

CONGRUENCE

OFFICIAL NEWSLETTER OF THE
COLLEGE OF COUNSELLING PSYCHOLOGISTS
AUSTRALIAN PSYCHOLOGICAL SOCIETY

December 2014

Understanding Empathy

Survey- Counselling Psychologists

Conference 2015:
Welcome
Keynote Speakers
Conference Program



APS

Australian
Psychological
Society

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Aims and Objectives

CONGRUENCE is the Newsletter of the APS College of Counselling Psychologists. It is produced by the National Executive of the College in collaboration with State sections.

CONGRUENCE communicates with members, promotes the work of Counselling Psychologists, and keeps members aware of forthcoming events and important issues in the field of Counselling Psychology.

Views expressed in an article are the views of the author and do not necessarily represent the view of the College. The College accepts no responsibility for the correctness or otherwise of information in articles.

The editor welcomes articles from counselling psychologists that contribute to thinking, discussion, and debate on a wide range of matters relevant to psychotherapy and counselling. Articles should reflect evidence-backed practice.

We welcome book reviews aimed at keeping practitioners up-to-date with developments in their field.

Subscription

CONGRUENCE is provided to members of the College of Counselling Psychologists as part of their membership.

Contributions

The Editorial Board encourages College members to contribute articles to CONGRUENCE.

We particularly seek articles that reflect aspects of counselling theory, professional practice, and related issues.

We also welcome reviews of books related to the profession, suggestions about online resources, links to apps for smartphones and computers, and information about online courses.

A full page in CONGRUENCE is about 750 words. The preferred article lengths are full page (750 words), or 1½ pages (1100 words). Shorter items are also welcome. Please submit electronically (e.g. as a Word document).

Deadlines

Material for inclusion in the Newsletter is to be submitted to the Editor by the relevant deadline, 28 February; 30 June; and 15 November.

Advertising

Advertising in CONGRUENCE is welcome. Rates are available on application. Placement of an advertisement is not an endorsement of the advertiser by the College. Acceptance of advertising rests with the Editorial Board.

From The Chair



Michael Di Mattia

**Chair:
National Executive
Committee**

Dear members,

The latter half of 2014 has been a busy one for the national executive. Much of our current focus is on our national conference - February 26th - March 1st.

The conference program features an exciting mix of international and local keynote speakers, various professional practice fora, 'how to' workshops, research papers and pre and post conference workshops, all highlighting the diversity of practice in counselling psychology.

I commend Associate Professor Roger Cook, Chair of the Scientific Organising Committee, and his team for assembling an engaging program. The full conference program can be found in this newsletter.

As mentioned in a recent email, the college has been asked to participate in an international survey of counselling psychologists, with a number of countries involved, with the aim of developing an international profile of counselling psychology.

I encourage members to complete the survey, as the results will provide valuable information about Australian counselling psychology and the executive can use the results in our ongoing advocacy.

The survey closes on February 15th 2015. Details are in this newsletter.

The college has presented a number of awards in recent months.

The Susanna Richardson award for the best Masters thesis in a counselling psychology program was awarded to Lisa Ritchie from La Trobe University.

Ann Pensom from Swinburne University was awarded the best Doctoral thesis in a counselling psychology program.

The College congratulates Lisa and Ann.

Each year the college presents an Award of Distinction, which acknowledges outstanding contribution to the field of counselling psychology and the college.

I am pleased to advise that Adjunct Associate Professor Jan Grant is the recipient of the College Award of Distinction for 2014. Jan has made a significant contribution to the teaching and practice of counselling psychology over a long period, as well as a substantial involvement in the college's national executive over the past eight years, including her role as Deputy Chair for the past three years.

As the year draws to an end, I want to take this opportunity to wish you and your family a restful break over the Christmas and New Year period.

Warm regards,

Michael Di Mattia

Editorial



Maria Pirrello
CONGRUENCE Editor
mapirrello@gmail.com

Dear Members

Welcome to the December edition of congruence.

I write this in the sad aftermath of the siege of the Lindt Café. The events of December 15 have the potential to divide the community so Elizabeth Tindle's article on the need for empathic leadership is timely.

The events of December 15 emphasize the importance of our work as counselling psychologists and our focus on mental health and mental well-being.

This edition provides in depth information about our second Counselling Conference in Melbourne in 2015.

The program offers a broad range of topics from theory, research, "How to's" and workshops from both local and overseas presenters.

It promises to be a stimulating and thought-provoking program, and an invaluable opportunity to network with colleagues and be intellectually recharged.

I wish you all the very best for the festive season. I look forward to seeing you in Melbourne in 2015

Regards

Maria Pirrello

Understanding Empathy: Its origins and measurement.

Author: Dr Elizabeth Tindle, QUT Counselling Services.
International Women's Day March 2014
O. J. Wordsworth Room, Gardens Point, Brisbane

This brief paper will address a topic that was an important theme at the recent World Economic Forum in Davos, Switzerland earlier this year (Jan, 2014), namely, empathetic leadership in organisations.

At this Forum, a message was given 'loud and clear' which was that CEOs and leaders in large international companies have to change their leadership style for success.

It was argued that companies needed to change from having hierarchical, authoritarian, "patriarchal" management to developing a more empathetic style if they are serious about success and survival in the global, free trade, capitalist system of expanding markets and continued growth.

One heated debate argued for more EQ (emotional quotient) in the business world. This included: more self-awareness, more empathy and understanding of human emotions and being able to read and understand facial and body language.

It was argued that "emotions are information" and enable a leader to be aware of her/his surroundings. "Empathy is one of the most valuable resources in our world ... with it we can resolve conflict, increase community cohesion and dissolve another's pain" (Baron-Cohen, 2012).

The participants at the Forum stated that people in a company or organisation are the company's assets, its human capital and as such deserve to be recognised and valued.

However it is self-evident that we are not all "blessed" with an ability to empathise even if we wanted to do so; that is, we do not all have the 'knack' of getting into another's shoes and be able to see the world from their perspective. We are not all so socially astute as to be able to read the cues emanating from a colleague, client or committee member.

Research on empathy carried out over many years by Professor Simon Baron-Cohen, from Cambridge University has discovered ways of measuring this phenomenon.

His research findings strongly suggests that we are somewhere on a continuum; a dimension between two extremes. At one end are those who have been termed "Empathizers" and at the other are the "Systemizers". The latter are further divided into those who have a limited cognitive empathy and those who have a limited emotional empathy. Lacking an emotional empathy can result in a person acting cruelly without feeling guilt or remorse.

The extreme end of the Systemizing continuum is said to be related to the extremes of male communication and raises challenges for social learning in a family or school context and indeed in society as a whole.

The Origin of Empathy

The measurement of empathy shows a clear sex difference with females scoring higher on the empathising v systemizing dimension across cultures.

Studies have revealed that scores on this scale are influenced by specific hormones in utero. Longitudinal studies, beginning with samples taken from amniotic fluid during amniocentesis procedures, suggest that the less testosterone produced by the foetus before birth, the higher the child's empathy score when measured later in life.

One of the tests in use entails reading the emotion shown in eyes and the upper part of the face. Over 400 emotions have been identified in twenty four categories such as "happy" "sad" "angry" etcetera. The test comprises Subjects who have to choose the emotion conveyed from four given alternatives. Scores suggest a statistically significant sex difference in the ability to read the emotion conveyed, with females generally finding the task easier.

A second important hormone influencing empathy is oxytocin which has been nicknamed the love hormone as it instils trust, care and connection toward another person. Again females exude this hormone which initiates birth, lactation and bonding. Touch and closeness increase its presence and it increases in both males and females during coitis.

It was initially vital in a primate community for females to protect their young from a new alpha male taking over the breeding group of females. Removing the young brought the females into oestrus and receptive to the new alpha male's advances. Females banded together and needed to communicate and bond with each other for the protection and survival of their young. They formed bonds and allegiances and prevented the non-biological "father" from harming another male's offspring.

In leadership the Davos CEOs debated the importance of emotional intelligence (Goleman, 1996) including empathy to care and nurture in vast international companies.

The qualities that tend to be prevalent in many females across cultures were being pushed and promoted as essential in organisational leaders. This includes those who are making decisions about life on our planet and deciding where their toxic fumes, dangerous dross and tailings end up.

The river, the air or the sea are not meant to be repositories of garbage, sewage, chemicals and poisonous pollutants. Without "sustainability" and policies to protect and replace our natural heritage, the planet will turn-on its custodians with fire, flood, famine and meteorological chaos (four horse men of the Apocalypse!!)

Homo sapiens have taken over the custodianship of the planet earth by default (or as some believe by order/command from Genesis and other ancient texts). We have in the past and continue in the present to destroy, pillage and rape resources and creatures of the planet as we so desire.

Some believe that leaders should encourage and enable their companies and employees to be caring, empathetic custodians for future generations of primates, mammals, birds, reptiles, fish and insects and their essential balanced habitats necessary for the survival of distinct and varied ecosystems and ultimately the survival of the top predator, man.

The Planet Fights Back

Leaders need to be role models ensure that their company cherishes the environment and nature.

Matriarchal societies the remnants of which survive in some 'obscure' corners of the globe demonstrate a leadership which is less inclined to hunt, kill or destroy wildlife, for the thrill. They are also less likely to soil their nest and pollute their own surroundings for short term, immediate financial gain. Mother Earth, Gaia, Erde are female forms from the classics. They represent caretakers and protectors of life.

Examples of female carers of primates are Jane Goodall and Dian Fossey the latter, sadly, was murdered whilst protecting vulnerable gorillas in the Gombie Reserve in Central Africa.

Unless we can include leaders who have a well-developed emotional as well as Intellectual intelligence in our "free international trade/economy", the earth and life on it will be damaged and in some situation ravaged to a point where recovery is impossible. Leaders with empathy for nature and the environment in which they operate may delay or even stem the Sixth Extinction (Leakey and Lewin, 1995) which is being caused by man.

This Twenty first Century 'Age of Extinction' is in dire danger of witnessing our demise and that of countless other forms of life.

- In 2013 alone 50000 African elephants were slaughtered for their ivory now worth more than gold.
- The black rhinoceros was also declared extinct in the same year.
- West Africa has only 250 female breeding lions left.
- The red data book of endangered birds is like us, getting fatter.

Thomas Malthus in the 18th Century (Malthus, 1798) forecast a shortage of food as a consequence of

an imbalance in nature and an exponential increase in human primates. Is there a limit to a planet's "carrying capacity" or can we keep on "growing" economically ad infinitum?

This does not have to be the inevitable case if an empathetic leadership style similar to the matriarchal communities remaining in a few locations in our world is adopted. Protection of life on our planet will not occur if only a "neo-conservative" outlook is promoted.

This framework, a totally free market, could end up as a "free for all" an economic and power "bun fight" for wealth from resources of the planet. We all witnessed the aftermath of the demise of the "iron curtain" when the Berlin Wall was torn down in 1989, enabling those from the former Communist run states to join Western competition as individuals or nations.

The "fittest", most aggressive, greediest, most immoral or most unethical frequently won. That which had once supposedly, belonged to the people, was grabbed and earmarked for personal ownership. The weight lifters, wrestlers and muscled males especially of Bulgaria were employable for stand-over tactics where necessary. They interpreted western Capitalism as providing opportunities to get rich and own consumer goods they had been deprived of under the former regime.

One message this author wishes to convey is that empathetic leadership which may entail caring, kindness, giving, connecting/collaborating and bonding, qualities ensuring a protected and flourishing family, are exactly what are needed in business leaders, the heads of all organisations and all those who have authority, power to influence, to direct or control.

If we return to Kohlberg's hierarchy of moral development, the pinnacle of moral decision making is acting for the good of the planet and humanity. Many companies as well as individuals have become stuck at the low levels in the hierarchy of morality which is acting for self-interest or sometimes negotiating dealings around perceived gaps in international law. They could be seen as being retarded in moral development or lacking a "moral compass"!

Finally, many outstanding examples of empathetic leadership are seen in some staff members leading teams in Queensland University of Technology. One such person leads the QRSnetwork. This leader trusts his staff, listens well and gives them autonomy and opportunity in the work for which they are responsible. He leads a well-functioning international group and guides where and when appropriate with what appear to be outstanding results.

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Survey of Counselling Psychologists

An international survey of counselling psychologists is being undertaken, led by our colleagues in the US, with the following countries taking part: the US, Canada, New Zealand, South Africa, Great Britain, South Korea and Taiwan.

The purpose of this research is to gather information to create a profile of counselling psychology in an international context.

The survey asks a series of demographic questions, questions about your education and training experiences and your work/career in counselling psychology, your theoretical and practice orientation(s), your various professional activities, your perspectives on some professional issues that confront professional psychology.

You will be asked to reflect on a personal professional 'critical incident' that was significant to you over the past 12 months.

This research has been granted ethical approval from the University of Kansas and confirmed by the APS.

It is anticipated that the results of this survey will be published in scientific journals, as well as presented at conferences, however, no personally identifying information will be included.

I hope that you will take the short amount of time needed to complete the survey (approximately 15 minutes) so that we may gain the broadest and most representative perspective on counselling psychology.

Your participation is voluntary and completion of the survey indicates your willingness to be a participant and an indication you are giving consent for your data to be used.

If you would be willing to participate in this survey, your responses will be anonymous and aggregated with the response of others to generate a picture of our field.

Thank you for considering this request for your participation. If you have any questions concerning this survey, please don't hesitate to contact me at: michael@michaeldimattia.org

The survey will close on Sunday 15th February, 2015

Sincerely,

Michael Di Mattia
Chair, College of Counselling Psychologists

Click on this link to access the survey: https://kansasedu.qualtrics.com/SE/?SID=SV_3mF9Ukj6bWimnFT



Full information on the conference is at <https://groups.psychology.org.au/ccoun/conference2015>

Welcome from the Conference Chair



I am delighted to welcome you to the second APS College of Counselling Psychologists Conference to be held in Melbourne, from 26 February – 1 March 2015, with the theme of *Experts in mental health*.

The conference provides a wonderful opportunity to showcase the breadth of practice in counselling psychology and the scientific committee is putting together a varied and interesting program of scientific and professional presentations on a range of topics relevant to the practice of counselling psychology.

Keynote presentations by international and local presenters, symposia, professional practice forums, 'how to' sessions, individual research papers and workshops will feature across the three days of the conference.

Along with the scientific program, there will be opportunities to network with fellow colleagues, through the conference welcome drinks and conference dinner.

The conference organising committee looks forward to welcoming you in Melbourne in February 2015 for what promises to be an exciting event.

Michael Di Mattia MAPS
Conference Chair & National College Chair

Welcome from the Chair of the Conference Scientific Committee



I would like to join with our Chair of the National Executive in welcoming you to our Conference to be held in Melbourne in February 2015.

Our 2013 Conference was most successful and we anticipate enhancing the sense of excitement and collaboration that was evident then.

The theme of this Conference "*Experts in mental health*" was chosen to remind and motivate our members that counselling psychology is alive and well and making significant contributions to the health and well-being of many Australians.

The scientific program will include a variety of ways in which information will be presented and will be sufficiently inclusive to allow a wide range of research and practice topics. Counselling psychologists have never been shy about attempting new approaches and integrating theory and therapy in creative ways.

We hope that the call for submissions will attract those who have innovative ideas and strategies for helping improve the mental health of the community. It is our intention to select those presentations that will inform, challenge and inspire us all.

I look forward to meeting you in Melbourne in 2015.

Associate Professor Roger Cook
Chair, Conference Scientific Committee

Professor Y. Barry Chung – United States of America



Y. Barry Chung received his Ph.D. in counselling psychology from the University of Illinois at Urbana-Champaign. He is currently a Professor in the Department of Counselling and Educational Psychology at Indiana University.

His research interests include career development, multicultural counselling, and sexual orientation issues. Dr. Chung has presented and published widely on these topics. He was appointed to nine journal editorial boards internationally, and was Executive Editor of the American Psychological Association (APA) Division 44 Book Series.

Dr. Chung was President of the National Career Development Association in 2006-07, as well as President of the Society of Counselling Psychology in 2011-12.

He has served on APA's Board of Educational Affairs (2007-09), Board for the Advancement of Psychology in the Public Interest (2010-12), and Membership Board (2013-15).

Dr. Chung is a Fellow of APA (Divisions 17, 44, and 45), Asian American Psychological Association, and National Career Development Association.

Current opportunities and challenges of counselling psychology in the U.S.

Counseling psychology is recognised as a specialty in professional psychology by the American Psychological Association, with its Division 17 (Society of Counseling Psychology) devoted to the advancement of this specialty. A branch of counseling has also evolved as a distinctive profession, as represented by the American Counseling Association.

The speaker will discuss the development of these two branches of counseling in the U.S., and how recent developments in professional identities, program accreditation, health care system, and organisational/political dynamics have presented opportunities and challenges for counseling psychology in the U.S.

This discussion will include relevant issues such as competency-based training and assessment, model licensing act, integrative health care, and efforts on multiculturalism and social justice advocacy. Future directions are proposed to sustain counseling psychology as a viable discipline that will continue to make a unique and significant contribution to society.

Adjunct Associate Professor Jan Grant FAPS - Australia



Jan Grant currently works in private practice where she provides psychotherapy for individuals and couples and supervision for counselling psychologists, clinical psychologists and other therapists.

From 2001-2013 she was Associate Professor and Programme Director of Counselling Psychology at Curtin University and continues there as an adjunct associate professor. Her research has attracted nationally competitive grants and is currently focussed on therapist development, psychotherapy interventions, and supervision. Findings have been disseminated through international journals, international and national conferences, and workshops.

Jan is co-author of *Transference and Projection: Mirrors to the Self* (Open University Press, 2002) and *Couple Therapy: the Self in the Relationship* (Palgrave, 2008).

She has been recognised for her excellence in teaching and contributions to the field with a number of awards including: Australian Learning and Teaching Council Award-Citation for Outstanding contributions to Student Learning (2010); Curtin University Excellence and Innovation in Teaching award (2008); School of Psychology – Commendation for the top results in postgraduate teaching (2005); Society for Counselling and Psychotherapy Educators – Award for dedicated service and commitment to the field (2006); Student Guild Award for Dissertation Supervision (2000).

Jan is currently Deputy Chair of the National Executive – College of Counselling Psychologists and has been on the National Executive for the last seven years.

Managing difficulties in supervision

Despite the critical importance of clinical supervision in training and ongoing professional development, research shows that many difficulties can occur and that some supervisees can feel harmed by supervision.

This presentation provides an overview of existing research findings on the kinds of difficulties that arise in supervision and how supervisors manage such difficulties. In addition, it draws on data from an intensive Australian study of expert supervisors and their supervisees (Grant & Schofield 2012) on the supervisory events supervisors found most difficult and how they approached such difficulties.

Professor Jeremy Holmes – United Kingdom



Professor Jeremy Holmes MD FRCPsych BPC for 35 years worked as Consultant Psychiatrist and Psychotherapist in the NHS. He was Chair of the Psychotherapy Faculty of the Royal College of Psychiatrists 1998-2002. Now partially retired, he has a part-time private practice; set up and now teaches on the Masters/Doctoral

psychoanalytic psychotherapy training and research programme at Exeter University, where he is a visiting Professor; and lectures nationally and internationally.

He has written over 180 peer reviewed papers and chapters in the field of Attachment Theory and Psychoanalytic Psychotherapy.

His many books, translated into seven languages, include best-selling John Bowlby and Attachment Theory (1993/2013 2nd Edition, Routledge), The Oxford Textbook of Psychotherapy (2005, co-editors Glen Gabbard and Judy Beck), Storr's The Art of Psychotherapy (Taylor & Francis 2012) and Exploring In Security: Towards an Attachment-informed Psychoanalytic Psychotherapy (Routledge 2010) which

Major difficulties included the broad domains of: supervisee competence and ethical behaviour, supervisee characteristics, supervisor counter transference, and problems in the supervisory relationship. Supervisors managed these difficulties using four key approaches. A sequence of strategies is outlined and a case study is presented to illustrate the process of effective resolution. The presentation explores the delicate balance between support and challenge in the management of supervisory difficulties.

won the 2010 Canadian Psychological Association Goethe Award.

2013 saw the 6-volume compendium of the 100 most important papers in Attachment (Benchmarks in Psychology: Attachment Theory, SAGE, co-edited with A. Slade). Literature and the Therapeutic Imagination, and Attachments: Psychiatry, Psychotherapy, Psychoanalysis (both Routledge), are due 2014.

He was recipient of the 2009 New York Attachment Consortium Bowlby-Ainsworth Founders Award.

Relational neuroscience – implications for psychotherapy practice

From a psychodynamic perspective 21st century mental health is a discipline in search of a paradigm.

Professor Holmes will review recent findings in Attachment Theory and their clinical applications, focusing on Affect Regulation, Mentalising and Epigenetics. Together they suggest relational neuroscience as an emergent paradigm to which psychotherapists can both usefully contribute and comfortably align themselves.

Elisabeth Shaw MAPS – Australia



Elisabeth Shaw is a counselling and clinical psychologist focusing on couple and family therapy in private practice in Drummoyne, NSW.

Previously a Manager and Director of Relationships Australia NSW, she has presented and published papers over many years

focused on the couple bond, intimacy and sexuality, violence, working with men in therapy, ethical and legal issues in therapy and supervision and other areas of supervision best practice.

She is the co-editor (with Jim Crawley) of Couple Therapy in Australia; Issues Emerging from Practice (Melb.: PsychOz Publications, 2007) and co-author (with Michael Carroll) of Ethical Maturity in the Helping Professions: Making Difficult Life and Work Decisions (Melb.: PsychOz 2012; UK: Jessica Kingsley Publications).

Elisabeth has considerable experience as a trainer of clinical practitioners at a postgraduate level, and supervises and consults extensively with individuals and teams across professional groups responding to clients with very diverse presenting problems and needs (currently women's health, child protection/sexual assault, asylum and migrant services, drug and alcohol teams, disability services).

She is past Chair of the PACFA Ethics Committee, a current member of the APS Ethics Committee, and writes a regular column for Psychotherapy in Australia on ethical issues in practice entitled *Sacred Cows and Sleeping Dogs*. She is currently working with Michael Carroll on a chapter on ethics in practice for the Handbook of Counselling Psychology 4th ed. (UK: SAGE 2015).

Couple and family therapy: Ethical issues in contemporary practice

Couple and family therapy has a long history as a valuable and necessary intervention, and yet the complexity of providing services to multiple parties has not been central in the ethics literature. So often, codes of practice and organisational policy relate to a counsellor and individual client, and one must make the leap for oneself into the relational context; a translation that is not always easy. Establishing who is the client, how to manage different levels of engagement and ongoing rapport with different family members, working with both “victims” and “perpetrators” in the same sessions, informed consent across developmental ages and stages and matters surrounding client confidentiality are all more complicated with multiple parties in the therapy.

Working with third party payment such as the Better Access (Medicare) Scheme, counselling psychologists have to manage, with some discomfort, the provision of therapy within a medical model.

In such work, what are the particular issues for couple and family therapists? How can we (or should we) keep the work balanced and relationally constructed when the reporting requirements (and potentially the partner/parent) determine “the patient” in the work? How do we relate to doctors who, with the best intentions, refer couples and families for services they are not technically not really entitled to? Is that our problem to manage, or should we just get on with the work at hand?

These sorts of dilemmas can be viewed in the light of principles and rules, but they also reflect ethical issues which are not easily resolved. In such cases “rights” and “wrongs” are not easily achieved. However, ethical practice requires conscious reflection and deliberation in the service of more effective decision making. This paper is aimed at fostering discussion and debate amongst practitioners who undertake work with couples and families, and alerting those considering this work to the sorts of dilemmas they face.

Gerard Webster MAPS – Australia



Gerard Webster is a registered Counselling and Forensic Psychologist in private practice in Sydney, Australia.

In addition to offering intensive psychoanalytic psychotherapy to a cross-section of clients, he is also a Court Expert Witness having provided assessment and treatment to victims and perpetrators of child abuse for over thirty years.

Gerard has lectured in child protection and abuse prevention from a human rights perspective for over a decade and he has published articles, training packages, and practice guidelines for organisations that are responsible for the care and protection of children.

Gerard is an Honorary Fellow of Australian Catholic University and is past president of the Australian and New Zealand Association for the Treatment of Sexual Abuse. He served as Secretary for the NSW Branch of the APS College of Counselling Psychologists for two years and on the National Executive Committee for four years.

He is currently a senior candidate in the Doctor of Psychoanalysis program at the Institute of Contemporary Psychoanalysis, LA (USA) and is simultaneously conducting extensive research on pre-pubertal problem sexual behaviour as a PhD candidate at the same institute. He is currently the Australian Representative on the International Association for Relational Psychoanalysis and Psychotherapy Candidates Committee.

An examination of child sexual abuse within institutional settings through the lens of contemporary relational psychoanalysis.

As the Royal Commission into Institutional Responses to Child Sexual Abuse makes progress in identifying the previously hidden experience of sexual abuse survivors' and their interactions with authorities, the traumatic past for many former victims of sexual abuse is being brought into the painful present.

This presentation will review current trauma research that Counselling Psychologists bring to the therapeutic encounter and explore current understandings of best practice for working with survivors of child abuse perpetrated within an institutional context. This will be contrasted with the traumatogenic responses of many institutions appearing before the Royal Commission.

Gerard Webster will examine the dynamics of sexual abuse in institutional environments through the lens of contemporary relational psychoanalytic theory and explore how theory and research implicitly and explicitly inform the practice of Counselling Psychologists.



Thursday 26 February - Sunday 01 March 2015

Program is subject to change by the Conference Organisers

Thursday 26 February 2015

1pm - 7pm	Delegate Registration - Grand Ballroom Foyer		
You must be pre-registered to attend the Pre-Conference workshops. Attendance is not included in the Conference registration fee.			
Pre-Conference Workshops			
2pm - 5:30pm	Workshop A (2pm - 5:30pm) Secrets, lies, hypocrisy and betrayal: Another day at the office of the couples therapist Ms Elisabeth Shaw	Workshop B (2pm - 5:30pm) Counselling lesbian, gay, bisexual and transgender persons Professor Y. Barry Chung	Workshop C (2pm - 5:30pm) Practical ways of working with trauma using Emotion-Focused Therapy (EFT) Dr Melissa Harte
6pm - 8pm	Welcome Reception - Grand Ballroom Foyer		

Friday 27 February 2015

7am - 4:30pm	Delegate Registration - Grand Ballroom Foyer		
8:45am - 10am	Conference Official Opening Keynote Address - Professor Y. Barry Chung Current opportunities and challenges of counselling psychology in the U.S. Session Chair: Michael Di Mattia		
10am - 10:30am	Morning Tea - Grand Ballroom Foyer		
	Concurrent Session 1A (Stream 1) Session Chair: Joanne Dennison Individual Research Paper (15 mins) A qualitative study of the experiences of embodied therapists working with survivors of sexual abuse A. White	Concurrent Session 1B (Stream 2) Session Chair: Elaine Hoise Individual Research Paper (15 mins) Explaining why some students procrastinate successfully: adaptive perfectionism and psychological capital as predictors R. Hicks	Concurrent Session 1C (Stream 3) Session Chair: Ania Krystofiak Symposia (45 mins) Detecting and identifying ruptures in psychotherapy: are clients better at it than therapists? G. Denham M. Buultjens
		Concurrent Session 1D (Stream 4) Session Chair: Linda Tilgner How to Session (90 mins) Sensorimotor and mindfulness based interventions with adult survivors of childhood trauma D. Misso	

10:30am - 12pm	Individual Research Paper (15 mins) <i>What is it about the therapeutic alliance that enables trust with adult survivors of sexual abuse?</i> S.Tudge	Individual Research Paper (15 mins) <i>A qualitative investigation of the service model of a refugee mental health service</i> K.White	M. Monfies
	Individual Research Paper (15 mins) <i>The searching phenomenon: Exploring the experiences of families of missing persons</i> G. Glascock	Individual Research Paper (15 mins) <i>Please include me...family members' cries for support and information on OCD</i> S. Beeken	
	Individual Research Paper (15 mins) <i>The impact of adolescent sibling bereavement on psychosocial development and psychological well-being.</i> J. Godfrey	Individual Research Paper (15 mins) <i>Utilising technology in the treatment of body image and eating disorders</i> D. Franko	
	Individual Research Paper (15 mins) <i>Separated parents in mediation and perceptions of their children's psychological distress.</i> J. Lee		
12pm - 1pm	Keynote Address - Adjunct Associate Professor Jan Grant FAPS <i>Managing difficulties in supervision</i> Session Chair: Roger Cook		
1pm - 2pm	Lunch - Grand Ballroom Foyer		

Concurrent Session 2A (Stream 1) Session Chair: Melissa Harte		Concurrent Session 2B (Stream 2) Session Chair: Geoffrey Glasscock	Concurrent Session 2C (Stream 3) Session Chair: TBC	Concurrent Session 2D (Stream 4) Session Chair: Roger Cook
2:00- 3:30 pm	Individual Research Paper (15 mins) <i>The experience of post-breakup connectedness in heterosexual and gay men in Australia.</i> M. Monfries	How to Session (45 mins) <i>Military culture and deployments: impact on families</i> L. Needham	How to Session (45 mins) <i>The letter as the "Untangler"</i> L. Bognar R. Taub S. Heilemann	Professional Practice Forum (45 mins) <i>Providing expert therapy within a social determinants of health framework</i> H. Gridley
	Individual Research Paper (15 mins) <i>Sexualisation of women and girls: Australian women's experiences.</i> S. Raad			
	Individual Research Paper (15 mins) <i>Integrating Counselling Psychology into interprofessional research and practice: A university case-based study.</i> D. Franko			
	Individual Research Paper (15 mins) <i>Workplace stress, personality, personal resources and mindfulness practices of Australian based counsellors.</i> R. Hicks	How to Session (45 mins) <i>EMDR, Complex PTSD and adjunctive experiential resource development.</i> M. Burge	How to Session (45 mins) <i>Enabling adolescent sexual intelligence and integrity.</i> S. Calleja	How to Session (45 mins) <i>The self-inquiry technique (SIT): A new wave CBT and ACT related approach</i> J. Driver D. Griersmith
	Individual Research Paper (15 mins) <i>The professional identity of counselling psychologists: Lessons from around the world</i> C. Young			
3:30pm - 4pm	Afternoon Tea - Grand Ballroom Foyer			
4pm - 5pm	Keynote Address - Presenter TBA Keynote Address - Topic TBA Session Chair: TBA			
6:30pm - 10:30pm	Conference Dinner, West Beach Bathurst Pavilion <i>(This is an optional extra and not included in the Conference Registration cost)</i>			

Saturday 28 February 2015

8:00am - 4pm	Delegate Registration - Grand Ballroom Foyer				
9am - 10am	Keynote Address - Elisabeth Shaw MAPS <i>Couple and family therapy: Ethical issues in contemporary practice</i> Session Chair: Geoffrey Glasscock				
10am - 11am	Keynote Address - Professor Jeremy Holmes <i>Relational neuroscience - implications for psychotherapy practice</i> Session Chair: Jan Grant				
11am - 11:30am	Morning Tea - Grand Ballroom Foyer				
11:30am - 1pm	Concurrent Session 3A (Stream 1) Session Chair: Roger Cook	Concurrent Session 3B (Stream 2) Session Chair: Jan Grant	Concurrent Session 3C (Stream 3) Session Chair: Tom Schick	Concurrent Session 3D (Stream 4) Session Chair: Elaine Hoise	
	Individual Research Paper (15 mins) <i>Efficacy of an anger management group</i> L. Rossi	How to Session (45 mins) <i>Working with historical interpersonal trauma in couples' therapy.</i> L. Tilgner	How to Session (45 mins) <i>Parental alienation: Responding to deliberate ruptures of children's loving parental relationships.</i> S. Korosi	How to Session (45 mins) <i>Supporting clients with the grief of mental illness.</i> L. Burke	
	Individual Research Paper (15 mins) <i>Listening to clients' spiritual experiences: useful concepts from psychoanalysis, cultural anthropology and Tibetan Buddhism.</i> J. Simmonds				
	Individual Research Paper (15 mins) <i>Harmless humour or misplaced malice? Exploring attitudes toward stereotypes of men.</i> M. Sier	Professional Practice Forum (45 mins) <i>You, me and us: existential conversations within a couples and cancer framework.</i> K. Anderson	How to Session (45 mins) <i>Anxiety in children: An emotion focussed and parent perspective of the highly sensitive child.</i> M. Harte	How to Session (45 mins) <i>The resilience pilot project: building growth, fulfilment and redefining individual and social identity after an acquired brain injury</i> A. Castro	
	Individual Research Paper (30 mins) <i>Divorce and the experience of Australian men.</i> S. Delaney				
1pm - 2pm	Lunch - Grand Ballroom Foyer				
Counselling College National Executive Information Forum - Grand 5&6					

Concurrent Session 4A (Stream 1) Session Chair: Roger Cook		Concurrent Session 4B (Stream 2) Session Chair: Melissa Harte		Concurrent Session 4C (Stream 3) Session Chair: Joanne Dennison		Concurrent Session 4D (Stream 4) Session Chair: Tom Schick	
2pm - 3:30pm	How to Session (45 mins) Redefining individual and social identity after the survival of violence. A comprehensive assessment and psychotherapy for the liberation of the impact of violence. A. Castro	Session TBA	How to Session (45 mins) Domestic violence interventions: utilising diagnosis, mindfulness and research on attachment and trauma. D. Misso N. Denning	How to Session (45 mins) I just snap: Case conceptualisation and treatment planning for men acting out in intimate relationships. N. Denning	Professional Practice Forum (90 mins) Better outcomes for clients using brief assessment measures. J. McNally C. Mackey K. Frankcom		
3:30pm - 4pm	How to Session (45 mins) Working with eating disorders: A neurobiologically informed dynamic approach to psychotherapy. M. Ruggiero	How to Session (45 mins) 'Innovative supervision': professional development of counselling psychologists. E. Tillinger L. Shugg	Afternoon Tea - Grand Ballroom Foyer				
4pm - 5pm	Keynote Address - Gerard Webster MAPS <i>An examination of child sexual abuse within institutional settings through the lens of contemporary relational psychoanalysis</i> Official Conference Closing Session Chair: Michael Di Mattia						
Sunday 1 March 2015							
8am - 3:30pm	Delegate Registration						
You must be pre-registered to attend the Post-Conference workshops. Attendance is not included in the Conference registration fee.							
9am - 4pm	Post-Conference Workshops						
	Workshop D (9am - 12.30pm) Brief psychodynamic therapy Professor Jeremy Holmes	Workshop E (1.30pm - 4pm) Transference: A practical/theoretical model Professor Jeremy Holmes	Workshop F (9am - 4pm) Contributions to contemporary relational psychoanalysis to the practice of Counselling psychology Mr Gerard Webster				

Please note that the program above is subject to change by the Conference organisers.

Please refer to the most recent revision of the program on the APS website at https://events.psychology.org.au/ei/speakers/2015CCOUN_programweb.pdf

National Executive		
Chair	Michael Di Mattia	michael@michaeldimattia.org
Deputy Chair	Assoc. Prof. Jan Grant	j.grant@curtin.edu.au
Past Chair	Elaine Hosie	edhosie@gmail.com
Secretary	Melissa Harte	m.harte@bigpond.net.au
Treasurer	Thomas Schick	thomas.schick@mq.edu.au
Membership Secretary	Maria Pirrello	mapirrello@gmail.com
Course Approvals	Assoc. Prof. Roger Cook	rcook@swin.edu.au
Student Representative	Samantha Warren	sl2warren@students.latrobe.edu.au
Editor– <i>CONGRUENCE</i> Newsletter	Maria Pirrello	mapirrello@gmail.com
College Webpage Administrator	Ania Krysztofiak	web@ania.id.au
Chair: New South Wales Section	Dean Harrison	Dean.Harrison@humanservices.gov.au
Chair: Victoria Section	Linder Tilgner	ltilgner@hotmail.com
Chair: Western Australia Section	Kylie Coventry	perentry@westnet.com.au
Committee Member	Joanne Dennison	JDennison@dennisonpsychology.com.au