

NEWSLETTER

Message from the Chair

Hello Everyone

It has been a busy year for all of us, and I do apologise for the delay in preparing this edition of the Newsletter. I hope that you have been reading the APS Queensland Newsletter as our members have been contributing and I did try my best to include the Chair's report of activities and areas of interest. Your attendance at APS Branch meetings has been absolutely fantastic, so I expect that you will be up to date with what has been happening. But there is more to come...

Well, National Registration is here and PBA and APA National Office have generated extensive guidelines to assist us with understanding the introduced changes and new requirements. I hope you review the PBA and APS websites regularly. Of note, are the requirements for Continuous Professional Development (CPD) and changes that have been introduced to the Supervision Program for the 4+2 Pathway. Both sites offer suggestions, forms and templates as to how your Professional Development Plans can be structured, logged and documented. As you may be aware, professional development activities completed prior to 1 July 2010 will not be counted. The APS National Office, however, is exploring the options as to how members could access copies of the logged activities for their personal records. Many of us have been very disappointed to lose these records. It has been well acknowledged by APS and I hope that some amendments can be made.

The requirement for ten hours of Peer(s) Support has created some confusion. Setting up peer support groups remains very flexible, although we are awaiting more guidelines as to how these groups would be expected to function. You will find on the APS website a document prepared by the Illawarra Branch entitled "Peer Consultation Brochure", also endorsed by APS

National Office. It contains some guidelines for running peer support groups. Having a more formally recognised facilitator of the group is recommended. The facilitator is not required to be STEP trained. There is some debate as to whether the facilitators and the groups ought to be formally registered with the APS Branches, and we are looking into this. Nevertheless, I personally feel that it would be very helpful to have the groups on our records to link new members who might be interested in joining. There is also an opportunity for the Branch to organise special training for the facilitators. Other Branches have done it and now have quite a substantial and successful number of support groups registered and functioning well. So please let the Committee know who you are, and we will attempt to support you in the best way possible.

Please check your registration online with the PBA. I hear that some members have not had correct information listed. As with any new system, technical bugs are more the rule than an exception.

The APS Sunshine Coast Branch has run some great general meetings this year that have been exceptionally well attended. Thank you all for your support. Our last event was the Personality Disorders Workshop with Dr Paul Cadzow. We had a fantastic turn up and I do hope that all of those who did attend enjoyed it as much as I had. Dr Cadzow gave a very personal overview of the disorders based on his clinical practice and experience. It was by no means a textbook approach to PD, but a presentation that gave one a very good insight and feel for what those disorders might look like. I extend my immense gratitude to Dr Cadzow and all the Committee Members who have done such a tremendous job in organising this workshop whilst I holidayed in Europe. Kathy, Rosanne, Sally, Kelly, Kay and Brad, thank you once again.

The current Branch Committee has almost completed

NATIONAL PSYCHOLOGY WEEK

14-20 November 2010



See us at: www.groups.psychology.org.au/sunshinecoast

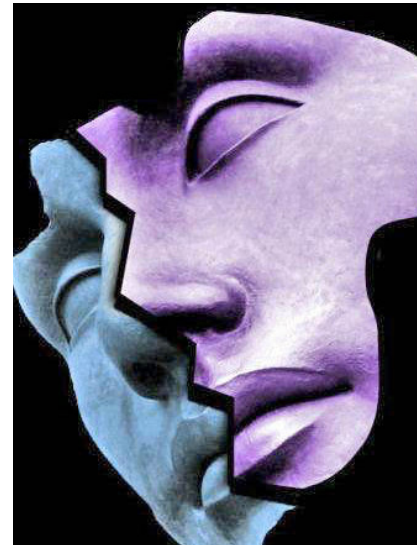
two years of service. We are holding the **bi-annual Branch General Meeting on Wednesday 6th October in the Sands Room at Surfair Resort, Maroocha**. It is a very important event and I hope that you will be able to attend. The meeting will commence at 6.00 pm with nibbles and drinks. Jane Shorten will be our guest speaker presenting on the topic of "Empowering Girls".

Kathy has already sent out the nomination forms for your consideration. The current Committee will be officially stepping down so for the Branch to continue a new Executive Committee will need to be elected to manage the Branch affairs. We are thus looking for new members to become involved. Please look around you and extend an invitation to your colleagues or ask a colleague to nominate you. Your support is essential if we want to keep this Branch alive.

In 2010 and 2011 we expect that there will be changes in the way services are conducted under Better Access and other health programs, so we need to be organized if we want to be consulted. Kelly Callaghan and now Tony Collins have been representing your interests on the Sunshine Coast Mental Health Executive Council. The Council is likely to be an important source of information on health reforms, professional development and improved interagency communication. Furthermore, Lisa Mclean is our representative on the APS Public Sector and NGO Reference Group and is our important link to information regarding industrial, organisational and professional matters affecting PS & NGO psychologists.

National Psychology Week is nearly upon us and will be held between the 14th and 20th of November 2010. Queensland's registry of events with the APS is looking very busy, so without doubt, there is an optimal opportunity to inform the general public of the services that we can offer. Every year the committee works hard to bring you workshops that are both educational and cost-effective. Some years, there is extra money in the kitty which is often used to subsidise events. While we will continue to do this, we would like to propose that this year we also think about donating money to a charitable cause. Many professional organisations take on the sponsorship of a community group or charity and as psychologists the committee thought that it would be a worthwhile consideration. On the coast there are numerous organisations such as; the Emma Project, the Pyjama Foundation, Jeans for Genes, White Ribbon and so on.

The committee would like to propose that we consider the Pyjama Foundation as an organisation that we could support and would like to consider making a donation of \$500. Pyjama Foundation Love of Learning Program® is a literacy-based mentoring program for children in care. Volunteers from the community – known as Pyjama Angels – are recruited, screened, trained and supported to help the children improve their literacy skills. Pyjama Angels are matched with a child in care and visit them once a week for an hour, to read books aloud, play educational games and help them with their homework. This is The Pyjama Foundation Love



of Learning Program™, a literacy-based mentoring program creating positive, life-long change for children in care. The foundation is often seeking funding to purchase books and pyjamas for children who are in foster care. The 'reading angels' visit on a weekly basis to read to the children because, as we know, children in care are often well behind in basic literacy skills.

If members agree, then we may be able to make a regular donation to assist this cause or another cause that may be close to your heart. Your feedback would be appreciated, hopefully you will join with us in supporting a local charity. Please email us if you have any other suggestions or objections.

In late 2009 and early 2010 members and associates were invited to submit details for inclusion in a local APS Sunshine Coast Directory of Psychologists. It has taken some time to set this up, I am pleased to say that the directory

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is now available on the Division of General Practice Focus website – Go to focushealth.com.au and look under Directory (Anxiety, Trauma, Depression, Stress, Relationships, Adjustment). As you would expect, we have to update the Directory for 2011, so please check your details on the website. If you would like me to make any changes, or if you would like to be included, email me at mb@maggiebailey.com.au. The closing date for the submissions of updates is the 1 November 2010.

Mental Health Practitioners Network (MHPN) meetings have continued in Maleny, Maroochydore and Tin Can Bay. The Maroochydore group will be again meeting at the Division of General Practice on 27 September 2010. While these meetings are arranged by the Melbourne office of MHPN, we need a local facilitator to keep these multidisciplinary meetings happening. If you value these meetings and you are interested in helping, please contact Brad Levingston at blevingston@scdp.org.au or call 54432100.

I look forward to seeing you at the BGM on 6 October or hearing from you soon.

maggie

Dr Maggie Bailey
Chair (Acting)
APS Sunshine Coast Branch

Your current committee

APS Sunshine Coast Branch
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Please email newsletter contributions to mb@maggiebailey.com.au

Office Bearers for 2008 – 2010

As a committee we will also meet on the second Tuesday of each alternative months – so please contact us if there is anything you would like to raise with us. Your committee contacts are:

Chair (Acting)	Maggie Bailey	mb@maggiebailey.com.au
Secretary (Acting)	Kathy Mellor	katherinemellor@gmail.com
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Committee Member	Kelly Callghan	kc_59@bigpond.net.au
Committee Member	Rossane Middleton	rnmiddleton@bigpond.com
Committee Member	Sally Rostas	srostas@bigpond.net.au

Calendar of events 2009

Date	Presenter	Topic
6 October	BGM and Jane Shoten	Empowering Girls
3 November	Kathy Mellor	Beating the Pokies at their own game
December	TBA	Christmas function

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