



Psychology & Substance Use

An Interest Group of the Australian Psychological Society

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SPECIAL POINTS OF INTEREST:

- Scholarships awarded to PSU members for ISMI
- What does the PSU offer its members?

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Scholarships Awarded to International Symposium on Motivational Interviewing in Melbourne

The PSU is delighted to announce the successful recipients of scholarships to the ISMI to be held in Melbourne on 13–14 May.

PSU members Justine Clark, Clinical Psychologist working with the State Head Injury Unit in Nedlands, Perth; Samantha Beeken, a Forensic Psychologist working with Caraniche in Melbourne; and Denise Constantinou, the Senior Specialist Psychologist and Team Leader working with the Compulsory Drug Treatment Correctional Centre in Sydney were successful in gaining funding.

A fourth scholarship was provided to Daniel Bowen, a PhD student at the University of Canberra, whose study is looking at adventure therapy outcomes, with a particular focus on their effectiveness in working with young people

with substance use problems.

The PSU will be providing an information stand at the ISMI, which offers a rare opportunity to en-



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gage with the latest thinking, challenges and opportunities in MI and the broader field of effective communication and behaviour change.

Day 1 features Professor Stephen Rollnick, who will present on integrating MI into an already busy practice, and Anya Sheftel, whose workshop will look at MI on the fly: Outreach, resi and other curious settings.

Day 2 features a dynamic line up of speakers who will focus on key take home ideas and questions.

The aim is for a well-paced, thought provoking day of fresh perspectives, discussion and practical ideas. Working with behaviour change can be heavy going, but professional development on how we might be able to do it better shouldn't have to be. ISMI is about learning and sharing in a positive environment.

What does the PSU offer its members?

The question of what members get out of membership of the PSU and other Interest Groups occupied much of the discussion time at the recent Annual Meeting, held in Sydney.

The PSU Committee has called for applications in the past for seeding grants to establish activities at a local, regional and state/territory level, with only a small number of members taking advantage of this opportunity.

Once again, those attending the meeting felt it was important to advertise the availability of this support, which could be used to

bring a guest speaker to a meeting or gathering, such as a discussion group; to support a workshop or professional development activity.

The PSU Committee is also in the process of purchasing a webinar licence which will enable up to 25 members to meet at a scheduled time for discussion groups and meetings. More on this to follow—but if you think you will be interested in utilizing this facility, please let the National Convener know.

In the past 12 months the PSU has also continued to develop

resources for its members—and has been particularly involved in a number of activities related to the Illicit Drugs in Sports Project, which as members will know, includes an online training program.

Other resources are available on the website at -

<http://www.groups.psychology.org.au/psu/resources/>

If you are interested in starting something in your local area—please contact us for support.

UOW 'Healthy Recovery Program' to assist substance abuse group



Dr Peter Kelly has been awarded funding from the Cancer Institute (NSW) to trial The Healthy Recovery Program

“On average, people with a history of substance abuse live between 20 to 27 years less than the general population”.

On average, people with a history of substance abuse problems live between 20 to 27 years less than the general population. Cancer is a leading cause of mortality for this group and it requires prevention strategies that address primary risk factors such as smoking, poor diet and physical inactivity.

To improve cancer prevention strategies for this very vulnerable population, the Cancer Institute (NSW) has awarded funding to PSU Executive member, Dr Peter Kelly from the School of Psychology of UOW more than \$594,000 over three years to trial The Healthy Recovery Program. Peter was also the 'First Ranked Fellow' for this round of the funding scheme, and will be presented with a commemorative certificate.

“Cancer is extremely prevalent for people with a history of alcohol or other

substance dependence. It represents the third leading cause of mortality for this clinical group and results in enormous social and financial costs to the Australian population. It is important that we develop more comprehensive prevention strategies for these high risk population groups,” Dr Kelly said.

The Healthy Recovery Program is an eight-session group based intervention that aims to prevent cancer for people who are attending substance abuse treatment. As part of the intervention, participants are encouraged to quit smoking, improve their diet and increase their level of physical activity. Dr Kelly has already conducted a successful pilot study of The Healthy Recovery Program that was funded by the Cancer Council, NSW.

Dr Kelly will lead the evaluation of The Healthy Re-

covery Program, in collaboration with researchers at the University of Newcastle and the University of New South Wales. The research will be conducted across The Salvation Army Recovery Service Centres, commencing early next year.

“This is a wonderful opportunity to extend our work with The Salvation Army, particularly on a clinical trial that is likely to offer substantial real world benefits to people attending their treatment programs,” Dr Kelly said.

Dr Kelly and his colleagues at the Illawarra Institute for Mental Health, Professor Frank Deane and Dr Trevor Crowe, were recently awarded the Excellence in Research Award at the National Drug and Alcohol Awards for their ongoing research programs with The Salvation Army.

EMDR and the Treatment of Addiction



Rod Farrar practices in EMDR with substance using clients

Science is revealing much about addiction and arming us with more tools to treat this complex disorder. We know that there is a strong genetic aspect to this disorder. However, we cannot ignore the environmental aspect.

Addiction is fundamentally a brain disease that is expressed as a compulsive behavior and treating the whole person is necessary.

Dysfunctionally stored memories that have been stamped in memory with connection to people, places and things, are activated when triggers are presented - this results in an uncontrollable physical reaction.

EMDR, an evidenced base practice for the treatment of addiction supported by SAMHSA (Substance Abuse and Mental Health Ser-

vices Administration, USA), can and does allow the patient to process these dysfunctionally stored memories to reduce, and sometimes eliminate, the physical reactions to triggers.

Rod Farrar began working in the field of addiction in 1995 as a resident manager and progressed to becoming a therapist as well as a supervisor. He is a Licensed Professional Counsellor in the

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Centre of Research Excellence in Mental Health and Substance Use launched

The NHMRC Centre of Research Excellence in Mental Health and Substance Use (CREMS) was officially launched on 30 January 2013 by the Hon Tanya Plibersek, Australian Minister for Health and the Hon Mark Butler, Australian Minister for Mental Health and Ageing, Minister for Social Inclusion, Minister Assisting the Prime Minister on Mental Health Reform (pictured above with CREMS Chief Investigators). The NHMRC Centre of Research Excellence in Suicide Prevention was also launched at this ceremony, which was held at the University of New South Wales (UNSW).

Professor Les Field, UNSW Deputy Vice Chancellor (Research) chaired the opening, which was attended by over 100 of Australia’s leaders in mental health and drug and alcohol research, policy and practice.

The presence of both Ministers at the opening highlights the importance of this area to the health of Australians. Australian’s with mental health and substance use disorders have a life expectancy 20-30 years less

than their peers without these disorders. Over 300,000 Australians will have comorbid mental health and substance use disorders and many will not receive adequate care and treatment.

One of the first aims of CREMS is to break down the silos between the fields of mental health and drug and alcohol. To have so many leaders from across both mental health and drug and alcohol together for

the launch was a fantastic way to start. We are looking forward to conducting new research and working together towards the translation of that research with our clinical and policy partners. Health Minister Plibersek says this is an important step in helping our most vulnerable people from “falling through the gaps”, but a “whole of nation” effort is needed.

“ This is an important step in helping our most vulnerable people from falling through the gaps”.



EMDR and the Treatment of Addiction *cont. from p. 2*

State of Mississippi, a National Certified Counsellor, Internally Certified Alcohol and Drug Counsellor and is an approved supervisor by the Mississippi License Professional Counsellor Board.

Rod was awarded the Substance Abuse Professional of the Year Award by the Mississippi Association of Addiction Professionals in 2010. He is an instructor for students entering into the field of addiction and teaches substance abuse counselling process,

skills, theory and pharmacology.

Rod was EMDR trained in 2010 and has successfully utilised EMDR ever since to treat chemical dependency. He is continuing to build and enhance his EMDR therapeutic skills and works extensively with other EMDR Therapists in the State of Mississippi.

The EMDRAA Conference will be held in Sydney on 16 and 17 November, 2013 . In addition to Rod’s focus on the

treatment of substance dependence, there will be other discussion of the use of EMDR in the treatment of food, gambling and sex addictions.

The PSU is currently looking at the ways in which it can support this event, either through scholarships or joint sponsorship with the APS EMDR and Psychology Special Interest Group.





PSU Office Bearers are:

National Convener

Lynne Magor-Blatch
lynne.magor-blatch@canberra.edu.au
PO Box 464, YASS NSW 2582
Ph. 0422 904 040

National Secretary

Nicole Smith
nickim_smith@health.qld.gov.au
Ph. 0407 680 630

National Treasurer

Stefan Gruenert
sgruenert@odyssey.org.au
Odyssey House Victoria
660 Bridge Rd,
Richmond Vic 3126
Ph. 0438 545 934



The Psychology and Substance Use (PSU) Interest Group offers members an opportunity to engage with other psychologists who share an interest in substance use issues. The group aims to be of relevance to psychologists in a broad range of settings, including research, policy development, clinical work within the drug and alcohol system, and clinical work in other settings. We are always looking for ways the group can be of practical benefit to members, and we encourage members to become involved in whatever way they can.

Terms of reference

1. To facilitate communication among psychologists interested in substance use issues.
2. To promote professional activities and practice, information sharing, research and discussion related to the psychology of substance use.
3. To provide a network of APS psychologists able to respond, as deemed appropriate by the APS, to emerging issues related to substance use.
4. To promote the role of psychologists as practitioners, researchers and commentators in relation to substance use issues.
5. To generate and maintain links with organisations that has a focus on psychology and substance use, within Australia and internationally, who are congruent with the aims of the APS and the Interest Group.

PSU supports submission on Anti-doping

The APS recently provided a submission to the Senate Standing Committees on Rural and Regional Affairs and Transport concerning the Australian Sports Anti-Doping Authority Amendment Bill 2013.

The submission was prepared with the expert input from the APS College of Sport and Exercise Psychologists and the Psychology and Substance Use Interest Group. It is also based on our Review Paper and Position Statement on Substance Use which can be found at <http://www.psychology.org.au/community/public-interest/drugs-alcohol/>

The APS supports the Australian Government's efforts to remain at the forefront of anti-doping practices within sport, both for the health and wellbeing of athletes involved and in

recognition of the wider community benefits of sport, to maintain the integrity of sport in society. However, our submission noted that the proposed legislation raised questions concerning: (1) broad policy (prevention vs criminalisation/policing) and (2) ensuring the rights of athletes are upheld.

Psychological research and practice confirms that insistence on a 'one strike you're out' type of approach often exacerbates and reinforces problematic behaviour. Rather, there is a need to ensure that athletes seeking support in relation to any problems with their substance use are not deterred from doing so. We also believe it is important to maintain a distinction between athletes' use of illicit 'recreational' substances, and the use of banned performance-enhancing substances, and also to remain mindful of the

health and wellbeing issues relating to the use or misuse of many licit substances, such as alcohol, 'sports drinks' and prescription medication.

We share the concerns of other peak sporting and legal bodies that the current Bill needs to ensure the human and legal rights of athletes are upheld in any changes to the Bill. In particular, athletes have a right to be informed that evidence obtained through other agencies and then shared with ASADA may be used in criminal proceedings. Ensuring that ASADA adequately informs athletes (witnesses) about their rights and responsibilities (e.g., any implications for criminal proceedings in the future) is a safeguard that would strengthen the proposed amendment to the Bill.