

Psi Counselling news

NEWSLETTER OF THE APS COLLEGE OF
COUNSELLING PSYCHOLOGISTS

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A Message from National Chair Geoff Denham

With the success of the APS Medicare initiative, there is a pressing need to re-invent training in Counselling Psychology beyond 4th year at university level. I believe that Counselling Psychology has a distinctiveness that should not be subsumed into Clinical Psychology. However, the current trends — Counselling Psychologists applying through the Category 2 provisions for membership of the Clinical College, and trainees choosing the Clinical in preference to the Counselling option at — undermine the viability of Counselling Psychology accredited programs unless some changes are made.



My vision for Counselling Psychology is articulated in the draft on page 3, there for discussion and input. I am grateful for my opportunity to start postgraduate training in Counselling Psychology at Auckland University of Technology in 2007. In short, we have something distinctive to offer, and we should be re-designing our programs to address our new circumstances.

There is a view that there will be no Counselling Psychology training available in 5 years time in Australia. Another view is that if there are to be training opportunities in Counselling Psychology, students will need to be able to qualify for membership of both the Clinical College and the Counselling College. At present, it is not possible to do a Masters program that gives membership of two colleges, but it is possible to gain membership of two Colleges at Doctoral level. Do we as a College want to pursue that option? I guess another radical plan would be for those running accredited programs to seek endorsement from the Clinical College and re-brand their programs along the lines suggested by the following: Master in Clinical Psychology (with Counselling specialty) or Masters in Transcultural Psychology (Clinical).

A pragmatic response by all Counselling College field supervisors would be to apply for membership of the Clinical College under category 2, to make their students' claims for category 2 entry stronger, because their supervisors' success in the above application will make it possible to claim larger amounts of clinical supervision.

A merry Christmas to all
Geoff Denham

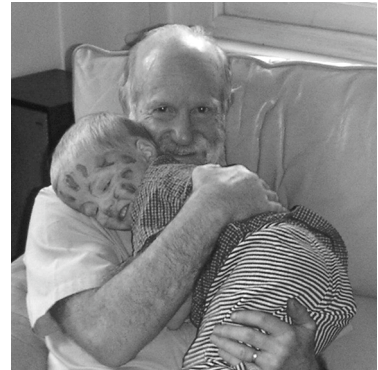
Psi Counselling news

Hi there!

My name is Bob Rich, and I am not quite sure how I managed to inherit this job.

For years, my friend and colleague Greg Coman has been publishing this newsletter. He decided to hand it on to someone. I was unwise enough to ask what the job involved... So here I am.

You might have guessed that I am a Counselling Psychologist, and from the picture that I enjoy the company of kids. The rest is, well, none of your business ☺ but if you insist, you could go to www.bobswriting.com and see for yourself.



It is my sincere hope that this newsletter will continue to be useful, interesting and topical, like it was under Greg's guidance. Only, I can't make it so by myself. You can help me.

Yes, I mean you specifically, not you in the general. I am sure you have passionate opinions about various aspects of society at large, psychology, counselling, the APS, the College... Share it with other members. As long as what you offer is constructive, polite and non-defamatory, I'll be delighted to print it.

Counselling Psychology is facing a critical time. As several of the contributions to this issue imply, the very existence of our specialisation may be at risk. Please read the articles by Geoff Denham and see for yourself.

Despite this, there is a lot of vitality and interest, with a movement from some rural members to improve the services to those who can't readily access the city, good PD activities in the recent past and on offer, and a building DVD/Video library.

I am looking forward to making *Psi Counselling News* into a vibrant publication. Help me to achieve it.

Bob Rich, Ph.D., MAPS
bobrich@bobswriting.com

Am I being provocative?

Outcome research indicates that only about 15% of the success of therapy is related to the techniques used. (40% client factors, 30% therapist-client bond, 15% placebo).

So, why are all or almost all PD activities, the content of courses, and the requirements of funding bodies focused on technique?

Responses welcome.

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Counselling Psychology – What is it? by Geoff Denham

Counselling Psychology emerged as a psychological specialty committed to assisting clients adjust to various changes and developments in their personal, social, vocational, educational, relational, and wider worlds. As a specialty it now recognises *social change* as the term missing from the earlier discourse on *adjustment*, and considers issues of human diversity (race, ethnicity, culture, gender, religion, age, sexual orientation, disability) in its practice, theorising and research. *Counselling Psychology* lays emphasis on a research base for asserting the centrality of the working alliance to all therapeutic work through a participation with clients in the therapeutic tasks of setting goals, agreeing on mutually acceptable roles, and developing a relationship of trust. Its commitment to scientific research in support of counselling and psychotherapy is steadfast, as is its commitment to range of scientific research practices.

For *Counselling Psychologists*, the gulf between research and practice needs to be made less wide. *Counselling Psychology* is committed to building the *scientist/practitioner* guiding notion for our profession by producing

- practitioners informed by research findings;
- a science informed by practice knowledge (reflective practice).

Counselling Psychologists acknowledge the importance of both biomedical, psychosocial and cultural perspectives in understanding and explaining both the formation of mental illness, human distress, suffering and problem behaviour, and in understanding, explaining and implementing professional practitioner responses to

address them. The importance of context to psychological work has long been recognised, as has the importance of interdisciplinary work in practice and research settings.

Training in Counselling Psychology gives students a thorough grounding in

- skills in establishing and developing the therapeutic alliance;
- knowledge of psychiatric nosological systems and examination of their limitations (particularly in transcultural settings such as Aotearoa);
- sensitive culturally-appropriate assessment (particularly noting work contexts with indigenous and migrant people);
- knowledge and skill in applying at least one research-based therapeutic modality in addressing client problems, disorders, or complaints;
- skills and training in age-appropriate interventions;
- professional written and oral communication skills;
- the importance of ongoing professional development and supervision.

This is a draft paper by Geoff. Responses are welcome, either to me at

bobrich@bobswriting.com or to him at geoff.denham@canberra.edu.au.

Please indicate if you want your response to be printed in the next issue of ***Psi Counselling News***, posted at the College's web site <http://www.groups.psychology.org.au/ccoun/news/> — or of course neither.

Psi Counselling news

A Message about Medicare by Simon Harvest, Chair, Melbourne Branch

Hello All,

I would like to respond to the letter sent from the Counselling College to the APS regarding the issue of the tiered system for Medicare rebates for psychologists. As many of you may know I am a Counselling Psychologist and a member of the College.

The issue of the tiered system for rebates is a complex one for our profession and not as simple an issue as has been suggested in some quarters.

As a Counselling Psych, it is very easy to assume that the 2-tiered system (advantaging Clinical Psychs over all other psychs) is an APS construction and that the APS, in their negotiations with government, exercised considerable choice in this matter.

I do NOT believe this to be the case.

As I understand it, the government was intent on ONLY including Clinical Psychologists for Medicare rebates and the APS worked assiduously to ensure that other psychologists were included. The response from government was to then include other psychs in the general pool of Allied Health Professional rebates, but the APS again worked hard to gain a slightly greater rebate for other psychs.

Yes, I agree of course that this is not an ideal outcome, but there are two points I would like to make (at risk of oversimplifying the issues):

1. The APS's power at the negotiating table was not as extensive as many people would seem to think. At no time was the APS "driving" these negotiations.

2. While not ideal, these outcomes advantage all psychologists (in varying degrees).

Regards,
Simon Harvest
Chair, Melbourne Branch
simon@det.assessments.com.au

Poems or Snippets

Blank spaces like this are a nuisance. I am looking for filler items: poems, very short stories, announcements, raves and whinges.

Of course, any item will need to be suitable to the theme of Counselling Psychology, even if only marginally or by implication.

See submission guidelines on the last page.

Your National and State committees are there for you. We are all interested in your concerns, ideas, needs and enthusiasms. Contact details are up at
http://www.groups.psychology.org.au/ccoun/office_bearers/

Also, all of these committees always need members who wish to contribute to the running of our College.

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Elizabeth Tindle in Auckland

Chair of the Queensland Section of the College, Elizabeth sent me an excellent four page report on the last APS National Conference. When time permits, I will post the whole report to the web site, but here are the first few paragraphs:

This annual Psychology conference was held in the Sky City Convention Centre, Auckland, over five days with eight concurrent sessions to choose from each day plus a range of workshops.

Scientific papers addressed all aspects of Psychology (Health, Clinical, Sport, Forensic, Counselling, Neuropsychology, Academic, Occupational, Educational and Developmental) and enabled participant delegates to gain knowledge of current theories and cutting edge research.

I believe that my University benefits in many ways from having a representative at this conference, both directly and indirectly. The latest research findings and therapy and clinical practice can be incorporated into the work I do with staff and students of the university. The relevant research can be passed on in the training and supervision of provisionally registered Psychology Interns who train with and are supervised by staff in the Counselling Service. The effectiveness of the service is in turn improved, enabling students at risk of dropping out to remain in their courses.

Some clinical papers were of particular value. The symposium on medicalising of human suffering in psychological practice led by Dr Geoff Denham, University of Canberra, stressing the centrality and indispensability of the therapeutic alliance with the client in the healing process, was very useful. I strongly concur with this view (Tindle, JANSSA, April, 2006).

A second symposium presented by Counselling Psychologists on practice-based evidence (as against the usual evidence-based practice) aimed to foster practitioner research networks to advance Counselling Psychology as a response to health issues and personal problems. Such

research networks would link QUT with collaborators in other Counselling Services around the world and be mutually beneficial to all participants.

As Chair of the APS College of Counselling Psychologists in Queensland, I have with my committee, provided professional development for Psychologists from all specialties for many years. QUT has become synonymous with this college in that the University has been the hub of Psychology professional Development (mandatory for all College members) since the early nineties. A comparatively new addition to Cognitive Behavioural Therapy is Mindfulness (MCBT) which the College had organized for our October meeting. This seminar was so over subscribed that it was repeated in November.

As anticipated Mindfulness was on the conference programme a number of times and I was able to attend symposia chaired by Sue Dykes on "Mindfulness based therapies" (Parts 1 and 2).

Mindfulness therapy is described as being based on the ancient wisdom of thousands of years of Buddhist exploration of the mind. The therapy is blended with established and research-based therapies in response to human suffering. Mindfulness is defined as "being increasingly present and able to observe and not react to passing events"

It is described as "an exciting and rapidly growing area with huge potential for the alleviation of suffering and the increasing of compassion for self and others". (See NZ Mindfulness forum: Integrating Mindfulness and professional practice' Thomas, P, Dykes, S. & Tuck, W.)

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The Victorian State Committee Meets Professor Ernesto Spinelli

Earlier this year the Victorian State Committee became aware that Ernesto Spinelli would be in Melbourne to provide training sponsored by PsychOz Publications in October-November.

The Committee took the opportunity to invite Professor Spinelli and his wife, Maggi Cook, to dinner and were delighted when they accepted our invitation. Professor Spinelli is past Chair of the BPS Division of Counselling Psychology, and is one of the world's leading exponents of existential psychotherapy. Four committee members attended the dinner - Lyndon Medina, Michael Di Mattia, Bill Van de Meene and Monique de Zoete.

Although the evening was primarily social, the committee were able to discuss issues pertinent to counselling psychologists. Professor Spinelli reported that in the UK, counselling psychologists are on an even par with clinical psychologists.

Many positions advertised ask for either a counselling or clinical psychologist. Professor Spinelli noted that counselling psychology is relatively new in the UK, having spawned in the last 10-15 years and that counselling psychologists were quick to identify how they differ from other branches of psychology. Perhaps there is a lesson here for how counselling psychology might seek to define itself in Australia.

The committee would like to thank Ernesto and Maggi for their charm, humility and approachability throughout the evening.

Michael Di Mattia
Treasurer,
APS College of Counselling Psychologists — Victorian Section



**College of Counselling Psychologists –
Victorian Section
2006 PROFESSIONAL DEVELOPMENT
PROGRAM**

Training in Supervision for Practising Supervisors Dana Maude & Angela White

Full Day workshops, 22 April, 17 June

Working with Dreams Dr Peter O'Connor

Half-day workshop, 27 May

Counselling people with a disability Dr Nick Hagiliassis, Mark Di Marco & Chris Kelly

2 hour seminar, 10 July

Sleep Better Without Drugs Dr David Morawetz

Full Day Workshop, 22 July

Acceptance & Commitment Therapy Dr Russell Harris

1 hour Special Presentation (AGM), 21 August

When birth and death coincide: Supporting clients after miscarriage and perinatal loss Dr Penny Brabin

Full Day Workshop, 14 October

Changing practices, changing paradigms: Working effectively with Indigenous Clients Wendy Nolan & Carol Moylan

Full Day Workshop, 18 November

It is my fault... I circulated the various State committees for contributions at very short notice, and at the WRONG time of the year.

The NSW section will certainly have something in the next issue.

Elizabeth Tindle suffered one of my frequent disorders: computeritis. She wrote a report for me, which disappeared somewhere within her hard disk. She told me that the Queensland section have held 7 PD meetings in 2006. The last one was repeated by popular demand.

**College of Counselling Psychologists,
Victorian Section
PROFESSIONAL DEVELOPMENT
PROGRAM**

Tuesday, 17 April 2007

Spirituality in Counselling

This seminar aims to provide you with:

- role of spirituality in counselling
- how you address spirituality in counselling
- how you bring in spirituality in the therapeutic dialogue
- case examples

Presenter:

Dr Jillian Bull is a clinical psychologist and completed her Doctorate in Clinical Psychology at the Graduate School of Psychology, Fuller Seminary, Los Angeles, USA. She also completed a Master of Arts in Theology from Fuller Seminary, Los Angeles, USA.

She currently works as a student counsellor in RMIT Counselling Service and teaches counselling to pastoral counsellors at Whitley College, Melbourne University. She is committed to a holistic approach to counselling that integrates the mind-body-spirit. Jill is particularly interested in a theology of emotions and has an interest in helping pastors develop their emotional intelligence and self-care.

Time: 7.00 p.m. – 9.00 p.m.

Where: “Beaumont Room” –
Quest Beaumont Kew
7 Studley Park Road, Kew

Cost: \$10 (Counselling College members and students)

\$15 Non College members

Bookings: No bookings required

PD Points will be applied for

Information on both future and past PD activities anywhere is welcome. Thank you Lyndon Medina for providing the material on this page.

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PD Blog anyone?

Margaret Lord, FAPS, wants to assemble a publicly available record of past PD activities. By “past” she means going back even 30 years, so that older members who qualified before the availability of Masters Courses can use it as a resource in registering for the Clinical level of Medicare.

We might well house the blog at the College web site, or somewhere else with a link to it.

If you are interested, please email Margaret at lordbuton@hotmail.com.

Growing DVD library

The Victorian section has been spending some of its ill-begotten gains on buying excellent DVDs, for loan to College members. Details are (or will be) posted to the web site. Log in, then go to Groups > Colleges > Counselling College > Member Resources.

I promise to update this page early in 2007 if not sooner. If not, fire me as web page coordinator — and you’ve got yourself a job!

Current content I know about:

- An excellent disk on PTSD;
- The gift of therapy: A conversation with Irvin Yalom;
- *Existential-Humanistic Psychotherapy in action* - James F.T. Bugental

More are on the way.

Links anyone?

If you have a web site that is relevant to Counselling Psychology, send me the link to bobrich@bobswriting.com. I want to establish a publicly available page of links to members’ web sites.

Accompany the link with a short paragraph that will induce the reader to click on it.

Rural members unite

Do you feel isolated? Is it hard for you to access PD activities, supervision and co-supervision, and other services urban members take for granted? Marilyn Willis maw@netspace.net.au would like to hear from you. She is in a group practice with 5 other psychologists. Look up their web site at www.langhammews.com.au.

Their current ideas are:

1) Conducting an analysis of the PD needs of rural Vic members. Recommendations could be made for future PD activities and also for activities conducted by APS and other service providers.

2) Expanding the internet services of Langham Mews to include a specific project (e.g., internet based counselling for clients with eating disorders) to involve psychs working in rural areas of Vic — could include service delivery for clients in both Melbourne and rural areas, PD, supervision and additional employment for rural psychs.

3) One of the Langham Mews psychologists, Dr Sarity Dodson conducts Mindfulness programs in Melbourne — is willing to conduct Mindfulness programs as a PD activity for rural members in Portland or Horsham.

Submission guidelines

As you can see, contributions need to be brief. Ideal is something that will fit one page. If it’s all text, that’s about 400 words. Pictures, tables etc. will reduce the word count.

Perhaps not surprisingly, a single column is about 200 words. That’d be great too. And shorter filler items are invaluable.

Content should be relevant in some way to Counselling Psychology, using clear language. Anything inflammatory, discriminatory or libellous will be consigned to the deep.

Send queries or contributions to bobrich@bobswriting.com, with the subject “Psi Counselling News”.
