



eNewsletter SEPTEMBER 2018



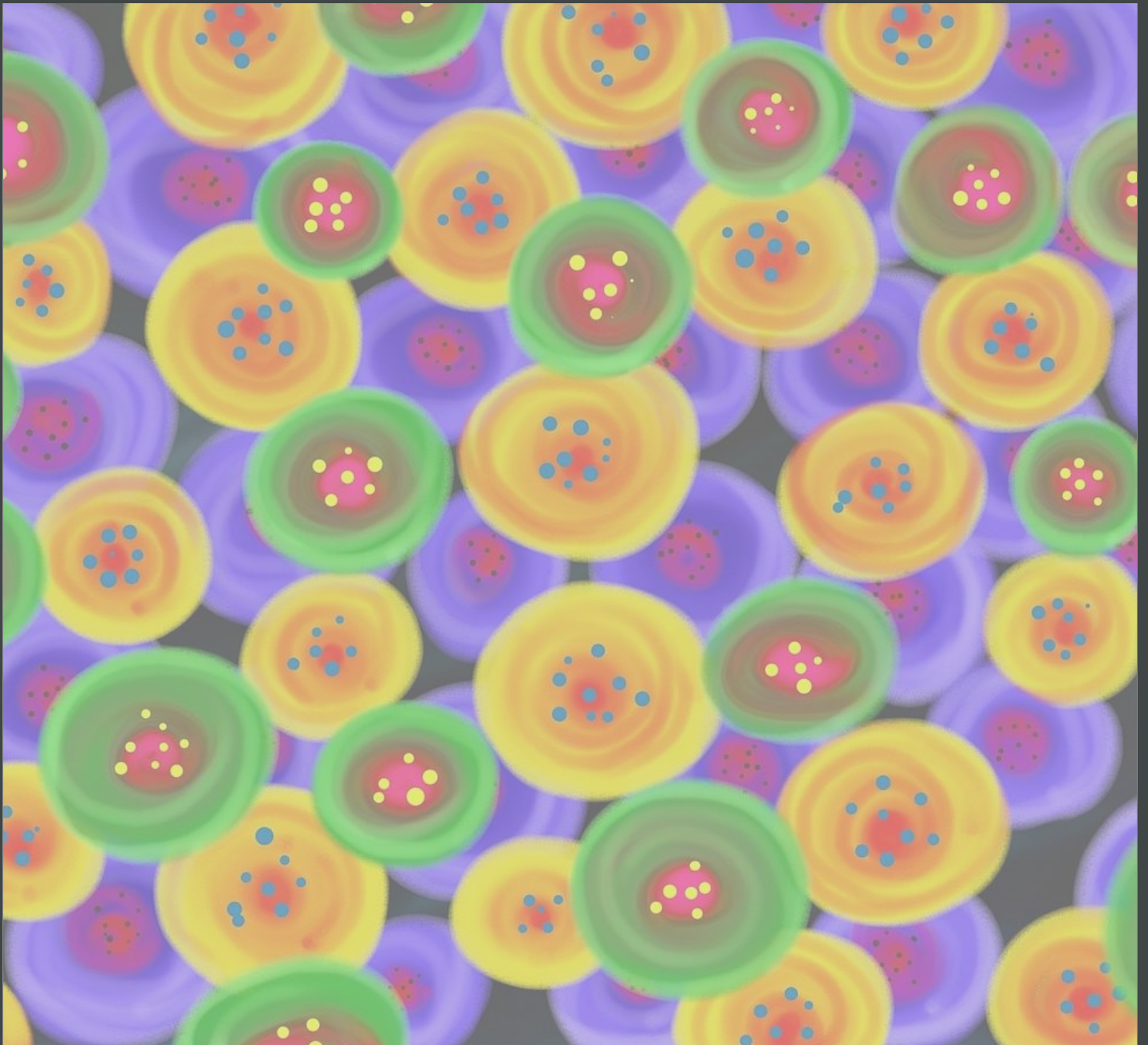
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FEATURE ARTICLE

Out of This World: Suicide Examined

By Antonia Murphy



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Editorial

Welcome to the September eNews! I am very pleased to report on some important achievements in recent months, including the launch of PACFA's *Scope of Practice for Registered Counsellors*. This is an important policy document for PACFA which describes what we do as a profession and how we do it, as well as being an advocacy tool that highlights the breadth and depth of the profession to policymakers and other stakeholders.



In another recent achievement, I was involved in a Working Group which has developed the new **Trauma Support Directory** which is a national register of mental health professionals with the qualifications, skills and experience to provide counselling for survivors of institutional child sexual abuse for the National Redress Scheme. PACFA Clinical Registrants with experience working with trauma are eligible to be listed on the Directory.

PACFA has followed up with a range of providers of Employee Assistance Programs (EAPs) to confirm the eligibility of PACFA Registrants to work for EAP services. This is another opportunity for practitioners to work in a growing field and suitably experienced practitioners may wish to explore this option.

In September PACFA published edition 6 of PACJA, the Psychotherapy and Counselling Journal of Australia. I have included a list of the articles from the journal and a message from the Editor. I encourage readers to click through a read edition 6 at the PACJA website. Articles can also be downloaded for free. PACFA has also announced the name of its new professional journal, *Psychotherapy & Counselling Today*, which will be launched in 2019. This will be a magazine-style professional journal and we are calling for contributions from psychotherapists and counsellors interested in writing articles, book reviews, practice notes and other regular columns.

In the membership section of eNews, we are pleased to announce new members of the College and Branch Leadership Groups and to thank outgoing Leadership Group members. We are also delighted to announce that the new Psychotherapy Working Party has commenced. This group is made up of subject-matter experts in psychotherapy and PACFA representatives. They met in Sydney on 22 September to progress work on the requirements to be recognised by PACFA as a psychotherapist.

PACFA aims to reach out to members in rural and regional areas. PACFA West has contributed an article about their recent outreach work which provides good ideas on how to improve engagement with rural and regional members. There is also an invitation to practitioners to participate in a research project currently taking place on cultural competence. This is an important research subject of interest to PACFA and an opportunity for readers to make a contribution by participating.

The eNews includes the CPD calendar as usual. While events are already winding down for this year, some events are taking place in November and planning is underway for events in the early part of 2019. The 2019 conference is the biggest PD event coming up and the Conference Committee has finalised the full list of conference speakers which can be viewed at the Conference website. It is a rich and diverse list of speakers on working with trauma and an event not to be missed if you can possibly be there. The conference takes place in Sydney from 22 to 24 February. Earlybird prices close on 30 November so do consider booking early.

The PACFA Annual General Meeting takes place on 6 October in Melbourne. Read about the PACFA AGM in this edition of eNews, including the proposed constitutional changes that we will be considering. These are important changes aimed at ensuring our constitution stays up to date to meet the evolving needs of PACFA. The 2018 Annual Report, which highlights PACFA's activities in the last year, will be presented by the PACFA President and is also available at the PACFA website.

Maria Brett
eNews Editor

President's Report

PACFA has been very active on behalf of our members, advancing the counselling and psychotherapy profession. Between 1 July 2017 and 30 June 2018, PACFA has had significant achievements including building a positive relationship with government as we advocate for recognition by achieving Medicare numbers. In particular, I was appointed by the Minister for Health earlier this year to the Eating Disorders Working Group and the Mental Health Reference Group; both are part of the Medicare Benefits Schedule Review. We have also brokered opportunities for private health rebates for counselling and psychotherapy, and helped establish the Trauma Support Directory for the Redress Scheme for survivors of childhood sexual abuse.



Our achievements have been supported by the growth in PACFA since we achieved our organisational restructure. We now have 2,768 individual members across the various membership categories and 466 Registrants who belong to Member Associations. Growth continues to exceed our projections. Since restructuring, revenue has grown by 46.55% and staffing has grown by 30.77%.

In the 2017/18 financial year, PACFA provided 58 professional development and networking events for our members across the country. We have also been very active developing high quality policy documents to set standards for the profession in Australia. Recent achievements include the new PACFA Code of Ethics and Professional Conduct Procedures, including the introduction of Alternative Dispute Resolution, and the new PACFA Training Standards. In addition, in September we launched PACFA's Scope of Practice for Registered Counsellors. These documents demonstrate our strong leadership role setting standards for our profession. In addition, the Psychotherapy Working Party commenced their important and timely work in August.

As a health promotion charity, we have continued to disseminate research on counselling and psychotherapy and to advocate for better access to mental health services for the community. Our research outputs are key to advancing PACFA's mission, including our research journal, the Psychotherapy and Counselling Journal of Australia (PACJA) and our literature reviews. PACFA has engaged with our members and stakeholders via our peak policy-making body, the PACFA Council, and with individual members through the PACFA Member Congress. We have communicated our achievements through the PACFA website, eNews and email communications.

In September, I represented PACFA at a roundtable meeting of the International Association of



Counselling in Rome. There was an update on IAC activities, updates from participating countries, and opportunities to build partnerships to support the development of counselling, both in Australia and in our region. As the only Australian delegate, PACFA had a key role at the meeting, promoting our mission and building international connections.

I would like to thank everyone who has contributed to PACFA's success in the last year. We currently have 134 volunteers across the different Committees and Leadership Groups, who make a substantial contribution to PACFA. Thank you to members of the PACFA Board, and to our Committee Chairs and Committee members for their effective and hard work. Thank you also to members of the College and Branch Leadership Groups. Thank you also to the PACFA CEO, Maria Brett, for all her work to advance PACFA's Strategic Plan and mission. She is very well supported by Operations Manager, Kim Smythe, and ten other members of staff who work hard and effectively for PACFA.

I look forward to another term as PACFA President as we continue to go from strength to strength.

Dr Di Stow
PACFA President

Feature Article

Out of This World: Suicide Examined

By Antonia Murphy

Antonia Murphy is a graduate of WPF, UK, a UKCP registered psychotherapist with over 25 years of clinical experience in the NHS, the non-profit sector, and private practice. Antonia managed the primary care counselling service in Derbyshire from 1998 to 2006. She has developed her long term clinical interest in working with suicide into a training which has been delivered to over 40 universities and other settings. She is the former editor of the Journal for the Foundation of Psychotherapy and Counselling and an editorial board member of the Journal of Psychodynamic Practice. She is co-author of Psychological Therapies in Primary Care: Setting up a Managed Service (Karnac 2004) and author of Out of This World: Suicide Examined (Karnac 2017). Antonia works as a psychotherapist and supervisor in private practice in Nottingham.



I approach suicide from the point of view of the suicidal state of mind and in its essence, I see suicide as a largely unconscious aggressive act having its roots in a perceived or real experience of traduced early childhood needs. The wounds of the suicidal person are often long held and deep. The suicidal person is pursued by haunting losses and the suicidal act comes from deep disturbance created by this and from the idea of death as escape. The quasi delusional quality of this idea can be examined - that suicide is both an act for and against the self. I make a strong case for the contribution of psychotherapy to the project of suicide prevention since it is in this carefully managed arena the suicidal fantasy can be examined and the settling of these scores can be worked through, rather than acted out by suicide.

I wrote a book, *Out of This World: Suicide Examined* (Karnac 2017), that is not intended as an academic text; nor do I see it solely aimed at psychotherapeutic and counselling professionals. It is written from a psychoanalytical perspective but it is not a book intended for a particular modality of therapist. I would hope therapists of all persuasions would be interested and appreciative of the ideas. It is also a book for everyone who has an interest in knowing more about this deadly condition and who may themselves be contemplating or planning suicide or have been affected by a suicidal death.

By writing and teaching about suicide, it is my hope is to increase understanding, challenge concepts of mental illness and suicidality but most importantly, address the understandable fear we all have about suicide, its power to render us impotent, and in turn empower readers to intervene/ support /work with those who are suicidal.

To examine suicide in detail, the horribly paradoxical truth about it needs to be emphasised – that it is an action both for the self and against it. I make the case that it should be understood as an attempt to save the self but in turn destroy the self's body (Campbell & Hale, 1991). The suicidal person is making a sacrifice of herself in order to achieve the other side of the bargain – the fantasy that a better future awaits the post dead self.

There are of course many types of suicide and suicidal acts. There are suicides which come from a long and painful struggle with illness, with misfortune, with disturbance, with despair, with perversion. There are suicides which seem to come from “out of the blue”, which are reported by those near to the suicidal person as totally unexpected. There are suicides which are talked about often but never acted on until the final act. There are so called heroic suicides, altruistic suicides, vengeful suicides,

suicides of despair, nihilistic suicides, political suicides, mass suicides, terrorist suicides, suicide pacts and copy-cat suicides. Just reading this list it is clear that it is hard, and perhaps foolish to try to make generalisations about both what suicide is and about why people take their own lives in such tragic and sometimes horrific ways – suicides vary in the reasoning of the suicidal person, and in their intent. However, the one thing all suicides have in common is their destructiveness – the one thing we cannot dispute is that suicide, if it is successful, results in a death.

For many of us it might be easier to think of suicide, if we can face thinking about it at all, in a way which associates it with a depressed or pessimistic state of mind. This reasoning allows us to be



sympathetic to suicide and the suicidal, and to be able to relate to its awfulness, its tragedy, rather than to its destructiveness. We can more easily imagine the suicidal person as having given up on life, as having been driven to this dreadful point of no return, perhaps due to unbearable difficulties and challenges. And of course this is in part the case for many suicidal people. In fact most of us can identify with this way of thinking about suicide – who hasn't woken up alone either literally or figuratively, on a bad day in a bad place with a whole lot of hassle ahead and thought, no matter how fleetingly, of getting out of it all. The mind is saying "I can't stand this". As Cesare Pavese stated: "No one ever lacks a good reason for suicide".

Another way in which we might try to get an acceptable handle on suicide is to adopt the rational position – that the person has considered all options and has "decided" that suicide is the rational choice for them. A convenient "untruth" which perhaps offers more in the way of making us feel a little less uncomfortable with suicide than a proper or more complete account of the act itself.

What these explanations and rationalisations, though partly true, all miss, and I think are intended to miss, is the violence, the destructiveness and the sheer scale of disappointment behind the act – a scale for which the word disappointment is not remotely strong enough by any stretch. Edwin Shneidman (1996), the eminent suicidologist who writes lucidly, clearly and knowingly on suicide, speaks of the suicidal person as having *thwarted* psychological needs. This word, thwart, comes very close to describing the outrage and absoluteness of the suicidal person's sense of life being against them. Their rage about this may not be at all conscious – this is another nasty twist in the suicide tale – but nevertheless, underlying the reasons they may give for their suicidality, lies a darker outrage. This leads to the other vital point that Shneidman makes, namely that the suicidal condition is in the main a psychological condition – it is as he says "chiefly a drama of the mind" (Shneidman, 1996, p.4). Thus, following on from this, the key to understanding suicide, to working with it, and in some cases to preventing it, is to explore, elaborate, and bear the particular suicidal person's story in mind, both their real story and their fantasy. In other words to offer the suicidal person the conditions in which it might be possible to find out about this often disturbing drama of the mind, to bring into consciousness their feelings and memories, potentially enabling them to face and to tolerate what has previously been intolerable to and for them.

My position in relation to suicide – notwithstanding the many advances in neuroscience, in medicine, in pharmacology, in law, in society, in political engagement we are able or willing to make – is that the key to working with the suicidal person is in an understanding of the struggle and frustration in this particular individual's internal psychological world as a result of their coming into and continuing in the world as *they see it*. The story of suicide is an individual and a human one – yes suicidal people have aspects in common with each other, but their own specific drama of the mind is in essence individual at heart.



Being suicidal is not a simple business in any way. There is no obvious or achievable algorithm which will determine whether, when or how a person is at risk of suicide. Suicide is a complex, perplexing and deeply unsettling business. Much like life really. Certainly there are groups of people who can be categorised as being more at risk of suicide; those with serious mental illness, those with a history of alcohol and drug addiction; but these are perhaps

correlations rather than causes. Concentrating resources on these so called “high risk” groups somewhat misses the essential understanding about suicide that is necessary but often avoided within our national health, social and forensic services – namely that being suicidal is not necessarily an illness and as such it cannot be effectively treated within a formal medical model only.

It is important to note that there is currently debate within psychiatry itself concerning the prevalence of yet more diagnostic categories of mental illness, many of which may be misdiagnoses or diagnoses as masquerades for what may well be understandable and necessary, albeit painful, human responses. This is a very serious point and relevant to any exploration about how we respond to the suicidal which I have detailed and explored. Suffice to say we cannot understand suicide by simply equating it with mental illness and we cannot help a suicidal person simply by diagnosing them within an exclusively biological framework; much more knowledge and understanding from us all is needed in this difficult terrain.

Perhaps one of the main reasons we reach for medical solutions to the problem of suicide is that it is altogether too frightening and too difficult for us to try to face. We live in an increasingly risk-averse society. With this comes a compulsion to get swift and predictable results and to get rid of undesirable and unwanted human behaviour – to reduce us all to manageable units of wellness or illness, to rationalise us on measurable scales. There is an increasingly unhelpful emphasis on overall well-being and happiness. This gives rise to fantasies that we can and should all be fixed and this in turn champions treatments that only treat surface problems. With suicide this approach can be particularly detrimental. Often an injunction to “get better” and an approach that emphasises the imperatives of positive thinking can be exactly the opposite of that which a suicidal person needs, reinforcing the person's very painful sense of failure and earlier experiences of abject disappointment. The person, the patient, will always know more about themselves and their psychological pain than anyone else – even if they don't know how to know this! They may well need a lot of help finding out what the “matter” is. The suicidal act means something, it is about something, something vital paradoxically. It is up to us to help them work this out, not just try to make it go away. In so doing we have a much better chance of transforming the suicidal impulse into something manageable.

So we need to talk about suicide, to know more about it, recognise it, acknowledge it, and above all reduce our fear about it and indeed, in some cases, reduce its claim on you, so that if you are someone who is suicidal you can get the help you need; if you know someone who is suicidal you can enable them to get the help they need; and if you are someone who works with suicidal people you can continue to do this in a more confident, contained and informed manner. It is also, selfishly, a chance for me to explore and develop many of the ideas I have garnered over the years concerning suicide and suicidal ideation. These ideas are drawn from over 25 years of clinical experience working with clients and they stem from a broadly psychoanalytic framework. Many of my clients past and present have at times been suicidal and/or preoccupied with suicidal thoughts, but none of them has as yet acted on these impulses and inclinations. One of the reasons for this may well be the containment that psychotherapy provides as well as other considerations – the actively suicidal often do not find their way into psychotherapy or leave before the work starts to impact on real psychological change. And of course this work is also drawn from my own personal experience, reflections and research.



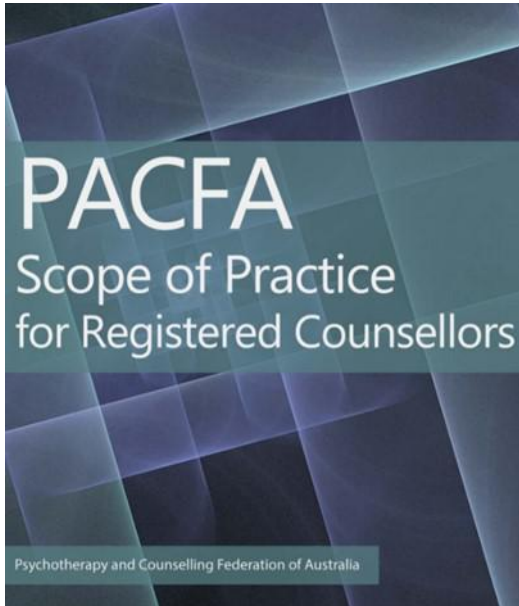
We will never rid ourselves of suicide. We are sentient and so we are able to contemplate it and tragically we are able to act on it. But at the same time we can treat it respectfully, we can take it seriously and not shy away from it. We can be more open and transparent about it and avoid being overly sentimental, simplistic or condemnatory. It is lonely enough feeling suicidal without the additional isolation of the fear others have of it. We can understand it and we may even be able to reduce it. Suicide prevention is most enabled by more professionals being skilled in working with those who are suicidal and by society being more confident about embracing it as a regular cause of death. Suicide is not particular in terms of race, gender, sexuality, age, wealth, class, religion or political affiliation although the imperative that is felt can be amplified and reinforced by any number of external

factors. Death by suicide occurs in all walks of life and at all stages of life. Understanding suicide and resourcing those who are able to offer help, support and treatment to the suicidal is everyone's business.

I would also emphasise that I am a psychotherapist and in some ways my approach is unapologetic in its case for psychotherapy in working with those who are suicidal. I have worked with suicidal people over many years both as a psychotherapist and in a voluntary capacity. And unfortunately I think suicide does scare those who work in psychotherapy, counselling and allied professions in a way that can be unhelpful because it encourages avoidance. But we badly need people to be prepared to face up to suicide and all that lies behind this awful, deadly act without worrying that they are going to be called to account in accusatory and defensive ways. I feel that truly sound work with people who have suicidal acts in mind is badly neglected in my profession as well as within the whole health and social care project. Having said that, happily there have been thousands whose lives have been saved by the help they have got from counsellors, doctors, mental health workers, psychiatrists, psychotherapists, and of course the Samaritans. There are a whole range of professionals and volunteers who are well placed and well informed to help the suicidal amongst us.

PACFA launches new Scope of Practice

By Alex Lakani, PACFA Policy and Advocacy Coordinator



PACFA has launched a key policy document for the profession – *Scope of Practice for Registered Counsellors*.

PACFA believes all mental health professionals should work to the top of their scope, reflecting their training and education to address the changing needs of the Australian population, meet workforce shortages, and improve efficiencies in the health system.

Professional scope of practice is a widely discussed professional issue, and it is a pervasive piece of policy work amongst health professions. Professional scope of practice is a significant consideration when planning efficient health services, and some Government departments have requested to examine our profession's scope of practice. It is therefore crucial to our profession, as it describes what we do as a profession and how we do it, and as a policy and advocacy tool that highlights the breadth and depth of the

profession to policymakers and other stakeholders.

In many health professions, scope of practice policies outline the competencies, laws and regulations as they apply to the profession. A collective perspective of scope of practice describes the reaches of the profession's role, however within that collective frame sits an individual practitioner's scope of practice. One practitioner's scope may be bigger than another's, depending on individual motivations and drivers, or external drivers such as opportunities and funding. Moreover, individual scopes of practice may overlap but together they form a collective counselling scope of practice.

PACFA's scope of practice work is informed by a strong research background and has incorporated consultation with leading PACFA members. The policy is also intended to be accessible to many audiences, and to synthesise technical information into crystal clear writing. We have taken a descriptive rather than prescriptive approach to ensure that the policy is dynamic in the changing context of the Australian mental health system and we have considered an explanatory model that is flexible to the development of the profession.

The framework of the document takes into consideration three key elements of scope of practice: competent practice, safe practice, and regulated practice (see diagram). Whilst professional competence and regulation as it relates to the profession are extensively discussed in scope of practice literature, we have included safe and ethical practice as a cornerstone in describing the complete picture of counselling scope of practice. Trust, ethical practice, supervision practices, confidentiality, risk management, and evidence-based practice are some of the issues discussed when we think of safe practice.



Diagram 1: Scope of Practice for Registered Counsellors

Based on this framework, PACFA defines scope of practice for PACFA-registered counsellors as follows:

Scope of practice is the area of the profession in which a counsellor has the knowledge, skills and experience to practise competently, safely and lawfully, in a way that meets standards and does not pose any danger to the public or to themselves. PACFA recognises that a counsellor's scope of practice will change over time and that the practice of experienced counsellors often becomes more focused and specialised than that of newly qualified counsellors. This might be because of specialisation in a certain area or with a particular client group, or movement into roles in management, education or research.

We intend PACFA's scope of practice policy work to support our advocacy efforts, to be used by potential employers of counsellors to survey the capabilities of counsellors, and by prospective counsellors when they seek to envision a pathway or career into the profession. We also intend the document to be a resource for practising counsellors when questions arise such as:

- Is a particular activity, field of practice or intervention within the scope of practice for the profession (with consideration to regulation and guidelines) and is it accepted within the profession?
- Is it supported by research and best practice and in the best interest of the client?
- Is it within my own personal scope of practice (do I have the education and experience to competently perform the task with consideration to best and safe practice)?

Ethical practice and trust are threads that run throughout the policy, because it is best and safe practice, and it is similarly honoured in the therapeutic relationship. The corollary of this is the confidence of clients and the community, and within the profession, which has historically been strong and which we work to maintain.

PACFA's Scope of Practice discusses the counselling profession (what, where, and who we work with), where we are situated in the context of the Australian mental health system and the contributions we make. Placing the counselling profession in the context of the Australian mental health system is important for our advocacy efforts. We highlight where we fit and the efficiencies that can be gained by counsellors working to the top of their scope, as well as contextualising counselling with in contemporary mental health system thinking, such as recovery-oriented practice, person-centred and stepped care, and multidisciplinary workforce planning.

The third part of the scope of practice document describes in detail competence, safe practice, and various regulation that applies to the counselling profession. It is here we outline: training, education, knowledge and skills, and interventions that are applicable to competent counselling practice; trust, ethics, supervision, risk management, and evidenced-based practice that constitute safe practice; and finally, the National Standards, PACFA registration, and the National Code of Conduct with which registered PACFA counsellors must comply.

The final section ends with levels of proficiency, which:

...outlines the scope of practice for counsellors at different levels of proficiency from newly qualified graduates, through to experienced and advanced practitioners and PACFA Mental Health Practitioners. The distinction between experienced and advanced practice is not definitive. Instead, a transition occurs over time with experience, supervision, continuing professional development, further training, and individual characteristics such as interest.

The purpose of this section is to describe the trajectory of a counsellor's career as it shifts from graduation to advanced levels of practice. It is intended for employers of counsellors seeking to ascertain the proficiency levels of PACFA-registered counsellors, for practicing counsellors to compare job descriptions with their own level of proficiency, and for prospective students of counselling envisioning

pathways for potential careers in the profession. In this final section the information has been formatted in a way that the reader can easily and quickly compare various levels of proficiency with tables that divide education, experience, knowledge, skills, and effectiveness across the trajectory of a counsellor's career.

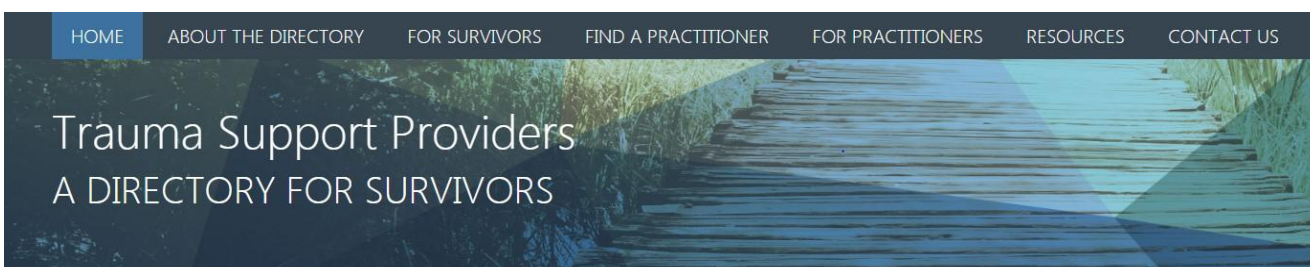
PACFA gratefully acknowledges contributions from the College of Counselling Leadership Group, and other PACFA representatives who contributed to the development of this important piece of policy work.

PACFA's [Scope of Practice for Registered Counsellors](#) is available for download.

PACFA Registrants eligible for new Trauma Support Directory

PACFA Clinical Registrants are eligible to register on the new Directory of Trauma Support Providers as providers of complex trauma services.

For information on how to apply, see the information sheet on [Becoming a provider on the Trauma Support Directory](#) or go to the [Trauma Support Directory website](#).



The **Trauma Support Directory** is a national register of the mental health professionals with the qualifications, skills and experience to provide complex trauma services for survivors of institutional child sexual abuse.

The **Trauma Support Directory** has been developed with funding from the Australian Government as part of the National Redress Scheme for survivors of institutional child sexual abuse, and forms part of the psychological counselling component of the scheme.

PACFA CEO, Maria Brett, participated in the Working Group that developed the new directory. It is an excellent resource for survivors of institutional child sexual abuse and for the practitioners who work with these clients.

The National Redress Scheme, which will run for 10 years from 1 July 2018, provides nation-wide support services to people who were sexually abused as children while in the care of an institution. The Trauma Support website is also available to all consumers requiring psychological support in relation to complex trauma.

The **Trauma Support Directory** will:

- feature a range of mental and allied health professions, including PACFA-registered counsellors and psychotherapists
- function as a directory of practitioners able to provide complex trauma services to survivors of institutional child sexual abuse, regardless of whether the client receives funding under the National Redress Scheme
- be searchable by clients by location, profession and mode of delivery
- provide resources or practitioners including:
 - research evidence on the effective treatment of complex trauma

- o fact sheets on institutional child sexual abuse relating to care leavers, child migrants and religious institutions
- o information about particular groups such as Aboriginal and Torres Strait Islander people, those a disability and cultural and linguistically diverse people
- o a reflective practice tool for professional development in complex trauma
- o trauma-informed care and practice language for clinicians
- o links to organisations providing complex trauma services
- o links to further training and professional development on complex trauma

Opportunities to work with Employee Assistance Programs

PACFA has confirmed with a range of Employee Assistance Program (EAP) providers across the country that PACFA Registrants are eligible to provide counselling support to employees. The providers are: Access EAP, Acacia Connection, Converge International, D'Accord, Eudoxia, Pure Insights and Optum.

EAP counsellors help employees achieve lifestyle, work, personal and family goals and assist with managing work and life experiences, issues or concerns. EAP counsellors may be asked to perform assessments, short-term counselling, referrals, and follow-up services to employees who have work-related and personal problems. Whilst working with an EAP provider there may a relationship with both an employee and employer and therefore potential conflict of interest and confidentiality issues may arise. In these circumstances we expect Registrants to be guided by the [PACFA Code of Ethics](#).

A broad range of issues can be addressed that affect the mental health and well-being of workers such as: alcohol or other substance abuse, stress, grief, family problems, and psychological disorders. EAP counsellors can also assist and prevent situations that involve workplace trauma, emergency situations, or workplace bullying or violence. Many organisations offer EAPs to employees on an optional basis and services are delivered via telephone, face-to-face, or online.

EAP providers present PACFA Registrants with an opportunity to increase your referral base, supplement earnings, and reduce overheads. Referral rates can ebb and flow and therefore providers usually pay on a fee-for-service basis. Typically, both payment and referral rates vary from provider to provider and there is no industry standard. We recommend PACFA Registrants consider these issues with prospective EAPs when entering into work arrangements.

How to apply

EAP providers differ in their requirements for selecting practitioners and take applications on a case by case basis. Some look for degree qualified practitioners and others seek applicants with a Master's degree, or a minimum of five years' experience. However, all EAP providers seek qualified practitioners who provide high-quality and safe services in accordance with PACFA's membership requirements.

Access EAP

Professional counselling is a key service offered at Access EAP. They provide extensive coverage via a large Australian and International EAP network. With over 1,000 counsellors available, they guarantee employees will have access to confidential counselling support 24 hours a day, 7 days a week.



To enquire about becoming an EAP provider, please email info@accesseap.com.au or phone 1800 818 728. For more information see the [Access EAP website](#).

Acacia Connection

Acacia Connection seeks to provide:

- Increased workplace morale
- Improved productivity by addressing personal issues
- Assistance to deal with complex employee issues
- Reduced workplace absenteeism
- Reduced workplace health and safety risks by proactively supporting the mental health of employees



To enquire about becoming an EAP provider, email info@acaciaconnection.com or phone 1300 364 273. For more information, see the [Acacia Connection website](#).

Converge International

Converge's hiring criteria are:

- Competence and fit for the role (including qualifications)
- Emotional intelligence – the ability to empathise, read a situation and react sensitively
- Being a “giver” not a “taker” – having a positive attitude and collaborating well with others
- Coachability – having an openness to learning new things



To express interest in being an EAP provider, submit a CV to people@convergeintl.com.au. For more information, see the [Converge International website](#).

D-Accord

D'Accord's minimum requirement is 6 years' industry experience. D'Accord offers a healthy gender split of experienced practitioners and an hourly rate of \$100 (+ GST). D'Accord look for practitioners that can provide:

- Registration with PACFA
- A resume detailing their experience and a completed application form
- Public indemnity and professional indemnity insurance



To enquire about working with D'Accord, email admin@daccordphs.com.au or phone 1300 130 130. For more information see the [D'Accord website](#).

Eudoxia

Eudoxia employs counsellors or psychotherapists and applications are considered on their merits based on experience and qualifications. Generally they look for applicants that are degree qualified with a minimum of 5 years' experience.



To enquire, call 1300 307 111 to talk to the team, or submit your CV with a covering letter at the website, <https://www.eudoxia.com.au/work-with-us/>. For more information, see the [Eudoxia website](#).

Pure Insights

Pure Insights offer:

- Short-term, solution focused, case-specific clinical intervention support
- Quality online counselling for maximum engagement and regional areas
- Extended 1-2-1 drug and alcohol support that complements specialist interventions



To enquire about becoming an EAP provider, email info@pureinsights.com.au or phone 1300 796 640. For more information, see the [Pure Insights website](#).

Optum

Optum recruit registered counsellors on a case-by-case basis. Experience is looked upon favourably, with a minimum of 5 years post qualification experience required. Additionally, Masters level qualifications and registration with PACFA is required.



To enquire about working with Optum, email networkenquiries@optum.com.au or phone 1300 361 008 or visit their [website](#).

PACJA Edition 6 published

PACFA is pleased to announce the sixth volume of PACJA, developed by incoming editor, Dr James Vicars, with the support of our authors, reviewers and PACFA's Research Committee. We also offer grateful thanks to Dr Jillian Lynch for her contribution as Assistant Editor from March 2016, followed by her editorship of Volume 5 in 2017.



Kim Dunphy, PhD
Chair, PACFA Research Committee

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Message from the Editor

The new issue of the *Psychotherapy and Counselling Journal of Australia* marks a transition, a movement from the birth of the journal six years ago to a new phase of growth.

This has arisen from a reaffirmed and long-term commitment to research in the field by PACFA, including the appointment of a professional editor, Dr James Vicars, who is now building on the wonderful work of its earlier, volunteer editors. This issue, the 6th, includes articles on a variety of topics that cover a broad spectrum of practice, methodology, theory and ideas in which all members should find something relevant.

Articles include an introduction to Regenerating Images in Memory (RIM), an innovative technique that changes problematic schemas at the heart of personal problems. There is a literature review paper that critically examines the Family Constellation Therapy (FCT) approach as a potential therapy option for responding to intergenerational trauma; another turns the focus to the therapist in a consideration of supervision across the career, and its actual and potential value. There is an analysis of the verbal content of a demonstration of CBT therapy and the canvassing of an alternative view that the aesthetic qualities present in the work of the therapist better account for its success. In a different direction still, another article offers insights into the impacts on relational and social identities of migrants by specifically focusing on "sense of belonging" as a key area of interest. The issue is rounded out by a book review of a collection of writings from across the globe that each take a different pathway to highlight how rhythm, connection, play and creativity can assist trauma healing in vulnerable children. You are warmly invited to read and download the full articles by visiting www.pacja.org.au.

[Click here to read the Editorial](#)



James Vicars, PhD
PACJA Editor

PACJA Editorial Board

- Dr Kim Dunphy, The University of Melbourne
- Dr Alexandra Bloch Atefi, University of Adelaide
- Dr Elizabeth Day, Australian College of Applied Psychology
- Dr Angela Mornane, Monash University
- Gina O'Neill, Australian College of Applied Psychology; The Relational Institute Australia
- Dr Tristan Snell, Monash University

Call for PACJA contributors

Articles, literature reviews and book reviews are now welcome for the next, or subsequent, issues. Submissions can be made through the PACJA website, while expressions of interest and proposals, as well as all other enquiries, can be emailed to Dr James Vicars at editor@pacja.org.au



New PACFA magazine to be launched in 2019

PACFA plans to launch our new printed magazine, **Psychotherapy & Counselling Today**, in 2019. The magazine will be a membership benefit for members that will communicate PACFA's unique perspective on psychotherapy and counselling in Australia.

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.

PACFA is calling for contributions for **Psychotherapy & Counselling Today** from psychotherapists and counsellors or related professionals. We are seeking:

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

Articles should relate to psychotherapy practice and be between 1,500 and 4,000 words. Book reviews, practice notes or other regular columns should be between 500 and 1,000 words. All contributions are subject to editorial review.

With this exciting new initiative, eNews will change to a simpler, electronic bulletin in 2019. Both publications include opportunities for providers of professional development to advertise their events via PACFA. This is a great resource for our members as well as for the wider therapy community.

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



Psychotherapy Working Party established

PACFA's new Psychotherapy Working Party has commenced work. The Working Party will undertake a range of activities in relation to developing standards for psychotherapy training, in order to support the retention of existing psychotherapy training programs and the development of new training pathways for psychotherapy. It is intended that the Working Party's activities will support the advancement of psychotherapy as a distinct profession within PACFA and in Australia.

The Working Party is being chaired by Dr Alison Strasser, former PACFA Board member and Chair of the PACFA Training Standards Committee. It includes a diverse range of psychotherapists as well as representatives of PACFA.

Psychotherapy Subject experts:

- Dr Alison Strasser (Chair)
- Tara Green
- Dr Zoe Krupke
- Christina Nielsen
- Valerie Redman
- Dr Eng Kong Tan
- Dr Jelena Zeleskov Doric

PACFA Representatives:

- Maria Brett (PACFA CEO)
- Prof Denis O'Hara (Professional Standards Chair)
- Dr Di Stow (PACFA President)



Dr Alison Strasser



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. Practitioners and researchers will present on key aspects of their work and research with trauma.

The conference will provide opportunities to engage in dialogue with trauma practitioners specialising in a variety of therapy modalities. These conversations will be facilitated in workshops, paper presentations, and panels. PACFA warmly invites you to be a part of the discussion.

The full list of conference speakers has now been announced (see below). For more information, see the [Conference website](#). The Conference Committee has selected a rich and diverse speaker list so this is an event not to be missed if you can possibly be there. Earlybird prices close on 30 November.

Emerging Research and Practice

This stream will include papers on emerging research and workshops on therapeutic techniques and models. Research may include qualitative and quantitative papers, mixed research, and case studies. General research and practice issues relating to trauma and recovery will also be presented, including but not limited to the impact of trauma on development, relationships, and mental health, as well as post-traumatic growth.

Perspectives from Therapists, Clients and Others

This stream will incorporate perspectives on trauma from therapists, clients and others involved in working with clients experiencing trauma. Included in this stream will be issues relating to interdisciplinary perspectives, vicarious trauma, therapist self-care, and managing related difficulties in private practice. Clients may also share their experiences of therapy and recovery from trauma.

Working with Specific Populations

This stream will address therapeutic issues, including research and workshops, that are relevant for specific populations. Indigenous experiences of trauma and recovery will be addressed, as well as inter-generational trauma and multicultural issues. Specific populations addressed may include, but are not limited to, children, adolescents, adult survivors of trauma, and veterans, as well as victims of crime, domestic violence, sexual abuse, and natural disasters.



Keynote & Invited Speakers



Miriam Taylor



Dr Graham Gee



Dr Cathy Kezelman



Dr Esther Faye



Dr Radhika Santhanam-Martinis



Julie-Anne Younis



Douglas Scott



Therese Raulin



Amber Gray



Invited Panellists

Intergenerational Trauma Panel

Dr Graham Gee, Max Dulmunmun Harrison and Dr Vicki Grieves

Lived Experience Forum

Merle Conyer and Will Bonney



Pre-Conference Workshops



Miriam Taylor
The Well-Resourced Therapist



Narelle McKenzie
Keeping the Body in Mind



Selected Papers

Dr Anita Pryor, Boot camp or therapy? What the research says about outdoor adventure interventions for young people who have experienced trauma

Aoife Bearsley, Malka Lever and Dr Emily Berger, Teacher responses to childhood trauma: Impacts on teachers and students

Dr Belinda Mackie, Working with women experiencing domestic violence: A psychoanalytic perspective

Dianne Blayney, Dissociation and meditation: possibilities and pitfalls

Dr Elizabeth Riley, Trans adolescents trauma: Bullies, blades & barricades

Dr Gavi Ansara, Kink-affirmative trauma therapy: Supporting people in BDSM relationships and communities

Dr Ione Lewis, Under the wire: Therapeutic support for offshore refugees/asylum seekers

Jessie Chung, Reconnecting, working with families after disclosures of sibling sexual abuse

Dr Justine Campbell, Vicarious trauma in Emergency Services staff working with offenders

Dr Kitty Vivekananda, Lessons about trauma informed care from telephone helplines users

Kylie Ellison, The power of play to heal: Play therapy with children

Madeleine Fogarty and Jelena Djoric, A Gestalt Therapy approach to working with trauma

Mehak Khandeparkar, Drumming: A powerful intervention aiding creative self-expression and social connectedness

Merle Conyer, Climate change trauma – Impacts and therapeutic response

Natalie Viles and Andony Chambers, Love is a battlefield

Ravi Iyer, A psychodynamic treatment of trauma that informs the decision to gamble: new research

Rena Shein, Art therapy within an Indigenous Community: Navigating a path between Western and Indigenous ways of healing

Rosa Bologna, Moving Beyond the Healer Archetype in Child Trauma Counselling

Dr Ruth Lawson-McConnell, Working with Complex Developmental Trauma: Insights and clinical applications from attachment theory, emotion regulation and interpersonal neurobiology

Sophie Lea, Supportive Spaces: Designing the Therapy Room for Adolescents Experiencing Trauma

Terrie Toner, Considerations working with Trauma and LGBTQI clients

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 workshop 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

Membership Matters



PACFA Annual General Meeting 2018

PACFA's 2018 Annual General Meeting will take place in Melbourne on Saturday 6 October at 10am. In addition to the normal AGM business, we will be considering proposed changes to the PACFA Constitution and holding elections for the PACFA Board.

Members of PACFA and PACFA Member Associations are eligible to participate if they meet the PACFA Training Standards. Eligible Members may still appoint a proxy by completing a [Proxy Form](#) up to 24 hours before the meeting.

Proposed Constitutional changes

In 2015, PACFA made a large number of changes to the Constitution when the organisational restructure was signed off. It is now time to review the Constitution, to ensure that it continues to meet our needs and to make changes aimed at improving our governance practice. Notice of Special Resolutions has been given for a number of proposed constitutional changes:

1. A minor change to fix a reference to clause numbering
2. Changes to the quorum requirements for general meetings
3. Changes to define the eligibility requirements to nominate for the PACFA Board
4. Changes to clarify the role of Board members on PACFA Committees
5. Changes to the number of proxies allowed for general meetings
6. Changes to give the College of Psychotherapy voting right on the PACFA Council
7. Changes to the structure of the PACFA Board
8. Changes to the requirements for selection of Committee Chairs and Committee members
9. Changes to correct the definition of Eligible Member
10. Changes to correct the definition of Per Capita Fees

Board Elections

Six key positions on the PACFA Board are elected by the membership. All are due for re-election.

Position	Nominees
President	<ul style="list-style-type: none">• Dr Di Stow to be re-elected unopposed
Vice President	<ul style="list-style-type: none">• Rob Salmon re-nominating• Dr Zoe Krupka nominating
Secretary	<ul style="list-style-type: none">• Don Secomb to be re-elected unopposed
Treasurer	<ul style="list-style-type: none">• Vacant – George Gintilas to be co-opted subject to approval of constitutional changes
Counselling Representative	<ul style="list-style-type: none">• Pat Bradley to be re-elected unopposed
Psychotherapy Representative	<ul style="list-style-type: none">• Tara Green to be re-elected unopposed

Introducing new members of PACFA's Leadership Groups

PACFA welcomes new members of our College and Branch Leadership Groups and thanks outgoing Leadership Group members for their contribution to PACFA.

Canberra and Regional Branch



Elizabeth Yuile has had a deep interest in the development and promotion of the profession of counselling over the past 20 years. She served for several years on the CAPACAR committee including three years as president. She has both lectured and convened the Post-Graduate Counselling program at the University of Canberra. Elizabeth is now in private practice as a counsellor and supervisor and has previous experience in community organisations. Her clinical focus has been loss and grief and she is completing a PhD in the area of meaning making and younger onset dementia.



David Jeffcoat is a student member of PACFA and a student volunteer on the Canberra and Region Leadership Group. After a career in the Royal Australian Air Force he is now studying for a Graduate Diploma in Counselling at the University of Canberra. He is enjoying the challenges of learning about loss and grief, trauma, addiction and group work on his course, as well as the exposure to a wide range of counselling approaches in the Canberra and Region Branch PD workshops. He has derived great satisfaction from working with young men as well as supporting those who call Lifeline.



Dr Kirstin Robertson-Gillam is passionate about empowering people to achieve their potential. She has a private practice specialising in communication disorders and issues of trauma, dementia, Parkinson's Disease, general and EAP counselling. She developed her psychotherapeutic approach using imagery and visualisation, mindfulness meditation, visual arts, music making and singing from her own research. Kirstin completed a BA in psychology and musicology majors at the University of New England. She then studied a Master of Counselling at Western Sydney University followed by research focused on reducing depression in severe dementia with choir therapy and reminiscence programs. Her PhD is focused on reducing depression in mid-later life with a community choir therapy program.

College of Counselling



Dr Cathy Bettman currently holds the position of Senior Lecturer in the School of Counselling, ACAP. Previously, Cathy worked as an individual, couple, and family therapist at Relationships Australia (NSW), served as Academic Head of AIRS (the Australian Institute of Relationship Studies which is the teaching branch of RA), and finally as Manager of its Higher Education section. As a former clinical member of the Australian Association of Relationship Counsellors and of the Society of Counselling and Psychotherapy Educators, Cathy is now a member of PACFA and of the PACFA Colleges for Relationship Counsellors, and Counselling and Psychotherapy Educators.



Dr Rajmohan Ramanathapillai is currently a Torture and Trauma Counsellor at Primary Care Connect in Shepparton, Victoria and he works with Asylum Seekers from diverse countries and cultures. Formerly, Raj was an Associate Professor of Philosophy and Peace and Justice Studies and coordinated the Peace and Justice Studies program at Gettysburg College, Pennsylvania, USA. He has published a wide range of articles in international journals including religious and ethnic conflicts, human rights, war and the environment, Gandhi and peace building. Raj also served as the Director of the Multi-Faith Center at Griffith University in Brisbane.

Outgoing Leadership Group Members

Canberra & Region Branch

- Amanda Mackenzie
- Peter Dyke
- Joy McKay

New South Wales Branch

- Tricia Deardon
- Sheila Wood
- Loretta Walford

PACFA West

- Katy Bannister
- Dr Brenda Bentley
- Christine Cohen

College of Counselling

- Dr Lone Lewis

College of Psychotherapy

- Dr Trisha Stratford

Somatic Modality - College of Psychotherapy

- Ellie Stuebe
- Jeanne Wearne
- Yolanda Strauss

Australian College of Relationship Counsellors

- Jyan Mayfield
- Guy Vicars
- Marcia Watts
- Lorraine Earle

Australian College of Counselling & Psychotherapy Educators

- Fiona O'Hara
- Jenny Coburn

PACFA West outreach to rural and regional members

PACFA West is building networks and opportunities for practitioners living in regional and rural areas. With more than 25% of PACFA members living outside the major metropolitan population centres, this is an important initiative. Other state Branches are also planning outreach activities, and PACFA's national colleges are also reaching rural and regional members through online interactive webinars.

Some 94 regional members live and work in rural and outer metropolitan areas of WA, representing almost 40% of our membership. On August 7, PACFA West held a productive, informal online gathering to hear their views. Practitioners found the meeting engaging, informative, relevant, and encouraging. They shared news from their patch, issues impacting their practice and flagged suggestions for support from PACFA West.

Major issues affecting regional communities in southwest WA include alcohol and drug addiction and domestic violence. Methamphetamine (meth) addiction was seen as a huge problem impacting across all socio-economic areas and ages, with Bunbury named the state's biggest user of meth in the National Wastewater Drug Monitoring Program Report (2016).

It was observed that in some remote rural communities, money is not available for food, and the lack of public transport can lead to opportunistic car thefts, and patients walking long distances to and from medical appointments. Practitioners covering large geographic areas stated that while their work was rewarding, they experienced frustration with stretched resources.

Isolation was seen as a common issue for practitioners and counselling as a lonely profession, particularly in private practice, posing a topic for a future meeting or PD event. In small communities, practitioners are challenged by dual relationships and how to manage them effectively; for example, finding self-care activities where you will not meet clients. Difficulty finding a suitable local supervisor found those present sourcing supervision in Perth or out of the state, with one practitioner sourcing additional supervision from international peers in her modality. An online supervision group for regional members was suggested.



The cost of travel and accommodation to attend PD activities in Perth and interstate, and time spent away from the practice, can be partly addressed by online PD. PACFA West's first webinar, Supporting Families during Transitions to Aged or Residential Care on November 12, will be open to all PACFA members. There was a call for discounts for regional members to attend face-to-face PD and interest was expressed in a regionally based event in Bunbury or Margaret River. Members are invited to send suggestions for topics and venues to PACFA West.

PACFA West aims to host an online regional meeting twice a year, with the next one in February 2019. Suggestions for topics for future meetings and professional development are always welcome. Please email us pacfawest@pacfa.org.au.



Leah O'Brien-Addison



Sally Pamberger

PACFA West is keen to support new members, particularly during their first year of membership when joining a professional organisation as a 'newbie' can be daunting, by linking them with a member of our leadership group.

New members are encouraged to contact pacfawest@pacfa.org.au for more information, or call Sally Pamberger or 0424 382 557 or Leah O'Brien-Addison 0416 084 748.

PACFA CPD and Networking Calendar 2018



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
October TBC	National Eating Disorders Coalition (NEDC) Introduction to eating disorders Free event - Registration opening soon	Perth
TBC	National Eating Disorders Coalition (NEDC) Introduction to eating disorders - Free event	Melbourne and Sydney
October 2018	Mental Health Online Training Course Sold Out	Online
9 – 10 November 2018	EmQ – Methodical Empathy —Tasmanian Branch Register via the PACFA Portal	Sandy Bay, TAS

Dates	Event	Location
10 November 2018 3pm – 4.30pm EST	Webinar presented by Rae Johnson Working with the complex trauma of embodied micro-aggressions Register via the PACFA Portal	Online
12 November 2018	Supporting families during transitions to aged care Western Australian Branch Save the Date	Online
12 November 2018 7:00pm – 9:00pm	Emotional Experience of the therapist New South Wales Branch SAVE THE DATE	Crows Nest, NSW
17 November 2018 1.45pm – 5pm	Mind-gut connection South Australian Branch SAVE THE DATE	Hindmarsh, NSW
January 2019	Mental Health Online Training Course Sold Out	Online
TBC 2019	Practical Ethics for Counsellors & Psychotherapists	Online
22 – 24 February 2019	Working with Trauma - PACFA 2019 Conference Register via the Conference Website	Ultimo, NSW

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.

Online Mental Health Course – 2018 (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.

Invitation to participate in research on cultural competence

Inge-Marie Piekkala has ethics approval number 1800000788, approved by the Queensland University of Technology Human Research Ethics Committee, to undertake research on cultural competence in mental health practice.

The research is for an Honours project in the School of Psychology and Counselling at QUT. The researcher is looking for mental health professionals (counsellors, psychologists, mental health nurses, mental health social workers, occupational therapists and psychiatrists) willing to participate in a survey on how their training has prepared them for culturally competent mental health practice, and how their organisations/workplaces support this. To participate in this anonymous survey just click on the survey link <http://survey.qut.edu.au/f/191526/a9d8/>. Thank you for considering this research.

Insurance offers from Insurance House



PACFA has arranged two new insurance packages, at very affordable rates, with Insurance House, a national insurance broker specialising in Professional Indemnity Insurance. PACFA also receives support, in the form of sponsorship, from Insurance House to help advance 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

PACFA has negotiated 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 the very low premiums, download the [PACFA Master Insurance Policy Premiums](#). For information on how to take up this insurance option, see the [PACFA website](#).

Option 2: Individual Insurance Policy

PACFA has negotiated an Individual Insurance Policy with Insurance House for both practitioners and educators.

** This policy is available to Individual PACFA Members and members of PACFA 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 the very low premiums, download the [Insurance House Individual Policy Premiums](#). For information on how to take up this insurance option, see the [PACFA website](#).

Switching to one of the new insurance options

Practitioners can switch to one of the Insurance House insurance options if you think it 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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CENTRE FOR RELATIONAL GESTALT
PSYCHOTHERAPY EDUCATION

Gestalt Therapy Australia 2019 Course Information Seminars

Do you want to work with people using an approach that prioritises relationships and connection?

Do you want to help in ways that are creative, present-centred and health oriented?

Gestalt Therapy Australia offers a comprehensive training program that explores and deepens the relational capacities of psychotherapists within the framework of gestalt theory and practice.

Come to our Taste of Relational Gestalt Therapy & 2019 Course Information Seminars.

Wednesday 15th August, 2018 6pm to 8.30pm or Saturday 27th October, 2018 9.30am to 12 noon.

Booking required.

For more information contact Katrina in the GTA office /

Education Centre / 333 Heidelberg Road, Northcote, Victoria, 3070

T / 03 9489 6300 E / gta@ozonline.com.au

www.gestalttherapyaustralia.com.au

Certificate in Cognitive Behaviour Therapy

Presented by

Dr Monica O'Kelly and Dr Dominic DiMattia

Our four-day programs aim to teach and consolidate principles of cognitive behaviour therapy with an emphasis on skills development in small groups with supervision.

Learn to identify activating events, beliefs and consequences; utilise disputational skills; and use CBT with problems involving depression, anger and anxiety.

This course is suitable for the beginner or for those wishing to build upon their existing skills. Therapists working in a variety of settings should benefit from this comprehensive training.

Melbourne	4–7 October	Holmesglen
Sydney	11–14 October	Camperdown
Brisbane	18–21 October	Boondall



COST: \$1416 (GST incl)

discounts available

Email: training@cbtaustralia.com.au

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www.cbtaustralia.com.au

03 9705 2216

Endings: What Schrodinger's Cat might have to say

When clients finish working with us and bring their therapy to a close, how many endings are actually in the room? What are we paying attention to in those final sessions and what might support us to stay present and in relationship with the multiple processes right up until the very end?

Presenter: Michele Hayes

Date: Tuesday 2 OCT

5:50 pm - 8:00 pm

Booking: www.trybooking.com/411954

Category: A **CPD Hours:** 2



Professional Development

Family Law Essentials

This presentation, designed specifically for counsellors who work on the front line of separation, divorce, parenting, domestic violence, confidentiality and much more, will provide a practical overview of Family Law.

Presenter: Micahel Lynch

Dates: Saturday Friday 2 NOV

5.30pm to 7pm

Booking: www.trybooking.com/411992

CPD Category: A **CPD Hours:** 1.5

Contact: Ros Turner **Email:** gca@gca.asn.au

www.qca.asn.au

RELATIONSHIPS.....

All you Need is Love!

Love continues to be the major criterion - certainly in the Western world - for seeking a life partner. It is also promoted as the major ingredient for a happy functional family and providing an environment for well adjusted children.

Presenter: Karol Misso

Date: Saturday 20 OCT

9.15am to 10.45am

Booking: www.trybooking.com/428274

CPD Category: A **CPD Hours:** 1.5



CONTINUE YOUR PROFESSIONAL DEVELOPMENT AND BUILD YOUR KNOWLEDGE WITH IEF.T'S WORKSHOPS

Adult – Child Polarity
5th - 6th October | \$400

Individuals come to counselling because they feel unhappy and dissatisfied. The difficulties they experience tend to erode their feelings of lovability and worthiness and so assertive action becomes diminished. Clients lose their ability to operate from an adult place and instead revert to ways that developed from past adult and childhood experiences. In the IEF.T model, We will show you how to strengthen the adult aspect and hold the inner child using verbal interventions as well as creative intervention of cushion work.

Psychotherapy
26 October | \$250

The IEF.T Psychotherapy mornings are an opportunity for practitioners to meet and reflect on issues relating to long-term Emotion-Focused therapy. IEF.T offers these meetings so EF practitioners can meet and explore some of the difficult relationship issues that arise in therapy. How to think about difficult interactions as well as how we as practitioners deal with them will be explored and discussed.

The Therapeutic Relationship
2nd - 3rd November | \$400

Practitioners working in Emotion-Focused therapy need to understand and deal with the real and symbolic elements in the therapeutic relationship. This workshop will explore how to recognise and braid these throughout our work. We will continue to explore the symbolic and nurturing processes required in therapy and the ways a therapist has of meeting the regressive needs. There will be exploration of our different reactions using the lens of Emotion-Focused therapy and emotional signature.

Apply Now

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in Supervision

1-day experiential workshop for Supervisors presented by

Dr Alison Strasser & Adam McLean



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for
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Supervisor 1-day workshop

Understand the power that story narratives have for self-reflection and experiential discovery in supervision

MELBOURNE Fri 19 OCT 2018

details and registration here

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

ANTHONY HILLIN



Interpersonal Psychotherapy for adolescents and adults:

a brief, attachment-based intervention

Sydney: 25 and 26 October 2018

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.

Grief, loss, transition and change:

Creative ways of working with children, adolescents and adults

Brisbane: 1 and 2 November 2018

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.

These workshops attract 14 hours CPD

Info and registration: <http://anthonyhillin.com/>

Working with Complex Grief

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

Dr Greg Roberts



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Explore modern notions of complex and prolonged grief and how to work therapeutically to facilitate re-engagement

MELBOURNE Thur 1 to Fri 2 NOV 2018

details and registration here

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*weight loss - performance -
relationships - phobias -
trauma - grief -
chronic pain -
cravings -
and more*



healing attachment trauma

THREE DAY INTENSIVE SHORT-TERM DYNAMIC PSYCHOTHERAPY CONFERENCE

2 – 4 NOVEMBER 2018, Novotel Central, SYDNEY

Dr Martin Dorahy, Bernie McCarthy, Dr Stephen Arthey & Dr Henry Luiker

Is it now possible to spell out the therapeutic techniques that heal the effects of early emotional trauma and neglect?

Can these techniques be demonstrated in videos of work with real clients?

LECTURES + TREATMENT VIDEOS + PLENARIES

<http://istdp-sydney.org/conferences/>



Identifying and Treating Complex Cases using Intensive Short-Term Dynamic Psychotherapy (ISTDP)

THREE DAY WORKSHOP

Friday 26 - Sunday 28 October 2018, Camberwell Library, MELBOURNE

Dr Dion Nowoweiski

Patient complexity makes treatment more difficult and challenging even for the most seasoned therapist. Therefore, being able to identify and handle the barriers that could hurt you and your patient's treatment efforts is a critical element in providing an effective course of therapy. ISTDP was developed through many years of video-based research and has helped many therapists learn how to detect and handle patient barriers even with complex cases.

This workshop will present video-based examples of treatment using ISTDP principles and techniques to assist you in becoming a more effective therapist.

<http://mcistdp.com.au/workshops.htm>



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Supervisor Training 5 days

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MELBOURNE Mon 12 to Fri 16 NOV 2018

details and registration here

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Dr Joan Haliburn, MBBS



The Dissociative Continuum:

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

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



Body-based Techniques with Trauma

Working with Trauma

Integrating neuroscience and mindful yoga into therapy with

Sal Flynn



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Learn body-based techniques for therapeutic work with clients who have experienced trauma

SYDNEY Sat 24 NOV 2018

details and registration here

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Breaking through Shame & Developing Dream Work

Two workshops presented by returning International Guest

Alan Leach



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International Guest Event

Join Alan for 2 days on the sensitive process of healing shame and/or 1 day on the exploration of dreams in the therapy room

MELBOURNE Wed 28 to Fri 30 NOV 2018

SYDNEY Thur 6 to Sat 8 DEC 2018

details and registration here

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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.

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

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

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."

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



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13 - 15 February 2019 | Sydney

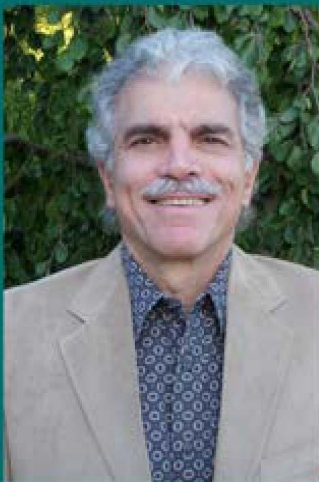
Register online

\$745 full | \$645 concession | \$715 groups 5+
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Dr John Arden, Ph.D.



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Toward an Integrative
Vision of the Treatment
of Trauma, Anxiety
and Depression

7-8 March 2019 | Sydney

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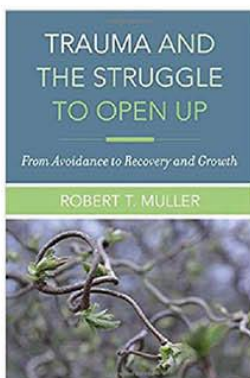
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The Therapeutic Relationship is Your Most Powerful Tool (& Biggest Pitfall): Relational Strategies to Effectively Treat Challenging Clients

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.cpmservices.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:
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- info@passionforlivingretreats.com
- 0404 884 257 (Tamika Dwight-Scott)
0412 435 065 (Penny Brenton)



Catalysts for transformation: Diversity, inequality, dialogue &.....?

12th GANZ Community Gathering/Hui
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Find out more about the conversation themes, participatory processes, stimulating program and accommodation options on the newly created website

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