

The Child Adolescent and Family Psychology Interest group

January 2005

Contents Of this Newsletter.

- National conveners reports:
- Outgoing: Lyn Worsley
- Incoming: Rita Princi
- State reports:
- Upcoming events
- Posters
- State and National contacts
- "Top End Gathering"
News

The National Conveners reports, Outgoing: Lyn Worsley

It is with excitement and pleasure that I hand the national conveners position over to Rita Princi from October 2004.

The role of convener has been a great learning experience for me as well as an opportunity to network with other professionals both in the APS and out. The fantastic benefit of being in an interest group such as the child adolescent and family IG, is that it is an inclusive group which welcomes other professions and creates a forum for the mixing and sharing of ideas.

This is most evident in the many seminars and work-

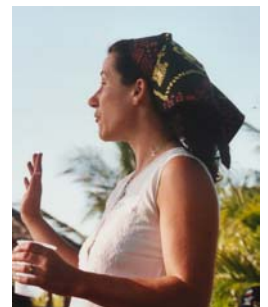
shops run by the group over the years. So for me, having been involved in the NSW group for 4 years and then the National Convener for 4 years, I have benefited from the many professional development opportunities over this time.

Rita Princi and I have worked together over the last 4 years when she took on the role as the S.A. convener. Rita seems to have the knack of pulling people together who are willing and able to share resources and volunteer time to the interest group. She is also someone who doesn't give up easily. So it is with great excitement that

I see Rita taking on this role.

She will bring a new dimension to the interest group and hopefully involve more South Australians in Nationally coordinated projects. (such as The Gathering in Cairns, July 2005).

For me, I will take a back seat however I have been given the role of coordinating The Gathering 2005.



Incoming: Rita Princi

My vision for the National CAFPIG is to continue the hard work of our wonderful founding national convener Lyn Worsley, who will continue as advi-

sor to the national committee, and to continue organising events that incorporate all states and to involve more student participation.

I hopefully will be able to use the experiences and contacts I have with Universities, Child and Adolescent Mental Health

community health centers, the Department of Education and Children's Services to enable the sharing of resources and networks.

I'm looking forward to being able to meet and coordinate with other psychologists across Australia, who work with Children, Adolescents and Families.

S.A Reports on 2003-2004: Rita Princi

*South Australian
Committee
members are;*

*Convener;
Niamh O'Brien
Secretary;
Jacinta Lowes
Treasurer;
Amanda Pomery
Member;
Rita Princi*

South Australia's activities this year were limited due to most of the committee except myself heading overseas, which resulted in a new committee. We are soon to elect a new coordinator as I have been elected to the office of national convener.

During the year, as CAFPIG (SA) coordinator, I provided a story for the 4th Year Psychology booklet entitled "Helping today's students become tomorrow psychologists". This has been distributed to psychology departments at the various universities across Australia. As a follow up, the APS asked that I provide a media release

regarding the story for Psychology week..

In October, I was also approached by the Services to Youth Council in my role with CAFPIG to present on "Challenging behaviours—Strategies to assist volunteer mentors".

With our new committee on board we organised a seminar on 17th November 2004 on "What is Dyslexia? How is it assessed? What are useful interventions for parents and teachers?" Presented by **Annette Brock**, a psychologist with extensive experience with Dyslexia and learning disorders. For

this seminar we changed the format to a more informal setting to encourage more discussion and exchange of ideas during and after the seminar. We sought PD points and the seminar was very well attended.

Our Committee has always had a strong student focus both in including M. Psych students in the committee and in inviting students to attend our seminars. The new committee will continue this focus for next year. As mentioned above, my term as coordinator has come to an end, but I will continue to support and work with Niamh, Jacinta and Amanda and other CAFPIG members.

W.A Reports on 2003-2004: Jacqueline Reid

The WA Committee

*Convener;
Jacqueline Reid
Treasurer;
Trudy Rosenwald
Secretary;
Linley Ford
Members:
Lisbeth Pike
Wendy Britten
David Hay
Margaret Hodgkinson
Michael Sheehan*

There are currently 9 members on the committee with 7 being original members from the group's inception in 1997. As a group we all contribute to a planning meeting at the start of each year to plan the program.

The theme for 2004 was a "Multidisciplinary Approach to Caring for Families and Children".

The theme aimed to promote how professionals work together to provide services and support for families and children.

Seminars have included; **Robyn Oliver**, occupational Psychologist speaking on the support structure within DET; **Sally Brinkman**, from Northern Met Health Services, WA speaking on "How well are we raising our children"; **Heather Jeffrey** from child protection speaking on the "families and schools together, (FAST) program.. And **Anna Clippingdale** speaking on "Working together—interagency collaboration on children who have a parent with a mental illness."

The Seminars provide excellent opportunities to network and share professional knowledge and skills. This serves to extend the diversity of students, professionals and academics available to share expertise.

We have been continuing to videotape the seminars for the library.

The venue for 2004 has been the Ruah Centre, Northbridge, which has proven to be an excellent facility both in location and facilities. There is also no charge for the group for the use.

NSW Reports on 2003-2004; Kimberley O'Brien

Our Monthly seminars have continued to be popular with our 512 NSW members. We continue to meet at the Commission for Children and young People, which has excellent facilities and is next to central station, thus accessible for all Sydneysiders. In the last 12 months we have organised diverse speakers and topics such as:

- "Humour and Laughter in Therapy" - Dr. Jo Milne-Home
- "Playing with Purpose" - Lyn Worsley and Kimberley O'Brien.
- "Get lost Mr Scary" - Carol McGregor and Kerry Herber.
- "Violence in Electric Media and Childhood Aggression" - Dr Vicki Jen-

vey

- "Choosing and Using Children's books in Therapy" Linda Stock
- "All About Autism" Fiona Martin .

And more...

Our country members have always been eager to attend those workshops, but distance has been an issue, so NSW CAFPIG most recently responded by developing the CAFPIG Country Committee", coordinated by Andrea Ruepert (CSU, Wagga Wagga). Many rural psychologists have offered to assist Andrea by arranging rural venues, international speakers and audio-visual equipment!

A highlight of 2004 was "the Gathering" in Darwin for

child, Adolescent and family psychologists from all around Australia! This gave our lucky CAFPIG members an excellent excuse to explore Kakadu and Darwin with other like-minded colleagues!

"The Gathering" was a major milestone for Australian Psychologists. It was a unique opportunity to relax as the sun set over the sea, absorbing fresh skills and ideas amongst new friends in the same field.- It was incredible!... AND WE'RE GOING TO DO IT AGAIN NEXT YEAR!!! (Thanks to Lyn Worsley for this concept!)

We are also part of a web based forum for "children of families suffering from a mental illness". www.aicafmha.net.au Also for those country psychs interested, Andrea Ruepert (areupert@csu.edu.au) is hoping to set up a web based forum.



NSW Committee

Convener:

Racquel Faram

Secretary:

Anna Herald

Treasurer:

Dianne Starkey

Web Page:

Dr Jo Milne Home

Members

Cathy Eastwood,

Coralie Crews,

Lyn Worsley,

Kimberley

O'Brien.

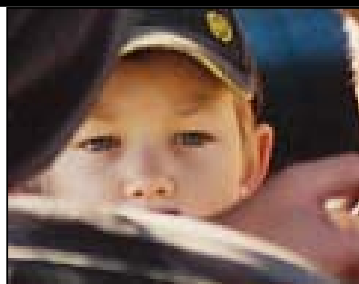
The CAFPIG Posters: Promoting Hope, Optimism and Resilience

Another exciting project completed by the child, Adolescent and Family Psychology Interest group (CAFPIG), for 2004 was the printing of promotional posters.

These posters have a fantastic collection of optimistic photos of children and young people.

The focus of the poster is on a small boys eyes, with the caption, "if you could see through my eyes, what would you see?".

The posters have been a huge suc-



cess. Members can use them to promote their own business, or to use in libraries or local schools. There is room for practitioners to put a stamp or business card in the bottom corner.

They can be given to local GP's to

advertise psychological services. The response from GP's has been good with some requesting larger sizes for their waiting rooms.

To obtain an order form for the posters, you just need to click on the "poster" icon on the web site. The cost is \$2 for the A3 size and \$3 for A2. It is cheaper to buy in bulk since you save on postage.

Alternatively you can get a poster free when you attend any of our seminars.



The 'Top End Gathering': Darwin, July 2004

The Australian Psychological Society

National convener:

Rita Princi;

Email: rita.princi@bigpond.com

Ph(w): (08) 8361 7888

We're on the Web,
check us out,
[www.psychology.org.au/units/
interest_groups/child](http://www.psychology.org.au/units/interest_groups/child)

NSW Convener:

Racquel Faram;

Email: rfaram@yahoo.com

Ph(mob): 0425313440

WA Convener:

Jacqueline Reid;

Email: Jacqueline.Reid@det.wa.edu.au

Ph(w) (08) 94267180

VIC Convener:

Alexina Baldini;

Email: Alexina@caraniche.com.au

Ph(mob): 0412602668

SA Convener:

Niamh O'Brien;

Email: O'Brien.niamh@saugov.sa.gov.au

QLD Convener:

Kathleen Ellerman-Bull;

Email: Kathleen@Kidshelp.com.au

Ph(w): (07) 33691588

The Gathering Coordinator:

Lyn Worsley;

Email: lyn@alphacounselling.com.au



Many of you have been waiting with baited breath to hear of the outcome of "The Top End Gathering" and it is a real privilege to report that it was fantastic. The weather was great dry and 25 degrees in the evenings, the sunsets were magnificent and the company was superb.

There were 50 participants and from the first evening, there was deep sharing and connections made. Many shared the need to find other colleagues who were passionate about their work with children and adolescents in a relaxed, informal and non-competitive environment. The gathering was well attended for the three days;

To quote

"I can't remember a conference where I wanted to attend every session, and I did".

After a Larrikia Nation welcome by Kathleen, the opening session started with the *Save the children, foundation* (NT). They brought their "play-van" down onto the beach, spread the toys onto the grass, and prepared to be interviewed about their work. Their presentation was inspiring since they had spent many long months negotiating with remote indigenous communities to enable them to assist community groups in small settlements.

To top off the welcome and opening session, the Larrikia women had also made t-shirts and bandanas for us to remember the gathering 2004. They were brilliant. They were worn for the rest of The Gathering.

The speakers continued to be creative in their presentations, there were no power points or overheads, instead there was; "pass the parcel" and "pick up sticks"; musical instruments with many types of drums; a harpist; a presentation using a "garden hose and thongs"; inspired aboriginal artwork and stories; discussions and musing over a long drawn out dinner (and fine wine); visual images in the park and a "glow in the dark" poster.

All of these occurred while the sun set, magnificently over the water (unusual for those from the east coast). The enthusiasm and motivation of the speakers and the willing participation of those attending made the gathering inspiring and energizing.

To quote " I feel like I have played for three days, and that opens up my mind to learning new things. I'm pumped."

The final session was capped by a comprehensive overview of "what works" in family services presented by Janette Stott from her current research in the Territory. This was followed by relaxation under the stars while Karen Creegan, (Music therapist) played harp and sung to us. There was an overwhelming request to hold another gathering next year.

The next Gathering will be held in Cairns on 4, 5 & 6 July ... keep checking the CAFPIG website for upcoming details or contact The Gathering Coordinator, Lyn Worsley.

