



eNewsletter NOVEMBER 2018



IN THIS ISSUE

- ◆ Editorial
- ◆ President's Report
- ◆ News
- ◆ Membership Matters
- ◆ Classifieds & Professional Development

PRACTICE REFLECTIONS

Is there a case for 'substance abuse induced sexual addiction?'

By John Arber, PACFA Clinical Member



Contents

Editorial	2
President's Report	3
Practice Reflections	4
Is there a case for 'substance abuse induced sexual addiction'? <i>By John Arber</i>	
News	5
LGBTIQ+ Position Statement updated	5
Launch of new accreditation scheme for specialist courses	6
PACFA active in eating disorders consultation for MBS review	7
My Health Record - How to register for a Healthcare Identifier	9
Update on recognition for the NDIS	10
New report on young people transitioning from military service and mental health	10
Mental health checklist for expecting and new parents	11
Call for articles for PACFA magazine	11
Membership Matters	12
Report on PACFA AGM and Council meeting	12
iMIS member management system underway	14
PACFA Conference 2019	14
PACFA Webinar recordings available for sale	16
PACFA CPD and Networking Calendar 2018 and 2019	17
Free mental health first aid training for the Australian Chinese community	18
Insurance offers from Insurance House	19
Classifieds and Professional Development	20

Editorial

Instead of a feature article, this edition of eNews includes a new section, Practice Reflections, with a short article by a PACFA member which provides stimulating food for thought for both practitioners and researchers. The article reflects on the links between substance abuse and sexual addiction. When PACFA launches our new professional magazine, **Psychotherapy & Counselling Today** in 2019, we are aiming to publish Practice Reflections as a regular column. Readers are reminded that PACFA is calling for articles, book reviews, and practice reflections for the new magazine.

The PACFA Council Meeting and AGM took place in October. Read all about the meetings in the news section of this edition of eNews, including news of changes made to PACFA's *Position statement on therapeutic support for lesbian, gay, bisexual, transgender, intersex and queer people and their families*. Council also approved a new scheme to accredit specialist courses in counselling and psychotherapy. This is a great achievement that is aimed at the retention and development of quality specialist training, and recognition of those who undertake specialist training.

We farewelled outgoing Board members Charles Wilson and Rob Salmon and thanked them for their long and valuable service to the Board and welcomed Zoë Krupka who was elected Vice President. Following approval of changes to the Constitution, we have now also welcomed Simone Falvey-Behr, Ethics Chair, and Professor Denis O'Hara, Professional Standards Chair, as members of the Board.

Following the meetings, I immediately took off for a well-earned holiday in India. India is challenging on many levels and makes being the CEO of PACFA seem easy! I am feeling well rested and ready for more challenges at PACFA.

Also in the news section, read about PACFA's involvement in the eating disorders consultation for the MBS review, and some positive signals that counsellors and psychotherapists are recommended to deliver specialist eating disorders services. There is also an article with information on how to obtain a Healthcare Identifier for My Health Record. These are used to share information between health providers and PACFA Registrants are eligible to apply!

I am pleased to provide an update on progress with our advocacy for PACFA Registrants to be providers for the NDIS, following a meeting with the NDIA. An important development is the launch of a new national body, the NDIS Quality and Standards Commission, which is taking over responsibility for provider registration.

Read about a new report on the mental health and suicide risks faced by young people transitioning from military service, with recommendations for targeted interventions. There is also an excellent new *Mental Health Checklist for Expecting and New Parents*. This resource was developed by PANDA (Perinatal Anxiety & Depression Awareness) to support parents at risk of depression and anxiety.

In October we commenced work implementing a new membership management system, iMIS, which we anticipate will be launched in time for the 2019 membership renewal period. The system will be an integrated member portal and website. This is a very exciting development aimed at improving the member experience and the quality of our member services.

As usual, there is information about professional development events run by Colleges and Branches. There are also free courses on Mental Health First Aid for the Chinese community. The highlight, however, is PACFA conference, **WORKING WITH TRAUMA**, which takes place in Sydney from **22 to 24 February**. Earlybird prices close on **3 December** so book now to secure a place at the Earlybird price!

I wish readers a happy and safe festive season.

Maria Brett
eNews Editor



President's Report

It was wonderful to see so many members at the Annual General Meeting in October, followed by the PACFA Council meeting. Both meetings were productive with many important outcomes which will help us to further professionalise as an organisation and deliver important aspects of our mission. I am honoured to have been re-elected as PACFA President for another two-year term. We farewelled two Board members, Charles Wilson and Rob Salmon. Thank you Charles and Rob for your valuable work on the Board. It has indeed been a privilege to work with you both. We welcomed Dr Zoë Krupka (Vice President), Simone Falvey-Behr (Ethics Chair), Professor Denis O'Hara (Professional Standards Chair), and Dr Paul McQuillan (EPAC Chair) as members of the Board.



At the Council meeting, Council approved a new accreditation scheme for specialist training programs in counselling and psychotherapy to help drive the development of quality counselling and psychotherapy training in Australia. Thank you to the Working Party who developed the scheme. Thank you also to the Leadership Group of the LGBTIQ Interest Group, Elizabeth Day from the Research Committee and PACFA CEO, Maria Brett, for preparing updates to PACFA's position statement on therapeutic support for LGBTIQ+ clients and their families. The statement received unanimous support from the PACFA Council.

At the meetings there were discussions about the future of psychotherapy in Australia and within PACFA. The PACFA Board is aware that some psychotherapists have concerns and the Board is committed to supporting psychotherapy and psychotherapists within PACFA. For this reason, we have established the Psychotherapy Working Party which will be looking at developing training pathways for psychotherapy training and new Training Standards specifically focussed on psychotherapy training. These are very important pieces of work. There will be consultations taking place with psychotherapists within PACFA and with training providers. The Working Party is still in its early stages but we will keep members informed of progress.

2018 has been a very successful year for PACFA, with continued growth enabling us to achieve more elements of our strategic Plan. Some of the successes include: BUPA recognition, the Trauma Support Directory, submissions with the Medicare Benefits Schedule (MBS) Review and publication of PACFA's new Scope of Practice for Registered Counsellors.

Strategically, PACFA is very well positioned to advance our mission, with our active engagement in the Medicare Benefits Review. I am a member of both the Eating Disorders Working Group and the Mental Health Reference Group for the Review. Most recently we had a positive report come out of the Eating Disorders Working Group which recommends the inclusion of counsellors and psychotherapists in the delivery of specialist eating disorders services. We are also currently working on professional recognition by private health funds, the NDIS, WorkCover and schools and getting traction with the stakeholders.

As I write, there has just been an election in Victoria with a surprising result; a much bigger swing to Labor than expected. This may signal a similar trend federally. We have worked hard to build positive collaboration with the Health Minister, Greg Hunt, and made good progress with our lobbying strategy. In the lead up to the federal election we will be increasingly engaging with the government, the opposition, and other groups to position PACFA strongly, whatever the outcome of the next federal election. The mental health of Australians is truly bipartisan.

I wish you all a happy Christmas and a prosperous and safe 2019. I look forward to continuing to contribute to the profession in my role as PACFA President. Thank you to all of the staff and volunteers who continue to support our very important work.

Dr Di Stow
PACFA President

Practice Reflections

Is there a case for 'substance abuse induced sexual addiction'?

By John Arber, PACFA Clinical Member

Over the last few years in my practice, I have increasingly experienced male clients presenting with what I have named and perhaps identified as substance abuse induced sexual addiction (SAIS).

A clear pattern of behaviour is emerging. The typical client is high functioning earning middle to high income. In many cases initially, the client is seeking assistance for drug and alcohol (AOD) issues. In some instances, the client has been caught out by his partner, or the partner is concerned about the AOD usage with no knowledge of the sexual component.

On a regular basis the client binge drinks and becomes intoxicated. Upon reaching this point, the client will score cocaine or methamphetamine. These two psychotropic substances are known for enhancing and prolonging the sexual experience. Once absorbed along with the alcohol the client will engage in a range of sexual activities not limited to but including, an hour to days of viewing pornography, seeking and participating in on-line sex chat rooms, visiting massage shops, brothels, strip venues, or using the services of escorts.

Generally, when rapport is built during the initial session, and with the appropriate use of questions, and or normalising, the sexual addiction component is disclosed. This is a critical point in the therapy, as I have noticed the client is carefully evaluating my response and non-verbal body language to gauge my reaction. At this point the client may disclose feelings of shame and not uncommon, feelings of self-disgust and low self-efficacy. There will be a strong presence of Leon Festinger's cognitive dissonance, meaning when a person's beliefs do not match up with their behaviours.

A salient conundrum in working with SAIS clients is to determine what comes first, the chicken or the egg? Are they addicted to drugs, alcohol, sex or all?

In other words, in terms of their SAIS, what is the trigger? Does craving for, and drinking alcohol allow them to let down their guard tempting them into using drugs? Are they using the alcohol as a deliberate gateway to using drugs? Does being substance affected make them lose their locus of control? Does this lead to them impulsively acting upon their sexual desires at that moment? Is it planned? Conversely, do they have underlying sexual inhibitions and anxieties surrounding their sexual experiences? If so, do they make a choice to drink and take drugs as to be able to fulfil their desires? Often when intoxicated some clients find their attractions and fantasies completely opposite to when they are non- substance affected and thus under the influence, allowing them to feel comfortable enough at the time to enjoy the experience albeit many report loathing and questioning themselves at the end of the sexual experience. And finally, is there evidence of a sexual addiction when they are non-substance affected?



So, does SAIS exist? In my practise I am seeing a growing cohort presenting with comorbid alcohol, methamphetamine and or cocaine abuse combined with extreme sexual behaviours. The large number of presentations I see may be skewed as one of the area's I advertise and specialise in is AOD as well as sexual addictions. Nevertheless, clients are presenting with a SAIS like issue. My evidence is purely empirical, and much more research is needed to be undertaken.

LGBTIQ+ Position Statement updated

The PACFA Council has approved updates to PACFA's Position Statement on therapeutic support for lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ+) people and their families.

The updated LGBTIQ+ Position Statement is available for [download](#).

The Statement was initially developed in 2014 by members of the Research Committee as a response to concerns raised that a clear statement was needed from PACFA that reparative therapies were not to be practised by PACFA Registrants as these are known to cause harm.

The Research Committee considered the development of a Position Statement an effective means to provide clarity for members and for consumers about the agreed ethical standards of practice in the profession relating to LGBTIQ+ clients, aligning PACFA with similar professional bodies nationally and internationally.

As with any living document, updates are required from time to time to ensure the currency of the content. In the four years since the endorsement of the Statement, changes have occurred internationally, nationally and within PACFA, that impact the currency of the Statement. These include:

- the issue of a new edition of the Diagnostic and Statistical Manual (DSM5), in which important changes were made to the category of gender dysphoria
- the passage into federal law of marriage equality (December 2017)
- the PACFA restructure, including the establishment of the LGBTI Interest Group
- revision of the PACFA Code of Ethics which now makes it clear that it is an ethical requirement that PACFA Registrants follow the LGBTIQ Position Statement

The Position Statement reflects the consensus of leaders in the profession and is supported by international research and policy, citing the United Nations and the American Psychiatric Association. As PACFA is a diverse community, the consideration of the diverse views of the membership were considered in the formulation of the updated Position Statement. The impetus remains on PACFA as a peak body and a health promotion charity to act in the best interests of the entire Australian community and to champion the wellbeing of all members the community. PACFA therefore aims to be publicly visible on the key issues that affect our community such as the wellbeing of LGBTIQ people. This is central to who we are as organisation, and aligns PACFA with other similar professional bodies.

The Position Statement is informed by PACFA's Code of Ethics to support safe and ethical practice. The Code of Ethics emphasises that practitioners are responsible for learning about human diversity, are aware of their personal values or beliefs in relation to lifestyle, gender, sexual orientation or identity, and are aware of the impact of these on the therapeutic process.

All PACFA Registrants are encouraged to review the updated LGBTIQ Position Statement as it is an ethical requirement to work to this document.



Launch of new accreditation scheme for specialist courses

PACFA has launched a new accreditation scheme to accredit specialist courses in counselling and psychotherapy.

Training providers can now apply to have their specialist courses assessed and accredited by PACFA. The accreditation process involves rigorous, independent assessment of specialist courses and leads to the designation of 'PACFA Accredited Specialist Course'.

The development of the new accreditation scheme follows on from the launch of the PACFA Training Standards 2018 in April this year. During the development of the 2018 Training Standards, it was recognised that there are many small but high-quality training providers of specialist counselling or psychotherapy education whose courses would not fit within the AQF Framework as required by the PACFA Training Standards 2018, but which nonetheless provide high quality specialist training. The Specialist Training Accreditation Scheme was therefore created, in part, to provide a pathway for recognition of these specialist training courses. Accreditation of specialist training also has benefits for clinicians, the public, the profession, and other specialist programs through the creation of a Specialist Training Accreditation Scheme.



Graduates of PACFA accredited specialist training courses can have confidence that their specialist training meets PACFA's standards for quality and provides them with appropriate preparation for professional practice in their chosen area of specialist practice. Where the Graduate has completed other training that meets the PACFA Training Standards 2018, they may be eligible for PACFA membership or registration. Where an area of specialisation is covered by a specialist PACFA College, Graduates of PACFA Accredited Specialist Courses who also meet the PACFA Training Standards 2018 may be eligible for recognition through the College.

For information on how to apply, see the [PACFA website](#).

Applicants must demonstrate how the specialist course meets the [PACFA Specialist Training Standards 2018](#) and the [Specialist Training Requirements for Accreditation 2018](#).

It is a notable feature of the new accreditation scheme that the *Education and Training Provider Requirements* set out in the Specialist Training Requirements for Accreditation 2018 only need to be addressed by courses that are not already accredited by TEQSA or ASQA. This will ensure there is no duplication of government accreditation processes.

PACFA active in eating disorders consultation for MBS review

By Alex Lakani, Policy and Advocacy Coordinator

The Medicare Benefits Schedule (MBS) Review Taskforce was announced in 2015 to consider how more than 5,700 items on the MBS can be aligned with contemporary clinical evidence and practice and improve health outcomes for patients. It is led by clinicians and the Taskforce's recommendations will be made to the office of the Health Minister, Greg Hunt.

PACFA President, Dr Di Stow, was invited by Minister Hunt to participate in a special Eating Disorders Working Group (Working Group) focussed on MBS services for eating disorders. The Working Group is tasked with making recommendations to the Health Minister to inform decisions about changes to the MBS for specialist eating disorders services.

PACFA made a submission to the MBS Review in June 2018 that focussed on psychotherapeutic services provided under Medicare for eating disorders. [PACFA's submission](#) raised concerns that eating disorders are seriously under-serviced by the Better Access Initiative (BAI) through the MBS. PACFA argued that the increasing prevalence of eating disorders requires specialist services to be provided by mental health practitioners who have training and experience in eating disorders.

Some of the other key recommendations in PACFA's submission include: discontinuing GP Mental Health Plans to trigger treatment for an eating disorder; multi-disciplinary care for eating disorders which includes twenty sessions of psychological therapy for basic care or fifty sessions for complex care; allowing consultations with family members; and placing eligibility to provide Specialist Eating Disorder therapy on training and accreditation to specialise in eating disorders, rather than using the pool of existing Medicare providers.

In October, the Working Group released a report of their findings and recommendations. The report focused on improving care for patients with severe eating disorders, particularly anorexia nervosa, due to the extreme risk of poor health outcomes and the risk of death faced by these patients.

Some of the key recommendations in the report are:

- The providers should include allied health professionals who are trained in the treatment of eating disorders
- **Psychotherapists and counsellors are recommended for inclusion**
- Patients with severe anorexia nervosa diagnosed by a psychiatrist or paediatrician would require a treatment plan to access 40 psychological sessions and 20 dietitian sessions per year
- Services should be provided by multidisciplinary teams
- Appropriately trained practitioners would be able to provide family-based therapy
- Professional associations would develop specific training, education, and clinical guidance for working with people with eating disorders
- A credentialing process should be established to determine eligibility to provide eating disorder services
- There should be a focus on increasing Primary Health Network awareness of clinical pathways for the treatment of people with eating disorders



Consultation meeting in Canberra and PACFA's feedback

PACFA was invited to a Stakeholder forum on the 30th October in Canberra to discuss and provide feedback on the Working Group's report. This event was attended by Dr Di Stow, and PACFA Policy and Advocacy Coordinator, Alex Lakani. Along with Department of Health MBS review representatives, organisations that were represented on the day were: The Butterfly Foundation, Australia & New Zealand Academy for Eating Disorders, Royal Brisbane and Women's Health Eating Disorders Service, Dietitians Association of Australia, and the Australian Psychological Society.

The forum saw some robust discussion from participants that largely revolved around the use of the term 'severe' for the purposes of eligibility for the new MBS items. There was also discussion of the feasibility of including both bulimia and anorexia, and of the need for early intervention services in order to prevent reaching a severe stage of these disorders.

Some of the other broader issues that were discussed were:

- Equity of access for rural and remote patients, and affordability issues with psychiatrists and paediatricians creating management plans
- The practicalities of upskilling the workforce, supporting and incentivising practitioners
- Criteria for assessing severity should include psychological and behavioural assessments, malnutrition, rapidity or frequency of weight loss, and should not rely solely on BMI
- Ensuring referral pathways are utilised by creating a database or directory of credentialed practitioners
- The credentialing process specific to practitioners that provide eating disorder treatment to be run through existing professional bodies

Further written feedback from stakeholders has also been sought by the Working Group before making recommendations to the Minister for consideration by the federal government. PACFA's feedback took a positive approach to the Working Group's report. PACFA emphasised the need for a multidisciplinary approach to maximise the chances of full recovery. PACFA also expressed concerns about how counsellors and psychotherapists would be included when they do not currently have Medicare numbers, and also need to access GST exemption.

PACFA's other key points are summarised as follows:

- Six-monthly reviews and re-assessment should be conducted by Eating Disorder Mental Health Practitioners, including counsellors and psychotherapists
- Appropriately trained allied health professionals should receive financial compensation for coordinating, liaising, and collaborating with the Multidisciplinary Team
- Approaches to treatment should take into account the non-linear nature of recovery and enhance flexibility for patients. For example, enhance patient choice and promote person-centred care by allowing patients to choose how their allotted sessions are used



- Adequate and sufficient psychological services for family and carers should be considered, given the toll of caring for those that are ill and the benefit of supportive relationships
- the workforce should be incentivised to take up training in eating disorders as currently there are no incentives for counsellors and psychotherapists to do this training as they are not currently eligible to be BAI providers

PACFA concluded its feedback by noting that the proposed changes to the MBS for eating disorders may potentially reduce frequency and duration of hospitalisations and improve accessibility for patients. PACFA believes that these changes will result in positive economic outcomes for the health system by reducing unnecessary or duplicated services, and redirecting to services that are more effective and efficient.

PACFA envisions credentialled and trained counsellors and psychotherapists as key providers in a strategy to ameliorate severe anorexia and bulimia, and we continue to advocate for this vision.

My Health Record - How to register for a Healthcare Identifier

By Alex Lakani, Policy and Advocacy Coordinator

Counsellors and Psychotherapists are eligible to apply for access to key health information about clients on My Health Record through the Australian Digital Health Agency.

To participate, practitioners are required to register with the Healthcare Identifiers Service first. This service is operated by the Department of Human Services which allocates a unique 16-digit number (a Healthcare Identifier) to individuals using healthcare services and their practitioners and healthcare organisations.



My Health Record

Applicants are required to complete the [online application form](#). The form outlines the information required, evidence of identity, and referee requirements.

Six million Australians already have a My Health Record and over 13,000 healthcare organisations are connected, including general practices, hospitals, and pharmacies. My Health Record has the potential to make healthcare management safer and easier for individuals and providers, improve continuity of management of health information. It aims to empower patients with greater knowledge about their health and give them the ability to set access controls on their information.

Better access to healthcare information for practitioners and patients may result in safer care by facilitating more informed clinical decisions, fewer adverse events, less avoidable hospital admissions, and better health outcomes.

My health Record provides information about:

- Shared health summaries which include a patient's medical history
- Hospital discharge summaries
- Event summaries which include information on significant health events
- Prescription, dispensing, and medicines records
- MBS and PBS history

This may assist practitioners when seeing a client for the first time to access background information on chronic health conditions, and assist with communicating with other healthcare providers involved in the client's care. The client has the ultimate choice in who can access information and what they can see, and therefore the therapeutic alliance is not compromised.

Update on recognition for the NDIS

By Alex Lakani, Policy and Advocacy Coordinator

As the National Disability Insurance Scheme rollout continues, PACFA has been working with the National Disability Insurance Agency (NDIA) to ensure that PACFA Registrants are able to register as NDIS providers in all States and Territories.



PACFA has been liaising with the quality and safeguards division of the NDIA on our recently completed Scope of Practice and to clarify how we meet the required Australian Qualifications Framework standards. We expect this advocacy work will ensure all PACFA registrants who meet the NDIA's training requirements will be able to register as NDIS providers.

Until now, approval of providers has been the responsibility of State and Territory governments with the NDIA overseeing the requirements which have been agreed by consensus. Some States have taken a narrow approach to the approval process, which has impacted on some PACFA Registrants.

Responsibility for provider approval is in the process of being transferred to a new body called the *NDIS Quality and Safeguards Commission*. This is a national organisation established to improve the quality and safety of NDIS supports and services. It is intended that the establishment of the Commission will improve consistency in standards across the country.

South Australia and New South Wales have already commenced operating under the new national scheme. To apply to be an NDIS provider in SA or NSW, go the [online Provider Application Form](#).

Other states and territories are scheduled to transition over to the national scheme from 1 July 2019. Until then, the state-based system will continue. See www.ndis.gov.au/ for further details.

PACFA is now advocating to both the NDIA (for the jurisdictions still under the state-based system) and to the *NDIS Quality and Safeguards Commission* to ensure national consistency in the recognition criteria for counsellors to be NDIS providers.

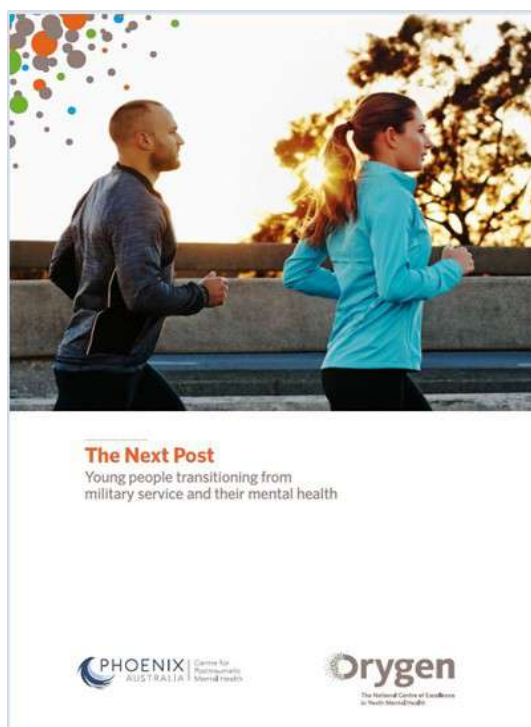
New report on young people transitioning from military service and mental health

Young people who transition out of the Australian Defence Force (ADF) within their first year or early in their careers are at an increased risk of developing a mental illness and are twice as likely to die by suicide than young Australians in the general community.

These are the findings of a new research report, *The Next Post: Young people transitioning from military service and mental health*.

The report, which is co-authored by Orygen, the National Centre of Excellence in Youth Mental Health, and Phoenix Australia, Centre for Posttraumatic Mental Health, recommends targeted interventions and services to be developed to support this vulnerable group.

Read the full report at www.orygen.org.au/thenextpost.



Mental health checklist for expecting and new parents

As part of Perinatal Anxiety & Depression Awareness (PANDA) Week in November, PANDA led conversations around the country about perinatal anxiety and depression and postnatal psychosis. PANDA Week was featured on TV and radio, in print and online, on social media, and workplaces.

A highlight was the launch of PANDA's [Mental Health Checklist for Expecting and New Parents](#).

This online Mental Health Checklist is an easy way for expecting and new parents who are struggling with their new role to find out whether their feelings are normal or something more serious.

If it is more serious, the Checklist will point them to the help they need and also help them talk to their doctor or other health professional. The Checklist is anonymous, online, quick and easy and it will help expecting and new mums and dads know if they are experiencing a mental health issue.

Readers who know expecting parents who you think might be struggling, can direct them to the Checklist. You can also help raise awareness by [sharing stories and information](#) with your networks.



Call for articles for PACFA magazine

PACFA is calling for articles for our new printed magazine, **Psychotherapy & Counselling Today**, which will be launched in 2019.

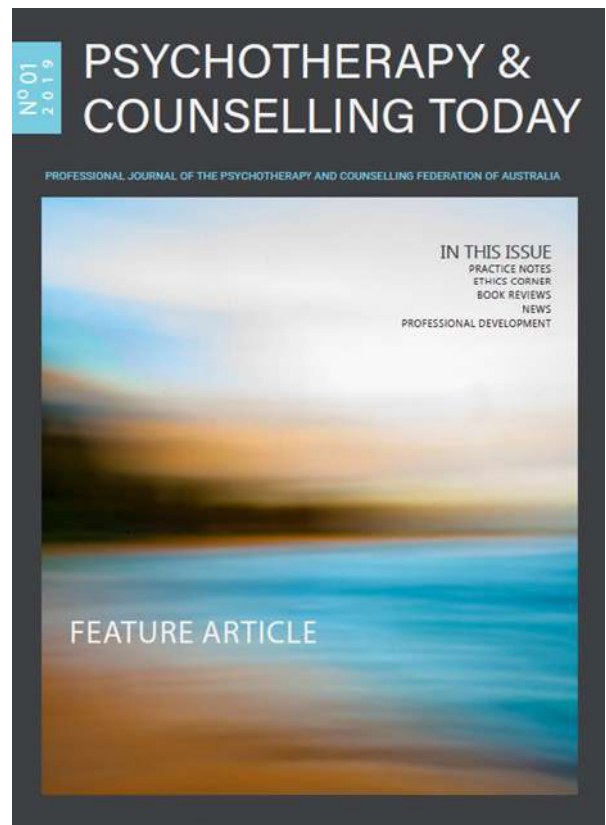
We are seeking:

- Articles
- Book reviews
- Practice Reflections
- Other regular columns

Psychotherapy & Counselling Today will be a non peer-reviewed professional journal, in magazine format, aimed at providing stimulating and informative reading on psychotherapy and counselling in Australia. The magazine will be of value to practitioners, educators, researchers and students to support ongoing professional learning.

Articles should relate to psychotherapy or counselling practice and be between 1,500 and 4,000 words. Book reviews, or contributions for regular columns on professional practice and ethics should be between 500 and 1,000 words. All contributions are subject to editorial review.

To contribute articles to **Psychotherapy & Counselling Today**, contact maria.brett@pacfa.org.au.



Membership Matters



Report on PACFA AGM and Council meeting

In October, members of PACFA and PACFA Member Associations gathered in Melbourne and online for the 2018 Annual General Meeting (AGM), followed by the PACFA Council meeting.

The AGM included presentation of PACFA's 2018 Annual Report, outlining PACFA's activities in the previous year and positive financial results. Importantly, PACFA also thanked the many volunteers who have contributed to a very successful year. [Download Annual Report 2018](#). This was followed by debate on proposed constitutional changes, some of which were approved, and Board elections.

Six positions on the PACFA Board are elected by the membership and were due for re-election at the AGM. Four of these Board members were elected unopposed, the Treasurer is still to be co-opted, and the position of Vice President went to the vote with Dr Zoë Krupka being elected.

Position	Board member
President	Dr Di Stow re-elected unopposed
Vice President	Dr Zoë Krupka elected
Secretary	Don Secomb re-elected unopposed
Treasurer	George Gintilas co-opted after the meeting
Counselling Representative	Pat Bradley re-elected unopposed
Psychotherapy Representative	Tara Green re-elected unopposed

Thank you to outgoing Board members, Charles Wilson and Rob Salmon



Outgoing Past President, Charles Wilson, stepped down from the Board after many years of service. Charles joined the Board in August 2004 as Liaison Chair and served as Treasurer, Secretary, Vice President, President and Past President. A major achievement as President was the restructure of PACFA which has secured PACFA's future. Charles has been a member of the Education Program Accreditation Committee since 2007 and he chaired the Specialist Training Working Party which achieved a new accreditation scheme for specialist training courses. Thank you Charles for making such a substantial contribution to PACFA over many years.



Outgoing Vice President, Rob Salmon, served on the PACFA Board from 2012 to 2018. He served as a general Board member then as Treasurer and Vice President. He also chaired the Professional Development Committee and while in this role was part of the Professional Practice Committee which used to oversee all of the professional practice portfolios. Thank you Rob for all that you have done for PACFA as a member of the Board, Committee Chair and office bearer.

Welcome to the new PACFA Vice President, Zoë Krupka



Zoë Krupka has an honours degree in Anthropology and Women's Studies from the University of Concordia in Canada. In 2004 she graduated with a Master of Counselling from Latrobe University and was recently awarded her Doctor of Philosophy in supervision ethics from Latrobe University. She has worked with refugees and asylum seekers, in homelessness, with young parents, in employee assistance, with the federal police and in suicide prevention. Her methodological training is in Emotion Focused Therapy and Existential Therapy. She has worked as a lecturer in welfare, community development, public health, psychology and counselling since 2003. Zoë has also written for industry publications and the media and provided radio commentary with a focus on relational ethics, the psychology behind the news and understanding the therapeutic process.

Zoë is an individual member of PACFA and a member of PACFA's College of Counselling and Psychotherapy Educators. She co-wrote and delivers PACFA's Ethics course and is currently a Lecturer in counselling and psychotherapy at the Cairnmillar Institute in Melbourne. Zoë is passionate about supporting the diversity of the professions of psychotherapy and counselling within the community.

New Board positions

As a result of the constitutional changes approved at the AGM, all Chairs of PACFA Committees are now members of the Board. This change is aimed at ensuring that the portfolios of ethics, professional standards and course accreditation are all represented on the Board and are given due weight within the organisation. We are pleased to welcome two Committee Chairs to the PACFA Board.



Simone Falvey-Behr, Ethics Committee Chair, Diplomee en Ethnologie (France), MA Psych (Australia), AdvCert Sup. Simone is a Psychotherapist in private practice, a member of the Centre of Ethics and a Board Member of the Australasian Association of Supervision. Previously President of CAPAV, Simone successfully led it to merger with PACFA as a member of the Restructure Working Party. Over the last three years, she sat on PACFA Professional Conduct Panels and served on the Ethics Committee prior to becoming Ethics Chair. Simone has also been an EPAC panel member for accreditation of master's courses. Her international experience related to conflict includes some 50 missions on behalf of the Council of Europe and the UN.



Professor Denis O'Hara, Professional Standards Committee Chair, PhD, MA Ed, Grad Dip Couns Stud, BA Ed, Dip Teaching. Denis has taught in the higher education sector since 1993 in the fields of education, counselling, and psychology. He has extensive experience in undergraduate and postgraduate course development in Australia and overseas and he currently teaches at the Australian College of Applied Psychology and is also adjunct professor at Griffith University and the Sunshine Coast University. In addition his academic work, Denis has maintained a private counselling and psychotherapy practice for many years.

Council meeting

The PACFA Council is the representative body made up of representatives of the PACFA Board, Member Associations and PACFA Colleges and Branches. The Council sets policy and strategy for PACFA. At the October Council meeting, Council approved updates to PACFA's *Position Statement on therapeutic support for lesbian, gay, bisexual, transgender, intersex and queer clients and their families* (see separate article), approved the new Specialist Training Accreditation Scheme (see separate article), discussed the review of PACFA's per capita fees for Member Associations, and consulted on the client hours required during training. There were also opportunities for Member Associations and College and Branch Leadership Groups to discuss shared issues, and time for networking. Thank you to all delegates for their contributions at the meeting.

iMIS member management system underway

Work is underway to implement a new membership management system, iMIS, in time for the next renewal period in May 2019.

The system is one of the leading off-the-shelf membership management systems aimed at medium-sized member organisations. The system will be more user friendly than our current system and will offer an integrated website and member portal, so that PACFA can tailor information for different members. Membership applications and renewals will be shorter and simpler which is great news!



The system will automate membership processing for the Office, thereby freeing staff up to work on other important activities to help advance PACFA's mission. It will also give us access to membership data to inform our activities, communications and member engagement strategies, in order to improve member satisfaction. Watch out for more news of the implementation process in eNews!

PACFA conference 2019



PACFA's 2019 conference on **WORKING WITH TRAUMA** takes place in Sydney from **22 to 24 February**.

WORKING WITH TRAUMA will explore key aspects of trauma practice and research with an emphasis on culturally informed approaches to promoting trauma recovery in Australia today. The conference will provide opportunities to engage in dialogue with trauma practitioners specialising in a variety of therapy modalities through workshops, paper presentations and panels.

The speakers have been announced (see below). The Conference Committee has selected a rich and diverse speaker list so this is an event not to be missed. Earlybird prices close on 3 December.

Message from the Conference Committee:

With only three months to go until the **WORKING WITH TRAUMA** conference begins, the conference committee and PACFA staff have been busy finalising preparations for the event. There is quite a buzz in the air as we come closer to February! The PACFA Conference Committee would like to thank everyone who has contributed to the event so far. When the committee was first established, we were interested in what PACFA members wanted in the conference programming. Your responses to our planning survey in 2017 have been our guide in designing an exciting and varied program.

The Committee would like to thank everyone who took the time to submit an abstract. Over 100 abstracts were submitted by the July deadline – which is an extraordinary effort. As the quality of abstracts were so high, additional room was made within the program to accommodate as many presentations and workshops as possible. However, we received 30 abstracts for workshops. Given the program had room for only six workshops, competition for these spaces was fierce.

To ensure fairness, the committee conducted a blind review of abstracts. Each member of the committee read and individually graded every abstract. Once all the abstracts were graded, the committee came together across two meetings to discuss and short-list the abstracts in turn. The committee worked through six drafts of the program. At the end of the review process, one of the Chairs of the committee went back over every one of the abstracts, along with the committee feedback, to ensure the final program was – on balance – fair. The result is a rich and diverse program which we hope you will enjoy.

We, along with PACFA staff, have worked hard to create a welcoming, inclusive space for members and colleagues to catch up with old friends, deepen your professional knowledge and networks and reinvigorate your practice. If you haven't already, please explore the [Conference website](#) and register to be a part of this event. Earlybird prices have been extended by a few days and now close at 9am on Monday 3 December 2018.

We are looking forward to seeing you 22nd to 24th February in Sydney!



Keynote Speakers



Miriam Taylor
The Context of Trauma



Dr Graham Gee
Working therapeutically with Aboriginal and Torres Strait Island people in the area of healing and recovery from trauma



Invited Speakers

Dr Cathy Kezelman, To be announced

Dr Esther Faye, Speaking of traumatic dreams...

Douglas Scott, Working with trauma in the Australian veteran community

Dr Radhika Santhanam-Martinis, Post-trauma reconstruction with refugee families

Amber Gray, Trauma and the moving body

Therese Raulin, Early life interpersonal trauma and the impact of development

Julie-Anne Younis, To be announced

Dr Graham Gee, Max Dulmunmun Harrison & Dr Vicki Grieves, Intergenerational trauma

Merle Conyer, Will Bonney & Vicki Halik, Lived experience forum: Reflection on the journey of recovery

Dr Tracy Spencer, Trauma, addiction and healing: whitefellas relearning therapy with Indigenous Australians

Vicki Halik, Recovery from Intergenerational Effects of the Holocaust Through Sound

Yvette Rouse, Dr Lydia Garside and Nicki Wickham, Managing the impact of vicarious trauma in the child protection unit



Selected Workshops

Dr Andrea Breen, Creative Interventions when Working with Children of Refugee Background

Fiona Griffith, Titrating Trauma in the Supervision Space

Dr Ione Lewis and Denise Lavell, What comes after: The Grief Journeys approach to suicide bereavement

Dr Kim Dunphy, Amber Gray, Alexandra Jordan, Nadeen Lee and Sylvia Nulpinditj, Dance movement therapy and Indigenous cultural practices in trauma restoration

Noula Diamantopoulos, Healthy Mind Toolkit

Sophie Boord, Celebrating Strength & Resilience; stories resisting and surviving family violence

PACFA Webinar recordings available for sale

Throughout the year PACFA has hosted a number of online webinars. Some of these webinars have been recorded and are available for purchase on demand. PACFA webinar recordings can be counted as category B CPD. Currently available:

PACFA National Research Forum - Confidentiality and informed consent (2 hours category B CPD)

This forum focussed on the findings of the PACFA Literature Review on Confidentiality and informed consent in counselling and psychotherapy: a systematic review. The review was undertaken by Associate Professor Andrea Lamont-Mills, Steven Christensen and Lauren Moses from the school of Psychology and Counselling of the University of Southern Queensland. The Panel includes Associate Professor Andrea Lamont-Mills, Steven Christensen and Crystal Lockard of the PACFA Ethics Committee. Gina O'Neill chaired the forum.

Three Lenses on Couple Therapy - a four part webinar series (6 hours category B CPD)

Over the four part webinar series, Three different modalities will be demonstrated in each of the first three webinars. Emotional Focused Therapy, A Systems Approach and Psychodynamic Psychotherapy. The Fourth Webinar will bring the three presenters together to form a panel and lead a facilitated discussion to bring the learning from the diverse modalities together.

- Webinar One: Emotional Focused Therapy, presented by Linda Murrow
- Webinar Two: A Systems Approach, presented by Dr. Cathy Bettman
- Webinar Three: Psychodynamic Therapy, presented by Dr. Kaye Gersch
- Webinar Four: Panel

Price: All recordings are \$15 for PACFA members.

Purchase link: <https://portal.pacfa.org.au/previous-pacfa-webinar-recordings.html>

PACFA CPD and Networking Calendar 2018 and 2019



PACFA has a calendar of continuing professional development and networking events. To book a place, email the booking email address or go to the [PACFA Portal](#). Online registration is easy. Register for the Portal (if you've never registered before), select the event and complete the enrolment form. Payments can be made online using VISA or MASTERCARD. Offline payment also available.

Dates	Event	Location
6 December 2018 Starting 5:30pm	South Australian Branch - End of year networking Please rsvp: sbranch@pacfa.org.au	Goodwood, SA
8 December 2018 Starting 12:30pm	Canberra and Region Branch End of year networking lunch Please rsvp: carbranch@pacfa.org.au	Yarralumla, ACT
17 December 2018 7pm – 9pm	Somatic Psychotherapy modality End of year networking event Please rsvp: somatic@pacfa.org.au	Crows Nest, NSW
31 January 2019 7pm – 9pm	Victorian Branch - Networking and social evening Please rsvp: vicbranch@pacfa.org.au	Carlton, VIC
13 February 2019	PACFA West - Regional network meeting Save the date	Online
22 – 24 February 2019	Working with Trauma - PACFA 2019 Conference Register via the Conference Website	Ultimo, NSW
28 February 2019 7pm – 9pm	Victorian Branch - Use of drumming in therapy Save the date	Carton, VIC
23 March 2019 1pm – 5pm	Canberra and Region Branch Two diverse sessions: Art therapy and informed consent Save the date	CBD, ACT
30 March 2019 1:45pm – 5pm	South Australian Branch Save the date	Hindmarsh, SA
6 – 17 May 2019	PACFA Online Mental Health Course Register via the PACFA Portal	Online
17 – 28 June 2019	PACFA Online Practical Ethics Course Register via the PACFA Portal	Online
22 June 2019 1pm – 5pm	Canberra and Region Branch Save the date	CBD, ACT

Practical Ethics for Counsellors & Psychotherapists – Online (6 hours CPD)

This course was developed by PACFA in partnership with the Cairnmillar Institute. It includes four interactive sessions that are usually run during the week in the middle of the day. The key themes are:

- Foundations of Ethical Practice - morals, values and ethics
- Stages of Ethical Decision Making - including common ethical traps
- Record Keeping - including record keeping for social media connections
- Dual Relationships - including boundary-crossing and self-reflection
- Confidentiality - including circumstances when it is OK to break confidentiality
- Cultural Safety - strategies for responding to multicultural practice issues

Members: \$190 (inc. GST) Non-members \$250 (inc. GST)

This event counts as 6 hours of category A CPD for PACFA's renewal requirements.

Mental Health Course – Online (8 hours CPD)

This course was developed by PACFA in partnership with Catherine Hungerford from the University of Canberra. It aims to build skills and competencies to support clients with their mental health.

- Module 1: Mental Health and Illness
- Module 2: Mental Health Assessment
- Module 3: Mental Health Interventions
- Module 4: Consumer Centred Models of Care, and Ethical Questions

Participants complete the course at their own pace over a 2-week period. Teaching and learning approaches include audio-visual materials, case studies, recorded lectures, online communication threads and facilitated discussions.

Members: \$250 (inc. GST) Non-members \$350 (inc. GST)

This event counts as 8 hours of category A CPD for PACFA's renewal requirements.

Free mental health first aid training for the Australian Chinese community



Following a feasibility study into a Chinese language Lifeline service in Australia, Lifeline is offering FREE Mental Health First Aid training courses for members of the Chinese Australian community. The dates and locations for the remaining courses, which are taking place in Western Sydney in December, are below.

Centre	Date of Training	Location
Lifeline H2H	13 and 14 December	Lifeline Harbour to Hawkesbury 4 Park Ave, Gordon, NSW 2072
Lifeline Western Sydney	11 and 12 December	Alan Walker College 6 Lincluden Place Oatlands, NSW 2117

[DOWNLOAD FLYER](#)

[DOWNLOAD FLYER](#)

Insurance offers from Insurance House



PACFA has negotiated two insurance packages, at very affordable rates, with Insurance House. PACFA also receives sponsorship from Insurance House to support our mission.

While PACFA does not endorse any particular insurance company, PACFA has arranged these

packages so that members can have access to affordable insurance. It is, however, the practitioner's responsibility to arrange your own insurance and to determine the policy that best meets your needs.

Insurance House offers PACFA Members and members of PACFA Member Associations a combined professional indemnity and public liability policy at very attractive rates. There are two options: the PACFA Master Insurance Policy and the Individual Insurance Policy.

Option 1 - PACFA Master Insurance Policy

Option 1 is a Master Insurance Policy with Insurance House for both practitioners and educators.

** The Master Insurance Policy is available to Individual PACFA Members ONLY.*

*** The Master Policy option is one of the most affordable insurance policies available which provides a very high level of cover for a very low premium.*

The Master Insurance Policy provides \$20,000,000 of professional indemnity cover, \$20,000,000 of public and products liability, access to 1 hour of free legal advice per year via the Insurance House advice line, and unlimited run-off cover when you retire.

Every member who takes up the Master policy has a limit of up to \$20,000,000 cover for both professional indemnity and public liability cover. **FREE cover** under the PACFA Master Policy is provided to counselling and psychotherapy students who are Student Members of PACFA.

For information on how to take up the Master Insurance Policy, see the [PACFA website](#).

Option 2: Individual Insurance Policy

Option 2 is an Individual Insurance Policy with Insurance House for both practitioners and educators.

** This policy is available to Individual PACFA Members and members of Member Associations.*

The level of cover available is between \$1,000,000 and \$20,000,000 for Professional Indemnity, and between \$10,000,000 and \$20,000,000 for Public Liability cover, depending on the level of cover you select. The policy includes access to 1 hour of free legal advice per year via the Insurance House advice line, and unlimited run-off cover when you retire.

For information on how to take up the individual insurance option, see the [PACFA website](#).

Switching to one of the new insurance options

Practitioners can switch to Insurance House insurance if you think their insurance offers will meet your insurance needs. You can take up one of the new insurance offers:

- when joining PACFA or a PACFA Member Association for the first time;
- when your current insurance expires; or
- at any time when you decide you are ready to switch.

Classifieds and Professional Development

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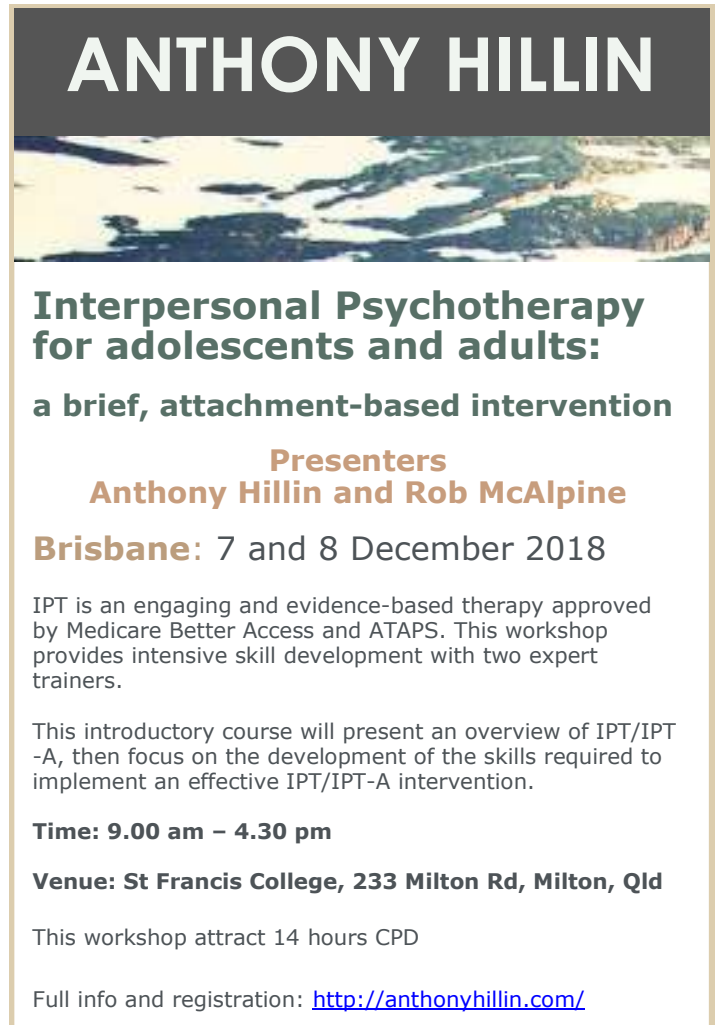


 **Certificate in Therapeutic Play Skills**

Do you work with children 4 to 14 years who have behavior or emotional difficulties?

3-17 December 2018
Sydney

www.playtherapy.org.au



ANTHONY HILLIN

Interpersonal Psychotherapy for adolescents and adults: a brief, attachment-based intervention

Presenters
Anthony Hillin and Rob McAlpine

Brisbane: 7 and 8 December 2018

IPT is an engaging and evidence-based therapy approved by Medicare Better Access and ATAPS. This workshop provides intensive skill development with two expert trainers.

This introductory course will present an overview of IPT/IPT-A, then focus on the development of the skills required to implement an effective IPT/IPT-A intervention.

Time: 9.00 am – 4.30 pm

Venue: St Francis College, 233 Milton Rd, Milton, Qld

This workshop attract 14 hours CPD

Full info and registration: <http://anthonyhillin.com/>



PACFA CONFERENCE

WORKING WITH TRAUMA

22 -24 FEBRUARY

REGISTER HERE

SYDNEY 2019

Working with Trauma will explore key aspects of trauma practice and research with an emphasis on culturally informed approaches to promoting trauma recovery in Australia today. Practitioners and researchers will present on key aspects of their work and research with trauma.

CONFERENCE STREAMS

- ⇒ Emerging Research and Practice
- ⇒ Perspectives from Therapists, Clients, and Others
- ⇒ Working with Specific Populations

CONTACT

For more information and enquires, please contact the conference administrator Claire Manderson directly conference@pacfa.org.au or phone 03 9486 3077

KEYNOTE SPEAKERS

Miriam Taylor
Dr. Graham Gee

CONFERENCE STRUCTURE

Pre-conference Workshops and the Conference weekend will comprise of activities, Panel Forums, Keynote and Speaker presentations, networking canape event, market stalls and conference dinner.

Dr Joan Haliburn, MBBS



The Dissociative Continuum:

Integrating Attachment and Trauma Theories into a Phase Approach to the Psychotherapy of Complex Traumatic Stress Disorder

7 December 2018 | Sydney

Register online

\$495 full | \$395 concession | \$465 groups 5+
Get an early bird discount if you register before 30 September 2018

www.startts.org.au | (02) 9646 6700

ANTHONY HILLIN



Grief, loss, transition and change:

Creative ways of working with children, adolescents and adults

Facilitated by Anthony Hillin

Sydney: 13 and 14 December 2018

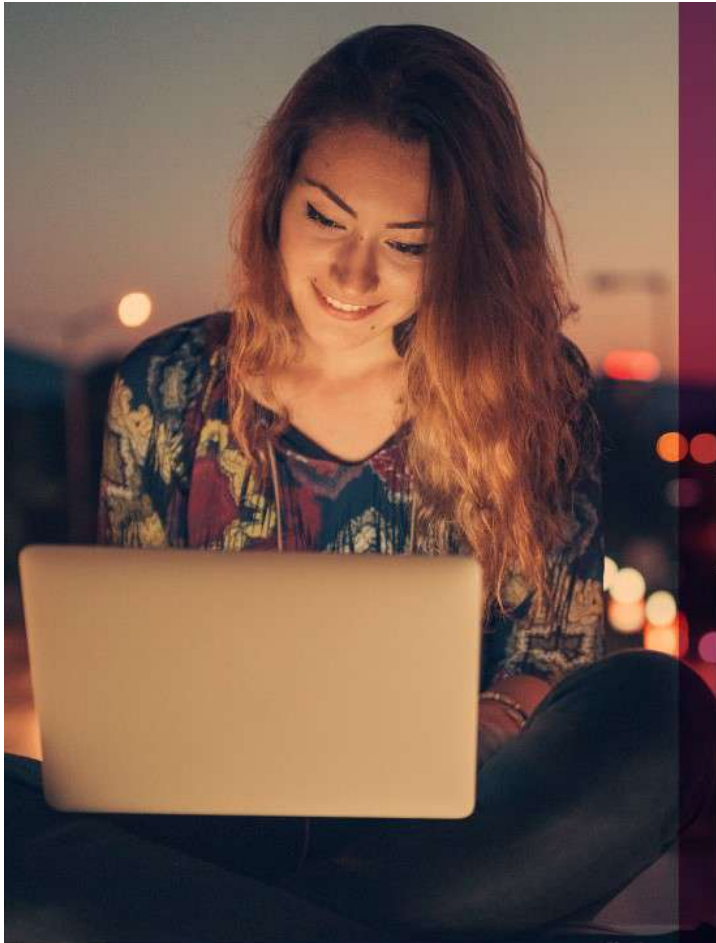
This workshop invites you to experience for yourself a range of creative techniques for working with loss. Anthony has delivered this popular experiential workshop to over 100 audiences in Europe and Australasia.

Time: 9.00 am – 4.30 pm

Venue: Croydon Park Club, 55 Seymour St, Croydon Park, NSW

This workshop attract 14 hours CPD

Full info and registration: <http://anthonyhillin.com/>



EXPAND YOUR COUNSELLING AND THERAPY EXPERTISE

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Graduate Diploma
of Emotionally Focused Therapy

Australia's only higher education course
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- > Study online with small face-to-face components from February 2019
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- > Accredited with TEQSA and meet the requirements for AQF Level 8 within the Australian Qualifications Framework.

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Compassion Focused Therapy Workshops: Brisbane Jan-April 2019

Professor Paul Gilbert O.B.E
Dr James Kirby

Introduction to Compassion Focused Therapy (3-Day)

Brisbane: Victoria Park Golf Complex
Dates: 23rd -25th of January, 2019

Costs: *Early Bird* - before Jan 2 - \$895
Full Price - \$950

Compassionate Mind Training - A Personal Practice (3-Day)

Brisbane: Victoria Park Golf Complex
Dates: 20th -22nd of February, 2019

Costs: *Early Bird* - before Jan 15 - \$895
Full Price - \$950

CFT & The Therapeutic Relationship (1-Day)

Brisbane: Victoria Park Golf Complex
Dates: 15th of March, 2019

Costs: *Early Bird* - before Feb 15 - \$250
Full Price - \$295

CFT & Working with Complex Cases (2-Day)

Brisbane: Victoria Park Golf Complex
Dates: 4th - 5th of April, 2019

Costs: *Early Bird* - before Feb 25 - \$500
Full Price - \$590



Compassion Training Australia

STUDENTS 30% DISCOUNT

For More Details: www.trybooking.com/xewp

Group Supervisor Training Part 1

Learn about the complexity, process and tasks of group supervision - with
Dr Alison Strasser & Adam McLean



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Group Supervisor Training

For qualified supervisors who want to learn the different skills and competencies required for supervising groups.

MELBOURNE Thur 7 to Sat 9 FEB 2019

details and registration here

W: www.cep.net.au E: admin@cep.net.au P: 0431 401 659

AABCAP Professional Training Course in Buddhism and Psychotherapy

A two-year course starting in February 2019-Applications are Now Open

The course offers a balance of theoretical and experiential learning, using lectures, discussion, experiential and group processes, case presentations, supervision, contemplation and meditation practices.

WHO SHOULD APPLY
This is a specialist postgraduate programme accredited by PACFA. Prospective students will already have a clinical qualification in areas such as psychiatry, psychology, psychotherapy, counselling, or social work. Other relevant tertiary qualifications may be considered.

LOCATION AND SCHEDULE

LOCATION
Modules – Buddhist Library Sydney/Camperdown

SCHEDULE
10 Weekend Modules
8.30am – 5pm + 3 Retreats (held near Sydney) as specified in course prospectus

Applications are also encouraged from Buddhist Sangha who wish to develop their understanding of the value of psychotherapy in the support of Buddhist practitioners.

Read our Full course prospectus inclusive of detailed information regarding module dates, costs, retreats and your trainers bio's please visit our website

www.aabcap.org/training

Call Sabina Rabold, Director of Training 0419 980 923

Students testimonials:

"This course is doing the job of growing me from the inside out."

"The experiential nature of the course is its strength."

"I feel I have understood on a deep level the experience of compassion and loving-kindness."

"To undertake this course has been the healthiest, self-supporting decision I have made in a long time. Challenging, supportive, exploratory."



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www.aah.edu.au



Dr Cowen's PhD in Clinical Hypnotherapy Education is from School of Medicine, University of Western Sydney



Dr Paul Gilbert, Ph.D.
Dr James Kirby, Ph.D.



Compassion Focused Therapy

13 - 15 February 2019 | Sydney

Register online

\$745 full | \$645 concession | \$715 groups 5+

Get an early bird discount if you register before 12 November 2018

www.startts.org.au | (02) 9646 6700

Supervisor Training Part 1

Understand the role of Supervisor across various models with

Dr Alison Strasser & Adam McLean



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cep

Understand the inter-relational aspects, tasks and responsibilities of supervision and put learning into practice

Supervisor Training 5 days

SUNSHINE COAST Mon 18 to Fri 22 FEB 2019

details and registration here

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Learn amazing new skills and techniques on how to work more creatively and effectively with your clients

At Upskill we offer weekend training intensives for therapists interested in further developing their skill sets. Upskill will be offering 6 training weekends during 2019 beginning in February, with PACFA accredited professional development points approved.

This experiential learning program is designed to help you as a practitioner to add to and improve your practice skills. Being able to work eclectically by having different creative tools in your tool box, will allow you to have more positive outcomes with your clients.

Upskill offers a small group setting where we integrate theory with practice with practical exercises.

To learn more & book your place:

passionforlivingretreats.com/upskill-training

info@passionforlivingretreats.com

0404 884 257 (Tamika Dwight-Scott)
0412 435 065 (Penny Brenton)



The Pandora's Box of Sex & Relationships

2-day workshop presented by returning International Guest

Niki D



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International Guest Event

Join Niki D for 2 days on the sensitive process of supporting clients to explore sex and sexuality in the therapy room

SYDNEY Thur 28 Feb and Fri 1 Mar 2019

[details and registration here](#)

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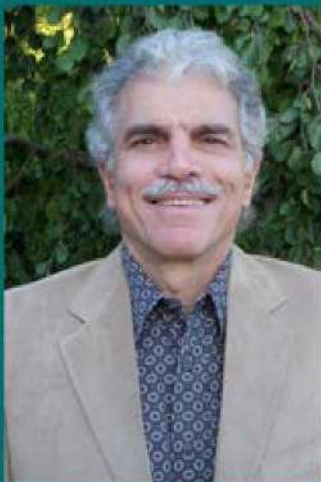


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Dr John Arden, Ph.D.



Mind-Brain-Gene:
Toward an Integrative
Vision of the Treatment
of Trauma, Anxiety
and Depression

7-8 March 2019 | Sydney

Register online

\$595 full | \$445 concession | \$570 groups 5+
Get an early bird discount if you register before 7 December 2018

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For photos and details re rooms and current availability, please see our webpage:

www.parksclinic.com/rooms

Body & Self & Coordinating the Political, Personal & Professional Self in Supervision

International Guest Event

Two 1-day Supervisor workshops
presented by International Guest

Glenda Fredman



co-sponsored by:



Work seamlessly with embodiment in supervision
and draw from each of the multiple contexts that
inform your practice

SYDNEY Mon 11 & Tue 12 March 2019
BRISBANE Fri 15 & Sat 16 March 2019
MELBOURNE Thur 21 & Fri 22 March 2019

details and registration here

W: www.cep.net.au E: admin@cep.net.au P: 0431 401 659

BOOK NOW
20th - 24th
March 2019



REPLENISH
southern retreats for therapists

A SENSE OF COMMUNITY

A retreat to connect with fellow
Counsellors, Therapists,
Psychologists and
Psychotherapists. A safe space to
learn from each other, pull back,
relax and have some fun whilst
you gain 18 CPD accredited
points and peer supervision.

Reconnect with YOU, with your
passion and purpose from 20th -
24th March 2019 at the peaceful
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Watch our promotional video.



Training in Dual Diagnosis

The Dual Diagnosis Training video introduces the 2 day
advanced training that explains Alcohol & Other Drugs, as
well as Mental Health Issues. This training equips workers
to deliver brief & early interventions, as well as advanced
psychotherapeutic skills.

This training covers all of the current evidence based, best
practice in Alcohol & Other Drugs (AOD) and Mental
Health, from an integrated, holistic framework.

If people want a certificate and qualify for 12 points of
CPD (Continuing Professional Development) they need to
complete the full 12 hours of intensive training.

This training has now been reduced from \$290 to \$145
(50% off). Click Udemy link on website for discount

FULL DETAILS

www.dualdiagnosisstraining.com.au

Grief & Trauma

Grief, Loss & Bereavement

Combine theory, practice and presence
to work with traumatic grief with

Dr Greg Roberts



A unique blend of grief & trauma theory,
experiential learning and ways to work with
clients living with grief and trauma

SYDNEY: Thur 28 & Fri 29 MAR 2019
MELBOURNE: Thur 13 & Fri 14 JUNE 2019

details and registration here

www.cep.net.au E: admin@cep.net.au P: 0431 401 659

Advanced Training Workshops



Treating Acute and Complicated Grief

15 & 16 MARCH, 2019

Treating Attachment Pathology in Adults

1 & 2 APRIL, 2019



Treacy Conference Centre,
Parkville VIC



DANIEL P. BROWN, PH.D.

Associate Clinical Professor in Psychology at Harvard Medical School and Writer of Attachment Disturbances in Adults.

Over the last 20 years his research and clinical work has focused on assessing attachment disorders in adults and on developing psychotherapeutic and hypnotherapeutic protocols to treat attachment pathology. Daniel and colleagues have designed, used, and evaluated sophisticated assessment tools to identify attachment pathology in adults and develop of effective treatment protocols.

The **Treating Attachment Pathology in Adults** workshop is about state-of-the-art, effective ways to treat insecure attachment pathology in adults, including personality and dissociative disorder patients, as described in *Attachment disturbances in adults: Treatment for comprehensive repair* (D. Brown & D. Elliott, Norton, 2016).

- Adult Attachment Inventory vignettes will be used to illustrate the range of states-of-mind in adult patients with attachment pathology.
- Accurate assessment of, and application of detailed step-by-step treatment protocols specific to each of the three main types of insecure attachment--dismissing, anxious preoccupied, and disorganized attachment.
- How to use various outcome measures including assessing attachment status, coherence of mind, and change in diagnoses.

The **Treating Acute and Complicated Grief** workshop is primarily treatment focused; it will outline in clear steps the way in which a clinician can treat grief. Different types of grief and mourning will be addressed with clear treatment protocols for each.

- Detailed assessment of historical and current research on grief and its formulation.
- Assessment and diagnostic tools for measuring pathological grief.
- Defined treatment protocols for different types of grief including measures for assessing client improvement.

12 CPD hours per workshop

Treating Acute and Complicated Grief	Comprehensive 2-day workshop
DATE	15 & 16 March 2019
COST	\$550 inc GST From 1st Jan 2019

Treating Attachment Pathology in Adults	Comprehensive 2-day workshop
DATE	1 & 2 April 2019
COST	\$550 inc GST From 1st Jan 2019

EARLY BIRD \$495 inc GST until Dec 31st 2018

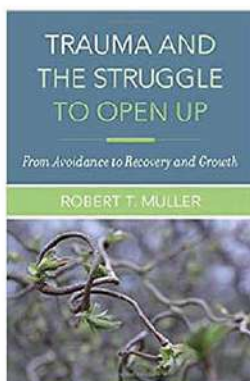
Nigel Denning — Integrative Psychology	
ENQUIRIES	nigel@integrativepsychology.net.au (03) 9663 0355 / 0407097722
REGISTER ONLINE	www.mindonly.com.au

TEACHING FORMAT

Comprehensive current theory and research with client case illustrations.

The Therapeutic Relationship is Your Most Powerful Tool (& Biggest Pitfall): Relational Strategies to Effectively Treat Challenging Clients

A 1-Day Intensive Professional Training with Robert T. Muller PhD CPsych



Special Offer! Registration includes a FREE copy of Rob's new book:

Trauma and the Struggle to Open Up: From Avoidance to Recovery and Growth (RRP \$35 USD) - published July 2018

In this practical workshop, using attachment theory and a relational, integrative approach, Dr Muller, a leading expert on trauma therapy & acclaimed author of: Trauma & the Avoidant Client, will build your understanding of the psychotherapeutic relationship with challenging clients, particularly trauma clients. Throughout the workshop, theory is complemented by case examples, practical exercises, and segments from Dr Muller's own treatment sessions. This workshop focuses on clinical skills that are directly applicable in your work as therapists. You will learn specific skills to ensure professional, skilled and ethical practice with all clients. This workshop suitable for all practitioners who work with traumatised clients.

Workshop Objectives: You will learn how to

- Navigate and use conflicts in the relationship;
- Bring safety to the therapeutic relationship early on;
- Help clients pace the process of opening up;
- Recognise your own feelings on treatment (eg, the wish to rush into trauma work, or wish to avoid it); and
- Help clients mourn traumatic losses to bring post-traumatic growth.

For a very detailed description of each workshop session, go to: www.cpmsservices.org

Brisbane 29 April; Perth 1 May; Melbourne 4 May; Adelaide 8 May; and Sydney 11 May 2019

9.00am – 5.00pm. Refreshments, lunch, handouts and Dr Muller's new book (above) included in registration.

For a detailed workshop description and registration and payment options, go to:
www.cpmsservices.org

A Specialist Training in Working with Couples **Two Day IMAGO Training**

SYDNEY 02/03 April 2019

MELBOURNE 05/06 April 2019

FEE \$450 or \$395 Early Bird (one month prior)

[TO REGISTER](#)

[FLYER](#)

ABOUT THE TWO-DAY TRAINING

Revolutionise your work with couples. Relationship work can be dynamic, stimulating and highly effective using the structured processes inherent in Imago. Experience the depth and beauty of this work in creating connection between couples. At the same time enable increased passion, greater differentiation, and freedom from painful attachment cycles. Imago Relationship Therapy offers a coherent, comprehensive, research-based and dynamic theory and practice. These two days have the potential to transform both your individual and couples work. There is an option, following this Two Day Training to participate in further training to become a Certified Imago Therapist.

PACFA CPD Category A 28 points

FOR MORE INFORMATION

www.relationshipsuccess.com.au

info@relationships.co.nz +64 9 425798

Presented by
Brenda Rawlings



**Clinical Instructor,
Imago International Institute**

Brenda has been specialising in working with couples for over 20 years.

She was Dean of the Imago International Institute (USA) from 2011 to 2016 and the 2013 recipient of the Harville Hendrix Award for Clinical Excellence.

Passionate about providing the best possible interventions for couples, she has studied extensively within various modalities, and has integrated these within the Imago process.

A Senior Imago Clinical Instructor, she trains primarily in Australia and New Zealand and is also a highly respected international trainer.



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