

Living with Parkinson's

By **PETER SWARBRICK MAPS**

ALTHOUGH there are humorous aspects to my account of this condition, I am fully aware of the profound impact which Parkinson's can have upon the individual and those who care for them, and intend no disrespect. However, this has been my experience so far, and I believe that an optimistic approach, particularly in the early stages of the condition, may alleviate some of the psychological challenges we face. It is clear in my case that my mood and sense of hope for the future is intimately connected with the level of symptoms that I experience, and my engagement with others. If there is a choice, and usually there is, then I would encourage others to focus on what they can do and enjoy, rather than on what is lost or feared. Humour helps to lighten the experience, both for myself and those who care for me.

It's been three years since I was diagnosed with Parkinson's. I thought it would be easy to write about what has happened in that time, but it's not, for a few reasons. One reason is that while I can wax lyrical about the symptoms and practicalities of enduring and managing the condition, I find it hard to put into words what it means to me. Another reason is my fear that although I think I'm still the person I was before, others may see me as different, and I might sound as if I'm deluding myself. A third reason is that there are some particularly arduous aspects to living in my body, and traditionally, I have been a stoic, and not given to broadcasting some of the confusion and anxiety that I feel below the surface.

So I'll try to mix the positives and negatives, and hopefully come up with something of a balance. I also want to touch on a number of issues that I think are common to many sorts of life-changing events. As a psychologist of 25 years, I have often had to consider these situations from

the outside - but have had a relatively fortunate life, so I am discovering new perspectives on living with the challenges which many of us have encountered, or will do at some point along the track.

Firstly, my actual experience of Parkinson's includes constantly and consciously monitoring almost everything that I do. I hadn't realised beforehand just how many little unconscious actions are required to put on a T-shirt, brush my teeth and shave. Getting ready for the day can take me half the morning, and it's often tiring, so there is a strong temptation not to put too much effort into my appearance. I tell myself that tousled hair and a two-day growth are kind of sexy, and that T-shirts (no buttons) and trackie dacks make me look 'athletic' (but my speech to text program keeps writing 'pathetic', which is probably much closer to the truth LOL!). The levels of concentration required to tie shoelaces, write, or play music, and sometimes even to walk, are significant, and again it's tempting to just not do any of them because although the desire is still there, the moment passes before I can get my act together. Nothing happens spontaneously, and even when I think I had enough time, I am usually late.

Secondly, my relationship with the rest of the world has changed. I used to see myself as being confident, competent and at the steering wheel of my life. I was someone who did things for other people, and resisted being assisted myself. Now I am learning to accept aid when I need it. A woman old enough to be my mother offered to help me with my groceries recently, and the shop assistant said "Don't be embarrassed (I was) you look like you could use a hand (I did)". So far, there have been no negative experiences with the public, and several good ones, and this has been an interesting and quite fulfilling experience, for someone who was rather cynical about his fellow humans. I once heard that allowing people



Peter Swarbrick has had to adjust his life to Parkinson's.

the opportunity to help could be an act of generosity, in which case I plan to become increasingly munificent.

Thirdly, I have become much more focused on the moment, by necessity, but also to avoid too much contemplation of the future. I feel quite fortunate, in that my basic ambitions in life have been fulfilled. I have three wonderful children, and an equally wonderful partner (although we are not always wonderful at the same time). I don't have any burning unfulfilled desires, although I would like to play with my grandchildren one day. If I think too much about the future, I become despondent, or careless and impulsive. If I dwell upon what I have lost, or can no longer do, then my symptoms get worse, as does the sense of isolation and the feeling of being 'broken'. So I pay attention to what I'm doing this moment, and sometimes fail to attend to

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From the Editor



WELCOME to the November edition of *PsychNews*.

The lead article written by Peter Swarbrick is one that I am sure you will find as easy to read and enjoy as much as I did.

Although Peter writes of a personal and at times, no doubt, a frustrating struggle he does so with a humorous but respectful voice that places the reader firmly in reach of this snapshot into his world.

It certainly reminded me of my own need to continue to pay attention to the biopsychosocial impact that all clients deal with regardless of their diagnosis. Thanks Peter.

With National Psychology Week expected to be in full swing as you read this I hope that all Branches have been successful in their endeavours to engage with their communities.

This edition marks not only the last for 2011 but also my swansong after two years in the chair as editor.

In 2012 I look forward to sitting down and reading an edition that I have not already read three to four times.

Like cooking a meal the consumption experience is somewhat diminished.

I wish all Members the best for the upcoming holiday season and a fruitful 2012.

Steve South
Editor

Living with Parkinson's

what else is going on around me.

It's easy to let this condition become dominant in life, because everything is touched by it. But it is important to remember that in so many ways, life is much the same as before, and needs attention and effort to maintain its progress. Bills still arrive, as does work, jobs around the house, and all the rush and hurry of modern life continues. Although this condition is an unavoidable feature of my life, it means nothing to most of the rest of the world, which will give me no quarter if I stumble or fall behind. So I try to feed the part of me that wants to keep going, and ignore the part that feels like sleeping on the sofa in front of the television for about 30 years.

There have been some other positive experiences. I've received a lot of love and tolerance from my family and closest friends. That means a lot to me, because I've realised that love and friendship are perhaps the most valuable experiences I can have. Almost everything else can be bought, sold, stolen or exchanged but enduring relationships cannot be replaced with something else – mutual history is ultimately what defines you as a partner, parent or friend, whether those experiences are shared over a cup of coffee or in a magazine article. Another positive is the regularity with which hopeful news about treatments comes down the pipeline. While many of these things seem to be years away, a lot is happening now and processes are being improved all the time. I think there's a pretty good chance of me being functional for quite a while yet, before finding an alternative career (Cocktail shaker? Poker player? Sentry? Garden ornament?).

One approach I have been exploring with a local psychologist is neurofeedback training. Although not a widely recognised practice, this involves monitoring brainwave patterns in certain parts of the brain, depending upon the condition being addressed, and reinforcing or conditioning the brain's natural operation to boost areas that may be deficient. In my case, we have been concentrating on the sensorimotor functions, and there has been some lessening of my symptoms, particularly my speech difficulties. I would not suggest that it is any form of cure, but it gives me something to work and focus my energies upon, as well as being an opportunity to talk through some of my feelings and thoughts.

Someone suggested recently that perhaps I could give this condition a name, so that I might be able to separate it from myself and maintain a sense of identity, rather than becoming defined entirely by my symptoms. At first, I was sceptical, but the idea is growing on me. "Hi. I'm Peter and this is Shaky!" A friend said, "We want the old Peter back", and I thought "Me too!" But that isn't the way this cookie crumbles. Life is about moving forward, shakily or otherwise. I have a theory that for most of us, it all balances out in the end. Some people have wonderful lives all the way through, but most of us will encounter something which threatens to crush us, leaves us scarred, or frightened or unbalanced. Sometimes it seems the very thing we are most scared of is what we invite into our lives, perhaps in order to see things from a different angle, or to realise there wasn't really a monster hiding under the bed. These experiences can open our eyes to new possibilities, different priorities, and even freedom. BP, I hadn't fully appreciated how this might occur, nowadays I see potential in every situation.

For my practice, perhaps the most salient lesson has been to avoid making assumptions about people on the basis of their

condition or diagnosis. While there are common features for Parkinson's across most people who have the affliction, it is, like almost all experiences, a very personal mix of physiological, emotional, intellectual and social factors. Even when others are well intended, it can be irritating to feel as if you are described in toto by your condition, or to be told how dreadful or sad "it must be for you". On the other hand, genuine interest and some consideration can be very reassuring. I'm learning not to take other people's reactions to heart too quickly, because they are also entitled to their own experience.

A child told me "You've got what Michael J Fox has got", and I thought "Good looks and money?" Then gradually I realised even more keenly than before that all of us have our own individual set of challenges, and usually the skills we need to manage them. I don't know what the future holds. I'm much more concerned about something happening to my children, than what will happen to me. But I'm also pretty confident that whatever comes on the track will be something that we can work on, that we can adapt to, or that we can endure with some sense of integrity. Doesn't help with eating noodle soup in public, or getting through the first cramps of the day, or trying to comprehend how quickly the weeks pass now. But these are the little things, and they are avoidable or manageable. The real test is whether, when nothing seems to work properly, you can still feel that you are making a contribution and that tomorrow is worth looking forward to. I have believed for a long time that curiosity is a more useful approach to life than fearfulness. On most days, that works for me, and for the times when it doesn't, there's always the sofa and the TV!

I'd be pleased to hear from you if you'd like to discuss any aspect of my experience or yours, I can be contacted at: swarcon1@bigpond.net.au.

Clinician's Corner

Health Promotion Charity

The Health Promotion Charity (Registration Number: CH2028), a recently established



Charity, aims "to provide education to the greater Multiple Sclerosis (MS) community, about MS, its affect, treatment options and outcomes of therapy regimes including those trialled by the Charity".

It sincerely seeks contributions in the form of informative articles, written by registered professionals, for the benefit of the greater MS community. Contributed articles shall be published on the Charity's website www.thehealthpromotioncharity.org.au.

Professionals contributing articles may satisfy components of their annual Continuing Professional Development (CPD) requirements. The Charity believes that supplied articles represent self-directed practice-based education, reflecting elements of clinical audit and performance appraisal, which enhance knowledge and online learning but professionals should confirm this with their relevant registration/professional body.

Branch update

Toowoomba

AS THIS is our last Psych News for 2011 and the end of the first year of the current Committee's two-year term, it's probably a good time for thanks and reflections. From a personal perspective, this is the fifth Branch Committee I've had the pleasure to serve on, and my second as Chair. Each Committee comes with its unique strengths and this one seems to me to be particularly good at managing the basics of group business such as organising friendly and effective group meetings, sourcing valued professional development opportunities for Members and responding to Member's needs, queries and issues as they arise. This Committee is also blessed with very active student representation, and this has allowed a new perspective and renewed vigour in our support of this important group. More generally though, this group of 12 busy and skilled professionals approach their Committee roles with energy, flexibility, humour and a genuine desire to support and serve APS Members in the region. This makes the task a pleasure for all of us.

On behalf of APS Toowoomba Branch I would like to name and thank these special people – Secretary Kelli Troy; Treasurer Liam Hendry; Events Coordinators Karen Fernie and Nancey Hoare; Professional Development (PD) Coordinators Geoff Argus and Sue Littler; Private Practice Liaison Yvonne Rosman; Committee Members Michelle Anifotos and Therese Landers; and Student Representatives David Smith and Marisa Bertello. Special thanks to Yvonne and Michelle for their hard work getting our Peer Consultation Groups off the ground this year also. I'm excited to think we have another year to work together and look forward to seeing what we can achieve.

Our Branch is also lucky to have the USQ campus in our region. As a Committee, we have been keen to strengthen ties between the region's APS members and the University of Southern Queensland (USQ) psychology program and I am happy to say USQ staff have supported this at every step. A good example of this is provided by the recent Paul Rushton Interpersonal Therapy (IPT) workshop organised by the Branch (28-29 October). Our members typically have substantial accommodation and travel costs added to sometimes high registration fees when attending events such as this and we are keen to provide Members with low cost, high quality, local PD whenever we can. To this end, we approached the USQ to enquire about use of a suitable room on campus to hold the Paul Rushton event and were very happy to be offered such a space without cost. Support such as this makes a big difference and I would like to send my sincere thanks to the USQ for their continued support of the Branch in recent years.

As the year winds down Toowoomba Branch will continue our long-held tradition of focusing on creating end-of-the-year social opportunities for Members in favour of more formal Meetings. To this end, on the evenings of Thursday, 17 November (National Psychology Week) and Tuesday, 13 December (end of year function), Toowoomba Branch will gather to share music, fine food and good conversation with our fellow Members. The Branch plans to subsidise the cost of these Members-only evenings to encourage you to come along, so I do hope you can join us for one of these events. More details will come to you via email. Remember to visit our Branch webpage for meeting minutes, PD handouts, events calendar, flood recovery resources, peer consultation information and more <http://www.groups.psychology.org.au/toowoomba/>.

Maxine O'Brien
Branch Chair

Gold Coast

OUR BRANCH has had a couple of terrific events recently. The case conceptualisation forum that featured Dr Bob Montgomery (Schema-focused), Paul Rushton (Interpersonal Therapy [IPT]) and Dr Jenny Fitzgerald (Emotion Focused) therapy approaches highlighted the similarities and overlaps between approaches and underlined the absolute importance of completing a case formulation to guide therapy. Of particular note in this event was the value of the role play by Leah Pischek and Brad Inglis who helped our presenters demonstrate their methods. This was a well attended and rewarding event.

Then our September meeting featured our very own Secretary, Leah Pischek, guiding us in the process for dealing with WorkCover referrals. Leah provided an informative session and followed up with practical suggestions and guidelines for dealing with the administrative expectations of WorkCover and coping with tricky client issues. The October meeting featured Dr Bruce Watt who gave a wide ranging overview of psychological testing and the value of various assessments for specific situations.

Later in November we are looking forward to hearing from Peta Oliphant, a representative from Aon, the APS chosen insurer. Peta will outline the risks facing us as health professionals and describe some common traps encountered. She will answer any tricky questions you can produce and get Members involved in hypotheticals. Since Australia is becoming increasingly litigious, and the expectations placed on psychologists are increasing, this promises to be of immense interest.

The current Committee is engaged in forward planning and have several worthwhile events in the pipeline for 2012, which you will ▶

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Branch update

hear about shortly. Do ensure that your contact details are kept up to date with the APS so that you receive emails from us.

Earlier in the year we ran a workshop on Psychological Responses to Disasters, where Dr Bob Montgomery donated his time and Griffith University waived venue costs, enabling us to donate \$3080 to the Premier's Disaster Relief Fund. I am pleased to report that we received an acknowledgement and thanks for the donation and assurances that it has helped many in need.

Please look out for information regarding our upcoming AGM where our biennial elections will be held. The accompanying celebration with live jazz band will be quite special. I hope to see you there.

Dr Laurel Morris
Acting Chair

Central Queensland

THE PRIORITY news concerns the very recent election of a new Branch Executive; Peter Jephcott, Deputy Chair, Mandy Dexter, Secretary, and Helen Madell, Treasurer, with the following Committee Members; Julie Hill, Peter Swarbrick, Bobbi Cruise and Julie-Anne Cronin (our previous Chair). Before turning to consideration of the Executive's ambitions and plans, let me pay sincere tribute to our outgoing Chair Julie-Anne, and our equally tireless outgoing Secretary Anne Haines, and most certainly also to all of our outgoing Committee: the Branch you have handed-on is harmonious, motivated, dynamic and very sound financially.

Following yesterday evening's professional development presentation – Sport psychology, Helen Madell (tri-athlete) – the Committee met, and, amongst the business of a Psychology Week film night, and also our Christmas function, the Committee deliberated upon the dual issues of revitalising our Professional Development (PD) initiatives, and moreover where possible, engaging with psychologists who live/work away from Rockhampton, in particular here, our members in Gladstone. The plan determined contained these elements: (1) bi-monthly PD presentations attracting two points, preceded by a collegiate period for wine/cheese, (2) delivery of one PD evening in Gladstone, (3) every effort to secure external PD opportunities, e.g., the Essential Topics series. Clearly then, the Executive has set itself the task of maintaining and enhancing the Branch's relevance to Members, not only in the core area of professional services, but additionally with a

particular focus upon collegiate networking.

On a personal as well as a formal footing, as I have known Peter Swarbrick as a friend for many years, may I also pay sincere tribute to his courage and selflessness in contributing the lead article in this Newsletter, 'Living with Parkinson's'. In talking with Peter last night he described his considerable journey of adjustment, of which the article herein is a component: having now examined the article, and as I have found with Peter's Family Reports, there is a cogent mix of sage wisdom and joyfulness-of-life humour to be appreciated. At the risk of taking my reflections too far, it strikes me that Peter lives out a humanist philosophy, and I believe his article will open further a site in our Newsletter for relevant, personal writings by members.

Michael John
Branch Chair

Bundaberg–Hervey Bay

I HAVE decided to start this newsletter in the most appropriate festive spirit - I have a few jokes to tell!

Man: 'Doc I can't stop singing 'The Green, Green Grass of Home'

Doctor: 'That sounds like Tom Jones syndrome.'

Man: 'Is it common?'

Doctor: 'It's not unusual...'

What do you call a fish with no eyes? A fsh.

So I was getting into my car, and this bloke says to me 'Can you give me a lift?' I said 'Sure, you look great, the world's your oyster, go for it!'

A man walked into the doctors, he said, 'I've hurt my arm in several places.' The doctor said, 'Well don't go there anymore.'

And so by now you are either groaning or scratching your head saying 'I don't get it' and either way it is OK for it is nearly Christmas time. I, on behalf of our illustrious Chair (as it is his report and he is indisposed at this point of time) offer everyone all the cheer of the festive season and may the New Year be one of joy, productivity and positivity for one and all.

Professor Kevin Ronan held a one-day workshop on 'Working with highly disruptive children' here in Bundaberg on 12 August 2011. The feedback given is that it was most informative and a great pleasure to attend. Professor Ronan was able to give an appropriate mix of real life examples and academic research in such a juxtaposed way that each supported the other. Personally, I came away from the workshop with new information and new ideas that had been presented in a fashion that I could readily implement in my day-to-day practice.

Branch update

The Bundaberg–Hervey Bay Region Branch is blessed at present with many enthusiastic Members wanting to assist the Branch to grow and prosper and are willing to put their name forward to do the ‘unsung work’ behind the scenes that need be done. You all know who you are (this is my way of making sure I did not miss anyone out) and we (read rest of the Branch Members) are most appreciative and thankful and so a very heartfelt pat on the back to all of you.

Our wonderful Madame Treasurer reported that the coffers are looking good and so the possibility was raised on having a workshop or two; such as Schema Therapy and Ethics. Both to be looked forward to in the New Year.

Of concern to our Members, and possibly to other Branches as well, is the re-organisation of the distribution of the Access to Allied Psychological Services (ATAPS) funding and how Psychologists register themselves to be able to be service providers. A number of discussions have been held around this topic and our Branch is to send a letter to the GPLinks asking for some clarification on what is happening. Hopefully some positive news can be forthcoming at our next meeting (which I do believe is the Christmas party).

Last chance – if you want to attend our Christmas Party on 02 December 2011 at Spinnakers (In Bundaberg on Quay Street), we kindly request your RSVP by 18 November 2011. I am not sure who to respond to so just send an email to Tracy Bauer (if you do not know her she is the organised one who seems to know what is happening J J) send emails to tracybauer@bigpond.com and she will know what to do with them.

Plans are going well for National Mental Health Week and National Psychology Week and a follow-up story will appear in the next edition. So – having said all this there is only one way to sign off. A man goes to the doctor, with a strawberry growing out of his head. Doc says ‘I’ll give you some cream to put on it.’ See you all in the New Year.

Geoff Pearce
Media Officer

Brisbane Area

AS 2011 comes to an end, we reflect on a year that has been both traumatic for the community, including our Branch members, and challenging in terms of APS activity. Our Branch sponsored more than 30 different meetings and events this year, and also supported at least double this number of peer group meetings. Many of these events were more popular than we imagined, particularly dinner seminars with international guests. As well as being the third

largest Branch of the APS, this level of activity made us the busiest. This success has led to a substantial increase in the Branch account balance, despite our pricing most of our professional development workshops at 50% or less than commercial rates. With these additional funds, we have collaborated with other Branches in Queensland and interstate to fund visiting international experts to provide professional development that is rarely available here, and we have been able to provide additional educational opportunities and social activities at or below cost. I have learnt that success breeds success, but it also breeds increased workload.

One of our goals for 2011 was to reach the 2000-Member milestone, in conjunction with the APS reaching 20,000 Members. By September we had reached 1980 Members and, with our activities on university campuses, I expect that by the time this Newsletter is printed we will have achieved our goal. This is a phenomenal achievement, since this equates to an 8% annualised growth, despite a reduction of 290 registered psychologists in Queensland in first part of this year. I’m grateful to the Branch Executive team for their hard work in making this happen and for taking a few risks that paid off.

At the time of writing, the outcomes of Senate inquiry was unknown, but I was heartened by the response of Branch Members to the call for submissions on the effect of the reduction of sessions on patients. As to the two-tier system, I don’t believe that there is an answer that will satisfy all Members and I’m glad this is not an APS responsibility now. The government designed the system, so it is right that they handle the fall-out. However, I do remember what it was like before Medicare was available to us, and I try not to lose sight of the fact that many more of us have become successful owners or partners in private practice than would have otherwise been the case. A large proportion of the Australian community have now seen or benefited from psychology, and it has lifted the profile of our profession. Thanks to the APS National Team, psychologists have become and will remain a central part of the Australian health care system.

Finally, we invite interested Members to nominate to participate in the organisation of the Branch. We are grateful for any assistance, even one hour per month, to help us continue to improve services to Members. We need coordinators for peer consultation groups, helpers for organising for events, helpers on sub-committees, and by November 2012 we will need volunteers for Committee positions, including mine. Have a safe and enjoyable holiday season.

Dr Phillip Stacey
Chair



Diary dates

Note: More details and events available on APS website at
<<http://www.psychology.org.au/events/Default.aspx>>

20-21 February 2012, Brisbane

Acceptance and Commitment Therapy: Introductory 2-Day Workshop

Presenters: Dr Russ Harris

CPD Hours: 12 hours [APS College Endorsed CPD. CCLIN, CCOM, CCOUN, CHP]

Cost: \$465 (\$395 student concession)

Organiser: Dr Russ Harris

Contact Name: Ilana Meneses

Email: admin@actmindfully.com.au

Website: www.actmindfully.com.au

20-21 February 2012, Brisbane

Bridging The Couple Chasm Gottman Couples Therapy: A Research-Based Approach

Presenters: Drs John and Julie Gottman

CPD Hours: 14 hours [APS College Endorsed CPD. CCOUN]

Cost: \$825 Increases apply from 1 November.

Organiser: Kassan Events

Contact Name: Kerri-Ann Sheppard

Telephone: (02) 8011 4609, Fax: (02) 8088 1329

Email: contact@assanevents.com

Website: www.kassanevents.com

27 February-2 March 2012, South Brisbane

Engagement, Commitment, Alliance, Outcome

Presenters: Dr Stan Steindl

CPD Hours: 28 hours [APS Endorsed CPD]

Cost: \$1540 (including GST)

Organiser: Dr Stan Steindl, Psychology Consultants Pty Ltd

Contact Name: Danielle Bell

Telephone: (07) 3395 8633, Fax: (07) 3395 8611

Email: enquiries@psychologyconsultants.com.au

5-6 March, 2012, Townsville

Interpersonal Psychotherapy Training

Presenters: Paul Rushton MAPS

5 Mar 2012 to 6 Mar 2012

Cost: Early Bird - before December 16 2011 \$460. After December 16 2011 \$560. F/T student \$360 (ID req).

Contact Name: Kate Lessing

Telephone: (07) 4772 9000, Fax: (07) 4755 0322

Email: klessing@tsv.centacare.org.au

Website: www.interpersonalpsychotherapy.org

13 March, Brisbane

Legal Skills for psychologists 101 - A Reliable Witness

Presenters: Dr Phil Watts

CPD Hours: Currently not endorsed

Cost: \$295 for early bird (21 days in advance) or \$320 standard

Organiser: Ogilvie Publishing

Contact Name: Phil Watts

Telephone: (08) 9450 1618



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:

- Division of Specialist Psychological Practice;
- Division of General Psychological Practice; and
- 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.

PSYCH NEWS – THE APS QUEENSLAND NEWSLETTER

2012 advertising rates and specifications*

There are usually five APS Queensland newsletters published each year: March, May, July, September and November. Distribution numbers vary from one issue to the next. There are approximately 3600 APS members in Queensland who all receive PSYCH NEWS free of charge.

Advertisement	Price (Inc. GST)	Specifications (mm)
Full page	\$485	190mm wide x 277mm deep
Half page	\$290	190mm wide x 170mm deep
Quarter page	\$195	92mm wide x 120mm deep
Eighth page	\$120	92mm wide x 57.5mm deep
Insert	\$510	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*, please contact PSYCH NEWS editor. Email: psychnewsqldeditor@gmail.com

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 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.

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National Office News

◀ 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**