

PSU Newsletter

April 2003

Volume 3 Issue 1

Convener's Report

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By the way...

The DrugInfo Clearinghouse is a drug prevention network provided by the Australian Drug Foundation (ADF). Check out the site for comprehensive resources on prevention issues. As they say on their website...

"If there's anything you want to know about drug prevention, we can help you find it."

[http://
druginfo.adf.org.au](http://druginfo.adf.org.au/)
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Welcome to the first newsletter of 2003. As you are probably aware, the APS discussion paper *Potential Contributions and Professional Training Needs* is available on the APS website. The paper takes each of the eight core competencies of psychologists, and identifies how they are of value in addressing alcohol and other drug (AOD) issues, whether in research, clinical practice or other settings where psychologists work. The paper also identifies areas where psychologists could be better assisted to address AOD and avenues to facilitate this, especially through training and broader workforce development.

The paper is intended as a discussion paper – a vehicle to share ideas, raise questions and promote dialogue. I encourage you to check it out and see what you think for yourselves. You might even like to write a review of it for the newsletter, or write a short piece on areas you think could also be considered but were not included in the paper.

I'm also delighted that, as a result of the paper, the APS is currently developing substance use related resources. The first is a tip sheet for the general public; as with the other APS tip sheets, the format provides the

opportunity to present more information than the usual three-fold brochure. The second resource would be for psychologists – which is where your ideas would be particularly useful.

If you have any thoughts about what you would want from an APS resource on working with substance use issues, email or phone me (see contacts below) as it is a rare opportunity to help shape resources that will be available for both yourselves and your colleagues.

Nominations for the PSU national executive positions (convener, secretary and treasurer) will be accepted at this year's AGM. As neither Graeme nor I are able to attend this year's APS conference, the AGM will be held in Melbourne in September (date yet to be finalised).

Anyone from interstate who wishes to participate is very welcome to do so by teleconference – we would just need warning prior to the meeting to arrange this for you. If you are interested in participating more in PSU, either through nominating for a position, joining the

broader PSU committee or raising suggestions for future PSU activities, feel free to contact me in the meantime with any questions or ideas.

We are in the process of developing a broader committee to act something like an email reference group. The committee would ideally be a group of people with diverse interests in psychology and AOD issues from around the country who can provide feedback for the executive, suggest avenues to achieve PSU goals, and ensure we are meeting the needs of our members.

Currently, committee members include Debra Rickwood, David Ryder, Jenny Melrose, Lynne Magor-Blatch, Kyle Dyer, and Jodie Shoo-bridge, representing research, clinical interventions, policy, education and training, and organisational psychology, and covering the ACT, Queensland, SA, and WA. If you are interested in being involved, let me know – I'd love to hear from you.

Helen Mentha
Convener

You can find the discussion paper on the APS website at:
[http://www.psychsociety.com.au/
publications/papers/12.6_10.asp](http://www.psychsociety.com.au/publications/papers/12.6_10.asp)

National Executive Contact Details

Feel free to contact us at the following email and postal addresses:

National Convener Helen Mentha helen.mentha@iechs.org.au

National Secretary Graeme Kane graeme.kane@iechs.org.au - 378 Burwood Road, Hawthorn, VIC, 3122

National Treasurer Vacant



NSW PSU activities begin!

We are delighted to see the beginning of PSU activities in NSW. We owe a debt to Jenny Melrose and Anna Powell for setting up the seminar series to be held in Sydney. The first seminar was held on the first of April this year, looking at the latest developments in pharmacotherapies. Please support their efforts, especially now that Jenny has moved interstate, leaving Anna to run the rest of the program on her own. For updates, contact Anna Powell at apow-

Date	Topic	Speaker
5th August 2004	Issues for families of substance users	Panel discussion
2nd December 2004	Assessment tools and techniques in AOD	TBA

Seminar Calender for Melbourne - 2003

Date	Topic	Speaker
11th June 2004	Ethical challenges in alcohol and other drug practice and research	Craig Fry
September	AGM and presentation (TBA)	TBA

The two remaining Melbourne seminars will be held at the Boroondara Community Health Centre—378 Burwood Road, Hawthorn. RSVP is required - graeme.kane@iechs.org.au or on (03) 9810 3087. If you have any ideas for next year's calendar, let me know at the above postal or email address or call my direct number.

Graeme Kane

Book Review: *Shame, Guilt and Alcoholism - Treatment Issues in Clinical Practice (2nd Ed.)* by P. Potter-Efron

This book provides an in-depth analysis of alcoholism as it pertains to shame and guilt theories. It begins by defining the differences between shame and guilt, and proceeds to address each in terms of addiction, defences and treatment. It encompasses broader theoretical explanations of shame and addiction related to family systems theory, affect theory, the disease model, self-psychology, biopsychosocial-cultural-spiritual and functional theory.

A useful clinical guide, this book provides clear and practical steps and suggestions for working with those who have alcohol addiction and dependence. The framework supports practical application of the steps to address addiction issues. Furthermore it highlights the difficulties encountered and provides explanation of the difficulties.

Shame, Guilt and Alcoholism - Treatment Issues in Clinical Practice identifies the destructive and inappropriate aspects of shame and guilt that sustain clients in addiction, and provides practical suggestions for therapists to treat this. It explores the foundations of shame and guilt, both positive and negative, and describes the conscious and unconscious defence mechanisms against them. Defence mechanisms are explained in terms of shame theory, and the author provides the clinician with a useful perspective on dealing with alcoholism, and the pathways that lead to addiction. Denial, dissociation, projection, arrogance and rage are examples of the types of defence mechanisms explored. These are then linked to the treatment of shame in relation to alcoholism, with practical guidelines and considerations explored.

The concept of guilt is discussed in relation to adaptive and maladaptive applications to alcoholism, the defence against guilt and cyclical behaviours related to ad-

diction. Treatment guidelines and options are then discussed sequentially.

The family dynamics that influence shame and guilt reactions are also discussed and related to treatment to provide practical guidelines for making change. This is further discussed in a separate section by Patricia Potter-Efron called "Creative approaches to Shame and Guilt: helping the adult child of an alcoholic". This section discusses the experience of growing up in a chemically dependent family and the issues that this presents to family members. A variety of innovative approaches are suggested for the treatment of such guilt and shame issues for this population with practical and novel ways to deal with both issues.

While this book proves a useful and practical read to assist clinicians in their treatment of alcohol related problems, it does not take into consideration cultural norms or differences often crucial to understanding components of addiction. This also impacts on treatment options and needs to be considered when applying some of the approaches.

Overall, this book is a useful adjunct to the clinical treatment of addiction, and alcoholism in particular. The book breaks down the components of guilt and shame theory separately and provides easy to follow treatment guidelines, including practical suggestions based on the theoretical foundations underpinning the treatment.

Angeline Wallace
BA, MA, MAPS

Potter-Efron, P. (2002). *Shame, Guilt and Alcoholism - Treatment Issues in Clinical Practice (2nd Ed.)* New York: Haworth Press

National Centre for Education and Training on Addiction (NCETA)

Flinders University, Adelaide

Mission

Our Mission is to advance the capacity of organisations and individuals to respond to alcohol and other drug problems. Our goal is “Getting across the right information at the right time for the right purpose”. This is the key to effective technology transfer and best practice in dissemination.

Who We Are

NCETA is the National Centre with prime responsibility for technology transfer as it relates to the provision of evidence-based service within the drug and alcohol field in Australia. The Centre is engaged in the technology transfer in order to disseminate research related to the provision of high quality and evidence-based alcohol and other drug services whether in specialist or generalist settings.

NCETA’s role has changed considerably since it was established in 1991. Its initial focus was development and implementation of tertiary courses in addiction studies. As other tertiary institutions and registered training organisations successfully adopted and refined these courses to their requirements, NCETA’s focus has moved to address in the critical areas of technology transfer and dissemination.

Aim and Focus

NCETA’s aim is to facilitate access to information which will enhance the capacity of policy makers, organisations and individual practitioners to be responsive to the plethora of emerging issues and new evidence impacting on the alcohol and drug field. The Centre’s focus incorporates individual, organisational and systemic factors that impact on policy development and service provision. NCETA’s role contrasts with and compliments the other two National Research Centres (NDARC and NDRI), through its principal focus on the interpretation, application and translation of research into real world settings.

Stakeholders/Target Group

NCETA has four key principal stakeholder groups:

- Government Policy makers
- Human service workers, (Government and Non-Government)
- Researchers
- Educators and trainers.

Functions

The main functions of the Centre are to:

- Generate research
- Disseminate research
- Develop resources
- Provide consultancy and
- Liaise, support and facilitate the work of its key stakeholders.

Individual projects and activities of the Centre span all or

most of these five functions.

1. **Research**

The Centre undertakes research relevant to the roles of its key target groups and their delivery of AOD services. The research undertaken by the Centre is characterised by rigorous, innovative, quantitative and qualitative work that is field-based, theoretically driven, collaborative, and multidisciplinary in nature. The content areas of our research include: technology transfer and innovation dissemination, education and training efficacy, evaluation, service delivery, recruitment and retention, and best practice.

2. **Dissemination**

A principal function of the Centre is the dissemination of new developments relevant to the AOD field and its key stakeholders. Dissemination activities undertaken by staff of the Centre include: conference running conferences, seminars and skills based workshops, as well as presenting at them, presentations to clarify evidence and dispel myths, committee memberships, production of and contribution to publications including paper-based and e-newsletters.

3. **Resources**

A key role of the Centre is the production of resources that have practical value for the field. These resources include development of toolboxes, online learning aids, policy development and implementation guides, education and training packages and materials, identification of key resources, guidelines, directories, and registers of resources, projects etc.

4. **Consultancy**

An important emerging role for NCETA is as a consultancy service to the field. It is anticipated that this Consultancy role will expand in the future, particularly in relation to AOD workforce development. Our consultancy role is evident in key stakeholder meetings, through provision of advice and guidance to individuals and organisations, in referring workers and managers to tools, and through collaborative research.

5. **Liaison, Support, Facilitation**

The Centre also provides a wide array of liaison, support and facilitation roles to the AOD field and its key stakeholders. This takes the form of advice to committees, facilitation of bottom up communication - from frontline workers to bureaucrats/policy makers etc, creation of environments and opportunities for networking between workers, including conferences, meetings and online facilities. Jodie Shoobridge (NCETA)

Check out the NCETA website for more

information: <http://www.nceta.flinders.edu.au/>

Books available for review

The following seven books are available for review to PSU members only. You know the deal—provide a short review and you get to keep the book! Easily covers the small cost of being a PSU member. Those interested in providing a review for the PSU Newsletter, should contact Graeme Kane either on (03) 9810-3087 or graeme.kane@iechs.org.au, with a brief account outlining area of interest, expertise or study.

- *Etiology of substance use disorder in children and adolescents*. Tarter, R. E., & Vanyukov, M. M.
- *Alcoholism, drug addiction and the road to*

- recovery: Life on the edge*. Stummel, B.
- *Neurobiology of addictions: Implications for clinical practice*. Spence, R. T., DiNitto, D. M., & Strausser, S. L. A.
- *Assessment and treatment of the DWI offender*. Cavaiola, A., & Wuth, C.
- *The group therapy of substance abuse*. (eds) Brook, D. W., & Spitz, H. I.
- *Managing the dually diagnosed patient: Current issues and clinical approaches*. (2nd ed). (eds) O'Connell, D., & Beyer, E.
- *Adolescent Substance Abuse Treatment in the United States*. (eds) Stevens, S. J., & Morral, A. R.

Requests for assistance with research

We have had a request for assistance to find recent research on the efficacy (or otherwise) of psychological treatments with substance abuse. Please contact Helen Mentha at helen.mentha@iechs.org.au if you can help and I will pass on any suggestions.

Mark Mitchell, from Charles Sturt University, is looking for assistance regarding his research on alcohol use by female adolescents. Please respond to mmitch@shc.melb.catholic.edu.au if you have any suggestions for Mark.

I am researching alcohol drinking patterns and risk factors for female adolescents.

I have been working in welfare at an all female high school for the past 5 years and I have found in my work that the perception of what parents think about their daughters drinking habits, and the experiences reported by the girls, are quite different. I have found that the parents underestimate the age their daughters start, as well as the amount and frequency of drinking,

and tend to be unaware of the risks they take early (e.g. 12-14 years old) - but tend to overestimate the risks they face later (16-18 years old).

I have found a lot of resources on adolescents and alcohol, and information about the effects of alcohol on females. There is little around on adolescent females which in some ways helps me justify my study but leaves my literature review very skinny.

If anyone had the names of journals I could subscribe to, articles I could track down or download, relevant books, projects or other resources, I would be very grateful.

Many thanks,

Mark Mitchell

mmitch@shc.melb.catholic.edu.au

c/o Charles Sturt University, Panorama Drive, Bathurst NSW 2795.

15th International Conference on the Reduction of Drug Related Harm 2004

Australia is hosting this international conference for the third time next year in Melbourne from 21-25 April 2004. The conference organisers are keen to hear from anyone who would like to be involved in some way, or to hear your ideas on conference themes or activities.

Contact the Conference Secretariat any time in the coming year at: ihr2004conference@adf.org.au.

APS Media Referral Service—Nominations wanted!

The APS head office has approached us to nominate psychologists who are both willing and suitably qualified to speak on substance use issues with the media.

If you are interested, or know someone we should approach, please contact Helen at helen.mentha@iechs.org.au or on (03) 9810-3084.