreed to stand up in front of his audience and relate his amazing story. He too believed that he was talking to a potential partner, a young woman with a daughter. He was shown photos of both. He was a single, hard working young man with a good salary from working in mining. He too was lonely and was seriously looking for a partner. His generosity and caring nature made him vulnerable to being scammed and after using all his own money, he finally borrowed over \$4000 from his eighty year old mother. This he eventually paid back by having to sell his adored motorbike. The Queensland Police were able to tip him off after arranging to send cash through a Union bank. A “sting” was set up and the Lagos man was caught red-handed collecting a gift parcel sent and traced on its journey from Australia. The con man in this instance has been caught and charged and will spend twelve years behind bars in Nigeria.

During this week we have celebrated Remembrance Day on 11th November when the world remembers the “Fallen”; those who died and were not given any opportunity to grow, to rectify their faults, to say sorry for their mistakes, or to have regrets for things they did or did not do. They had no time to say “Goodbye” to their loved ones. They had no chance to “bounce back” after their trauma of war and the sight of killing. They instead, in one instant, were severed from their families, home, country and their world, whatever shape it was in at the time. Their resilience was not tested in the aftermath unlike those who were left with shell shock, Gulf War Syndrome, War neurosis etc. Could we use such an analogy in the present situation of many of those who have been victims of crime including internet scams? The experience is indelibly imprinted in the recesses of their memory, perhaps forever or at least until they reach old age and perhaps suffer dementia. It is a trauma for most victims. It can mean a living hell of shame, anger, rage, loss of trust, disengagement, disappointment, disillusionment, depression and maybe a desire for revenge. Tears are not enough.

The analogy ends there because although we may have lost a potential relationship, and/or material and financial possessions. Although the stress, anxiety and depression may have affected our physical and mental health and although family relationships may be shattered or strained, there is still life and time to heal, mend and build again with help. How? We may be able to do it alone; we may be able to do it with the support of groups like this Victims Support Group and the intervention of others. But we DO have a second chance. Now that it is over “How are we to live?” (Peter Singer, 1993). After fear and a brush with crime and after being ripped off we need to tap into our personal mental toughness and resources. We all have differing degrees of mental toughness (Earle, 2007) and resilience.

Rudyard Kipling’s Nineteenth Century poem “If” contains wise words and passages that I believe, fit this situation. Kipling knew about deceit, man’s vices and man’s inhumanity to man when he penned these words:

IF

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you
But make allowance for their doubting too:
If you can wait and not be tired by waiting,
Or being lied about, don’t deal in lies,
Or being hated don’t give way to hating,
And yet don’t look too good, nor act too wise.

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If you can dream and not make dreams your master;
 If you can think- and not make thoughts your aim,
*If you can meet with Triumph and Disaster
 And treat those two impostors just the same;*
 If you can bear to hear the truth you've spoken
 Twisted by knaves to make a trap for fools
 Or *watch the things you gave your life to broken
 And stoop and build them up with worn out tools.*

If you can make one heap of all your winnings
 And risk it on one turn of pitch and toss,
*And lose and start again at your beginnings
 And never breathe a word about your loss;*
 If you can force your heart and nerve and sinew
 To serve your turn long after they are gone
 And so hold on when there is nothing in you
 Except the Will which says to them, "Hold on!"

If you can talk with crowds and keep your virtue:
 Or walk with kings- nor lose the common touch,
 If neither foes nor loving friends can hurt you
 If all men count with you but none to much
 If you can fill the unforgiving minute
 With sixty seconds worth of distance run,
 Yours is the earth and everything that's in it,
 And which is more; you'll be a man my son!

We will need resilience Do we have it? How will we know? Resilience! What exactly is it? It has been described as the ability to 'bounce back' after trauma and hardship, pain and loss. We all have varying degrees of resilience based on our genetic and epigenetic make-up, in utero environment, our early years including our bonding and attachment to carers in addition to our sense of security and love.

There are those living in West Africa whose home is on the city rubbish tip; millions for example who live in Lagos have permanent homes on the city dump and seem to thrive, appear healthy and they survive by selling what others (including western nations) have thrown away as worthless. They own little in the way of personal possessions; have few comforts and minimal social welfare support. They are part of the ecosystem. There is a symbiotic relationship between waste and those living on it. They live on their quick wits in a country that has been called a "Kleptocracy". From the top down, taking from others is said to be part of the social fabric. Is this a fair description of Nigeria? What do they need to do to survive in what most would consider a hostile environment? This is the country where most of the scams originate although the origins of scams have dispersed somewhat since the early days and originate in many other countries too.

Can resilience for victims be taught? Yes up to a point. Our personalities are fairly stable from birth and early childhood. We can however make big changes in our core beliefs and way of thinking. We can alter expectations of self and others: We can challenge our belief in entitlement: We can work on developing "learned optimism" (Martin Seligman, 1991). We can consciously determine what we need for our happiness. What do we really value? What is the true meaning of our lives? How important is the connection with others including family and friends? Raj Persaud (2005) from the London School of Economics has researched happiness and suggests that some immediate and some delayed gratification contribute to happiness. The former includes an ability to experience joy, fun, laughter, creativity and play. The latter is working on or toward a goal. Is it this that we need help with? How do we regain self-esteem, confidence, belief in self, how do we build and value integrity? How does morality develop? We know that the pinnacle of morality according to Kohlberg (1973) is acting for the good of humanity and for the planet. Is it possible to reach this level when each day may be a competition to satisfy basic biological needs for food and shelter?

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Our forefathers pillaged whole continents and cultures, removing their artefacts and even their people into slavery. Many grew rich on the labour of their slaves. The pain that we feel today as a result of deceitful treatment, has been felt by many cultures that have been exploited. The behaviour our ancestors has shown to others has come back to bite innocent people. Shakespeare's lesson in *The Merchant of Venice* rings in our ears "The villainy you teach me I will execute..." "If you prick us do we not bleed?" (Act 3, Scene 1). The "villainy" was part of the former world when the slave trade was seen as a normal part of business. How did African cultures deal with the loss of their family members - never to see them again; to be sold on the wharves of Charleston and other American ports?

It is said that twenty percent of the world's GDP is from crime, principally the sale of drugs, the trafficking of people, and the selling of children and women. Is what those people in this group have spoken of today, the tip of a vast criminal iceberg? The Malthusian prediction would support this.

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I CLOSE MY EYES

I close my eyes
and listen
to a familiar voice
speaking with feeling
and authority.
I hang on every word.
They trigger
a traumatic reminder
of recent agonising angst.

Her story and mine
intertwine.
As one we walked
the wavy line.
And tears trickle
down my cheeks
uncontrollably.

Elizabeth Tindle
International Women's Day, 2008
Brisbane.

THE BATTLE WITH THE PEAKS OF THE FOLLICLES

With tender caresses I smooth her scalp
And softly entice and stimulate hair follicles
Lying dormant 'neath the skin
Do they need encouragement to emerge?
A few have tentatively adventured forth
To peek at the world
Cautiously, slowly, cowardly
Come on guys! Take a leaf out of her book
Risk it? Take the plunge
Adventure forth!
I'll give you a helping hand,
A holy unction
With jojoba oil and caresses
Let's work together and grow a thick carpet
Of healthy springs blooms
A special gift for a special girl

(Apologies to T.S. Elliott's *The battle of the Pokes & Pollicles* from Possum's book of Practical cats)

Elizabeth Tindle

Professional Practice

BECOMING THE MINDFUL PARENT – Discover the Art of Peaceful Parenting

Lyn Benson

For thousands of years, Buddhists have known and understood the “power of now”. Mindfulness Meditation allows us to be in the moment, not preoccupied with the past or fearful of the future. Mindfulness also allows us to really ‘BE’ with our children, our partners, our friends and most importantly, with ourselves.

Mindfulness practises are really about “being” instead of “doing”. Our children learn from watching what we do, not from what we say. When we can truly give ourselves the time to be in the moment, we are giving our children the greatest gift of all.

So, what is “Mindful Parenting”? Mindful Parenting is about being in sync or attuned to your child, to be able to read as best we can, the signals they are sending out to us. Researchers and practitioners believe that having a Mindful Parent allows the child to “feel felt” (Daniel Siegel) to be in the heart and mind of another, even when the other person is not physically present. The child is able to hold onto the image of that person, that attachment figure, in times of distress. This child instinctively knows that this “felt” other person is in tune with who the child is and what really matters to him. This then helps cushion the child when they are alone, frightened, hurt or experiencing strong emotions, sensing that someone, somewhere is holding them in their heart and in their mind.

Children learn about themselves by the way we interact with them. If a child becomes accustomed to their feelings being ignored, rebuffed or dismissed, they do not learn to have a strong sense of themselves. They run the risk of believing they are unimportant, devalued and therefore may not grow up feeling secure in themselves or trusting that others will be there for them to cushion the blows of living in an uncertain world. They may also grow up devaluing their emotions and then the emotions of their own children, down the generations.

So what is being “attuned” to your child? Being attuned can include

- Showing a genuine interest when your child is trying to tell you something that is important to them
- Acknowledging children’s emotions without criticizing, blaming or ignoring the child for having strong feelings
- Helping your child work through their feelings. This may include just listening and allowing your child to express their feelings. With younger children, it may mean helping them construct a story to make meaning of their experience. This could take the form of storytelling, drawing a picture or using play doh or plasticine or other toys to let them tell their story. It may mean just giving your child a hug if that’s what they need and if they are open to it at the time.
- Understand that your child needs help to regulate their strong emotions and reactions. If your child is young and been away from you for an extended period of time, they may be overwhelmed when they first see you and need to reconnect. They may need about 20 minutes of your full attention before they are able to settle down and feel reconnected and soothed. This is not only normal but essential for your child to help settle himself after what for him, may have been a very long separation.
- Exploding volcanoes need to run their course. If your child is having a strong reaction like a tantrum, think of it like an exploding volcano. It may even escalate the child’s behaviour to try to rationalize with them or soothe them right in the middle of their explosion. Parents

sometimes feel embarrassed if their child decides to have a tantrum in public and pressured to take action or strike out at the child to stop the behaviour. However, like an exploding volcano, the child's emotions need to run their course and settle down before they are able to listen to what you are saying or allow themselves to be comforted.

- Don't take it personally. If your child is acting out, it is not something they are doing to *you*, they are just acting out. It is a normal part of growing up and testing the boundaries of what is acceptable behaviour. Unless they are being destructive, try to use logical consequences to encourage appropriate behaviour.
- Food, fun or affection? When we are stressed or time pressured ourselves, it can be difficult to know what our child needs, especially if they are unable or too young to articulate their need themselves. Sometimes parents just give their child something to eat because they genuinely don't know what else to do. However, it is important that children learn that there are other ways to soothe themselves if they are tired, unwell or just plain fussy
- Be genuine with your child. Unless the event is threatening the child or someone else's safety, if you are absolutely unable to stop what you are doing at the time and attend to your child, let them know that what they are saying or experiencing is important and you will come back to them as soon as you can. Children need to know that the world is not about instant gratification. Children also need to know that they can trust you with their strong feelings and with their concerns. If you are constantly saying you are listening but are distracted by trying to look after your own or other's needs, your child will know and will learn not to come to you with their problems. "Mummy I want you to listen with your eyes."

Yours Mine or Ours?

If you are afraid of or overwhelmed by your child's strong feelings, this may be an indication that what the child is expressing is tapping into some unresolved issue of your own. If you constantly discourage your child from expressing anger, helplessness, rage, fear, neediness or vulnerability, they will learn to not express these needs and feelings to you. Alternately, they might start acting out in frustration to have their needs met. Or children may become precocious and prematurely independent as a way of defending themselves from needing you or other primary carers.

"James Morrison Weather by George Dupree
Took great care of his mother, although he was only three
James said to his mother
"Mother" he said, said he
"You must never go down to the end of the town if you don't go down with me"
"Disobedience" By A.A. Milne

How is it that a three year old (or six or ten year old) feels compelled to look after their mother? Sometimes children have an "absent" parent, whether through physically being separated or through divorce, death or mental illness. At these times, these children have no option but to become prematurely independent, often becoming proficient at using their left (analytical) side of their brain. It is a survival technique and highly adaptive. However, these same children, when they become adults and have their own children often have no idea or desire to depend on anyone else as it is too frightening to relinquish control and allow themselves to be vulnerable. These fears can sometimes present as anger in a relationship or even anger directed towards their own unsuspecting children, who are trying to get their own needs met through their dependence.

The 1974 song by Harry Chapin "Cats in the Cradle" epitomises how many of us live our lives, not knowing how to be more present with our children but often uncertain of how to ask for help -

"...when you coming home Dad
I don't know when, but we'll get together then son
You know we'll have a good time then..."

Parents, in their attempt to give their children everything possible to help them compete in our overscheduled society, end up not having the energy to give children what children actually need themselves. Time. Focussed, attuned attention.

It is often only when we are confronted with our own child's helplessness, vulnerability or neediness that we begin to reject or become overwhelmed by those feelings in ourselves. If we only

know that we cannot tolerate these states in our child, sometimes it seems preferable to run away. However, as Jon Kabat Zinn says "Wherever you go, there you are".

What your parents found intolerable in you, you will find intolerable in yourself. If you cannot tolerate vulnerability or neediness in yourself, you will not be able to tolerate it in your child. If you can come to understand this cycle, it then becomes conscious and you may be more able to tolerate these displays of neediness and vulnerability in your children, rather than seeing these behaviours in your child as somehow wrong or bad.

THE GOOD NEWS

Securely attached children are known to grow into well functioning adults, using both the left side of their brain (Analytical) and their right side (Creative/Emotional). The good news is that even if we were not securely attached as a child, the same traits can be attained now as adults by practising Mindfulness skills "Brain science studies have shown that practicing mindfulness creates the potential for the same abilities as the outcome of secure parental attachments..." "Siegel" ibid

It is really important to try not to judge yourself when you are trying to be Mindful and in the moment. The point is not to get it "right" so practise putting your criticism and judgement away for a moment, be kind to yourself and congratulate yourself for having a go. The more often you experience the benefits of being in the moment instead of being preoccupied with the past or worried about the future, the more both you and your children will benefit.

Children know when you are really in the moment with them, interested in them, joyful just by being around them. With our children, if they want us to play with them, sit with them, read with them, how many of us feel exasperated, both because it may be an inconvenient time, but also because we are just plain exhausted from all the "doing" and not enough of the "being". But even 10 minutes at a time of your uninterrupted full and focussed attention on your children can be a great start. Give yourself a go, give your children a go and enjoy every moment!

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Full article available at www.lynbenson.com.au - "Lyn's articles"

Psychic Pain

I saw her pain as she came in
I sensed that her spirit was broken
She slumped as she sat down on the chair
Her eyes were filled with sorrow.

I wondered about the mystery of her life
Her suffering, her predicament, her hope
What is it I asked myself
I listened with my inner ear
And saw with my inner eye

Her psychic pain started to seep into me
I knew what she felt inside her
I felt her loneliness
And the feeling that no one was there

Softly she whispered: I was a princess once
Everyone called me by that name
Look at me now, I feel hollow
Empty and that gnawing pain inside remains.

Zaharah Braybrooke

Betrayal

In search of love
She made mistakes upon mistakes
Trying to recreate the image of the Princess
Dreaming of the knight on the white horse
Coming to rescue her.

In her fantasy she would meet her Prince
Who would love and cherish her
And they lived in their beautiful castle
Intoxicated by their ideal love..

Alas no one knows
No one cares
No one sees her
She woke up from her dream.

She was devastated and disorientated
The world became a nightmare
Confusion, distortion, deception
Descended upon her.

Feeling betrayed and misunderstood
She lost herself
She lost her mind
And her sanity.

Zaharah Braybrooke

Professional Practice



Multicultural melting pot: Painting for the planet.

Elizabeth Tindle, Maria McCarthy, Debbie Lincoln,
Lynda Lawson and Heena Akbar
Queensland University of Technology.

Abstract

This brief paper gives an outline of a series of painting workshops held over a two year period (2010 and 2011) with the principal aim of raising the awareness of University students to human impact on the planet and on its biodiversity. The workshops were part of a Post-graduate research students' network engagement programme instigated and supported by a number of staff in Counselling and International Student Services. Two of the recognised United Nations International years were celebrated and student engagement in practical workshops had many benefits that are discussed in the body of the paper .

How does one get a message, a message of survival, broadcast to busy, preoccupied students? Behaviour change is sometimes difficult to initiate. The message the authors wished to convey, was that our planet earth is in trouble. Did they know this? Did they care? The contributors to this paper care a great deal and wanted to do something. The first author has written about biodiversity and taken a number of opportunities to contribute to conservation newsletters and books and write articles on endangered species and climate change. Attending conferences and climate change rallies in support of our country (Australia) taking some action has also been important.

According to Leakey and Lewin (1995) we are now in the sixth extinction, the last one having been caused by asteroids and meteors sixty five million years ago. This extinction is principally due to the activities of the top predator, Homo sapiens, meaning wise man, who has had access to ("dominion over...all the earth" Genesis) every living thing on earth for his [sic] utility. In order to raise awareness of the extinction of many species and depletion of forests, the United Nations has promoted a number of International Years of recognition. Human beings have been very successful biologically and our reproductive capacity has increased numbers on earth exponentially until today there are seven billion people, the last billion being added in only twelve years. In comparison, our close relative, sharing ninety -nine percent of genes, the mountain gorilla has been reduced to a precarious seven hundred individuals in Central Africa.

We have been reminded in recent years that the lungs of planet earth, are the diminishing forests which provide a substantial carbon sink for much of the carbon dioxide produced from increasing human activity.

In spite of most of us knowing this, some groups, nations, companies or individuals continue to chip away at the edges of pristine old growth forest. Laws are ineffectual in stopping the poachers and loggers from moving in to exploit and further deplete the native forest or pristine habitat for timber in the Amazon, Indonesia, Africa and at times Australia. The forests are often replaced with soy bean plantations in Brazil, coca for the drug trade in Peru or Colombia, mineral extraction in Australia or palm oil plantations in Asia. Such action seriously reduces the ecosystems and habitats of thousands of species many of whom become threatened or extinct. The natural balance or "sacred balance"(Suzuki, 1997) is disturbed or irrevocably destroyed.

Professional Practice

THE DARK SIDE OF THE EARTH (moon)

If forests are the lungs of the earth
 Then the earth has emphysema
 It is coughing and spewing and fighting for breath.
 Fighting for life!
 Wheezing
 WEEPING!
 Who has created this toxic mess?
 An epoch of Elysian pleasure: an era of Bacchanalian orgy
 As maggots on meat,
 Man sucks his sustenance dry
 And his children evolve in a vacuum of sterility.
 So driven by fear they fight and fade to [black]*
 NOTHINGNESS.

In order to raise awareness of the threats to biodiversity “Painting for the planet” workshops were first introduced in 2010, the United Nations International year of Biodiversity. The workshops with the initial title of “Evolution, Environment, Extinction” focused on painting birds, butterflies, beetles, fish, coral reefs, reptiles and mammals as well as smoke stacks and koalas. One workshop focused on poetry, rather than painting, for the planet and they were all promoted by the listed authors, through the post-graduate student network.

Post-graduate research students enrolled in Masters or Doctoral studies, were invited to participate in artistic expressions. Subjects to paint were selected from many colourful National Geographic magazines and Nature journals. Spectacular photography triggered the topics the students chose. Most students and some of the staff had not painted before. This was a new experience for them but they were prepared to experiment with colour and design and became absorbed in their work. They were thrilled with their “product” and proudly displayed their work to the camera for posterity. They shared their time with others and bonded both over the task they were involved in and the refreshments provided. These research students were from many different countries and represented every faculty in the university.

In 2011, the United Nations International Year of Forests, another series of painting workshops was organised. Initially, to increase the observation of trees by the participants, an afternoon was spent in the adjacent botanical gardens, sketching the magnificent Moreton Bay fig trees and other trees as well as the rich surrounding tropical vegetation.

The second author observed how two sisters were working together on the same canvas and suggested that we introduce some team or group painting. They were using a photo of a forest they had taken on their mobile phone.

For collaborative group work we needed much larger canvases and we had ideas of creating a few triptychs or diptychs of three or two matching paintings that could hang together. Much care was taken over selecting suitable canvases for this purpose however it did not go to plan as we had not made enough allowances for the unique diversity of the students’ expressive artistic styles. They just did not match. The finished paintings remained separate entities.

Some of the painting workshops were so popular that we had to set the students up in any nook and cranny we could find, taking care to place protective tarpaulins under their work to protect carpets and upholstered furniture, and carefully laying newspaper or butchers paper on all the tables. We had originally been told that the enterprise would be “too messy”.

On one occasion we showed the you-tube animated tale of “The Lorax” a popular Dr. Seuss (1971) children’s story. The strong moral message of the story is that the destruction of the forests and the

Professional Practice

the animal life to produce consumer goods is damaging the environment. A small green creature, the Lorax, appears throughout the cartoon announcing to all, "I speak for the trees".

A diverse group of participants arrived to paint on each occasion. Some worked in pairs and others painted their own canvases. One Iranian PhD research student brought his recently arrived in Brisbane, mother to join in. They made a good team with mother painting the sunny background and son painting the large trees in the foreground. A staff member, fourth author, collaborated with a student of Aboriginal parentage to produce a large painting of a "Silver Princess" or Gungurru (*Eucalyptus caesia*) an Australian native plant from Western Australia, which held some significance to the artists. Blossoms took centre stage, enhanced by the metallic silver paint, and a vivid orange outback sky framed the work.

Cultural strengths stood out in some of the canvases. A Japanese young man produced a Taiga of coniferous trees resembling Japanese Kanji characters. He received some discursive help from an Australian student volunteer, who had produced many oil paintings, and was planning to travel to Japan to teach in the near future. This was an excellent networking opportunity for both.

One Afghan young woman came to the students' services to speak with a staff member but being early for her meeting she joined in the painting. She became so absorbed that she chose to continue painting on her own canvas producing a quite distinct work of art. She chose bright, thick, bold, contrasting colours and produced a work of art resembling a mosaic stained glass window which looked distinctly cultural.

Participants took risks with their artistic licence and added some daring pinks, purples and puce to their trees all- in- all creating a rich palette of colours to deck the bare walls of the building. We are now enveloped in a forest of colourful trees. The blossoming purple jacaranda outside a student's hall of residence was the object of one vivid painting; the palm tree that had been planted at the birth of a child twelve years ago by the fifth author, was the focus of another. The pale yellow background provided a Sahara desert like atmosphere to a palm tree oasis.

To sum up these workshops have been valuable in many ways. First they have been fine examples of "student engagement" which has been high on the University priority list this year.

Second they have been 'melting pots' of multiculturalism as the participants were predominantly International Post-graduate students. Third they have given students who will in the future be influential around the world, an awareness of the importance of sustainability and care of their/our planet. Fourth they have all developed a potential creative hobby which can bring them a lifetime of enjoyment.

Six staff members contributed to the workshops in both practical and other supportive ways. Thanks go to Debbie Lincoln who prepared the colourful fliers to advertise the sessions and who 'beautified' the poems on "publisher" for display purposes. Many thanks go to Heena Akbar and Maria McCarthy both of whom participated in the workshops by painting trees of significance. They also provided the most delicious healthy, refreshments for each workshop. The food was greatly appreciated by all attendees. They are also to be thanked for preparing Newsletters to alert and remind the University body about the opportunities available for student involvement. Last but not least a word of thanks needs to go to Graeme Baguley who brought in all the enormous protective tarpaulins, provided some financial aid and who supported the enterprise in many ways.

DEAD TREE

Stark!

Bare!

Retaining a tall stately stance
In the suburbs

Professional Practice

Surrounded by cyprus, eucalypt and pine
Reaching to the skies
No life
No sustenance for noisy minors, magpies or marsupials.
Now home for termites
Consumed from within
Gnawing away at its guts.
Pesticide, poison and putrid decay
Feed the forest's progeny.

Finally, there will be an exhibition of many of the students' canvases as a culmination of the two years' 'project'. It will be open to the public as well as the main body of the staff and students of Queensland University of Technology.

References

Geisel, T. Seuss. (1971). *The Lorax*. Random House.

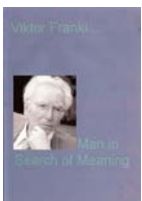
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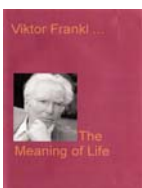
Pink Floyd. (1973). "The dark side of the moon"

Suzuki, D. T. (1997). *The sacred balance*. Greystone Books, The Douglas and McIntyre Publishing Group, Vancouver.

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 the "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

APS College of Counselling Psychologists (VIC) presents

***Motivational Interviewing:
Resolving ambivalence and strengthening commitment to change***

(Two-day Workshop)

Helen Mentha, BA (Hons), M.Psych (Clinical), MAPS

Motivational Interviewing is rapidly gaining worldwide acceptance as an evidence-based, effective intervention to enhance people's capacity to make healthy behavioural choices. The approach provides practitioners with a framework for assisting clients to resolve ambivalence, build motivation and strengthen commitment to engage in healthy behaviour change.

This two-day workshop is designed as an introduction to MI for clinicians from a variety of settings, including health care, mental health, rehabilitation and corrections. The workshop is highly interactive, with a focus on practical skill development.

Learning objectives of the workshop include:

- Spirit, rationale, and principles of MI
- An orientation to the research and evidence supporting the use of MI
- An opportunity to practice the core skills of MI and their application to facilitating change
- Increased awareness of and ability to work constructively with a client's motivational cues, such as ambivalence, resistance, change talk and commitment talk
- An opportunity to observe and experience the delivery of the MI technique through demonstration and practice
- Responding to resistance; and reinforcing change talk & commitment talk

Presenter: Helen Mentha is a clinical psychologist with over 13 years experience in the community and private sectors and has specialised in working with substance misuse in community and forensic settings, dual diagnosis and the application of Motivational Interviewing to positive behaviour change. She currently runs Mentha Consulting, providing training, supervision and psychological services. In 2007, she participated in a "train-the-trainer" workshop, conducted by Professor Bill Miller and Dr Terri Moyers in Chicago USA. She has also completed further specialist training in Motivational Interviewing, including applications in supervision, coding MI sessions, working with change talk and integrating MI within criminal justice settings.

When: 24 & 31 March 2012 (Saturdays), 9.00am - 5.00pm

Where: Jika International Conference Centre
551 Heidelberg Road, Fairfield VIC 3078

Costs: APS Counselling College Members & APS students = \$ 340
APS General Members, & other APS College Members = \$ 400

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

Limited Places: This workshop is limited to 30 people

Online Registration: <http://www.psychology.org.au/Events/EventView.aspx?EventID=9001>

Enquiries: lyndon.medina@rmit.edu.au



ABN 23 000 543 788

Registration Form

Motivational Interviewing: Resolving ambivalence and strengthening commitment to change (24 & 31 March 2012)

This workshop is limited to 30 people.

PERSONAL DETAILS

Full Name: _____

Mailing Address: _____

Suburb: _____ State: _____ Post Code _____

Telephone contact: _____

Email address: _____

Special dietary requirements: _____

PAYMENT DETAILS

Registration Type	Price Incl GST
APS Counselling College Members & APS Students	\$ 340
Non Counselling College Members	\$ 400

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

Cardholder Name _____

Card No: _____ / _____ / _____ / _____ Expiry Date ____ / ____

Cardholder's Signature _____

AMOUNT ENCLOSED: _____

SEND PAYMENT TO:

Please photocopy this form and send your payment to:

Karen Holts, Events Administrator, The Australian Psychological Society, PO Box 38, Flinders Lane VIC 8009, Ph: (03) 8662 3300, Fax: (03) 9663 6177.

Workshop Enquiries: APS Events events@psychology.org.au

CANCELLATION POLICY: Refunds less \$50.00 administration fee are given for cancellations received in writing via email, 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. We regret difficult personal circumstances that prevent people attending including medical concerns and emergencies, severe weather or transport difficulty, however the logistics of event management prevents us from assuming responsibility for such difficulties.

TRANSFER OF REGISTRATION TO ANOTHER PERSON: registrations are transferable IN FULL to another person on notification. Where a delegate can only attend for part of a training, transfer of the remainder of the registration to another person is NOT possible.

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

Professional Development

Literature Review



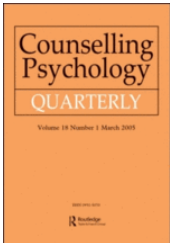
The Humanistic Psychologist. 2011. vol. 39, (4).

- A Buddhist-Lacanian perspective on lack
- Negotiating discourses: The dialectical identities of survivor-therapists
- The world of addiction
- Failing narcissistic defences can turn love toxic



Psychotherapy Research. 2011. vol.21, (5).

- Emergent themes in the writing of perfectionists: A qualitative study
- Tracking novelties in psychotherapy process research: The innovative moments coding system
- Therapists' and clients' experiences of alliance raptures: A qualitative study



Counselling Psychology Quarterly. 2011. vol.24, (3).

- Eros in the toilet: An inquiry into the nature of toilet dreams in clinical practice
- Therapist's preference on motivational interviewing & its relationship to interpersonal functioning and personality traits
- Therapist perspectives on the therapeutic alliance with children and adolescents



Journal of Counseling Psychology. 2011. vol.58, (4), October

- Resilience: Enhancing well-being through the positive cognitive triad
- Can Beck's theory of depression and the response style theory be integrated?
- Challenges and resilience in the lives of urban, multiracial adults: An instrument development study
- A qualitative inquiry of Latino immigrants' work experiences in the Mid-west



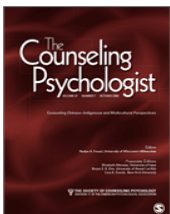
American Journal of Psychotherapy. 2011. vol.65, (2)

- The real relationship in psychotherapy supervision
- Girls who cut: Treatment in an outpatient psychodynamic psychotherapy practice with adolescent girls & young women
- Metaphors as contextual evidence for engaging Haitian clients in practice: A case study



Psychotherapy: Theory, Research, Practice and Training. 2011.vol.48, (3), September

- Statistical significance testing and clinical effectiveness studies
- What are the fundamental facts of a comparison of two treatments' outcomes?
- Implications of attachment theory & research for the assessment and treatment of eating disorders



The Counseling Psychologist. 2011. vol.39, (8), November

- A bioecological model of mass trauma: Individual, community & societal effects
- Training and practice in trauma, catastrophes and disaster counseling
- A call to action: Responding to large scale disasters, catastrophes & traumas

Professional Development



PSYCHODRAMA INSTITUTE OF MELBOURNE

2012 Training Program

Courses commence Monday 20 February 2012

PIM provides ongoing training and supervision in psychodrama, group psychotherapy, sociometry, sociodrama, role theory and group work. The courses will suit those working or studying in the health fields, in education, pastoral care, community and the business world. Our courses are affiliated with the Moreno Psychodrama Society and the Australian Board of Psychodrama. Applications and interviews commence November 1, 2011.



Sue Daniel is the director of the Psychodrama Institute of Melbourne and founder of the Moreno Psychodrama Society (Australia). She is a psychodramatist, trainer, educator, practitioner and supervisor, and a psychologist (MAPS) in private practice. Sue is an International Trainer who regularly conducts workshops and seminars in many other countries, working with communities, universities and consulting with organisations. Her articles on psychodrama and role theory have been published in books and journals worldwide. She is a member of the Board of the International Association of Group Psychotherapy and Group Processes (IAGP).

Psychodrama Institute of Melbourne | www.psychodrama-institute-melbourne.com | email: pim@netspace.net.au | Tel. (03) 9416 3779

MORENO PSYCHODRAMA SOCIETY presents

THE RIVER OF LIFE: Navigating Change

1-day Conference
5th of May 2012 (Saturday), 8.30am – 5.30pm.
The Abbotsford Convent
St Helliers St, Abbotsford, Melbourne

On our journey we continually face more and more complexities as life changes, sometimes slowly and often swiftly. Navigating change by being more mindful, reflective and spontaneous means we can deal more creatively with what life presents us. This conference offers new ideas and creative seminars on theory, practice and research that have application in work and life. We welcome students, practitioners, and those working in the fields of health, education and in community and business. The conference program covers diverse topics, ranging from working with refugees to using psychodrama in one to one psychotherapy, and an opportunity to continue your connections long after the conference is over. There will also be opportunities to relax between sessions in the beautiful convent gardens or by the river. The River of Life is co-hosted by the Psychodrama Institute of Melbourne.

Come and join us!

John De Bono (Chairperson, MPS): 0429 427 873
Sue Daniel (Director, PIM): (03) 9416 3779

Fee: \$99.00 inc. GST (Early Bird \$88.00 by 1 February 2012)

All day seminars, lunch and morning and afternoon tea (V & GF) inclusive in fee.

Registration: 8.30 a.m. for 9 a.m. start on Saturday, 5 May 2012.

Email: MorenoSociety@netspace.net.au

Website: www.psychodrama-institute-melbourne.com

Professional Development

Psychology Related Conferences - 2011

- 24-28 August World Congress for Psychotherapy. *World dreaming*.
Sydney Convention & Exhibition Centre
Darling Harbour, Sydney.
<http://www.wcp.2011.org/>
- 24-26 August 12th International Mental Health Conference.
Personality Disorders: Out of the darkness
Radisson Resort, Gold Coast
<http://www.anzmf.asn.au/conference2011/>
- 26-27 August Australian & New Zealand Academy for Eating Disorders
9th Annual Conference. Coogee, Sydney
http://www.anzaed.org.au/page/events_conferences.html
- 4-8 October Australian Psychological Society. 46th Annual Conference
National Convention Centre, Canberra
<http://www.apsconference.com.au/>
- 26-30 October Australian Association for Cognitive Behaviour Therapy
CBT across the lifespan
34th National Conference, Hilton Hotel, Sydney
<http://www.aacbt.org.au/scriptcontent/NSW/index.cfm>

Psychology Related Conferences - 2012

- 22-23 February National Leadership Psychology Conference
Crowne Plaza Hotel, Melbourne
www.liquidlearning.com.au
- 01- 02 March Happiness & its causes Conference
Sydney Town Hall, Sydney
<http://www.happinessanditscauses.com.au/index.stm>
- 22-25 March Australian Positive Psychology & Wellbeing Conference
Sydney & Wollongong
<http://www.uow.edu.au/sbs/positive2012/index.html>
- 24-25 May Positive Schools Mental Health & Wellbeing Conference
The Esplanade Hotel, Fremantle, Western Australia
7-8 June Brisbane Convention Centre, Brisbane
14-15 June Melbourne Convention Centre, Melbourne
<http://www.positiveschools.com.au/2012%20WA.html>
- 15-16 June National Centre Against Bullying Conference
Hilton South Wharf, Melbourne
<http://www.amf.org.au/NCABConference12/>

Professional Development

Victoria -2011		Victoria - 2012	
26-27 Feb. 26-27 March 16-17 April	<i>Process Experiential Emotion Focused Therapy (PEEFT)</i> 6 days training Presenter: Melissa Harte	24 & 31 March	<i>Motivational Interviewing: Resolving ambivalence and strengthening commitment to change.</i> 2 days workshop Presenter: Helen Mentha (See Poster and Registration in main page)
19 March	<i>Change a universal human experience: Managing the impact of loss, grief and trauma</i> Presenter: Dr. Geoffrey Glassock	May	<i>Working with men and anger in relationships</i> Nigel Denning and Dr. Loretta Bell (Details to be finalised)
24 May	<i>The gift of therapy: A conversation with Yalom.</i> DVD Film night	June	<i>Health at every size: A feminist/humanist perspective on Eating Disorders & Body Image Concerns</i> Dr. Raelynn Wicklein and Dr. Naomi Crafti (Details to be finalised)
11 June	<i>Cognitive behavioural therapy in action: A refresher for psychologists</i> Presenter: Dr. Monica O'Kelly	July	<i>Borderline Personality Disorder</i> Dr Katie Wyman and Janina Tomasoni (Details to be finalised)
30 July	<i>Change a universal human experience: Managing the impact of loss, grief and trauma</i> (Repeated due to demand) Presenter: Dr. Geoffrey Glassock	August / October	<i>Schema Therapy</i> Dr. Chris Lee (Details to be finalised)
13 & 20 August	<i>Motivational Interviewing: Resolving ambivalence and strengthening commitment to change.</i> 2 days workshop Presenter: Helen Mentha		<i>Cognitive Analytic Therapy</i> Dr. Louise McCutcheon (Details to be finalised)
16 August	<i>The Changing Face of Psychology: National Registration and the next 5 years</i> <i>Annual General Meeting</i> Presenter: Kaye Francom	September	<i>Student Information Night</i> (Details to be finalised)
13 September	<i>An information forum for future students of Counselling</i>		<i>Working with Adolescents: Self-harm, identity, and cyber-bullying</i> (Details to be finalised)
08 October	<i>Introduction to relationship counselling using Gottman's Marital Therapy: A research based approach</i> Presenters: Linda Tilgner and Nigel Denning	October	<i>Supervision and/or ethics</i> (Details to be finalised)
			<i>Introduction to relationship counselling using Gottman's Marital Therapy: A research based approach.</i> Linda Tilgner & Nigel Denning (Details to be finalised)
Enquiries:	Ania Krysztofiak pd@ania.id.au	Enquiries:	Ania Krysztofiak - pd@ania.id.au

Professional Development

New South Wales	
14 May	<i>Process-Experiential Emotion-Focussed Therapy: Introduction to Theory and Practice.</i> Presenter: Melissa Harte
02 July	<i>Suicide of a client: Impact on the psychologist</i> Presenter: Dr Jane Clark and Dr Myfanwy Maple
?????	<i>Grief in the workplace</i> To be confirmed
?????	<i>Australian families of long-term missing persons: Narrating their lived experience</i>

Western Australia	
The WA section is working towards organising a Conference	

Queensland	
05 May	<i>Retirement: Loss or Liberation. - Insights for the Counselling Professional</i> Presenter: Trish Carroll

PROFESSIONAL DEVELOPMENT

Skills based training in verbal & creative techniques with
Dr Michelle Webster & team

2012

WORKSHOPS & COURSES



Couple Assessment
 Couple Talk
 Emotionally Focused Skills
 Foundations for EF Work
 Individual Counselling
 Healing Childhood Sexual Abuse
 Multiple Chair
 Sadness, Loss & Grief
 Psychotherapy

**REGISTRATION
 CLOSES
 02/12/2011**


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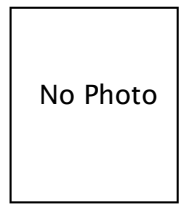
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Course Approval

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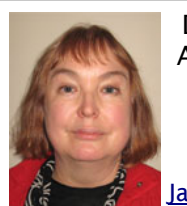
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Melissa Harte
Incoming Secretary
(March 2012)

M.harte@latrobe.edu.au



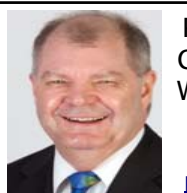
Assoc. Dean Peter McIlveen
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The National Committee of the APS College of Counselling Psychologists would like to hear from members about any concerns, issues, feedback and questions. Please feel free to contact any of the Office Bearers listed or log onto the College webpage for more information.

www.groups.psychology.org.au/ccoun/about_us/office_bearers/

Dates of Committee Meeting - 2011

National Executive Committee

18 March
29 July
November 25

Victoria

07 February
07 March
04 April
02 May
06 June
04 July
16 August (AGM)
05 September
03 October
07 November

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

New South Wales

Meets every 6 weeks

Western Australia

Meets bi-monthly

Queensland

Meets 4-6 times per year