

IN REPORT—DR ROB ALLEN  
WE WERE HONORED TO LEAD OF THE  
PASSING OF DR ROB ALLEN, PSU  
NATIONAL TREASURER, OVER THE  
CHRISTMAS PERIOD. OUR THOUGHTS  
ARE WITH PARTNER HOLLY HERRICK,  
HER WILKIE ALBERTSON AND AS PSU  
NATIONAL SECRETARY, AND FAMILY.

## SPECIAL POINTS OF INTEREST:

- **Report of PSU Forum, 2006 APS Conference, Auckland**
- **Upcoming activities for 2007**
- **Development of Position Paper on Substance Use**
- **Odyssey House Dual Diagnosis Program, Auckland**
- **Motivational Interviewing: Twenty Years On**

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# Psychology & Substance Use

An Interest Group of the Australian Psychological Society

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## Convener's Report

Welcome to a new year with the Psychology and Substance Use Interest Group.

Three of the four members of the Executive (Lynne Magor-Blatch, Convener; Stefan Gruenert, Treasurer; and Helen Mentha, Newsletter Editor) met recently in Melbourne to discuss proposed activities and events, which we hope to be able to put in place during this year. We were joined by Neos Zavrou and by phone by Debra Rickwood.

The first major activity we are working on, and for which we called for help last year, is the development of a Position Paper for the APS. As you will be aware, two papers have previously been developed by a working group, largely comprising PSU members. The new Policy Paper will be released in time for the 2007 APS Conference, and will be presented at the conference.

## What's On in 2007: Proposed Activities

The PSU Executive has moved ahead with the development of the APS Position Paper. We also have a professional forum planned for this year's conference—we are just waiting to see if it has been accepted. However, what many of you have noted is missing, are the activities at State and Territory

### APS Conference, Auckland 2006

The Psychology and Substance Use Interest Group sponsored a forum during the 2006 APS Conference in Auckland. The forum, *Working with the complex client, is one approach better than another?* took the format of a case study, and included four different approaches to treatment.

These were the creative therapies of Dramatic Psychological Storytelling, developed by Dr Rob Allen, and presented by Carol Tutchener from Melbourne; and Interactive Drawing Therapy, developed and presented by Russell Withers, Auckland, New Zealand.

Alternative approaches of Family Therapy and Motivational Interviewing were presented by Dr Malise Arnstein, family therapist from Canberra; and Dr Joel Porter, Director of the Pacific Centre for Motivation and Change,

Hamilton, New Zealand. This was a well-attended forum, which captured everyone's imagination and held the audience for more than 90 minutes.

The audience was not asked to choose the "best approach", but instead asked to consider the differing presentations provided.



Lynne Magor-Blatch, Malise Arnstein, Joel Porter, Carol Tutchener & Russell Withers, PSU Forum, APS Conference, Auckland 2006

level—and this is where we need your help. We are happy to provide the support and some financial sponsorship for activities at jurisdictional level, but these can't be organised by the three of four of us on the Executive. We are keen to sponsor at least one state each year to de-

velop a professional forum, training workshop or seminars. In the past these have primarily taken place in Melbourne, although in 2005 we sponsored a two day workshop in Darwin (for which PD points were awarded by a number of Colleges). (Contd. P2)

## Odyssey House Auckland, Dual Diagnosis Program



Odyssey House Dual Diagnosis Program, Auckland

*'With growing concerns about comorbidity in Australia, this is a model which has been shown to work most effectively with this population group'*



Chris Kalin,  
CEO  
Odyssey House  
Auckland

Last year I was fortunate to be able to undertake an international study trip to the UK, USA and New Zealand to look at various aspects of treatment for substance use. I was particularly interested in models for working with people with co-occurring disorders. (Primary presentations of both mental health and substance use disorders, often overlaid with a number of social and interpersonal problems).

In New Zealand I visited the Odyssey House Dual Diagnosis Program. This program offers treatment in collaboration with community mental health services, for adults with a psychiatric disorder who may also be experiencing problems related to substance abuse or gambling. The program offers:

- Residential Intensive Treatment in a home-like therapeutic community (TC) setting
- Age of clients: 18 to 65 years
- Program based in one facility
- Close liaison with community mental health services
- Psychiatric services provided by Odyssey House
- After care support
- Transitional housing in the community
- Specific program for clients with a gambling addiction

The Odyssey Dual Diagnosis Program is a 17-bed facility, located separately from the main Odyssey House facility. Odyssey has also successfully tendered for two new facilities to be established in New Zealand, each catering for 10 to 16 clients. Clients who are suitable for admission to the Dual Diagnosis Program will be:

- Either currently or previously engaged with mental health services
- On a prescribed medication
- Have an Axis I diagnosis
- May be considered at risk, and therefore not suitable for the main TC program
- While clients with a diagnosis of depression or anxiety may generally be included into the main TC, clients with a diagnosis of Major Depression, or who pose a risk to themselves, are admitted to the Dual Diagnosis Program.

The Dual Diagnosis Program is in place for those whose presentation on admission, or subsequent decompensation after admission, indicates the need for specific and targeted interventions. The main features of the Dual Diagnosis Program are its pace, in comparison to the mainstream program, supervision (it is staffed 24

hours by professional staff) and its intensity.

A Multi Disciplinary Team model is utilised from the following professional groups:

- Psychiatrists
- Psychologists
- Nurses
- Social Workers
- Counsellors
- Cultural Therapist
- Researchers
- General Practitioner

Staff have an awareness of risk assessment and work with the client to prevent decompensation. It is rare for a client to need an admission to a psychiatric service, with the program able to manage those periods when a client becomes unwell or experiences periods of psychosis.

The average length of stay is six to seven months, with clients generally completing their treatment within this program, rather than moving over to the mainstream TC once they are stabilised.

With growing concerns about comorbidity in Australia, this is a model which has been shown to work most effectively with this population group and has tremendous applicability in Australia within the step-up, step-down framework..

Lynne Magor-Blatch

## 2007 Activities contd.....

In recent times we have also taken part in national alcohol and other drug professional conferences (eg. APSAD), where we have provided workshops, forums or papers. Again, any members who would like to offer an event, please contact us and discuss your proposal. We are also very keen to encourage activities that support members

in each jurisdiction, so please use the newsletter to get in touch.

Over this past year we have achieved a good deal through the Interest Group—professional forums and workshops, the Motivational Interviewing Conference in Melbourne (see report Page 4), and prior to that, the development of resources for members (all on

the website), but there is a lot more to do if we are to more fully include the membership.

Many of the other Interest Groups have active groups working at a local and State/Territory level.

**We need your help to make the PSU more effective in this way.**

## Conferences, Workshops & Seminars of interest to the AOD field

### CONFERENCES

**5-9 April 2007**

**42nd National AA Convention : Living in the Solution**

Hilton Sydney

[Convention2007@hotmail.com](mailto:Convention2007@hotmail.com)

**27-29 April 2007**

**"Exposing the Reality – a National and International Perspective on Illicit Drug Use" First International Conference on Drug Abuse convened by Drug Free Australia Inc**

Stamford Plaza, Adelaide

(08) 8287 6815 or 0403 334 002

[admin@drugfree.org.au](mailto:admin@drugfree.org.au)

[www.drugfree.org.au](http://www.drugfree.org.au)

**1-4 May 2007**

**Grass Roots to Global Action, Health Promotion in Challenging Environments Australian Health Promotion Association 17th National Conference**

Adelaide Convention Centre

(08) 8274 6042

[ahpa2007@sapmea.asn.au](mailto:ahpa2007@sapmea.asn.au)

[www.healthpromotion.org.au](http://www.healthpromotion.org.au)

**13-17 May 2007**

**18th International Harm Reduction Conference**

Warsaw, Poland

Additional satellite events taking place before and after the conference

[conference@harmreduction2007.org](mailto:conference@harmreduction2007.org)

[www.harmreduction2007.org](http://www.harmreduction2007.org)

**17-19 May 2007**

**4th UK/European Symposium on Addictive Disorders**

Europe's largest conference on addiction treatment  
London

[enquiries@ukesad.org](mailto:enquiries@ukesad.org)

[www.ukesad.org/](http://www.ukesad.org/)

**25-27 May 2007**

**Melbourne Alcoholics Anonymous Steps Weekend**

Victoria University Conference Centre

Level 12, 300 Flinders Street, Melbourne

0413 897 970

[stepsweekend@aagroup.org.au](mailto:stepsweekend@aagroup.org.au)

[stepsweekend.aagroup.org.au](http://stepsweekend.aagroup.org.au)

**14-15 June 2007**

**Creating Synergy Conference**

Creating Synergy between prevention, early intervention and treatment in the field of alcohol & other drugs and dual diagnosis

University of Wollongong

(02) 4221 8173

[http://www.uow.edu.au/conferences/SynergyIV/](http://www.uow.edu.au/conferences/SynergyIV/Home.html)

[Home.html](http://www.uow.edu.au/conferences/SynergyIV/Home.html)

### WORKSHOPS & SEMINARS

**13 April 2007**

**"New directions in dual diagnosis - everything you need to know but were afraid to ask"**

**Turning Point's Public Seminar Series**

phone: (03) 8413 8413

[info@turningpoint.org.au](mailto:info@turningpoint.org.au)

[www.turningpoint.org.au/service\\_information/si\\_talkingpoint.html](http://www.turningpoint.org.au/service_information/si_talkingpoint.html)

**9 May 2007**

**Bloody Serious Facts: Hepatitis C and What You Should Know  
Cost \$20 per person**

This workshop is suitable for new drug and alcohol workers, nurses,

NSP workers, community health staff, students of health professions,

prison staff and welfare workers.

Suite 5, 200 Sydney Road, Brunswick 2-5pm

\*NB This is a repeat of training session held 18 March 2007.

(03) 9380 4644 or fax (03) 9380 4688

[info@hepcvic.org.au](mailto:info@hepcvic.org.au)

[www.hepcvic.org.au](http://www.hepcvic.org.au)

**11 May 2007**

**"Pharmacotherapy in Victoria - future directions?"**

**Turning Point's Public Seminar Series**

phone: (03) 8413 8413

[info@turningpoint.org.au](mailto:info@turningpoint.org.au)

[www.turningpoint.org.au/service\\_information/si\\_talkingpoint.html](http://www.turningpoint.org.au/service_information/si_talkingpoint.html)

**17 May 2007**

**Forum for educators and trainers who are involved in the hepatitis C sector**

Dr Campbell Aitken will facilitate a discussion on hepatitis C: Does the evidence show that hepatitis C can be sexually transmitted?

How and when?

Hepatitis C Council of Victoria Suite 5, 200 Sydney Road Brunswick

Bookings essential as places are limited.

RSVP to:

(02) 9380 4644

[info@hepcvic.org.au](mailto:info@hepcvic.org.au)

**15 June 2007**

**"Community wellbeing: challenges, trends and opportunities"**

**Turning Point's Public Seminar Series**

phone: (03) 8413 8413

[info@turningpoint.org.au](mailto:info@turningpoint.org.au)

[www.turningpoint.org.au/service\\_information/si\\_talkingpoint.html](http://www.turningpoint.org.au/service_information/si_talkingpoint.html)

### PSU Members join Western Regional colleagues to say farewell to Dr. Rob Allen, MAPS



Our friend, colleague and PSU National Treasurer, Rob Allen, passed away on 15 December 2006 at his home in Bathurst after battling lung cancer

for six months. Rob had been a lecturer in psychology at Charles Sturt University and its predecessor institution, Mitchell College of Advanced Education, since 1986 and a valued member of the APS Western Regional Group since its formation. Rob was both academic representative on University Council at Charles Sturt University and the elected representative on the NTEU (the National Tertiary Education Union) for many years. Rob was also a Fellow of the Australian Human Resources Institute (AHRI). Most of all, Rob loved teaching and working closely with his research students, in more recent years using the Dramatic Psychological Storytelling model.

Prior to his untimely death last year, Rob had completed a book, with his co-author and friend, Nina Krebs, entitled: *Dramatic Psychological Storytelling: Using the Expressive Arts and Psychotheatrics*. This book has been published by Palgrave Macmillan and became available for purchase in Australia in February 2007. The abstract from this publication reads as follows: "Storytelling is a time-honoured and effective form of communication for the construction of shared understanding. Combined with the expressive arts, storytelling becomes even more powerful – a connection for deep inter-subjective meaning. In *Dramatic Psychological Story-telling*, the authors present a seven-step model for insight and change, anchored by the expressive arts and the action method, *Psychotheatrics*."

Rob's research students, who successfully worked with the model, are keen to carry Rob's work forward. This, then, is Rob's legacy to us all. For more information, refer to the following website, funded by Nina and Dave Krebs, from Sacramento, in Rob's memory.

[www.dramaticpsychologicalstorytelling.com](http://www.dramaticpsychologicalstorytelling.com)

Rob will be sadly missed by his wife, Roslyn, his son, Carey and his extended family. Following his death, his brother-in-law, Roger wrote: "Long may his fine, courageous spirit live." We all share that sentiment. "Rest in Peace" Rob.



Please contact any of us with news, items of interest and ideas:

#### National Convener

Lynne Magor-Blatch  
clinical.dir@adfact.org.au  
PO Box 2230 Tuggeranong  
ACT 2903  
Ph: 0405 507 298; Fax 02 6292 7073

#### National Secretary

Amanda Akers  
Amanda.Akers@hnehealth.nsw.gov.au  
Hunter New England Area  
Health Service  
Lookout Rd, New Lambton Heights  
NSW 2305  
Ph: 02 6776 9784

#### National Treasurer

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

The newsletter provides us with another avenue for professional development, and we were thinking it would be good to focus in on particular themes in our newsletters. This also provides members with a greater chance to contribute, and indeed this idea will only truly work through members contributing their diversity of knowledge and experience.

With the new Medicare numbers, many psychologists are reporting increased referrals from GPs where substance use is an issue. These are people who have not previously received specialist interventions. If you are seeing people now through referral from General Practice, please share those experiences. This will be the focus of the next newsletter.

Complete contributions are welcome, but so too are ideas that we can compile into a combined article. If you have any ideas or suggestions, please contact Lynne Magor-Blatch at [clinical.dir@adfact.org](mailto:clinical.dir@adfact.org)

#### Thank you to Helen Mentha

Helen, who has tirelessly produced the newsletter over the past six years, has decided it's time to step aside from this role. Thank you Helen for all your efforts, the frustrations in trying to get us active in the provision of articles and information, and for your professionalism in keeping us abreast of developments in the field. We appreciate your efforts.

## Psychology and Substance Use Interest Group

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. One important way is through the establishment of PSU groups in each jurisdiction—so if you are interested in bringing a group together in your area, we are keen to support you and provide help along the way.

# Motivational Interviewing: Twenty Years On

PSU was proud to host **Motivational Interviewing: Twenty Years On** in Melbourne on 9-10 November last year. The conference was held at the Dallas Brooks Hall in East Melbourne, overlooking the beautiful Fitzroy gardens.

The event was initiated by the Drug and Alcohol Nurses of Australasia (DANA) and Dr Joel Porter (Director of the Pacific Centre for Motivation and Change) and was also held in Adelaide and Perth in the same month.

Participants were able to select from one of three concurrent workshops:

- Motivational Interviewing: Foundation skills with Dr Joel Porter
- Advanced Motivational Interviewing with Denise Ernst
- Motivational Approach to Working with Co-existing Disorders with Dr Allan Zuckoff.

In addition, all participants were able to

attend a plenary session. On the first day, Denise Ernst presented "The cutting edge of MI research", while Dr Allan Zuckoff presented "MI and the treatment of co-occurring grief and substance use disorders" on day two.

All three presenters were brought to Australia for the event, to provide a rare opportunity to gain advanced training in Motivational Interviewing by US trained therapists and researchers who had specialised in the approach. PSU was keen to support the event as there are few opportunities to develop advanced skills in Motivational Interviewing.

The event was well attended with 90 registrations, with members of the APS and DANA offered subsidised registration fees to ensure the event was accessible as possible.

I would like to thank the APS staff, and the wonderful Alex Bignell in particular, whose help and advice was invaluable. A big thank you as well to Graeme Kane, Lynne Exton and Matiu Bush for an early start and a great job registering participants as they arrived.

Motivational Interviewing: Twenty Years On was PSU's first conference and we're delighted it was a great success. Not only did participants report that they found it a valuable opportunity for professional development, the atmosphere of the two days was very positive and supportive. It was encouraging to hear how many participants gained a deeper insight into the philosophy and discipline of the style to appreciate the true spirit of Motivational Interviewing.

Helen Mentha  
Conference Co-ordinator



Dr Joel Porter, Director of the Pacific Centre for Motivation and Change