

The **South Australian** Branch Newsletter  
NOVEMBER 2011

## Are you getting your act together for National Psychology Week? Kathryn McEwen surely is!

From in-practice displays to staff information sessions, morning teas, the annual 'Torrens Cup' Golf Day and a public seminar, psychologists all over the state are making a big effort to celebrate National Psychology Week (NPW) from 13-19 November. \*Go to the 'National Psychology Week' Website for details of the SA events. ([www.psychologyweek.com.au](http://www.psychologyweek.com.au))

NPW is an annual initiative of the APS that aims to increase public awareness about psychology, psychological issues and the role psychologists play in community wellbeing.

One APS member has come up with a brilliant idea that covers all three aims! Organisational Psychologist Kathryn McEwen is organising the SA Branch's major event involving psychologists Denise Keenan, Jacky Dakin and Tim Ridgway who are all parents or friends of students at Pulteney Grammar School. The entertaining presentation, in which

Kathryn will draw on her latest book 'Building Resilience at Work', will see the panel of these professionals offering advice on how to building resilience at work and in life. The audience can ask questions, and there will be a 'mix and mingle' session afterwards with a larger group of members of the profession.

**The evening event is open to the public and will be held in Allan Wheaton House at Pulteney Grammar School at 190 South Terrace on Thursday 17th November 6-7.30pm. All are welcome and attendance can be registered at the 'our events' page at [www.workingwithresilience.com.au](http://www.workingwithresilience.com.au)**

Entry is by donation to 'SalvoPsych', a collaborative venture between the APS and The Salvation Army (TSA) that involves APS psychologists providing their professional services to TSA clients and their staff. Congratulations on your great idea and efforts, Kathryn!

### Come to the AGM and 'party-on' afterwards!

Friday, December 9

The APS Annual General Meeting and Christmas Party is to be held at:

**The Brunswick Hotel**  
207 Gilbert Street

at 6pm  
on Friday, December 9.

Attend the interesting meeting then join your fellow-members for some free festive fun!

**RSVP:**  
[services@astutepsychology.com.au](mailto:services@astutepsychology.com.au)

Think well.

Be well.

**NATIONAL PSYCHOLOGY WEEK**

13-19 November 2011



**APS** Australian Psychological Society

[www.psychology.org.au](http://www.psychology.org.au)



NPW Torrens Cup on again!



Kathryn's event set to sail!



Eyecatching new NPW displays!

### IN THIS ISSUE

- 3 APS Canberra Conference
- 4 State Chair's final report
- 5 National Office news
- 8 A psychologist's best friend?
- 9 Martin Seligman to visit

## From the Editor

I only have one major criticism of you psychologists, and that is your reluctance to tell the world how wonderful you are! When you look at the work you're doing and the difference you're making in so many lives, I just can't understand why you so hesitant to 'wave your flag' occasionally! How will the public ever discover how skilled and professional you are if you keep tight-lipped and don't use every opportunity to promote your profession? But National Psychology Week is nearly here – the perfect opportunity for you to speak up!

Get out there and do what you can to spread the word!

As this is final edition of 'Psych News' for the year I wish to thank all of you who have helped me put this keenly-read newsletter together this year, and over the past four years. Sometimes it has been like dragging blood out of a stone to get you to tell me about your work, achievements etc, but it's been great to work with and for you, and put your stories in print.

## SA now has 1,119 members in SA ...

Welcome to these 17 new 'sign-ups'!

Christine Brown	Rachel Salisbury
Nicole Caruso	Loretta Sassi
Shane Curley	Julia Scott
Eloise Denaro	Emily Small
Fiona Drabsch	Kristy Stupple
Gregory Fell	Mark Taddeo
Nicole Johnson	Louise Williams
Carla Johnston	Qiu Yue Zheng
Alison Robb	



Where's Sally? Connecting at the APS National Conference!

\*As for my offer of a centre-fold spread to encourage you contribute... the offer still stands!

## Tim Hannan – President Elect

Congratulations to Tim Hannan who was voted APS President Elect at the recent APS meeting in Canberra. Tim is already on APS Board of Directors and was responsible for liaising with the SA State APS Committee.



## Children's Peace Literature Award to be announced just prior to NPW

Every second year for the last 24 years the APS Interest Group Psychologists for Peace (SA), has raised \$2000 to offer as a prize to the author of a book for children (birth to 18 years) that encourages the non-violent resolution of conflict or promotes peace at the global, local or interpersonal level.

The 2011 shortlist, selected by a combined panel of psychologists and children's literature experts, comprises books appealing to a wide range of ages from picture books through primary school to young adult:

*Alice Miranda at School* – Jacque Harvey (Random House)

*Arnie Avery* – Sue Walker (Walker Books Australia)

*I Found a Friend* – Beth Norling (Penguin)

*Ishmael and the Hoops of Steel* – Michael Gerard Bauer (Omnibus)

*Matty Forever* – Elizabeth Fensham (University of Queensland Press)

*Shrieking Violet* – Emma Quay (Scholastic)

*What Now Tilda-B?* – Kathryn Lomer (University of Queensland Press)

The presentation will take place at the Parafield Gardens R-7 School on Tuesday, 8th November. Parafield Gardens is a Save the Children Global Peace Network School.

# 46th Annual APS National Conference in Canberra attracts 770 participants

The national capital didn't put on its most welcoming face when psychologists from around Australia flocked to the National Convention Centre from 4-8 October. However the grey skies, occasional showers and classic Canberra cold were far out-weighted by the exuberant Spring colours of the Floriade display, and the camaraderie of the Conference attendees.

The appropriateness of the venue was commented on by APS President Simon Crowe in the Conference handbook: "So much of the Society's efforts over the last 10 years has been directed at the issues of lobbying, regulation and the impact of the political process on the discipline and practise of psychology, that it is both appropriate and fitting that we should celebrate the gains that the Society has made on these issues here in the nation's capital".

With its theme 'From Theory, Through Evidence, To Practice', the Conference offered something for everyone. Many South Australian APS members could be seen attending the papers, posters, symposia, 'how-to' sessions, forums and workshop presentations of the Conference. Professor Norman Feather FAPS was a keynote speaker with his 2011 Fellow's Address titled 'Tall Poppies, deservingness and schadenfreude'. At least ten local APS members were listed as either giving papers or being part of sessions, and some were seen at the social functions, including the Conference Dinner held at Old Parliament House.

Think about attending next year's APS Conference in Perth. It's worth your while!



Yvonne Clark taking a well deserved break between papers

## Yvonne Clark's positive impressions of the Conference

This year's APS conference in Canberra was quieter than usual but still managed to capture the essence of quality. Given that the conference was smaller in numbers it benefited me in many ways as it allowed me the space to wind down and catch up with colleagues, reflect on the sessions, and of course the practical aspects such as readily finding a seat in presentations and not having to line up too long for lunch and to use the free computers that the conference provided. The quality of the presentations that I attended was first class. I learnt so many new and interesting things, and these were in topics that I know lots about, that I can readily to apply in my research, teaching and clinical practice. Canberra itself was also stunning, especially the Floriade and surprisingly the weather was relatively warm. It was well worth attending.



Taherah Ziaian enjoying the atmosphere at the 'Welcome' function



Former SA Cancer Council researcher Vikki Knott, now a 'Canberrian'!

## SA State/Branch Chair's Report, November 2011

Dear Members,

**A**longside a number of SA members, I attended the Canberra APS National Conference in early October, held in the National Convention Centre. The new APS logo was unveiled and two new SA Fellows were announced formally: Professor Andrew Day and Dr Linley Denson—congratulations to both! The Federal Minister for Mental Health had been scheduled to address the Conference on Friday 7 October, but pulled out at the last minute, without sending a replacement—very disappointing for delegates many of whom were ready to ask robust questions! The Floriade was a suitable alternative venue for that time slot.

National Psychology Week will be upon us soon from 13-19 November and members should consult the website for National Psychology Week ([www.psychologyweek.com.au](http://www.psychologyweek.com.au)) to see at which events they might attend and/or contribute.

SalvoPsych is undergoing a review and planning period, with many volunteers being contacted personally, and many new Psychologist area coordinators helping with the one-to-one services which are being rolled out in new State areas.

The new APS State subcommittee dealing with Workcover has now been appointed, with the IPPP and the Branch having indicated the advisability of a combined approach to Workcover issues for psychologists.

Next year in February, SA's new Resident Thinker will be Dr Marty Seligman, well known to psychologists for many years in the areas of learned helplessness and the inventor of the term positive psychology. He is already well known to a number of Adelaide Psychologists, including Tony and Helen Winefield and myself, for his previous exploits in SA, including giving seminars and workshops and partaking of the Barossa Valley's delights with us. I am in contact with him and will try to ensure that APS members will have appropriate access to him and in facilitating CPD events. He is one of several American Psychological Association's past presidents, who also include Florence Denmark and James Bray who have visited South Australia for its culture, lifestyle and psychologists!

End of Year Branch elections and State AGM are looming just beyond NPW. All Office bearer and Committee member positions, including the Treasurer's, will become vacant, and nominations are now being called for. Think hard about what the Society does for you and whether you would consider nominating for any position on the Committee. Meetings typically have been held on the 4th Tuesday most months from 6 pm to about 8 pm. As it has been my 5th continuous year (1 as Acting and 4 as Elected) in the office of SA State and Branch Chair, APS policy prevents me from standing for a further term as Chair, and chairing the AGM on December 9th will be my last function.

I wish to express my appreciation to the members of the

Committee, who have assisted me to make sense of all the demands confronting the State APS, and who helped to make decisions and turn them into useful actions. The complexity of the modern landscape in which all members have to operate is now considerable with also CPD, national registration requirements, future models of psychology education and training, and to say nothing of the many possible sources of conflict of interests and other possible ethical dilemmas in the modern psychologist's professional life.

I wish the new Committee, and in particular my successor as Chair, all the best in continuing to carry the important work of the Society on behalf of its members in South Australia.

**Cheers and goodbye,  
Jacques Metzger, SA State Chair**



The Three Amigos! (L-R) John Davis, (Past President of Psy Chi, the International Honor Society in Psychology), James Bray, (Immediate Past President of the American Psychological Association) and Jacques Metzger (APS SA State Chair) catching up during Jacques' recent 25-year reunion trip back to Texas where he worked at the South-West Texas State University in 1986.

## Mental Health Professionals Network

**M**ental Health Professionals Network's popular series of free webinars and podcasts continues. The recording and slides of MHPN's latest webinar "Complex Trauma, working together, working better to support adult survivors of childhood abuse" are available on MHPN's website.

Panellists included Dr Cathy Kezelman, Consumer advocate (Sydney), Ursula Benstead Psychologist (Melbourne), and Professor Warwick Middleton, Psychiatrist (Brisbane). The facilitator was Dr Michael Murray, GP and medical educator (Townsville).

<http://www.mhpn.org.au/News/Events/ComplexTrauma.aspx#recording>.

# 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

**A**n 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

## Accolades for four outstanding APS members

### Linley appointed an APS Fellow

**D**r. Linley Denson has been elected a Fellow of the Australian Psychological Society. Linley has been a Senior Lecturer in the School of Psychology at the University of Adelaide since 2006, and has developed and upgraded curricula



for the Master of Psychology (Clinical) and Master of Psychology (Health) programmes. She has delivered undergraduate and honours courses in mental health and evidence-based practice, and fostered students' enthusiasm by introducing on-line journal clubs and interactive ethics training. Prior to her move to academia, Linley developed extensive clinical experience by holding senior clinical and neuropsychology positions at the Royal Adelaide Hospital and previously other South Australian state government health services. She is a Member of the SA Guardianship Board.

Linley has collaborated on many peer-reviewed publications and supervised numerous clinical psychology interns for all three South Australian universities. She has also provided College supervision for the APS Colleges of Clinical Psychologists and Clinical Neuropsychologists.

Linley's leadership roles within APS Colleges include: Convenor of the 2008 CCN National Conference, and CCN SA Section Chair (2007 – 2009) and Treasurer (1991 – 2007). As SA Section Chair of the Clinical College (1992 - 1995), she re-energized this section by promoting membership and convening regular CPD seminars, also serving as Secretary/Treasurer (1996 – 1998) and Treasurer (1999 – 2001). She has been a National Executive Committee Member, Forensic College (1997 – 2001) and SA Section Committee Member, Health College (2007 – 2011), as well as a Member of the South Australian Branch Committee (1991 – 1996 & 2005 – 2009).

### Richard runner-up for Workcover (SA) Award

Workcover recently announced the winners of its annual 'Recovery and Return to Work' awards, celebrating people who have made an exceptional contribution to the recovery and return to work of people with workplace injuries.



APS member and Clinical Psychologist Richard Oborn was runner-up in the 'Rehabilitation and Return to Work Coordinator' category.

Richard is involved in Workcover's 'Paragon Pain Program', presenting group therapy programs to injured workers on pain management techniques that help them remain at or return to work. He is on-call to patients, making himself available to injured workers outside business hours, thus able to help them deal with issues as they arise.

Over the last year Richard has worked with approximately 80 WorkCover clients, including 32 new referrals. He states that his return to work rate is approximately 50 per cent.

### Anna given 'Award of Distinction'

Professor Anna Chur-Hansen has been awarded the National College of Health Psychologists 2011 Award of Distinction.

Anna Chur-Hansen has been Chair of the Australian Psychological Society (APS) College of Health Psychologists

in South Australia since 2003 (and more recently has been Acting Chair). She has been a Member of the National Executive for the College since 2006, and is presently the Course Approvals Chair. She was Co-Editor of the National Newsletter for 2007-2008. In 2008 she was awarded the State APS College of Health Psychologists Prize for "Significant Contributions to the Profession" and in 2009 she became a Fellow of the APS. With the National Executive, she established Prizes through the APS for the most outstanding Honours, Masters and Higher Degree theses in Health Psychology, awarded for the first time in 2010 for 2009 graduates.

Anna was involved in the establishment of the Master of Psychology (Health) at the University of Adelaide. The first intake was in 2008: since then the applicant pool has grown and the degree attracts about 8 applicants for each of the 5 full-time equivalent places on offer. Anna and her colleagues hope to offer a Master/PhD degree in Health Psychology in 2012. Her areas of research are primarily Health Professional Education and the role of companion animals on mental and physical health, as well as patient perceptions of their health and health care.

Anna is a Registered Psychologist, and has a small private practice located in a General Practice, where she sees people with chronic health problems, thus extending the benefits of Health Psychology to the wider community.



## SalvoPsych set for a shake up!

It's two years since our 'SalvoPsych' joint initiative with The Salvation Army (TSA) was launched, and a lot has been achieved in that time. Patients and staff have been given regular counselling sessions, seminars and workshops have been conducted, and the programme has been established in some suburban and country areas.

But, as with any major undertaking, things could go better. For this reason, the SalvoPsych Steering Committee has decided to conduct a review and planning session to see how this great initiative can run even better.

All APS members who have volunteered their services have been contacted personally to comment on their involvement in the scheme and provide some facts and figures that can help gauge the success of the programme. They've been asked: How many clients? How many sessions? Change of practice address and contacts? What areas of Psychological services are being offered? And their answers have given a real insight into how the programme can be improved in the future.

### Planning Session:

A Workshop was kindly conducted by SalvoPsych volunteer Kathryn McEwen at the TSA Pirie Street headquarters on October 31, involving a review of past processes and the creation of new systems to build on the efficiency of the programme. The workshop was attended by members of the SalvoPsych Steering Committee, comprising Margaret Davies, TSA Community Support Services Director, Sharon Brinkley, TSA Manager of Adelaide Community Support Services., Jacques Metzger, APS SalvoPsych Co-ordinator,

members of the SalvoPsych Steering Committee and a few select participating psychologists.

### NPW SalvoPsych Event:

A gathering of SalvoPsych volunteers is planned to be held during 'National Psychology Week' on Tuesday, 15th November, at the TSA, 277 Pirie Street from 5.30-7.00pm.

The SalvoPsych programme will be discussed with those present, including TSA staff. It is hoped a number of you volunteer psychologists will be able to attend to hear how the programme has been running and what is planned for the future. There will be a 'Q & A' session at the end.

### Keep up the good work!

Our thanks go to all of the volunteers who've contributed to the scheme in the past, and who are happy to have their names left on the Contact List so that they can be part of the action in the future.



### ◀ Damien receives Research Award

Dr. Damien Riggs, Senior Lecturer in Social Work and Social Planning at the Flinders University School of Social and Policy Studies, was presented with an Early Career Research Award at the recent APS Conference in Canberra.

The award was for his study on the educational experiences of lesbian mother families. It was presented by Adam Becker of the College of Counselling Psychologists.

Damien is also a Visiting Research Fellow at the School of Psychology, University of Adelaide, and a Family and Relationships Counsellor at the Sophia Centre, Goodwood.



Adam Becker with Damien Riggs and his baby son Damian, who slept through the whole award ceremony!

## Pet pooches – psychologists’ best friends?

In light of the popularity of the recently-released Aussie film ‘Red Dog’, it’s timely to focus on the furry friends of some local psychologists. What is it that makes their dogs so significant in their lives, both at work and play? Is it their loyalty? Their looks? Their licks? Here three members give us some insight into the role of pets in their well-being, and also in that of their clients.



Jack White being appreciated by his pooches!



Source: ‘Men’s Health’ magazine, October 2011 edition, page 44.

### A Man and his Dog

By Judy Lunnay,  
Partner & Personal Assistant of Forensic Psychologist Dr. Jack White

A Man and his Dog, What a Classic pair  
But can a psychologist and his canine compare?  
A curious breed a psychologist is,  
So what breed of dog could be suitably his?  
The other question is “Who owns Who?”  
The following ditty may give you a clue.  
Dr Jack a wedding guest was  
His vet was the bride, and still on the job  
She’d raised orphan puppies ‘to give away’  
“Can you mind this last puppy, while I’m on holiday?”  
So Jack ‘puppysat’ a mutt he called Matti  
He fell right in Love, he was downright Batty!  
A bonafide owner Dr Jack became  
And classes began, obedience the aim!  
They say that Matti excelled at school  
Her grades were best in making Jack look a fool!  
Behave and obey and come on command,  
Fine!..til a possum or bird was at hand.  
Then Matti and Daisy, her friend, absconded,  
To a psychiatrist’s dog, Matti had bonded.  
Their friendship for many long years endured,  
But of obedience classes the Docs were cured.  
Human relationships come and go,  
Wives aren’t man’s best friend, or so it seems so.  
When man’s all alone and cold in his bed  
A devoted dog can snuggle up instead.  
He is not choosy and doesn’t hold a grudge,  
Trouble is once he’s there, he’s very hard to budge!  
But Matti and Jack weren’t a twosome for long,

When Judy and Tenterfield ‘Penny’ came along.  
“What’s this?” said the Doc, “It looks more like a rat?  
Matti might eat it and that will be that!”  
But Surprise, Surprise the pack has now grown,  
And Jack into fourth place is suddenly thrown!  
We all know too well, a pack has a leader,  
But it takes more than ‘size’ and the role of main ‘feeder’!  
Matti and Penny look a mismatched pair,  
But good friends they become and a few years they share.  
The greatest woe a dog lover suffers,  
Is outliving their pal and there is no buffer!  
The inevitable day came to say Good Bye,  
And Matti graduated to fields in the sky.  
Jack waits a while – He feels he’s not ready,  
Loving again is hard and his heart is still heavy.  
Research has been done, but what sort should we get?  
Male, Female, Big, Small, Black Brown, White or Red?  
Long-haired or short, we don’t like a big ‘shedder’?  
Pound Hound or Designer, Which would be better?  
But 2 years pass by and Judy looks up a ‘Gumtree’  
An adoptive family is sought for a puppy.  
We’ll go have a look and then we’ll decide,  
But apparently 5 prospective parents have applied.  
Now over Easter we wait Patiently,  
Will Jack, Judy and Penny the ‘chosen ones’ be?  
And finally the phone rings, the owner’s decided.  
She liked us ‘the best’, that’s what she confided.  
So Beau is adopted and settles in quick.  
He feels right at home and with Penny is ‘A Hit’.  
So who is this doggy that we love oodles?  
His mum and dad are a Schnauzer and Poodle.  
He’s black and intelligent, cuddly and woolly,  
Extremely friendly, no sign he’s a bully.

He bats his brown eyes and jumps on Jack’s lap,  
Licks over Jack’s face and declares, “He’s my Dad!”  
Now when it comes to dog psychology,  
One has to sift through a lot of mythology.  
CBT and positive reinforcement,  
On our own children we like to implement,  
But when it comes to persistence in training our mutts,  
We give up so easily with plenty of ‘Buts’.  
“He won’t sit for me, and he poops on the floor,  
He’s very stubborn and barks by the door”  
The psychologist throws up his hands in despair,  
“I’ve studied so long, it just isn’t fair!”  
“What do you mean it is I who must Train?  
I must think like a dog, so I can stay Sane?”  
Dogs are an integral part of our lives,  
Along with our jobs, sport, families and wives.  
They accept their lot and don’t make a fuss.  
More often than not they seem to choose us.  
Despite how they’re treated, faithful they stay,  
And with enthusiasm they greet us each day.  
And if only one things comes out of this ‘Blog’,  
Let us all learn from the Love of a Dog!

P.S. Dr Jack and his ‘PA’ Judy have been taking their dogs to work at their office over the last 4 years. Clients look forward to seeing them and the dogs seem to put them at ease while they are waiting to see their psychologist.

Once Beau has matured and learnt some more manners, they hope he will be a ‘therapy dog’ of sorts. Obedience classes are under way!

## Elise's adorable dogs are very much part of her everyday life!

Clients attending psychology appointments at Elise Leslie-Allen's Dulwich practice are often graced with the presence of 'Mollie' the therapy dog – a West Highland white terrier who is also a movie star! (Mollie played the role of 'Jock' in the ABC mini-series "Rain Shadow" co-starring Rachel Ward and Gary Sweet). Despite her busy schedule, Mollie loves sitting in on client sessions, helping to create a safe, relaxed atmosphere to facilitate the therapeutic relationship, and usually ending up in people's laps as they discuss distressing issues. Clients now request Mollie's presence, reporting that they find her a calming influence.



Elise with Gracie and Mollie in her art studio

She has recently been joined at the practice by another West Highland white terrier (Gracie) and a 12-month-old British Bulldog (Bertie) – neither of whom are very therapeutic due to Gracie's exuberance and Bertie's snoring! All three dogs, however, have been providing enjoyment to a broader audience through their roles as models for Elise's paintings. Elise has been reducing her psychology practice to concentrate on her art and a painting of Gracie has just been awarded a merit prize at the St. Peter's Cathedral Art Show, while another of Bertie recently won the Special Art Prize at the Royal Show this year. As a result Elise has won a solo exhibition of her animal paintings to be held next year at Art Images Gallery in Norwood.

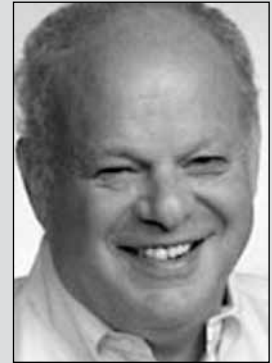
It is a testament to Mollie's popularity that she receives more cards than anyone else in Elise's family at Christmas time!



Stay! Bertie the bulldog and 'The Girls' follow Elise's every command

## Martin Seligman appointed 'Thinker in Residence'

Adelaide's next 'Thinker in Residence' will be Dr Martin Seligman, internationally known for his work in the field of positive psychology. Dr. Seligman's residency will begin in February 2012, with a second visit in February 2013, and will focus on providing the tools for young people to live happier, more meaningful and engaged lives.



The Department of Education and Children's Services and St Peter's College are lead partners in this residency, with support from a range of partners from the public, private and nongovernment sectors. The extent of the Australian Psychological Society, SA Branch's involvement is under discussion.

The Department of Education and Children's Services will work with Dr Seligman to explore how to build the tools for wellbeing and resilience into South Australia's education system.

St Peter's College have already begun the process of integrating positive psychology into their school curriculum and activities, acting as leaders in this field. They will work with Dr Seligman to further entrench and develop an evidence-based process and share their findings with the broader education system in South Australia.

Dr Seligman is currently the Zellerbach Family Professor of Psychology and the Director of the Positive Psychology Centre at the University of Pennsylvania.

Following consultation with the US Government on how to decrease the post-traumatic stress disorder and suicide rates in the US Army, he is now working with 1.1 million sergeants in the US Army in a \$117 million project in positive psychology and emotional resilience. He is also advising UK Prime Minister David Cameron on a mental health strategy and developing a wellbeing index, similar to the measure for GDP, together with the London School of Economics and Cambridge University.

## Media monitor

A selection of some of the recent APS media releases

**6 October 2011**

### **Sleep deprivation linked to depression in new mothers**

New mothers who sleep for less than 6 hours some nights have an increased risk of developing post-natal depression, compared to mothers who regularly sleep longer, according to a review of research being presented at the 46th Australian Psychological Society Annual Conference, in Canberra today.

**5 October 2011**

### **Communities protected psychologically by help after disaster**

The outpouring of community spirit and the selfless acts of helping that occur after disaster may act as a protective factor for psychological health, according to a US psychologist who is presenting at the 46th Australian Psychological Society Annual Conference in Canberra.

**5 October 2011**

### **Tall poppy syndrome hits ‘those who deserve it’**

Australians like to see tall poppies cut down to size – but usually when we feel their good fortune has not been deserved, according to a psychologist speaking at the Australian Psychological Society Annual Conference in Canberra today.

**4 October 2011**

### **New Indigenous mental health resource to be launched**

[www.sewbmh.org.au](http://www.sewbmh.org.au)

Meeting the social and emotional wellbeing and mental health needs of Aboriginal and Torres Strait Islander people will become easier following the launch of a new website at the 46th Australian Psychological Society (APS) Annual Conference in Canberra today.

**4 October 2011**

### **Tax soft-drinks to reduce obesity, says leading psychologist**

Governments need to take a stronger role in addressing the factors that contribute to obesity, including tightening food regulations and taxing soft drinks, according to a leading US psychologist presenting at the 46th Australian Psychological Society Annual Conference in Canberra today.

**4 October 2011**

### **Young people missing health appointments can't be lured by text**

Many young people regularly miss their mental health appointments —and not even a telephone call or text message reminder can prompt them to attend, according to new research to be presented at the 46th Australian Psychological Society Annual Conference in Canberra (4-8 October) tomorrow.

**14 September 2011**

### **Changes to chaplains program a missed opportunity**

Changes to the National School Chaplaincy Program are a missed opportunity to address the growing national

mental health crisis among young people, according to the Australian Psychological Society (APS).

**29 August 2011**

### **Detention centres failing to meet minimum standards of mental health care, experts say**

Health professionals such as psychologists and mental health nurses are under intolerable pressure trying to provide adequate care within the detention system, according to their professional bodies.

**18 August 2011**

### **Mental health costs of detention are too high, experts say**

Psychologists, mental health nurses, psychiatrists and other mental health professionals have called on the Government to abandon the indefinite detention of asylum seekers, in light of comments on the policy from a leading civil servant in the Immigration Department and revelations of an explosion in self-harm and starvation among detainees.

### **Psychologists in the news...**

**The Advertiser, August 20**

#### **‘Three’s a family crowd’**

Adolescent psychologist Dr. Darryl Cross said the oldest in the family tended to end up in a “helping” profession, a result of the responsibilities often placed on them by parents. “But I think with middle kids, they’re a bit harder to characterise”, he said. “But the benefit of being a middle child is you haven’t got the pressure of the first and the ‘my poor baby’ attitude of the youngest.”

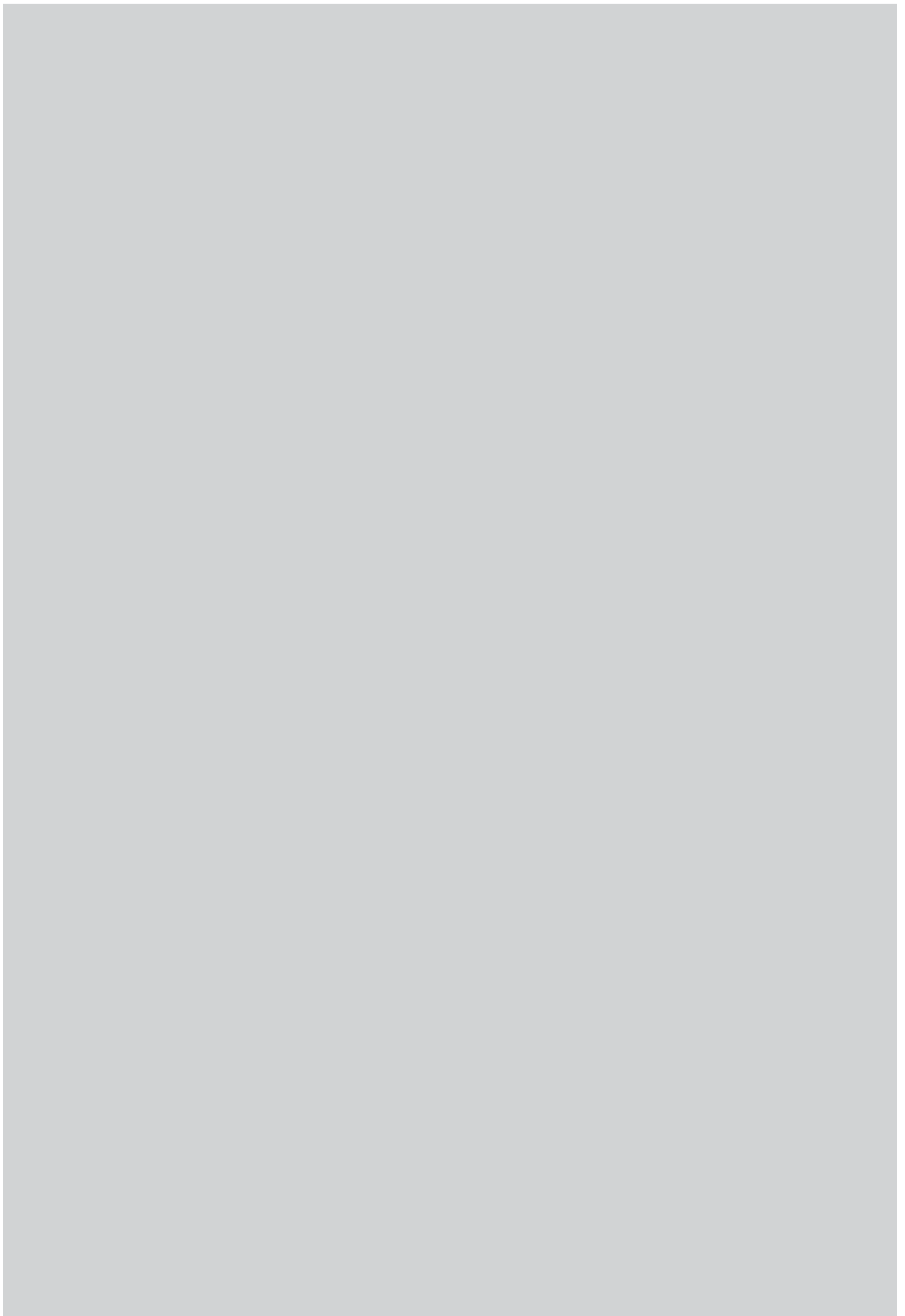
**The Australian, Higher Education, September 14**  
**CQU’s research dream team**

In a rare move, a team of up to 50 researchers and research students will defect from the University of South Australia to join Central Queensland University. And to secure the \$7 million deal, CQU will build a bespoke research facility in Adelaide specifically for the team, led by internationally acclaimed sleep researcher, Drew Dawson. UniSA Vice Chancellor Professor Hoj said the centre for sleep research would continue with a new director, Kurt Lushington.

**The Sunday Mail, My Week, September 30**  
**‘Kids in the Workforce’**

Adelaide University Health Psychologist Professor Helen Winefield says the appropriate age for a child to get a job depends on the type of job and their knowledge of workplace safety. “Children are likely to need at least late-primary skills in reading and mental arithmetic in many jobs including if they have to handle money, and often they’ll also need communication skills and self-confidence which tend to develop later.” Professor Winefield also says jobs can be beneficial to a child’s learning and development if well-balanced with their schooling, physical and social well-being. With regards to encouraging a child to start work, Professor Winefield says it is the individual decision of the family.

*\*If you see or hear something reported in the media related to psychology, please inform the editor.*



## Political Liaison Officer's Report

Compiled by Carmel Wauchope

Greetings!

The following 'snippets' are taken from Federal and State "political alerts" – a daily email service that provides news articles and reports from government sources and local newspapers that relate to psychology and psychological issues in South Australia and Australia. The 'snippets' may be of particular or casual interest to psychologists in academia, organisations or private practice and to alert the psychology community of psychological issues and what psychologists themselves are doing in the community at large.

### Government reports:

29/9/2011 Lawyers continue to top the list as one of the most depressed professions (FED)

### The Australian Newspaper:

24/9/2011 Michael Carr-Gregg reported children are being treated like marshmallows. Parents are not disciplining children and thus not enabling them to build resilience.

### Government reports:

19/9/2011 FED Senate: Climate Change and Mental Health Issues:

- (a) notes a recent report put out by the Climate Institute, A climate of suffering: the real costs of living with inaction on climate change, which concludes that the mental health of Australians, particularly rural Australians, is being adversely affected by climate change;
- (b) recognises that:
  - (i) rural Australia is already experiencing increased levels of suicide and mental health issues compared to the rest of Australia, and climate change will increase stress and trigger more suicide in some of our most vulnerable communities,
  - (ii) reported figures of a suicide-per-week in rural Australia are of great concern and likely to be under reported,
  - (iii) suicide in a rural community affects everyone in the community, and
  - (iv) rural Australians are very resourceful and taking positive action can counteract mental health problems; and calls on the Government to:
    - (i) ensure adequate funding for rural mental health services, and
    - (ii) investigate ways to assist rural Australia in adapting to climate change.

9/2011 9/2011 Mr Briggs, Member for Mayo talked about an initiative, run very much for the needs of the community, by the Victor Harbor High School, Victor Medical Centre (Dr Doley) and Torrens House Psychology (Chris Wigg).

15/9/2011 Suicide rate in rural Australia cause for alarm: Greens spokesperson for Mental Health, Penny Wright, is alarmed by reports that the suicide rate in rural Australia

is as high as one suicide per week.

R U OK? Day was held Thursday 15 September 2011 – a day to remind us all of our social responsibilities and that the simple question of "are you okay?" may be a way of assisting someone who may not be.

Fifty percent of dementia cases go undiagnosed. A major report by Alzheimer's Disease International (ADI) prepared by the Institute of Psychiatry, Kings College London has found that in high income countries only 20-50% of people living with dementia are recognised and documented in primary care.

12/9/2011 Report tabled to government that energy drinks are not to blame for anti-social behaviour.

Sept 10 was Suicide Prevention Day. SPAustralia recognised individuals on World Suicide Prevention Day at the 2011 LIFE Awards. The LIFE Awards recognise those individuals and organisations going above and beyond in raising awareness, reducing the stigma of suicide and promoting understanding of suicide prevention.

10/9/2011 more than 20,000 veterans, Australian Defence Force members and their families accessed counselling services and group programs in the past year.

10/9/2011 Minister for Families and Communities, Jennifer Rankine, released the final Directions for Alternative Care in South Australia 2011-15. The release of the Directions comes during National Child Protection Week. The Directions for Alternative Care outlines a plan for the alternative care sector over the next 4 years to help improve the outcomes for children and young people in alternative care in South Australia. Alternative care providers give a home to children who can no longer live with their birth parents. Ms Rankine said. The Directions set out a plan for how best to support these people in the important work they do helping vulnerable young South Australians.

6/9/2011 Australians living with mental illness are a step closer to being able to access online care and support following the establishment of a new e-mental health expert committee which will advise on the rollout of the nation's first mental health online portal and virtual clinic.

5/9/2011 Assistant Treasurer and Minister for Financial Services Bill Shorten and Minister for Mental Health and Ageing Mark Butler welcomed agreement between the insurance industry and mental health sector to work together to reduce barriers for people with a mental illness from accessing different types of insurance. The Insurance Reform Advisory Group (IRAG) met for the first time today to identify a number of key areas in which government, industry, the mental health sector and other stakeholders could work together to improve insurance options for people with experience of mental illness.

The Psychologists Association calls on the Gillard government to end its attack on mental services

# Titles and Postnominals – are you describing yourself correctly?



## Shelley Rogers explains:

There have been some questions about how people can describe their APS, and College memberships if applicable, and for those who are eligible refer to their PsychBA endorsement. Please see below for the best summary I have been able to put together to explain it!

How to describe your APS membership – use only the following postnominals, as appropriate

- Honorary Fellow – Hon FAPS
- Fellow – FAPS
- Member – MAPS
- Associate Member – Assoc MAPS

APS Affiliates and Student Subscribers – no postnominals allowed. Students of course can describe themselves as Provisional Psychologists, when registered with AHPRA to do so.

At this stage describing your College member status is rather wordy. But according to the APS constitution only those with the grade of Member of a College may refer to their College membership and may do so as follows – see Generic Rules for Colleges:

<http://www.psychology.org.au/Assets/Files/APS-Generic-Rules-for-Colleges.pdf>

### “10. USE OF TITLES

- 10.1 Titles associated with endorsed areas of psychological practice may only be used in compliance with relevant national registration legislation.
- 10.2 Members of the Society holding the grade of Member of a College may identify their membership

of that College in the following manner:

*Member, APS College of XYZ Psychologists; or APS College of XYZ Psychologists Member*

- 10.3 Members of the Society holding the grade of Academic Members of a College may identify their membership of that College in the following manner:

*Academic Member, APS College of XYZ Psychologists; or APS College of XYZ Psychologists Academic Member*

- 10.4 Members of the Society holding any other grade of membership of a College (Associate Member, Affiliate, International Affiliate, Student Subscriber and Professional Subscriber) must not represent or hold themselves out to be a member of the College.”

So a person who is

- (full) member of APS and (full) member COP can use Jane Smith, MAPS, Member APS College of XYZ Psychologists
- (full) member of APS and COP Associate member can use Jane Smith, MAPS,
- Associate member of APS, and COP Affiliate can use Joe Bloggs, Assoc MAPS,

I gather that these postnominals, etc are being reconsidered, but for the moment this is correct manner to indicate your membership through postnominals.

Also note that only endorsed psychologists may describe themselves using the endorsed titles. If you are not a full member of a college at this time you are not able to use this description. Check your endorsement status on the AHPRA website.

It is suggested you amend your signatures, etc to reflect this advice.

◀ 5/9/2011 Secretary of the Psychologists Association Quentin Black said: “The Government cuts to direct Psychological treatment services is an attack on the rights of those in our community most vulnerable and in need: children, the disadvantaged and rural Australians. The cuts especially target marginalized Australians living in rural and remote regions and disadvantaged populations in low socio-economic areas and the services of child Psychologists. The government has become over reliant on a narrow base of professional opinion, allowing prominent media performers to guide policy matters on mental health. There are many different professional views, experienced views from the mental health coalface and consumers whose voices have not been heard.”

New mental health housing opens on Glenside (SA) Mental

Health Minister John Hill has opened 20 brand new supported accommodation housing units at Glenside.

27/8/2011 Common ground Light Square opens (SA) Common Ground Light Square was officially opened by the Premier Mike Rann and David Knox, Managing Director and CEO of Santos. The heritage building in Light Square has been transformed into 52 new apartments for the homeless and low-income earners, with a ground floor that includes: a Dentist and GP suite, counselling rooms; a training kitchen; e-learning computers, an arts room and activity areas. The \$11.5 million development started with a State Government commitment of \$8.5 million, which was reinforced by a \$3 million sponsorship from Santos, as well as other in-kind support, donations, grants and finance.

## College of Clinical Psychologists

Chris Wigg reports:

'Silly September' was a busy time for our College with the **Rural and Remote Psychology Mini-Conference** kicking off with some excellent presentations regarding the Use of Technology in Psychology, both now and into the future. Speakers included Gareth Furber, Andrew Livingstone, Tori Wade, Jane Dodding, Susan Simpson and Tim Upsdell. Many guests attended the conference dinner at the River Café overlooking our beautiful city. At Sunnybrae Farm the following day, Dr John Ashfield was a keynote speaker and addressed the conference on Engaging More Effectively with Men in Rural Mental Health. The conference was attended by delegates from across rural and remote South Australia and focussed on a range of topics including: working with mining families (Angie Willcocks), the practice of psychology in a health service catering for indigenous people (Jenny Everett), and the use of Dialectical Behavioural Therapy (Susan Num). It also highlighted the resourcefulness of clinicians working in often quite isolated and demanding circumstances, and their unique contribution to regional, rural and remote mental health. Dr Ashfield remarked that "it was most pleasing to be invited to speak at such a well organised and professional event and to be able to set out some key ideas and insights about better understanding and engaging with men in psychotherapy".\* I wish to thank the all speakers, registrants, the sub-committee (Andrew Livingstone, Susan Num, Maggie Henschke, Susan Simpson, Brooke Packham and Jane Dodding), along with some fantastic student helpers for their contributions towards this inaugural event. There are already calls to make this an annual conference on our PD calendar so stay tuned!

The **Medicare Q&A** attracted nearly 100 guests to hear Dr Robert Menz present on Medicare services, item numbers, and the processing of claims. The opportunity for shared learning from the audience was appreciated, as various responses and experiences in relation to Medicare were discussed. Unfortunately at the time of presentation Dr Menz could not discuss the upcoming changes as they had not been enacted. The College is proposing that Medicare Advisers provide future learning opportunities in conjunction with representation from Dept of Health and Ageing.

The highly successful 2011 Friday seminars conclude at the end of this month, and to mark the occasion, **end of year drinks and nibbles** will be provided immediately following Simon Andrew's presentation on Optimistic Kids. Anthony Cichello (National Chair) will also be in attendance, providing an opportunity for a brief summary of the year that was, and answer any questions that you may have regarding future directions of our College. To assist with catering please advise Jonathon Hartstone [sacclin@hotmail.com](mailto:sacclin@hotmail.com) of your interest in coming along from **5pm on 25th November** at Education Development Centre.

\*Source: Australian Institute of Health and Male Studies



The 'Techno' speakers all lined up after their enthralling presentations



Jenny and Ray Everett who came from Ceduna for the Mini-Conference



All smiles from the attendees at the post 'MiniConference' dinner!

# College of Organisational Psychologists

Shelley Rogers reports:

## Coaching in Organisations

Coaching has become a widely practiced activity both in the wider community and in business. However there have been many different ideas about what is and is not good coaching practice, the relationship of the evidence base to practice and a vast range of matters in a field dominated by non-regulated and very differently educated practitioners. In an excellent presentation to the College of Organisational Psychologists Dr Michael Cavanagh, Deputy Director of the Coaching Psychology Unit at the University of Sydney outlined the development and structure of the Standards Australia Guidelines on Coaching in Organisations.

Michael is widely recognized as one of Australia's foremost executive coaches and has over 20 years experience in facilitating personal, group and organisational change. He has been acknowledged as the principal author of the 174 page Guidelines. In a recent CPD event Michael outlined the development of these standards including working with a 40 member working party. The Guidelines have great relevance for the education of coaches in organisational settings as they discuss in considerable detail many important aspects of the coaching process. The Guidelines are also significant for purchasers of coaching, and may yet become a 'standard' against which purchasers of coaching make decisions about which coach they will engage and for what purpose. The CPD event included a highly interactive discussion about the Guidelines and their implications and applications. For more information about the Standards Australia Guidelines on Coaching in Organisations, contact the highly active APS Interest Group in Coaching Psychology.



Michael Cavanagh with Shelley Rogers

## Mark your diaries

The College of Organisational Psychologists (SA Section) will hold its AGM and Networking Night on Monday 26 March 2012. The 2012 will be a special event for College members of all grades. Make sure you mark your diaries now!



L-R) Jackie Barr, Jacky Dakin, Darryl Stillwell, Richard Branford, Michael McGregor and Darryl Cross at the Coaching Presentation

## College of Health Psychologists:

### Anna Chur-Hansen reports:

The SA Section of the College of Health Psychologists held its AGM and a CPD and Networking evening on October 13th at the Astor Hotel. Of our 42 State members, 28 were in attendance, and the evening was a very full and enjoyable one.

The evening was arranged by two of our newest members, Grant Dewar, who has recently graduated from the Masters of Psychology (Health) at the University of Adelaide and Dr Marijeta Kurtin, who is in the final year of that degree. They did a superb job in organising the event.

The new Committee for 2012 is Anna Chur-Hansen (Chair), Marijeta Kurtin (shadow Chair), Helen Winefield (Treasurer and Secretary), Grant Dewar (shadow secretary) and Rachel Roberts (Committee member).

Two speakers gave excellent presentations: Professor Marika Tiggemann from Flinders spoke on Body Image as a Contemporary Health issue, and Dr Matt Smout from CTAD discussed Current practice using Third Wave psychological interventions for addiction.

Anna Chur-Hansen was honoured to be awarded the National College of Health Psychologists 2011 Award of Distinction

## College of Clinical Neuropsychologists

Recently we were fortunate to host a presentation by Professor Vicki Anderson on the 'Social Consequences of Early Brain Injuries' held at the Women's and Children's Hospital. This was very well attended and generated much interesting discussion. Thank you to Rochelle Whelan and Mark Pertini for their work in coordinating this event. Plans are also underway to also host presentations by Professor Robyn Tate later this year and Tim Hannan early in 2012.

The SA CCN Section has continued to run monthly CCN Clinical Meetings providing Professional Development for CCN members, other psychologists and postgraduate psychology students.

For anyone wishing to be on the mailing list for these meetings please contact the new Section Chair and Convenor: Rochelle Whelan (rochelle.whelan@health.sa.gov.au). Rochelle is a Senior Clinical Neuropsychologist who works in the Acute Care of the Elderly (ACE) Unit at the Flinders Medical Centre, and also at the Geriatric Evaluation & Management (GEM) Unit at the Repatriation General Hospital, Daw Park.

Our SA CCN Section AGM was held on 5th October 2011 which saw a change in office bearers. As I stand down from my role I would like to express my appreciation to the Section and Committee members for their work, commitment and support throughout my time as Chair and welcome the new Committee to their roles.

The newly elected CCN SA Committee comprises: Rochelle Whelan (Chair), Mark Pertini (Deputy Chair), Matthew Nairn (Secretary), Emma Scamps (Treasurer), Tony Kneebone (Committee Member); co-opted for 12 months were Colin Field (Committee Member) and Cate Cheetham (Committee Member).

### New Chair's profile: Rochelle Whelan

In 1997, Rochelle graduated with a Bachelor of Science with Honours in Psychology from Melbourne University. She received a HECS Exemption Scholarship for her Honours degree. Subsequently, she worked in the field of intellectual disability in Vancouver, Canada, and developed a research interest in mental health disorders in persons with intellectual disabilities.

While completing her Doctor of Psychology degree in Clinical Neuropsychology at Monash University, Rochelle worked as a research officer in projects associated with neuropsychological predictors of Alzheimer's Disease in people with Downs Syndrome, and in brain injury outcome research with the Monash-Epworth Rehabilitation Research Centre. Under the supervision of Professor Jennie Ponsford, she completed her thesis examining psychiatric disorders following traumatic brain injury.

With five publications in peer-reviewed journals from her research, Rochelle was awarded 'Best Doctoral Research for 2008 (PhD or DPsych)' by the School of Psychology, Psychiatry and Psychological Medicine, Monash University. Subsequently, she was nominated for the Monash University Mollie Hollman Medal for Best Doctoral Research of 2008.

Rochelle is currently employed as a Senior Clinical Neuropsychologist on the Acute Care of the Elderly (ACE) Unit at Flinders Medical Centre and the Geriatric Evaluation & Management (GEM) Unit at the Repatriation General Hospital in Adelaide. She is a member of the Statewide Older People Clinical Network workgroup. She is a Member of the APS and the APS College of Clinical Neuropsychologists (CCN).

## College of Forensic Psychologists:

### Emma Warne reports:

The CFP recently held a successful day workshop with international guest, Professor Randy Salekin. The workshop was endorsed for both Clinical and Forensic Colleges specialist CPD points, and the College aims to increase the opportunities for other college members at its professional development activities. The venue of the workshop was Mount Lofty House and the setting and ambience were spectacular. Professor Salekin also proved to be an outstanding speaker, with a great deal of knowledge to share.

The final seminar for the year will be held on the 16th of December, 1:45- 5:00 at the Brunswick Hotel on Gilbert Street in the city and will be presented by Professor Tony Ward. Professor Ward has been well published in the area of working with sexual offenders, and has developed with colleagues the now widely used Good Lives Model. The focus of his seminar will be to summarize the revised Good Lives Model and outline desistance theory and research. Tony will put forward suggestions that the integration of desistance ideas and the GLM (GLM-D) provides an enriched practice model that goes well beyond treatment guidance. Finally, Tony will present some case examples that demonstrate how to use the GLM-D to structure assessment and intervention work with offenders. Registration for this seminar will occur online at <http://www.psychology.org.au/Events/Default.aspx?ID=1206>

The CFP Annual General Meeting will also be held on the 16th of December at the Brunswick Hotel, followed by an opportunity to network with other colleagues. We hope to clarify topics of interests for the seminar series for 2012. If you are unable to attend the seminar, but have a particular interest area, please email [emma.warne2@sa.gov.au](mailto:emma.warne2@sa.gov.au). At the current time, we have the following topics: skills based therapy and mindfulness, disability

in corrections, forensic neuropsychological assessment, working with intellectually disabled sex offenders. We hope to provide more skills based seminars and are interested to hear from members around their personal learning plans.

## Why join an APS College? Two College Chairs give their views



**Emma Warne - Forensic College**

Dependent on your skills set, college membership can offer you some interesting and positive opportunities. As an example, the Forensic College offers a regular peer consultation session for its college members, providing them with

the opportunity to come together and gain professional assistance within the Forensic arena. The sessions are generally small in numbers and assist our members to reach their Active Peer Consultation hours as per PBA requirements. The sessions generally run for an hour and a topic or case will be allocated to be presented and discussed. These sessions give members the chance to debrief, seek support or guidance, and to practise presenting complex cases in a succinct and concise manner. College membership also entitles the member to cheaper professional development opportunities and the option of being involved in the Committee who have the responsibility of organising and running the Seminar Series for other members. Supporting your area of practice also bolsters your profession and gives our work a voice. Why not consider obtaining college membership so you too can be a part of strengthening our profession?



**Tim Connell – College of Educational and Development Psychologists**

This is a question I have been asked a lot when I have attempted to persuade people to join the CEDP. This is an interesting question which I think has several answers.

First of all the value in joining the Clinical College is obvious, hence the overwhelming numerical superiority of their membership. It entitles psychologists to earn more money from Medicare. Then there is the title of 'Clinical Psychologist', which is now sufficiently well known as an indicator of some kind of superior quality skills/service out there in the professional (especially medical) community, to be quite attractive for psychologists.

I consider the APS colleges:

- provide a regulated, reasonably credible identifier of specialist skills, especially for professional marketing and recruitment purposes
- facilitate development of national (and more local) networks within specialised areas of practice
- provide a very credible platform when psychologists become stakeholders in wider community developments

In a nutshell, college membership delivers credentialling, marketing, networking and professional development.

# Psychology of Ageing Interest Group

## Carol Hunter reports:

Our group brings together researchers and clinicians who may be working in the field or who have a special interest in ageing. We are also delighted to have student members who have an interest in working with older people. Our aim is provide support and education for all those attending, to increase our knowledge of ageing-related issues.

It has been a great year for PAIG SA – we have been very pleased to have hosted meetings with various guest presenters and seen a growth in membership.

We were very pleased to welcome Dr Tim Windsor and Dr Helena Chui from Flinders University to our October meeting. Dr Windsor's presentation was titled "Future Time Perspective, Personal Resources and Social Network Characteristics in Middle- and Older- Adulthood" and Dr Chui's was "Emotion Regulation in Adulthood: How Differences in Study Design Affect Findings". Thank you to Tim and Helena for providing us with two very interesting presentations.

We are looking forward to an interesting 2012 – and would love to welcome new members to our mailing list and especially to our meetings

Please contact me if you wish to attend future sessions, or have any questions

## Why join an Interest Group? Here are some good reasons!

If you are looking for a way to meet others interested in the same area of psychology as you, or to increase opportunities for professional development – joining an Interest Group could meet your needs exactly!

There is a surprisingly large number and variety of Interest Groups, and you are certainly not limited to joining only one!

### Support and Interest

Whether you are a clinician, researcher or student it can be a great opportunity to meet others who work or study in the same area as you and to build networks, perhaps even for peer support. Very often we don't get to know about others who have the same skills or interests in the field as there is nothing to link us all together – being a member of an Interest Group does that for us – all we need to do is join!

### Professional Development and Learning

Interest Group meetings often have case presentations or guest presenters and can cover anything from clinical practice to research and general interest speakers – providing us with both relevant learning and also a great way to increase and enhance our professional development activities

### Low Cost

Not only that but the cost is very low (annually from \$13 to \$27 for APS members – but also open to non-APS members) to join and meetings and presentations are generally free of charge (and often include tea/coffee and cakes!)

### So take a few minutes today and.....join up to an interest group.

Contact Interest Group leaders for more information about what they can offer you.

Check the APS events calendar for upcoming Interest Group presentations and activities.

## PSYCH NEWS – THE APS SOUTH AUSTRALIAN NEWSLETTER

### 2012 advertising rates and specifications\*

There are usually five APS South Australian newsletters published each year: March, May, July, September and November. Distribution numbers vary from one issue to the next. There are approximately 1100 APS members in South Australia who all receive PSYCH NEWS free of charge.

Advertisement	Price (inc. GST)	Specifications (mm)
Full page	\$280	190mm wide x 277mm deep
Half page	\$170	190mm wide x 120mm deep
Quarter page	\$110	92mm wide x 120mm deep
Eighth page	\$70	92mm wide x 57.5mm deep
Insert	\$295	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

To book an advertisement or insert<sup>^</sup>, please contact PSYCH NEWS editor Sally Metzger.

Email: sallymetzer@hotmail.com  
Work: 0418 857 695

**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.

<sup>^</sup>Inserts need to be booked with the editor 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.

## SA Branch Committee

**Associate Professor Jacques Metzger**  
Chairperson  
Phone (08) 8388 2122  
jack.metzger@unisa.edu.au

**Carmel Wauchope**  
Secretary and Political Liaison Officer  
Phone 8373 7620  
services@astutepsychology.com.au

**Dr Rachel Roberts**  
Treasurer  
Phone (08) 8303 5228  
rachel.roberts@adelaide.edu.au

**Professor Anna Chur-Hansen**  
Deputy Chair  
Phone (08) 8222 5785  
anna.churhansen@adelaide.edu.au

**Sally Metzger**  
Editor (Newsletter)  
Phone (m) 0418 857 695  
sallymetzer@hotmail.com

## Committee Members

**Professor Tony Winefield**  
Phone (08) 8302 2156  
(H) 8344 5566  
tony.winefield@unisa.edu.au

**Professor Helen Winefield**  
Phone (08) 8303 3271 (Mon, Tues)  
(08) 8222 5141 (Wed, Fri)  
helen.winefield@adelaide.edu.au

## Active APS SA Interest Groups

### Buddhism and Psychology

Liana Taylor  
Phone (08) 8272 0046  
liana@mindfulnesscentre.com

### Child, Adolescent and Family Psychology

Parnoon Entesari  
Phone (m) 0411 021 720  
sacafpig@y7mail.com

### Coaching

Dr Darryl Cross  
Phone (m) (08) 8361 7722  
darryl@crossways.com.au

### Psychologist for Peace

Professor Helen Winefield  
Phone (08) 8344 5566  
helen.winefield@adelaide.edu.au

## Co-opted

**Dr Marie O'Neill**  
(m) 0429 672 145  
mjonp@bigpond.com

**Kate Prescott**  
Phone (08) 8226 0874  
(m) 0401 123 152  
Kate.Prescott@sa.gov.au

## Colleges

### Forensic Psychology

**Emma Warne**  
Phone (08) 8226 9976  
Emma.Warne2@sa.gov.au

### Clinical Neuropsychology

**Dr Rochelle Whelan**  
Phone (m) 0478 316 796  
Rochelle.whelan@health.sa.gov.au

### Health Psychology

**Professor Anna Chur-Hansen**  
Phone (08) 8222 5785  
anna.churhansen@adelaide.edu.au

### Educational and Development Psychology

**Dr Tim Connell**  
Phone (08) 8266 8950  
tim.connell@dfc.sa.gov.au

### Clinical Psychology

**Chris Wigg**  
Phone (08) 8552 6697  
psychology@chariot.net.au

### Organisational Psychology

**Shelley Rogers**  
Phone (m) 0414 390 021  
shelley@iod.com.au

### Psychology of Ageing

Carol Hunter  
Phone (m) 0423 783 512  
carol.hunter2@health.sa.gov.au

### Rural Psychology

Andrew Livingstone  
Phone (08) 83031105  
Andrew.Livingstone@health.sa.gov.au

### Psychology of Relationships

Dr Neil Welch  
Phone (08) 8356 5759  
neil.welch@flinders.edu.au

The APS (SA Branch) mailbox at Kent Town has been closed. All future mail should be sent, (marked 'Attention SA Branch') to: The APS National Office, PO Box 38, Flinders Lane, VIC 8009