

NSW State Chair's Report



Wow! What a response to my last report! I had expected some feedback, but the amount was overwhelming and extremely encouraging. I am glad to be providing a forum for all members to voice their opinions, concerns, and recommendations, and trust that this Newsletter is meeting this need.

4+2 pathway

A large part of my last report was about the requirements for provisional registration under the PsyBA; and I was inundated with correspondence from interns, psychologists, supervisors, and employers about this issue. I had the opportunity to also hear the view of the PsyBA Chair, Professor Brin Grenyer, and was heartened to know that the PsyBA are

willing to review the requirements, and seek input from those currently in the system.

The APS Board has also established a Working Group to look specifically at this issue, and in particular the implications for the workforce, education and training, and the future of our wide and varied profession.

I have been able to provide your feedback to the Working Group, and will continue to provide input into this issue.

I am aware that APHRA received many calls following my report from concerned interns about their placements and whether their placements would meet Board approval. In my last report I highlighted some work placements that now no longer meet the definition of Psychological Work; where before provisionally registered psychologists could be employed in these positions and gain their full registration. Under the new requirements, these positions are now classed as 'limited' and will count for some hours towards registration. The issue that has been raised with me by interns and employers, is that even if one placement is able to meet most requirements, if only one aspect cannot be met (usually the testing requirement), then the placement (no matter how good) is classed as 'limited' and restricted in how much it will count.

For interns who are lucky enough to find a flexible workplace; that can afford to allow them time to undertake all their PD, work for other organisations that might meet their

alternative needs, and allow them the time for hours of supervision weekly, then the new requirements pose no problems. For supervisors who enjoy being overwhelmed by repetitive and confusing paperwork, and case studies to mark with little direction, then the new requirements pose no problems.

Now, let's be realistic. Employers are telling me the same thing again and again. They will not be employing provisional Psychologists any more. They cannot afford it; they cannot manage the time requirements; and they can employ other professions without difficulty. Interns are telling me they cannot find placements to meet the requirements, let alone multiple placement that allow them to see people across the lifespan, and across all areas of psychology, and allow the incredibly demanding requirements of face to face hours they need. If you add travel time, admin time, supervision time and report writing time, interns have no hope. ►

IN THIS ISSUE

- 3 Welcome
Nick Reynolds
- 4 National Office
- 5 Editor's report
- 8 Branch News

NSW State Chair's Report...

◀ The two year program becomes a six year program, and by that time their plan is rejected because it will take too long. It's expensive for interns and employers, and supervisors are being poorly remunerated.

I therefore urge the PsyBA to consider carefully the terms of reference for its enquiry, and urge the APS Working Party to do the same.

WorkCover Framework

By the time you read this report the survey for the provision of psychological treatment for injured workers would have closed and we would be collating the results. I am pleased about the large number of practitioners who have taken the time to complete the survey, and hope that the data can be used in our discussions with WorkCover. I will keep you posted.

APS Conference

I was unfortunately not able to attend the APS conference in October, since it was held during school holidays and taking care of five children meant this was too hard to get to. Nevertheless, I see that other Branch Chairs have provided some great reports about the conference, and urge you to read these to keep up to date about the outcomes.

Of particular importance were the results of the Board Elections. I was disheartened to hear that only 7% of members voted and I'm sure the results reflected this. Of concern to me was that the results meant that of the current Board members, six are from Victoria, only one from NSW, one from Queensland and one from WA.

I immediately wrote to Simon Crowe about this, and asked that the Board consider filling the appointment of one of the three "Additional

Directors" positions with a NSW representative. I am glad to say that in lieu of this, the Board has appointed Dr Nick Reynolds, a Sydney based organisational psychologist as a Director. The State Committee welcomes Nick and looks forward to the opportunity for him to meet with us to listen to our concerns and views.

I would also like to congratulate Tim Hannan, a Senior Lecturer in the School of Psychology at the University of Western Sydney, for his successfully being voted in as President Elect.

I finally would like to say a big thank you to Dr Robyn Vines for her fantastic contributions to NSW and to the APS Board. Robyn worked tirelessly and at times without acknowledgment. I sincerely wish Robyn all the best.

Cinzia Gagliardi

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Welcome to Nick Reynolds



Hi all,

You may have heard that I've been appointed to the APS Board. Being a NSW psychologist I've become used to reading Robyn Vines' contribution to PsychNews. Little did I know that I'd come to fill her shoes. I hope I do it justice and continue Robyn's fine example.

In this column, prior to my attendance at any Board meetings,

I'd like to introduce myself. Much of the following comes from my recent bio for the Director's election so I apologise to those of you who have read this before.

I have been a member of the Society for over thirty years. During this period, I have held various State- and National- positions, including being a member of the Qld Branch Executive in 1991, Secretary of the ACT Branch from 1996-1997, National Chair of the College of Organisational Psychologists (COP) from 1997-1999, Chair of the COP psychological testing committee from 2003-2005, member of the APS Corporate Governance Committee from 2004-2006, co-chair of the Program Committee for the 2008 IOP Conference, and COP representative of the APS College Alternative Entry Working Party from 2010-present. I am also currently a member of the Education and Training Reference group.

My early education and professional life preceded the introduction of the variety of specialised Master's courses that we have today and as such I am part of the group who started out as a generalist and defined my areas of practice by way of experience, on-the-job training, self-education, conferences, and peer-supported learning.

My formal university courses include a double major in psychology at Flinders University in South Australia, where I graduated with an honours degree. I then completed a PhD in experimental psychology part-time (over a decade) at the Australian National University. My continuing professional education, both on and off the job, has spanned different areas of the profession, including many aspects of organisational psychology, assessment, and counselling. Throughout my career I have maintained an interest in developing psychologists as a mentor and academic, the latter including stints lecturing as well as an adjunct appointment as an

Associate Professor in Organisational Psychology. I have lived and worked in Sydney since late 1999, which means that I have spent around twelve years as a NSW-based psychologist.

I was an Army psychologist for seventeen years, leaving with the rank of Lieutenant Colonel. During my time in the Army I worked on such issues as policy for dealing with PTSD in veterans, performance management, psychological assessment, organisational modelling, and human resources initiatives. I also ran the Army's psychological research unit. On leaving the Army, I decided to move into consultancy as an organisational psychologist. I have been employed in this capacity by a number of global consultancy organisations and have held Australia-wide leadership roles. Since 2003, apart from a few periods working in-house, I have been an independently practicing organisational psychologist consulting to a wide variety of organisations. This has included work with a number of medical Colleges whom I have assisted with selection issues as well as education and professional development. The key focus of my work is assisting individuals and organizations to function at their best. I have a particular passion around the development of professional expertise and am supportive of all ways of achieving this, not simply doing formalised courses.

As a generalist first and specialist second, I have a great regard for the diverse and disparate group of people who work as psychologists. I'm looking forward to working with you to address the issues that are affecting us all. One of my key reasons for standing for election was to ensure that we address the problems facing our Society. I see myself particularly as a champion of all current and potential society members, not just those who were fortunate enough to attain one of the scarce Master's positions. My intention is to represent the interests of members of the Society by seeking views often and representing these at the highest levels and persuading the Board to take actions that address the needs of all members.

My professional skills centre on assisting organisations and the people within them to achieve their potential at the strategic, collective, and individual levels. I have advised organisations at the Board level and have worked with a number of professional societies outside the APS to further the needs of their members. I intend using these skills as an APS Director to assist the APS to become the great organisation that it is capable of being.

Please feel free to contact me with your issues. I will attend as many of the NSW state events as I can and hope to meet you all face-to-face.

Warm regards,

Nick Reynolds, BA(Hons), PhD, MAPS, MAICD
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Report from the APS National Office

This regular report provides information on some of the recent activities and news from the APS National Office.

Results of APS Board of Directors election 2011

An election for the President-Elect and two General Director positions on the APS Board of Directors was held and the result was declared at the Society's AGM on 6 October 2011. The successful candidate for the President-Elect is **Mr Tim Hannan FAPS**. Following a 12-month term as President-Elect, Tim Hannan will assume the office of President of the Society from the AGM in 2012 for a two-year term. As Tim is currently a Director on the APS Board, his election to President-Elect has produced a third vacancy for a General Director on the Board. Therefore three successful candidates have been elected to General Director positions on the Board and they are **Associate Professor Erica Frydenberg FAPS** and **Professor Mike Kyrios FAPS** for three-year terms, and **Mr Alan Plumb FAPS** for a two-year term to fill the vacancy left by Tim Hannan. At the first meeting of the new APS Board of Directors following the AGM, two additional Directors were appointed to provide greater Board diversity. These are **Ms Sue Carter** and **Dr Nick Reynolds MAPS** who have each been appointed for a one-year term. Profiles of all members of the new APS Board can be found on the APS website under 'About the APS'.

New APS Divisions to give all members a forum

As part of the governance review of the Society, the recent work of the APS Constituent Units Review Committee investigated whether alternative structures might better meet the needs of the Society to ensure the APS fulfils its primary function of serving its members. In particular the Committee considered how to give greater representation to all members, particularly non-specialist psychologists and academics and educators, some of whom did not have a particular 'home' within the current member group structure.

The Review Committee recommended a new Divisional structure to ensure that all categories of members have a forum with which to engage to make policy recommendations, and to facilitate communication throughout the APS. The three new Divisions will be:

1. Division of Specialist Psychological Practice
2. Division of General Psychological Practice
3. Division of Research, Education and Training

This new structure will ensure that there is a strong voice for all sections of the APS membership, and will enable tailored advocacy and policy preparation, and the development of resources and initiatives to suit their particular needs. The functions and processes associated with the new Divisions within the Society are still being finalised, but they will have a direct conduit to the Board of Directors and National Office through regular meetings with the Executive Director and President, as currently happens with the College Chairs' Forum.

Evolution of the APS logo

An initiative to enable greater recognition of the APS postnominals (Hon FAPS, FAPS, MAPS, Assoc MAPS) that signify belonging to the peak professional organisation for psychology has commenced. This has entailed an evolution of the APS logo so that it more prominently displays the APS acronym that is used in the postnominal letters, while still retaining links to the previous logo. The 'refreshed' logo reflects the APS history as a learned society through the retention of the tree of knowledge, but provides a more forward-looking image and prominent APS acronym that will assist in increasing awareness of the meaning of APS members' postnominals. The refreshed APS logo was launched at the APS Conference and will gradually be incorporated across all APS communications materials, resources and stationery in the coming months. The changes to the APS logo are part of a wider initiative to ensure that all APS members benefit from the growing strength and prominence of the Society.

Deadline for meeting CPD requirements is fast approaching

The end of the first annual continuing professional development (CPD) cycle under the new arrangements is imminent, and all CPD requirements must be met by 30 November 2011. There is a complex array of mandatory CPD requirements for maintenance of general registration with the Psychology Board of Australia, membership of the Australian Psychological Society, and Medicare provider status. Those members who have not yet commenced logging their CPD using the APS online CPD logging system are strongly encouraged to do so to assist them in understanding, organising and tracking their individual CPD requirements. The APS has also developed comprehensive CPD information which is available on the website. The APS CPD resources and logging system can be accessed from the APS website under 'CPD and Events'.

Registration renewal with the Psychology Board of Australia due by 30 November 2011

All members who hold full ('general') registration with the Psychology Board of Australia are reminded that registration renewal is due by 30 November 2011. Psychologists in all States and Territories of Australia (including those with non-practising registration) are required to renew their registration by this date. The only exception to this is psychologists who hold provisional registration, who must renew their registration on their anniversary date. The registration renewal process is being managed by the Australian Health Practitioner Regulation Agency (AHPRA). Psychologists will be notified by email and mail that registration renewal is due. There are substantial late fees and serious consequences if registration is not renewed on time, so members are urged to renew their registration by 30 November 2011 to avoid these problems.

Professor Lyn Littlefield OAM FAPS
Executive Director

Editor and Political Liaison Officer



This is the final edition of PsychNews for the year and I would like to thank all the Branch Chairs for their contributions through the year, keeping members up to date on local issues and events. A big thank you to Robyn Vines for her wonderful contribution over the time that she has been on the Board and provided us all with

such valuable and timely information and with a wonderful passion for the issues of such vital current and future concern to the profession. All the best Robyn, we will miss "On the Vine" but welcome Nick Reynolds to the Board and to a regular contribution to PsychNews.

Senate Inquiry Report Tabled

The Senate Standing Committee on Community Affairs: Inquiry into the Commonwealth Funding and Administration of Mental Health Services and its added Terms of Reference to examine the two-tier Medicare rebate system for psychologists finally tabled its report on 1 November 2011. The scheduled date had been extended due to the overwhelming number of submissions, including a huge number of psychologists in private practice expressing their respective concerns depending on their "tier." The report and the recommendations are at http://www.aph.gov.au/senate/committee/clac_ctte/comm_fund_men_hlth/index.htm and make for very worthwhile and informed reading as do many of the submissions.

APS's Harry Lovelock, Senior Manager Strategic Development and Public Interest, has provided the following summary and I also suggest reading the APS media release on the report and recommendations.

The key recommendations urge the government to reschedule the introduction of the cuts to Better Access acknowledging that large numbers of people will miss out on services. This supports the APS position. Since that time, the funding allocated for the planned expansion of ATAPS to support people with severe mental illness has been redirected to Care Coordination services without any clinical treatment component thereby removing this potential alternative.

It was recommended that the Government consider putting in place an interim program through the MBS that would allow access to six additional sessions under Better Access for consumers who meet tightened criteria based on the severity of their condition. The APS will argue, in the light

of this change of funding to ATAPS, that this recommendation is a long term rather than interim option.

The two tiered funding system will remain as a result of a lack of independent verifiable evidence to demonstrate the need for change however it was recommended that it be monitored over time by the Mental Health Commission.

The Senate Inquiry has generated many passionate debates within the profession but ultimately it has been a good outcome that we will endeavour to capitalise upon with further coordinated advocacy.

APS Visits Macquarie Street

In my role as PLO I accompanied David Stokes, APS Senior Manager Professional Practice, to the Office of the Minister for Mental Health and Minister for Healthy Lifestyles, Kevin Humphries. Having proposed in advance a number of issues to discuss with the Minister, we were naturally disappointed that he was unavailable to meet with us and was instead represented by his Chief of Staff. We raised with him the following broad topics and suggested that we set another time with the Minister to cover them. The topics included – the NSW Government mental health priorities; the Multiple service approaches model; Public Sector employment conditions including career paths, clinical support, funded CPD and salaries, especially in light of the re-creation of the Public Service Commission; the role of other psychology specialities in Mental Health other than clinical psychologists, such as neuropsychologists, counsellors, health psychologists and forensic psychologists. This proved to be a fruitful exercise as the following evening I was able to engage the Minister after he had addressed the APS Sydney Branch AGM held at Parliament House. In his speech he provided an update on the anticipated passage of an enabling Bill to establish the NSW Mental Health Commission with its broad remit to *improve the mental health and wellbeing of the NSW community, working collaboratively across government agencies and NGOs, and to drive a more accountable and efficient mental health system in NSW.*



Minister Humphries and Mr Sidoti MP

Editor and Political Liaison Officer continued

◀ Our meeting with Education Minister, Adrian Piccoli, raised the matter of the School Counsellors' Review being led by the Deputy Director General of Schools, Greg Prior to which the APS has made a submission. Also covered were issues of the mental health of students and the need for qualified, professional service providers in addition to the increase in "Student Support Officers"; the accreditation of psychologists working in educational settings and support and supervision for provisional psychologists; rural mental health issues; Disability management and strengthening national partnerships in Adolescent Health.

WorkCover Update

The mandatory NSW WorkCover training for psychologists providing treatment to injured workers, delivered by the APS on a contract, continues and has now reached almost 2,200 participants. Those who have not completed the training within six months of being issued a provider number have been "deactivated" and are unable to issue invoices for these services. There is an increase in the number of those deactivated seeking to attend training with comments being made to the effect that, with the reduction in Medicare sessions, it has now become financially more viable to take on WorkCover cases.

The recent legislation to overhaul the Police Death and Disability scheme, which the NSW Treasury estimates, if left unchanged would cost \$2.5 billion over the next four years, is designed to get injured police officers back to work. A large number of these have been receiving prolonged treatment for psychological injury and ongoing entitlements to worker's compensation top-up payments.

A new era in Work Health Safety and Wellbeing

The harmonisation of the Occupational Health and Safety laws is the number one reform agenda of the Council of Australian Governments (COAG). The new Work Health and Safety Laws are due to commence on 1 January 2012 and articulate a consistent expectation across Australian workplaces of the importance of work health and safety.

A key outcome of promoting work health and safety is greater productivity and increased participation of workers in contributing to safer healthier workplaces. A greater emphasis is to be placed on mental health and wellbeing at work.

At this stage it is unclear what the impact will be on NSW WorkCover but significant changes are anticipated.

PsyBA Reports on its 1st Year

Included in the AHPRA and National Boards' annual report is national data on psychologists. The release of the 2010-11 annual report gives an essential, first-ever insight into Australia's 530,115 health practitioners across

10 professions regulated under the National Registration and Accreditation Scheme. One in 44 Australians is a registered health practitioner.

Information about the psychology profession published in the report includes:

- There were 29,142 psychologists registered to practise in Australia on 30 June 2011, making it the third largest regulated profession
- About 34% of psychologists are based in New South Wales and 27% are based in Victoria
- There are 4,284 psychologists with provisional registration (psychologists in their 5th or 6th year of training in supervised internships at workplaces or organised by universities)
- There is a reasonably even distribution of practitioners across age groups in the profession, with about 4,000 practitioners aged under 30 and 565 aged over 70
- Nearly 78% of practitioners are female There are 6,391 psychologists in Australia who have one or more area of practice endorsements on their registration
- There were 390 notifications lodged about registered psychologists during the year (not including concerns about advertising), representing notifications about 1.2% of all registered psychologists
- The Psychology Board of Australia and the Psychology Council in NSW* took immediate action on the registration of 12 practitioners during the year, as a result imposing conditions on the registration of three practitioners, taking no further action on the registration of one practitioner, accepting an undertaking from another, and suspending the registration of seven practitioners

Psychology Council in NSW

The Psychology Council has the responsibility for dealing with complaints about the conduct, professional performance, health and competence (fitness to practise) of any psychologist employed in New South Wales (NSW) and any psychology student. In NSW, the Health Care Complaints Commission continues to have an integral role in complaints management as the independent investigator and prosecutor of complaints, and will work in consultation with the Psychology Council on the investigation and management of all complaints. The website www.hpca.nsw.gov.au/ details all the above but does not list the nine Council members. After some weeks of enquiry I was able to obtain the following information for the benefit of APS members.

The Psychology Council of New South Wales is constituted pursuant to the *Health Practitioner Regulation National Law (NSW) No 86a*.

Membership is as follows:

| | |
|---|---|
| Mr David McGrath | One person nominated by the Minister, being an officer of the Department of Health: clause 9(2)(a) |
| Associate Professor Bill Warren Ms Wendy McCartney Vacant | Three psychologists nominated by the Minister from a panel nominated by the Australian Psychological Society Limited: clause 9(2)(b) |
| Associate Professor Caroline Hunt | One psychologist nominated by the Minister, being a member of the teaching staff of an educational institution that is involved in conducting approved programs of study for the psychology profession in this jurisdiction: clause 9(2)(c) |
| Associate Professor Michael Kiernan | One psychologist nominated by the Minister: clause 9(2)(d) |
| Ms Margo Gill Vacant | Two persons, who are not psychologists, nominated by the Minister to represent the community: clause 9(2)(e) |
| Mr Geoffrey Graham | One Australian lawyer nominated by the Minister: clause 9(2)(f) |

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Branch news

Central Coast Branch Report Reg Davis, Branch Chair



What a busy couple of months on the sleepy Central Coast! We held a very successful 20,000 member celebration with a Film Night on 17 June, at the Avoca Beach Cinema with 31 brave souls attending, to eat sushi and drink wine outdoors, on a very brisk night and sit through the gruelling emotional saga of child migration,

“Oranges and Sunshine”. Our local members are certainly a hardy bunch. The celebratory balloons provided excellent indicators of wind velocity.

Our 19 July meeting was also attended by 31 people (not the same ones as the film night) and we had a very animated and interactive presentation by Donna Symonds on the “Case of Lost Lust” a case study on diminished libido, a topic close to the hearts of many, which might account for the good attendance in the middle of winter.

5-6 August was our main training and development event of the year, Introduction to IPT attended by 25 people, 6 of whom travelled from the Hunter. Thanks to Cec Thompson who alerted his Newcastle members to this semi-local event. The workshop presented by Rob McAlpine and Anthony Hillin was so well received we have already started looking at planning a possible advanced workshop for next year. The workshop also gave us an excellent opportunity to road-test the Mingara Recreation Club as a possible new and more geographically centralised location for our branch meetings for next year.

Our September meeting was once again well attended with a presentation by Dr Gordon Spence on Coaching Psychology and Self Determination. Gordon is moving to the Central Coast so we are very happy to have him now as a “local”.

Our AGM is scheduled for Tuesday, 15 November and it’s going to be combined with our official National Psychology Week event which will be a sit down dinner and presentation by Sue McConaghey on ACT and palliative care titled, “If Life is a Stage, how do we ACT at the final curtain call?”

Our membership has been very active in responding to changes in mental health funding resulting from the Federal Budget and the Senate Standing Committee on Community Affairs review of mental health funding. I have had meetings with both our local members Craig Thomson (Dobell) and Deborah O’Neil (Robertson) and local Branch members have made their own representations to local members and the media about the impact of proposed changes. Issues relating to chaplaincy programs in schools,

has also been a hot topic for discussion.

I continue to get requests from graduate students looking for supervisors and work opportunities for internships and it is an increasing matter of concern regarding the few opportunities available for people wanting to enter our profession, other than through a Masters program with its very limited intake. Anyone able to take on Intern Psychologists let me know.

***Editor’s Note:** My profuse apologies to Reg for inadvertently re-publishing the July Branch Report in the last issue instead of the September one, incorporated above, which he had forwarded in his usual prompt and efficient manner!!*

Newcastle Branch Report Cec Thompson, Branch Chair



The Branch held the Annual Meeting and Dinner on 7 September 2011. There were about 50 members present for the meeting and dinner. The honoured guest and speaker was Professor Trevor Waring who is known to all the members for his long career as a psychologist and as the current Chancellor of the University of Newcastle.

Professor Waring made an address on the topic of Where to from Here and he raised some very pertinent issues for the members as well as acknowledging the remarkable developments that have occurred in the profession of psychology from when he studied for his degree to the present time.



As always, Professor Waring presented his considered and insightful thoughts on the matters raised, in an entertaining and engaging manner for all the people present. The matters included some challenging issues that have to be addressed in the profession as well as giving a historical perspective for our current situation. The issues of challenges included the matter of how there is

a history of “theories” of treatment that are often replaced by developments on the theme which are promoted following the publication of new books on treatment.

Professor Waring also noted that in his recent history that the number of practising psychologists in the local area is now indicated by 150 psychologists being in the local “Yellow Pages” and he can remember that only about twenty years previously there was only one psychologist listed.

I enjoyed numerous positive comments about the Dinner and Professor Waring's presentation.

It was with some pride that I was present at the Annual General Meeting of the Society in Canberra where our President Simon Crowe announced the President's Award for 2011 and that he had chosen Professor Waring as the recipient of this award. Therefore congratulations from the members of the Branch to Professor Waring for this recognition that is well earned for the contribution he has made in Psychology Practice over decades.

On 21 September 2011 psychologists were invited to attend a presentation by Dr Mark Foster, the CEO of GP Access (the Hunter Urban Division of General Practice). This presentation was to continue the process of explaining the development of the Hunter Medicare Local. This is one of the first of 19 that have been commenced by the Commonwealth Government as part of its Health Reform Agenda.

Dr Foster was able to explain that the Division of General Practice will have a meeting in November where the Division will change its constitution to set up the company that will be the Medicare Local. The election is planned for February 2012 for the commencement of the Medicare Local on 1 July 2012. The Medicare Local is intended to better coordinate the care for all people by coordinating with the Local Hospital Network.

Dr Foster gave a comprehensive description of the proposed organisation that will have advisory groups to the Board which will have consumer groups and Aboriginal community members. The advisory groups will comprise representatives of all the professional groups to provide the advice to the Board.

I expect I will be able to keep members informed of the further developments in this matter and members might consider whether they wish to be active participants in the rapidly approaching Medicare Local.

Sydney Branch Report Mark England, Branch Chair



Past Events

DARE TO WRITE - The Reality of Practice in Psychology:-Record-Keeping, Ethics and Engagement with the legal system. Practising psychologists, Dr Belinda Khong and Mina Candalepas and NSW State Committee Executive member, Agnes Levine, together with two solicitors, Mr Bart Adams and Mr Ian Denham gave

presentations followed by informal discussion together with audience participation. The Forum, on 25 August, covered the issues and legal obligations associated with

the recording and maintenance of psychological files within a clinical setting. The event also featured a buffet dinner prior to the forum to enable social interaction and networking by participants.

There were an unprecedented 280 attendees for the event and the food and table arrangements were outstanding. This was definitely a value for money event for participants that tapped a seam of great need amongst psychological practitioners. When we realised the level of interest, we moved to video record the event as a resource for those who were not in a position to attend and who may want to go back to certain presentation material. From informal discussion with a range of attendees the presentations were very well received. In addition the question and answer component following the presentations allowed the opportunity to resolve some pressing concerns.

The **Sydney Branch AGM** on 20 October was held in the Jubilee Room at Parliament House with the evening's hosts the Hon Kevin Humphries MP, NSW Minister for Mental Health, Minister for Healthy Lifestyles and Minister for Western NSW, and Mr John Sidoti MP, the Member for Drummoyne. Before introducing the Minister Mr Sidoti welcomed APS members and gave a personable and passionate account of his parliamentary roles and his commitment to his constituency.

The Minister addressed the meeting providing an update on the progress of the Bill to establish a Mental Health Commission for NSW and the success of the statewide consultation forums attended by mental health service providers, stakeholders and the broader community. He gave an overview of the priorities for the Mental Health Commission:

- to better manage the experience of mental health patients and carers,
- divert mental health patient away from the prison system, and
- help ensure a smooth operation of the Mental Health Review Tribunal.

The Minister spoke also to his portfolio of Healthy Lifestyles and generously stayed on to answer Branch Members' questions both formally and in discussions over refreshments. Details of this event will be posted on the Sydney Branch web page at http://www.groups.psychology.org.au/sydney/events_cpd/

Following the election of office bearers the APS Sydney Branch Committee welcomed Dr Geoffrey Glasscock AM as a new Committee member. Geoffrey is also the Chair of the NSW Committee of the APS College of Counselling Psychologists and we look forward to drawing upon his experience and to strengthening the Branch and College relationship. Kerry Geldens and Jane Houselander were also re-elected to the Committee.

Branch news continued...



Minister Humphries and SBC Committee member Damian Rayner

APS Prize Winner

Helena Pacitti won the prize for best 2010 psychology honours thesis at James Cook University. In 2011 Helen has moved from Cairns to Sydney and is undertaking a research PhD in psychology at UNSW. UNSW Head of School, Professor Simon Killcross, together with APS student representatives Melissa Black and Craig Baker organised a celebration for presentation of the 2010 award. Helen gave a short presentation about her PhD research, followed by the award presentation and interspersed with celebratory drinks and nibbles.



Pictured from left to right are Melissa Black, Prof. Simon Killcross, Helen Pacitti, Mark England and Craig Baker

APS Annual Conference

The 46th APS Annual Conference, held in Canberra 4-8 October, proved to be an enjoyable event. Professor Simon Crowe, in giving his address, described the conference as 'tone fantastic, science good and weather not good'. Next year's conference will be in Perth where the weather is generally agreeable.

Conference participants were informed that APS membership is growing and at the time of the conference stood at 20,202, with well over 6,000 members residing in NSW. We learned that a Division of General Psychological Practice is to be set up by the APS. This will occur via a

forum in November and an associated call for expressions of interest. Committee members will initially be chosen to represent the geographical spread of APS membership. A mechanism for future elections will then be introduced.

During the conference Carmel O'Connor mentioned that it would be of great assistance to Hills District members if Sydney Branch events were to be run in the Hills District, in addition to events in North Ryde or at Macquarie University. Carmel also suggested consideration of events in the Blue Mountains. The Sydney Branch encourages members like Carmel to come forward with proposals such as this. The Sydney Branch Committee will do its utmost to assist members such as Carmel who would like to hold events in their local District.

Future Events

On 15 November Daphne Hewson will present a one day workshop on *Reflective Practice in Supervision and Peer Consultation* at North Ryde. Daphne is a clinical psychologist and social health counsellor. This workshop is a valuable opportunity to build on your knowledge, understanding and ability in reflective practice and critical reflective practice as applied to supervision and peer consultation.

On 17 November Professor Dianna Kenny will be presenting a one day workshop at Moore Park on *Music Performance Anxiety*. The workshop was fully subscribed within two days of being advertised.

National Psychology Week will feature a Movie Night at Norton Street Cinema on

Tuesday 15 November. A second movie event is also being planned for the same night in Parramatta.

APS Sydney Branch Peer Consultation Groups

On 11 October an update set of lists was published to Sydney Branch members via the Sydney Branch Bulletin Board. The lists comprise established groups, groups seeking formation and members wishing to join groups. The lists have grown in size and stature. We now publish 10 established groups, with 8 offering to form a Peer Consultation Group. Of those offering to form a group, Sue Stephenson is offering to form a Yoga Therapy Group at the Salvation Army Counselling Service in Rhodes. Of note is that a new Yoga and Psychology Interest Group was approved at the recent APS AGM in Canberra. There are over 30 listed as wishing to join a suitable group.

Sydney Branch Bulletins

Sydney Branch supports events and workshops hosted by other APS groups in the Sydney Branch region by advertising those events. Two such events were recently advertised.

The NSW Buddhism and Psychology Interest Group are

to host a presentation by Tania Alexander on Buddhist Roots of Dialectical Behaviour for Borderline Personality Disorder, on 21 October 2011.

The Coaching Psychology Interest Group is to host a presentation by Peter Webb on 'Coaching For Wisdom: Enabling Wise Decisions,' on 15 October.

ISPS Launch - Members were informed via Sydney Branch Bulletin Board of the International Society for Psychological Treatment of the Schizophrenias and Other Psychoses (ISPS) launch of events across Australia. The ISPS recently formed an Australian Branch and its Sydney launch event was held on Thursday 1 September 2011 at the NSW Institute of Psychiatry. The book 'Narrative CBT for Psychosis' by John Rhodes and Simon Jakes was jointly launched.

NSW Representation on the APS Board: Thank you Dr Robyn Vines for the excellent work that you have done representing NSW members, particularly those from our rural, regional and remote areas, as an APS Director and as the Director identified as NSW representative.

The new APS President-Elect is Mr Tim Hannan FAPS, from the University of Western Sydney. Following representations from Cinzia Gagliardi, NSW State Chair, for greater NSW presence on the APS Board, Dr Nick Reynolds has been seconded to the Board. Nick is a NSW based Organisational Psychologist and will provide support for NSW representation on the Board along with President-Elect **Mr Tim Hannan FAPS**. Congratulations to you both and thank you for joining us at the Branch AGM.

New England Branch Report **Amanda Akers, Branch Chair**



I have just returned from the APS National Conference and, as usual, thoroughly enjoyed the conference program: the informative keynote speakers, the engaging presentations, posters and social events. The conference began with a Welcome to Country from Roslyn Brown and a spectacular didgeridoo performance which left us all breathless! The first keynote

speaker Professor Kelly Brownell, from Yale University, started the conference with a keynote address on the causes and prevention of obesity. Professor Brownell has been named "one of the world's most influential people" and he was certainly dynamic in his address to the conference delegates. His inspiring talk challenged psychologists to get involved in the fight against obesity.

I was pleased to see representatives from the New England region at the conference. Dr Jane Clark presented a paper on *Breathing a sigh of relief: Responding 'unacceptably' in*

the wake of client suicide. Jane's presentation received a great response with several questions promoting emotive discussion after her presentation.

Professor Don Hine and Methuen Morgan presented a paper on *Psychology and Climate Change: What Australian psychology students are doing around the country*. Methuen Morgan was UNE's APS prize winner this year. Methuen also presented his poster for the honours research that won him the APS prize.

I spotted a couple of New England members in the audience over the course of the week as I juggled attending the conference program and social events over three nights. A Networking Dinner was held on the first night of the conference. APS President, Simon Crowe, assisted by Mick Symons from National Office, ran an interesting evening of activities that resulted in members meeting and sharing information. We also engaged in activities that included team-work and creative thinking. The night was great fun and I hope these networking dinners will be repeated at conferences in future.

The Conference Dinner was held at Old Parliament House. Attendees enjoyed the viewing the portraits of previous Prime Ministers in the foyer before moving into the restaurant for an enjoyable meal with a band for entertainment. Many delegates braved the dance floor and enjoyed dancing into the night.

I also attended a dinner organised by the College of Clinical Psychologists at 'The Boathouse' on the lake, with spectacular views and magnificent cuisine. The Canberra Branch kindly hosted this event and contributed to the local wines offered to guests to complement their meal.

I would like to thank the APS Canberra Branch for hosting the conference. They were all very welcoming and engaging. Thank you also to Professor Don Byrne, the Conference Convenor, whom I met in person at the Networking Dinner!

Additional conference highlights included the APS President, Professor Simon Crowe, signing a commitment for a Reconciliation Action Plan for the APS. Updates were presented on National Registration and Australian Reforms in the Australian Health System, and the Impact of changes to the Better Access and Better Outcomes (ATAPS) initiatives. The conference provided a space for delegates to ask questions and raise their concerns about these important issues.

The AGM was well attended and Professor Lyn Littlefield's Executive Director Address was informative as always. Voting numbers were low and I urge members to consider voting in next year's election for the Board. This is our Society and we should all be making an effort to vote for the Board members we want running it. I would like to congratulate Tim Hannan for being voted to the position of APS President Elect. ▶

Branch news continued...

◀ The New England Branch is extremely pleased to have Tim Hannan visiting Armidale in November to provide a workshop on Psychological Assessment as part of a Clinical College grant for Rural and Remote APS members of the Clinical College.

Overall, the 46th APS Conference in Canberra was a great success! I strongly encourage members to attend the APS National Conference each year. The conference program has something to offer us all and the networking opportunities are invaluable. Next year's conference will be held in Perth and I will be going! I hope you'll consider attending as well.

Watch your email for news of our Branch Christmas celebrations in Armidale and Tamworth in early December. The New England Branch Committee wishes you a safe and relaxing festive season and we look forward to seeing you at general meetings, guest lectures and conferences next year.

Western Region Branch Report Louise Roufeil, Branch Chair



Welcome to the Western Region Branch Report. I have just returned from the Australian Psychological Society Conference in Canberra and find myself still reflecting on the challenging times confronting the profession. There was no doubt at the Conference that the profession is under extreme pressure. Strangely, it seems that while the arrival

of Medicare rebates has been an enormous benefit to the community in terms of providing long overdue access to effective psychological therapies, it has not brought joy to the profession. The lack of unity amongst psychologists that has emerged post-Medicare appears to have made us increasingly vulnerable to governments and to those who have always questioned the wisdom of psychological services receiving Medicare rebates. On top of this, the new requirements for registration under the 4+2 pathway appear to be threatening the growth of the profession at a time when the psychology workforce is desperately needed, particularly in rural and remote regions. These are not easy times for the profession and I urge all Members in the Western Region Branch to support APS to make wise decisions during these challenging times. The Branch Committee and the NSW State Committee are committed to ensuring Members are well informed and able to provide input to the APS Board. If you have concerns, please feel free to contact me.

The APS AGM took place at the Conference and sadly, we said farewell to local Board Member, Dr Robyn Vines, who has so effectively been the voice for rural Australia

during her time on the Board. Robyn was able to establish a Rural and Remote Advisory Group to the Board, the first time rural psychologists had a direct link to the Board and a specific high level group to consider the strategic needs of Members working in rural regions. One of the major outcomes of this Group was that APS now has membership on the highly influential National Rural Health Alliance. The 32 national organisations in the Alliance work collaboratively to improve the health and wellbeing of people in Australia's rural and remote areas. While long overdue it is very pleasing to see psychologists now have a voice on the Alliance. On behalf of WRAPS, I would like to thank Robyn for her hard work for the profession and wish her all the very best in her future endeavours.

Thank you to the Committee Members who organised the recent Branch workshop on psychopharmacology held at Charles Sturt University in September. The workshop was presented by Iain McGregor, Professor of Psychopharmacology at the University of Sydney, and covered anxiety and depression, including psychopharmacology for children and adolescents. Iain was an entertaining and highly informative presenter and the audience thoroughly enjoyed the update.

Our next professional development event is a two-day workshop to be presented by Dr Chris Lee on *Changing Client Lifetraps: Schema Focused Cognitive Therapy for Personality Disorders*. The Workshop is to be held on 1–2 December at Centacare in Bathurst. We are thrilled to have such a quality workshop in the region and we hope as many members as possible will take the opportunity to attend.

The Branch has been considering running some small groups for members who are interested in devising and discussing their learning plan in conjunction with peers. This could be face to face or online and would count as active learning in terms of CPD requirements. If you are interested in participating, please let Louise know.

If you currently do not receive emails from the Branch, please contact me at lroufeil@kbconsult.com.au or 0421 280 778. Of course, if you would like to be removed from the list, please let me know.

North Coast Branch Report Jane McGregor, Branch Chair



It's amazing to think that we are lurching towards the end of yet another year – as you read this it will nearly be time for the End of Year Christmas Celebration – ugh – I'm sure it never went so quickly when I was younger!

Recent events

Our 20,000 strong APS

membership celebration at Bangalow Pub was a terrific turnout and a wonderful opportunity to catch up with everyone socially. Thank you to Ian Johnson for organising the event. Perhaps we might think about this as a regular type of function – no CPD – just a few nibbles and a drink or 2 – giving us the opportunity to catch up in an informal manner. Please forward your thoughts on this to me of Stuart Hayes stuartpsych@optusnet.com.au – our PD Co-ordinator extraordinaire!

Our recent Dinner CPD evening at Ballina Beach Resort was definitely one of our best to date! We were more than fortunate to have Dr Joanne Doran, the Area Director for Palliative Care Unit – it was her last day of work there – and she still took time out to present to us that night. We were also fortunate to have Kylie and Billie – two Social Workers from the Team presenting that night.

Dr Doran gave a humorous, caring, reflective, and thought provoking presentation about death and dying – in relation to palliative needs and stages of the patient, their families, and those working with them. The evening generating great discussion from our members and our presenting panel of three had to continue after the meal answering questions posited by those attending. It was a great success and I thank Jonathon Munro for his incomparable charm in procuring Dr Doran and organising the evening with Stuart Hayes.

It is without reservation I can state, that Dr Jo Doran's resignation from our local Area Health Service is a significant loss for the members in our community.

Upcoming events

Thursday 8 December 2011 – Our Xmas dinner extraordinaire! We will be holding this yet again at Figtree Restaurant Ewingsdale (Byron Bay) – this is a fantastic venue for our needs and caters for about 70 psychologists joining in the yuletide celebrations!!!

To assist us with our festive event is Professor Simon Crowe, the current APS President, who will be our guest speaker. Simon he will provide us with an update on the state of the nation for Psychologists as we move forward into 2012.

Friday 9 December 2011 – Professor Simon Crowe will be conducting a 1 day workshop on A Primer in Psychopharmacology for Practicing Psychologists in Byron Bay! Registration for that event is now open on the APS website under events. The link is <http://www.psychology.org.au/Events/EventView.aspx?ID=8749> We are holding this workshop at the Byron on Byron Resort – a gorgeous venue for the day.

Our CPD Committee has linked these 2 events together in the hope that it might make it more attractive for some of our outlying members to make the pilgrimage up to Byron and stay overnight. The workshop is subsidised for members to make it an enticing opportunity.

I would also like to take the opportunity to thank all members of the North Coast Branch of the Executive for their time, good will, and company over the year. Their contributions help in making our North Coast Branch a dynamic and fun group to be a member of!

Look forward to seeing you at the end of year festivities at Byron.

Ciao
Jane

Far South Coast Branch Report Kerry Hynes, Branch Secretary



Welcome to the Far South Coast Branch report. I feel I am missing out on something as I imagine those enjoying the APS Conference in Canberra as I type. I look forward to the reports and hearing our Chair, Will Pitty's first hand experiences.

Thanks to Cinzia for her excellent update in the last issue of PsychNews. Cinzia wrote so eloquently on a very relevant matter regarding psychology internships and the difficulties experienced by those attempting the transition from student to registered psychologist. As a recently registered psychologist myself, I can attest first hand to the difficulties in procuring a placement and supervision. Living in a rural and somewhat remote area adds to the hardship. Here's hoping the powers that be find solutions for those who follow.

Meetings continue to be held bi-monthly here in the Bega/Merimbula area. One issue discussed at our last meeting was the ATAPS versus Better Outcomes process of funding which some are finding confusing.

On 14 December a workshop will be held at Club Bega on humour in therapy. Presenter and Branch member Steve Brigham will provide a morning workshop which will be followed by our Christmas lunch in the dining room. We will also have an AGM prior to commencement of the workshop, so killing 3 birds with one stone. I hope all members will take advantage of this opportunity to network, gain CPD and support our Branch.

The MHPN (Mental Health Professionals Network) have secured a psychiatrist to speak next February 2012. This presentation will be held in conjunction with dinner providing another great networking opportunity and will be funded by the MHPN; something to look forward to in the New Year. Hard to believe the New Year is so close.

Our next Branch meeting will have been held on 2 November at 5 Canning St, Bega before this issue reaches you. ▶

Branch news continued...

◀ Illawarra Branch Report Jason Pratt, Branch Chair



The last couple months have flown past so quickly, our last Branch meeting in September was moderately well attended by members. I gave feedback on the current hot topics in our profession, on discussions at the last State Executive meeting and what the Branch is up to locally. After the meeting, a

very special presentation was given by our invited speaker, Dr Sue Thomas, who has a PhD in Clinical Psychology and is lecturer in behavioural sciences in the Graduate School of Medicine at UOW and is also in private practice. Dr Thomas spoke on Beyond the Biomedical: What do tomorrow's doctors need to know about psychology, what they are learning and the innovative integrated curriculum at the GSM UOW. This was a very interesting and highly informative talk on what our trainee doctors actually get taught about psychology. At the last Branch meeting I also asked members for their input into what kind of events they might like the Branch to run in National Psychology Week.

It is my sad duty to inform members that our Peer Consultation Co-ordinator Jane Turner Goldsmith has stepped down from her position as she is moving to South Australia. I would like to thank Jane personally and on behalf of the Committee and members for all the hard work she has done for the Branch.

As previously reported the Committee has organised a Workshop titled Attachment, Mentalisation and Psychotherapy to be presented by Dr Anne Hollingworth. The workshop had been postponed due to low interest but with consultation with members it has been rescheduled to 19 November. We are hopeful that offering to hold it on a weekend might make it more accessible to people. I will send out the registration form and online registration link when finalised through National Office.

Recently it has been made public that the venue the Branch holds its meeting is being sold and will become a private psychiatric hospital, thus leaving the Branch with the task of finding a new venue to hold meetings. So I'm asking for suggestions from members to where they would like our Branch meetings held. The Committee will be looking for alternate venues in the mean time.

The next Branch meeting will be our AGM on 16 November 2011. I will be providing feedback from the recent APS AGM at the recent Annual Conference in Canberra and updates on issues for our Branch. I'm looking forward to seeing you all there. It is a great opportunity to network and catch up with colleagues and hear the latest news.

Riverina Branch Report Dr Gene Hodgins, Branch Chair



Hello from the Riverina Branch.

This year the Riverina APS Branch Committee has aimed to facilitate a number of informative and enjoyable professional development events for local members.

In February we held a 'Meet and Greet' function which provided the opportunity for networking as well as brief updates and the opportunity for discussion on the topics of: the current status of Continuing Professional Development requirements for national psychologist registration, and an overview of the new supervision guidelines for provisional registration. There was a fantastic turnout to the event with over 35 people attending.

In June a panel of local psychologists and professionals presented and facilitated discussion on the topic of trauma, sexual assault and domestic violence. Again there was a great turnout with over 20 people attending.

And in September we held a psychology study and careers night (in conjunction with Charles Sturt University). Held on the CSU Wagga campus, it provided an opportunity for prospective and current psychology students to hear from lecturers, current students, recent graduates and practicing psychologists about studying and working in psychology. Given the number of attendees (about 50), the amount of discussion at the end of the evening and the feedback I have received, the evening was a great success. We are very grateful to those lecturers, students and clinicians who gave up their valuable time to present on the night.

We have two remaining events planned for the year. The first is a Psychopharmacology for Psychologists workshop conducted by Dr Mark Boschen of Griffith University and held on 4 November 4th in Wagga Wagga (before this newsletter is received). The second event is our AGM and Christmas function. Further details about these events will be sent to members in the near future – stay tuned!

As always, we endeavour to make our events not only informative and worthwhile, but fun and enjoyable. If you have any suggestions for events please contact myself or one of the other Committee members and we will be only too happy to discuss your ideas. If you have not attended any of our events in the past, or are student member or intern psychologist in the area, please consider coming along to one of our events to socialise with your colleagues, learn some things and have some fun!

Finally I would like to thank my fellow Committee members for their great work this year in organising and facilitating the above events, and participating in our Committee

meetings – your hard work and time is very much appreciated. Many thanks to Katrina Andrews (Secretary), Gerald Wurf (Treasurer), Leah Dodsworth, Kylie Hamblin, Dan Hayes, Natalie Walsh, Kristy Ward (on maternity leave now – congratulations on the baby!) (Committee Members), and Rebecca Smith (Student Representative – who has now resigned due to personal commitments, but many thanks for your input).

Shoalhaven Branch Report Janine Lord, Branch Chair



It is time psychology came back to its foundations of family; promoting social and emotional well-being in our profession. We used to work together and it felt like a family, but then came Medicare and a business format that has left our profession divided, severed, disenfranchised and in dire need

of a joint vision of progression. The APS conference left me with a feeling of excitement we can create something wonderful to promote and develop psychology.

I don't think I am alone in saying we have waited a long time for the government to pay attention and fund psychological services. Now the money is here we have an opportunity to add valuable expertise to multi-disciplinary integrative teams. I thoroughly enjoyed the atmosphere of like mindedness and a re-emerging sense of family. However, sustainability and growth will only develop with concentrated nurture. Health and Community projects are where the funding is projected to go and stay. Incredulously our Health and Community Colleges have been fighting for survival. I also believe there is opportunity to carry Generalist Psychologists (4+2) with us into the new direction psychology is taking, rather than the sense of severance currently experienced. It is important psychology nationally moves to international standards but we must take our legacy with us to pass to the next generation.

ATAPS funding is perfect opportunity for the APS to invest in Branches to develop ongoing community based programs in health, through:

- a. Branch structural development and administration;
- b. Supervising and creating local pathways for ongoing professional development (including placement and training) i.e. developing existing community based private practices into collaborative partnerships. Working together to nominate local needs, target areas, and volunteer to dedicate co-ordination and provide services; and
- c. Identify with whom to develop engaged relationships in the community, investing in inclusive multi-disciplinary teams based on available services.

Generalist psychologists have a wealth of knowledge and expertise in health, professional training, work pathways and community engagement of a very high standard. Clinical Psychologists have provided the specialisation for our profession and to assist Generalists to be well informed and educated with credibility and reliability. Traditionally this has provided a feedback loop of respect delineating recognition of value.

It is frequently stated the Branches and membership are the APS. It's time for action that requires all psychologists to promote psychology. I think this is an exciting time of possibilities and innovative contribution. Financial control and support to Branches is the only way forward; it is time psychologists started working together again.

It requires numbers and volunteers to come out of our rooms and be visible in the community. The understanding other professions and general public have of what psychologists can provide is limited. Traditionally it is in Health our profession has invested, however, other professions are now doing an increased volume of psychological work thanks to psychologists' lobbying and the integration of mental health training in other professional graduate, postgraduate, and VET education; are our traditional roles being lost? There is no longer a choice of supervisor, you are lucky if you can find a supervisor. I am gratefully in a unique position; I had that choice, and currently, Branch members are mentoring and supporting me to pass their passion, knowledge and skills in psychology onto future generations. As a case in example, I thank David Bond, an elder Branch member, for his mentoring over the conference, without which I may have been more pessimistic than optimistic.

At our last meeting we had a fabulous turn out and support. Ten members have been elected to new jobs and positions:

- MHPN representatives
- Student Representative
- Steering committees:
 - Policy and protocol for 'Exceptional Circumstances'
 - Position paper with regard to 'Model of Psychological Care'
- Web Design Promotion

There are still more small jobs. Next meeting we will need ATAPS and Headspace representatives nominated. Urgently, though we need our senior psychologists to mentor us through this process and younger psychologists to see this as a valuable forum for learning, support, participation and promotion. We are an integrative group and welcome all psychologists.

Next Meeting: Wednesday 9 November
Christmas Dinner: Milton, Friday Night 9 December
 'Recognition of elders: history of psychology'
Mini-Conference: Saturday 10 March- Yoga session, breakfast and lunch, presentations.



COGNITIVE BEHAVIOUR THERAPY AUSTRALIA

2012 New South Wales workshops

Certificate in Cognitive Behaviour Therapy

Sydney

Thursday 8 - Sunday 11 March 2012

Sancta Sophia College
8 Missenden Road, Camperdown 2050

Albury/Wodonga

Thursday 22 - Sunday 25 March 2012

Sundowner Albury Paddlesteamer
324 Wodonga Place, Albury 2640

Certificate in Cognitive Behaviour Therapy with Children & Adolescents

Sydney

Saturday 21 - Tuesday 24 April 2012

Sancta Sophia College
8 Missenden Road, Camperdown 2050

Workshops are presented by Australian and overseas experts in the field of cognitive behaviour therapy.

The small group training aims to teach and consolidate principles of cognitive behaviour therapy with an emphasis on skills development. Participants can claim ACTIVE CPD.

Cost includes morning and afternoon tea and lunch. Prescribed reading, also included in the course cost, is a new book by Dr Monica O'Kelly, 'CBT in Action: A Practitioner's Toolkit'.

COST for four-day workshops: \$1199 (GST incl)

Monica O'Kelly & Associates Pty Ltd *trading as*
Cognitive Behaviour Therapy Australia

For program outlines, presenter profiles, discounts available and registration information, go to:
www.cbtaustralia.com.au or phone 03 9796 9300

Interpersonal Psychotherapy training by the Beach

Workshops with Paul Rushton, Clinical Psychologist

Why not plan a holiday weekend around a workshop - great for families and couples

14 CPD points available per training and will satisfy annual Medicare FPS points



2 day IPT: Basics and Beyond 23, 24 February 2012 9-5pm NUMBERS LIMITED

2 day Advanced Experiential IPT 21, 22 May 2012 9-5pm NUMBERS LIMITED

Venue: Mantra on Salt Beach Resort, Kingscliff NSW a short 20 minute drive from Coolangatta airport and Byron Bay (visit www.mantraonsaltbeach.com.au).

The Basics and Beyond workshop will cover the structure, theory, key techniques and processes of IPT including case studies and role plays. The Advanced workshop will review the introductory workshop briefly and then emphasise formulation exercises, and role playing of key IPT skills within a small group environment. Participants for the advanced workshop need to have attended an IPT workshop of a minimum of 1 day.

Paul Rushton is a Clinical psychologist with 20 years of clinical experience, and considered one of the leading authorities on training in IPT within the pacific region. He has conducted over 70 workshops on IPT in five countries. He has provided IPT training for the APS, PsychOz and the Singapore Government on numerous occasions. His last workshop series for PsychOz attracted 500 participants in four cities. Paul embraces a diverse range of therapeutic approaches and he will explore how IPT is used in a pure form, and as an alternative and adjunct to other popular approaches.

Fees for each workshop: \$395 early bird before December 13 for Introductory, February 24 Advanced, \$495 Full fee, \$300 F/T student fee (photocopy of student ID required). If both workshops are registered for at the same time \$740 for four days of training. All fees are GST inclusive. Cost is inclusive of morning and afternoon teas and buffet lunch on the pool deck.

Accommodation booked with the resort is as little as \$169 per night for a resort room for 2 including buffet breakfast. Other accommodation close by includes Peppers, Santai and various options in Kingscliff.

For enquiries & registration, please email fpstraining@praconsulting.com.au or ph Wendy on (07) 55 261212

Leah is a Sydney based doctoral-level clinical psychologist with 17 years of clinical and teaching expertise in CBT and traumatology

Treating PTSD

2012 trauma education

presented by
Dr Leah Giarratano



LIMITED PLACES. REGISTER EARLY

Sydney CBD, 10-11 May

Hobart, 17-18 May

Melbourne CBD, 24-25 May

Cairns, 31 May-1 June

Perth, 14-15 June

Adelaide 21-22 June

For more details about this workshop and books by Leah Giarratano refer to www.talominbooks.com

Clinical skills for treating posttraumatic stress disorder

This two-day (9am-5.00pm) program presents a highly practical and interactive workshop (case-based) for treating traumatised clients; the content is applicable to both adult and adolescent populations. Techniques are cognitive behavioural, evidence-based, and will be immediately useful and effective for your clinical practice. The program includes handouts and numerous case examples. The emphasis is upon imparting practical skills and up-to-date research in this area. This program is suitable for all mental health professionals.

Day one topics include:

- Treatment maps and planning strategies
- Psychoeducation and motivation tips
- Analysing and targeting dysfunctional behaviours (e.g., substance abuse, self-harm)
- Arousal reduction strategies (including breathing retraining, grounding and distraction tasks)
- An introduction to anger management

Day Two topics include:

- In vivo exposure therapy (reducing avoidance behaviours)
- The fundamentals of exposure therapy for traumatic memories (prolonged imaginal exposure)
- Cognitive challenging of negative self-statements related to the traumatic event
- Contraindications and complex case issues

Summary responses to satisfaction statements for May –June 2011

| Program was practical | Acquired new skills | Format suitable for content | Leader's facilitation | Workshop venue | Would recommend |
|-----------------------|---------------------|-----------------------------|-----------------------|----------------|-----------------|
| 98.4% | 95.6% | 98% | 99.2% | 93% | 99.2% |

Program Fee

Super Early Bird \$600 (when you pay for a 2012 workshop by 31/12/11)

Early Bird \$660* (when you pay at least 3 months prior to the workshop date)

Normal Fee \$720* (when you pay less than 3 months prior to the workshop date)

*Save \$60 each when you register with a colleague by fax or mail (both registrations must arrive together). Excludes Super Early Bird.

Program Fee includes GST, program materials, lunches, morning and afternoon teas on both workshop days

Please direct your enquiries to Joshua George on (02) 9823 3374 Fax (02) 8786 1361 Email: mail@talominbooks.com

2012 Treating PTSD Registration/ Reservation Form

Sydney CBD, 10-11 May

Hobart, 17-18 May

Melbourne CBD, 24-25 May

Cairns, 31 May-1 June

Perth, 14-15 June

Adelaide 21-22 June

Please circle the workshop you wish to attend above and return a copy of this completed page

| | | | | | |
|--|-------------------------------|------------|--------|---|--|
| Name: | Profession: | | | | |
| Address: | | | | | |
| Phone: | Email (*essential*): | | | | |
| Mobile: | Special dietary requirements: | | | | |
| Method of payment (circle one) | Visa | MasterCard | Cheque | Please reserve my place & I'll pay during Early Bird period | |
| Name of cardholder: (if using a credit card) | | | | Expiry Date: | |
| Card Number: | | | | Card Verification Number: | |
| Signature of card holder: (if using a credit card) | | | | Debit amount: \$ | |

Cheques are to be made payable to Talomin Books Pty Ltd and mailed to PO Box 877, Mascot NSW 1460

If payment is made with a credit card (or if you are reserving a place), simply complete the information above and fax this page to (02) 8786 1361.

A receipt will be emailed to you upon processing. Note: Attendee withdrawals more than one month in advance attract a processing fee of \$55.

No withdrawals are permitted in the month prior to the workshop; however positions are transferable to anyone you nominate.

Get organised for 2012 with our new APS diaries and notebook

This year members have the choice of two sizes of APS diaries (A5 and quarto) as well as a new APS notebook (A5 size), all with quality black leather-look covers featuring the new APS logo.

These covers are reusable year after year, with replacement inserts available. Diary inserts are available in day-to-a page or week-to-an-opening varieties, and notebook inserts come with lined pages.

PRICES (including GST, postage and handling)

| | A5 (Page size 210 x 148.5mm) | QUARTO (Page size 260 x 210mm) |
|---|---------------------------------|-----------------------------------|
| APS diary APS branded, reusable leather-look slip-on cover, with choice of wiro-bound day-to-a-page or week-to-an-opening diary | \$40.00 | \$50.00 |
| APS notebook APS branded reusable leather-look slip-on cover, with wiro-bound ruled notebook | \$35.00 | |

To order your 2012 APS diary or APS notebook, please go to the APS online shop (www.psychology.org.au/publications/shop) or call 03 8662 3300 for more information.

ORDER YOURS TODAY!



APS Interest Group on Narrative Theory and Practice in Psychology

Rina Taub, National Convenor

As spring approaches we are excited to announce the long awaited emergence of the Narrative interest group which is coming out of hibernation. At a time when the psychology field is in a bit of a flux we are hoping to shine some light on the Narrative paradigm and provide rays of warmth and support to the community of narrative therapists. We are passionate about sharing the values and intentions that inform post structuralist ways of working and investigating ways we can be influential within as well as outside our profession to extend these ethical and respectful practices. We are committed to the sharing of the philosophical underpinnings of Narrative Therapy as an important part of our community conversations and hope you will be a part of this! Whilst our bear is only just awaking and stretching after a long slumber we are delighted that she has made some tentative steps...

We are pleased to already have been able to affirm Narrative therapy as a FPS (focused psychological strategy) under the better outcomes initiative for indigenous clients and are working to extend understandings of the validity and application of this approach. We are interested in making known the extensive narrative research that has been and is currently being done and encourage the recognition of qualitative as well as quantitative research within the psychology world. Already we have had the opportunity to set up 2 awards which will be announced shortly.

These awards are intended to promote and facilitate the publication of research material, to broadcast more widely the efficacy of post-structuralist therapeutic interventions and narrative contributions to the field of psychology. We are also looking for creative projects with innovative designs which epitomize the ethos of the approach. We look forward to hearing from many deserving applicants!

We have thought of some goals to start off with including:

- Opportunities to feel part of a larger community with the chance to connect and discuss work from personal and political platforms.
- Develop creative ways of using this community as a virtual team in therapeutic work.
- Information about upcoming workshops and conferences
- An introduction to Narrative Practice for those who like the principles but may not know exactly how it works
- Development of questions and skills that privilege clients' language and steps away from medicalising and pathologising individuals, while working alongside a medical model that offers its own contributions to psychological practice
- Ways to maximize resources in clients' lives apart from the counsellor, so that new, useful skills can fully develop outside the therapeutic context, in the "real world"
- An exploration of the usefulness of qualitative research and advance the number of publications. ▶

BOARD-APPROVED SUPERVISION WORKSHOP

This two day supervision training program, which is an updated version of the previous NSW training, has been approved by the Psychology Board of Australia. Psychologists who complete this program and who meet other eligibility requirements (e.g. period of registration, relevant professional development) will be eligible for supervisor status both during the interim period until June 2013 and from the renewal date in July 2013.

For the Board's Fact Sheet on supervisor requirements go to:
www.psychologyboard.gov.au

For dates, information about the workshop and to register go to:

www.supervisionworkshops.com

PSYCH NEWS – THE APS NEW SOUTH WALES NEWSLETTER

2012 advertising rates and specifications*

There are usually five APS New South Wales newsletters published each year: March, May, July, September and November. Distribution numbers vary from one issue to the next. There are approximately 6230 APS members in New South Wales who all receive PSYCH NEWS free of charge.

| Advertisement | Price (inc. GST) | Specifications (mm) |
|---------------|------------------|-------------------------|
| Back page | \$900 | 190mm wide x 277mm deep |
| Full page | \$750 | 190mm wide x 277mm deep |
| Half page | \$450 | 190mm wide x 120mm deep |
| Quarter page | \$300 | 92mm wide x 120mm deep |
| Eighth page | \$190 | 92mm wide x 57.5mm deep |
| Insert | \$790 | Maximum two A4 pages |

*All specifications are width by depth, and ads are NOT required to have any bleed

2012 editorial and advertising deadlines**

Any articles for publication, and advertising bookings, must reach the editor by the dates listed below.

| Issue | Deadline | Publication date 2012 |
|----------------|------------|-----------------------|
| March 2012 | 9 February | Mid March |
| May 2012 | 9 April | Mid May |
| July 2012 | 8 June | Mid July |
| September 2012 | 8 August | Mid September |
| November 2012 | 8 October | Mid November |

**Please take note of the publication date when promoting activities and events

Agnes Levine is the PSYCH NEWS editor. To book an advertisement or insert^, please contact PSYCH NEWS production assistant Loren Lembke.
Email: lorenl@optusnet.com.au Work: (02) 8901 5240

Articles: All readers, including students, are invited to submit editorial contributions in the form of news, professional information, letters to the editor, notices, opinion, comment or short articles and should be emailed to the editor for consideration (preferably attached as an MS Word file). Publication of articles – solicited or unsolicited – is not guaranteed.

Advertising: The activities of APS member groups (Branches, Colleges and Interest Groups) may be advertised free of charge, dependent on available advertising space and upon consultation with the editor.

Non-APS groups wishing to advertise professional development activities provided on a not-for-profit basis should contact the editor to discuss whether the activity may be advertised free of charge, subject to available space. All other non-APS advertising material will be charged according to the advertising rates listed above. The quoted rates may be changed without notice.

All advertising and editorial material submitted must be accurate and adhere to the principles of the APS Code of Ethics. Materials may be checked with the APS Executive Officer and edited accordingly.

^Inserts need to be booked with the production assistant by the deadlines listed above. You will then be provided with the address details to supply the printed material directly to the mail house in Melbourne.

PUBLISHER'S DISCLAIMER: The views expressed in PSYCH NEWS are not necessarily those of the Australian Psychological Society. Letters to the editor are welcomed and will be published at the discretion of the editor and state committee. Published letters do not necessarily reflect the thoughts of the editor, committee or the APS, except where specifically indicated. The publication of an advertisement by the Australian Psychological Society is not an endorsement of the advertiser nor of the products or services advertised. Only those professional development activities carrying the APS logo and an appropriate endorsement statement can be considered to be specifically approved by the APS. Advertisers may not incorporate in a subsequent advertisement or promotional piece the fact that a product or service has been advertised in any publication of the Society. The publications of the Society are published for and on behalf of the membership to advance psychology as a science and a profession. The APS reserves the right unilaterally to cancel or reject advertising which is not deemed to be in keeping with its scientific and professional aims. Whilst all care is taken, the APS does not take responsibility for advertising containing incorrect information or for advertisements which do not appear as scheduled.

- looking at issues impacting our profession, such as Medicare guidelines, university course content and requirements for registration

We would love to hear your ideas and hopes for the group and find out how you would like to get involved. We are desperate to hear from all states and welcome new committee members to join us. We would like to have Skype meetings to involve as many people as possible and are also looking forward to some social events...

rina@insightnarrative.com.au

NSW Section College of Clinical Neuropsychologists

Sue Meares, Acting Chair NSW Section

The NSW Section of the College of Clinical Neuropsychologists (CCN) has an active membership of 134 that is made up of 31 Students, 8 Affiliate, 5 Associate and 90 Full members. The committee members are Sue Meares (Acting Chair), Ilana Hepner (Secretary), Therese Alting (Treasurer), Wayne Reid (Committee Member) and Nora Breen (Committee Members). Peggy Bain stepped down from the position of Chair in March this year. We would like to thank Peggy who made an outstanding contribution as Chair since 2009.

The main focus over the last 12 months has been preparation for the 17th Annual CCN Conference "The Challenges of Evidence Based Neuropsychology" which will have been held by the time this issue reaches you was from 2 November to 5 November 2011. The conference was to examine the latest scientific advances in neuropsychology, with particular focus on the areas of cognitive reserve and neuroplasticity. The College is pleased to have presented two keynote speakers, Professor Narinder Kapur and Professor Yaakov Stern addressing the theme of the conference in keynote addresses. A preconference symposium on "Optimising Health Brain Aging" was to take place on 2 November, 2011. Wayne Reid has been ably assisted as Chair of the Conference Committee by Sarah McRae (Chair, Scientific Committee), Amanda Olley (Treasurer), Jamie Campbell (Secretary) and Committee members.

The CCN NSW Section sponsors the Sydney Neuropsychology Case Rounds, organised and hosted by Tasha Kvelde and colleagues at Prince of Wales Hospital, Randwick. The next case rounds "Neuropsychology in the Forensic Setting" will take place on the 17 November, 2011 with expert discussion by Susan Pulman.

NSW Section College of Clinical Psychologists

6–8pm 5 December 2011

AGM and presentation by Anthony Cichello Chair, National College of Clinical Psychologists