

Spring 2006



CAPACAR

Diversity Exchange

Welcome to the Spring issue of the CAPACAR newsletter.

Our world is bursting into life this month after a cold, inward-looking winter in which many of our clients—and in some cases many of us— have had to deal with uncertainty and fear in our ever-changing world.

We bring you up to date with national news about our industry with a report on our umbrella body, PACFA, who have just held their annual Conference and AGM in Melbourne.

We are also pleased to publish a journal article review about Aboriginal Mental Health in Central Australia. Whilst the thrust of Mark Sheldon's article is focussed on his specific target group, the issues he raises and his suggestions for dealing with sensitivities can be clearly be applied in many counselling situations.

Finally, we include our usual listings about seminars and conferences available in the ACT, as well as links to websites which provide all the latest information.

We hope enjoy the newsletter. All the best!

Gai Stern,
Editor.

Dear Members

Just a brief note to inform you that the Executive Committee recently made a decision to engage 'Capital Executive Centre' (CES) to administer all ongoing membership business, maintenance of the database, administrative duties, and day to day tasks of CAPACAR.

The handover took place in mid July 2006, with the aim of increasing efficiency and response time to general business of CAPACAR.

If you are waiting on any membership enquiries or correspondence - I am sure you will be contacted soon by CES. Please bear with us during this transition period. I hope this hasn't caused too much inconvenience.

We look forward to your continued support!

If you have any further enquiries please do not hesitate to contact either Fiona or myself.

Thank you and warm regards,

Nasrin Lucas,
Secretary.



Inside this issue

President's message and report	2
PACFA AGM and conference 2006	2-3
Aboriginal Mental Health in Central Australia	4
Continuing professional development	6-7



Message from Madame President

Dear Members,

Our new membership system is now in place. Please accept our apologies if your renewal or membership application was held up in our recent transition between old and new computer systems. A warm welcome to new members!

For good or ill we have become a technological society. I couldn't run my private practice without my computer to store information, remind me of appointments and all the rest. However, I still feel very

ambivalent about using computers, they are useful but so time draining. Particularly when the time could be better spent meeting with friends and colleagues, reading... doing all those life-giving things.

So now we have our CAPACAR website to put us in touch in cyberspace and remind us of important events, it is perfect time to start the Counsellors and Psychotherapists network to put us really in touch. We are hosting the first of these on 30th September 1.30 pm to 4 pm at, 39-41 Geils Court (AFA House) Deakin West. This event will be open

to all practitioners and students in the Canberra area. Non members will be most welcome. This will be an opportunity to network with our colleagues with the possibility of establishing peer groups and study groups. We are hoping this forum will be the source of ideas about professional development. A hot topic in the increasing professionalisation of counsellors and psychotherapists. (Contact Annette Fisher annettef@pcug.org.au)

Fiona Hall



PACFA AGM and Conference 2006



PACFA held its Annual General Meeting at the end of August. Unfortunately we were not able to send a delegate this time. However here is an important piece of information for members:

TRAINING STANDARDS - JANUARY 2007

These standards will come into effect as of the 1st of January 2007.

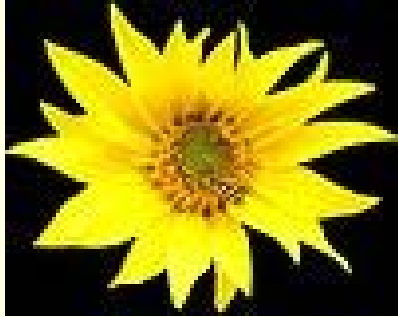
Members must have completed, over a minimum of two years, 200 hours of person-to-person psychotherapy and or counselling training and 50 hours of supervision relating to 200 hours of client contact. A minimum of 10 hours of supervision. Relating to 40 client contact hours must have taken place within the training program (These 10 hours are part of the 50 hours of supervision).

FOR LISTING ON THE REGISTER POST TRAINING:

The additional post training supervision and clinical practice of 750 hours direct client work with 75 hours post-training supervision over at least two years currently required by the Register will remain the same.

PACFA





Counselling and Psychotherapy in Canberra

30 September 2006

Sponsored by The Counselling and Psychotherapy
Association of Canberra and Regions (CAPACAR Inc)

Facilitated by Fiona Hall and Annette Fisher

To plan professional development for practitioners

To network with others working in the field

*To establish supervision, peer groups and study
groups*

Cost: \$10.00

The location for the event is:

Unit 2
Ground floor
39-41 Geils Court
AFA House (opposite post office)
Deakin West
Canberra ACT

RSVP

Annette Fisher

Email: annettef@pcug.org.au

or

Ph: 6288 9294



Wellbeing Fiesta

Sunday 15 October 2006

10.00am - 3pm

**Canberra Institute of Technology
Reid Campus**

The Wellbeing Fiesta is hosted by the Mental Health
Foundation, Mental Illness Fellowship and Carers ACT.

The Fiesta is designed to bring together like minded
organisations. That is organisations that contribute to
elements that make a healthy individual - mind body and
soul.

The Fiesta will be a combination of hands-on activities,
information sessions and exhibitions.

CAPACAR have booked an exhibition space 3m by 2m,
signage, with power, table and two chairs. Members are
invited to forward their business brochures, business cards or
posters to promote their business.

Members are also welcome to assist on the day and are asked
to be available to talk to the public about counselling and
psychotherapy. Please let me know if you can attend so that I
can make a roster for the day.

Please contact me either by:

Email: annettef@pcug.org.au

Ph: 6288 9294

or send your information to me:

Annette Fisher
44 Gruner St
Weston ACT 2611

or bring it on the day.

Regards,
Annette Fisher

ABORIGINAL MENTAL HEALTH IN CENTRAL AUSTRALIA

Journal Article Review

Fee de Lacy

The experience of being a human encompasses a vast array of possibilities. Although we are connected by our similarities, we are also often separated by our differences, even if this is outside of our awareness. Consequently, we can perpetuate the isolation of another, by not exploring differences in culture and acting as if the client fits into our own culture. As counsellors within this culturally diverse community, we have a responsibility to broaden our knowledge and understanding, in order to at least 'do no harm.'

Dr Mark Sheldon (1965 – 1998) a young psychiatrist from Sydney spent 12-months in remote Central Australia working with Aboriginal communities. Mark was a high achiever; however he was completely unpretentious and respectful in his approach to people. His skills and authenticity did much to enable him to reach out and care for the people in these communities.

Mark's dissertation, prepared by Dr Bruce Boman was published in 2001 and this full article (see reference) is recommended reading. This article is a summary of Mark observations described in the journal article being reviewed. His respectful approach describes his experiences in Central Australia and it is a not provided here as a guideline to working with the culturally diverse urban aboriginal community in the ACT.



Some of the issues Mark raised when working with aboriginal people in Central Australia with mental health concerns include;

SHAME

- A flat affect could be shyness or shame.
- Mark describes a drug or alcohol issue as rarely addressed directly. This is frequently raised as a secondary issue.
- Too much eye contact can make a person feel judged, in a counselling situation, try to have chairs facing the same way so that you sit along side them. When not making eye contact, observe a fixed spot, as a wandering gaze could be interpreted as disinterest.

INTERVIEW

- Talk at a slow pace giving proper time for answers. A hurried response could be seen as impolite.
- Begin with broad non-threatening statements, e.g. "Was it far for you to drive?" "I noticed your Swans shirt, do you follow the football?"
 - Family relationships can be explored and carers may be present to contribute. Later in the interview, open ended questions can be used to explore issues. If the person seems reluctant to share, share a story with them about someone who reminds you of them.
 - Revisit the social history and interests.

- Be guided by the aboriginal worker, or carer / family member if there is one available.

SENSITIVE ISSUES

- Bereavement or 'sorry business', sexuality, marital problems, and fertility are sensitive topics. Let the client know that you understand this and seek permission before proceeding. Avoid using the name of a diseased person. If you hit a wall with the counselling session, ask the client how you should proceed.
- Overall a respectful and flexible approach is needed.

I personally found this article to be inspiring as it is about building bridges, and it brings to mind the importance of this work when work-

ing towards a peaceful world.

Ref. Boman, B (2001) *Psychiatric assessment in remote Aboriginal communities*. Australian and New Zealand Journal of Psychiatry 2001; 35:pp.435-442

Note:

Joyce Graham, Aboriginal liaison officer at The Canberra Hospital is happy to be a resource for counsellors who have questions about their approach with Aboriginal clients.

Another resource can also be found at [Australian Indigenous Health Bulletin online](#) -

www.healthinfonet.ecu.edu.au/html/html_bulletin/bull_61/brief_reports/bulletin_brief_reports_vindigni.htm

Continuing Professional Development (CPD)

From the CPD Coordinator

Professional Development

Our calendar to inform member of up and coming events for professional development is now up and running on the website. Please forward any information on conferences, seminars, training programs or lectures to annettef@pcug.org.au and they will be placed on the calendar.

We have two events coming up that are initiatives to develop further a positive identity for counsellors and psychotherapists in Canberra and surrounding regions and to promote our profession to the public.

The Counselling and Psychotherapy Seminar, see the add in this newsletter, is an event that is sponsored by CAPACAR to bring together people who are interested in planning a professional development program that is relevant to our work. The afternoon program will be designed to assist us to meet as colleagues and develop our professional relationships, to plan future events and to enjoy each others company. By developing our network we will foster a culture that will assist practitioners to

strengthen their collegial relationships, thus preventing isolation that can lead to unethical practices and burn-out.

The Counselling and Psychotherapy Seminar will provide us with guidelines for future directions for the development of professional development programs

The Wellbeing Fiesta is an event that is sponsored by The Mental Health Foundation, the Mental Illness Fellowship and Carer's ACT. CAPACAR has booked a stall and members are invited to either forward information about their practice or bring it on the day. Your assistance to talk to the public will be helpful. (see add in this newsletter) Sally Boucher will be conducting a seminar on the day to inform the public and promote counselling and psychotherapy.

Annette Fisher



CPD Opportunities

On Being a Therapist

Irvin Yalom, Paul Gibney, and others

This one-day gathering will explore the positive and negative impact of being a therapist. One influencing factor on the personal experience of the therapist is how the therapeutic relationship is enacted. The central questions of the day will also be explored through the lens of the therapeutic relationship as conceptualized by different therapeutic traditions.

7 September 2006

PR Conference Consultants
Melbourne
(03) 5781 0069
enquiry@prcc.com.au

\$230 (\$130 concession)

Interpersonal Trauma, Suicidality and Cultural Diversity

Sarah Stewart and Etienne Kitto

This 2-day training course is aimed at frontline workers in mental health. It explores research data in relation to the links between suicidality and experiences of family violence, sexual assault and childhood abuse, and examines the role of gender and culture as a factor in suicidality. Enhanced cultural competence is responding to those who have experienced violence within a family or intimate context and in assessing risk of suicide is an intended outcome of this workshop.

27-28 September 2006

VYNE, Lewisham Building, Calvary Hospital, Bruce.

For info and bookings, contact

Irmgard Reid (02)6201 6084
\$200 (\$180 early bird)

Sand and Psyche – The First Australian Sandplay Conference

Sandplay is a non-verbal, symbolic form of therapy used with adults and children who create 'stories' using figurines and objects, in a tray. The sandplay process stimulates and makes visible the inner psychic processes of individuation described by Carl Jung. The first Australian Sandplay Conference explores contemporary sandplay practice from a Jungian perspective. Leading international and Australian therapists present clinical case presentations. The format includes workshops, training videos, question and answer panel and small group discussions.

20-21 October 2006

www.anzsja.org.au/events.htm

(02) 9365 7750
Lenore Kulakauskas
\$350. Reasonably priced accommodation is available at the venue: The Centre, 14 Frances St., Randwick, Sydney
02 9398 2211

Bereavement: Exploring Cultural and Personal Responses to Death

Gai Stern

Death is everywhere. It's the staple diet of the media and entertainment industries. But in the newspapers and on the screen, death is safely 'virtual', distant and remote. This experiential workshop explores individual responses to death, and cultural norms as expressed in literature, art and religion. Participants will identify personal values and beliefs and develop strategies for working with bereaved people. The workshop is suitable for anyone who works with grieving people but is not recommended for those who have been bereaved less than one year prior to the workshop.

27 October 2006

VYNE, Lewisham Building, Calvary Hospital, Bruce.

For info and bookings, contact

Irmgard Reid (02)6201 6084
\$110 (\$90 early bird)

More CPD opportunities

Understanding Self Harming Behaviour

Dr Sandi Plummer

This workshop will look at a method for helping clients learn new skills for dealing with painful situations so that they may be in a better position to decrease self harming behaviours. Learning to stay within a tolerable level of arousal, lowering high levels of arousal, self-soothing, distraction, reflecting on self-harming episodes, and dealing with urges to self-harm will be a few of the skills which workers will learn and will then be in a position to help clients learn.

24 November 2006

VYNE, Lewisham Building,
Calvary Hospital, Bruce.

For info and bookings, contact

Irmgard Reid (02)6201 6084
\$110 (\$90 early bird)

Mental Health First Aid

Claire Kelly

This course covers helping people in mental health crisis situations and/or in the early stages of mental health problems. Crisis situations covered are suicidal thoughts and behaviour, panic attacks, and acute psychotic behaviour.

Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown, by research, to be effective.

30 Nov-1 December 2006

VYNE, Lewisham Building,
Calvary Hospital, Bruce.

For info and bookings, contact

Irmgard Reid (02)6201 6084
\$200 (\$180 early bird)

Object Relations Couple and Family Therapy

Dr David Scharff, and Dr Jill Savege Scharff

Learn about projective identification in couple and family dynamics; use counter-transference to interpret couple's and family's defences and reach the unconscious conflict in the relationship; integrate concepts from chaos theory and neuroscience; understand the relationship between intimate relating and sexual dysfunction; use play in family therapy; and increase understanding of trauma and its intergenerational transmission.

October-November 2006

Sydney, Melbourne, Perth,
Brisbane, PsychOz Publications

(03) 9855 2220

www.psychotherapy.com.au
events@psychotherapy.com.au

u
\$395 (\$345 discount early
bird)

For more information about seminars and conferences here and overseas, have a look at the PACFA and Psychoz websites:

www.pacfa.org.au/scripts/content.asp?pageid=OTHERCONFERENCESPAGEID



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CAPACAR

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*A member association of the
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Advertising Rates & Booking Deadlines

This Newsletter will be published four times per annum as Autumn (March), Winter (June), Spring (September) & Summer (December) Editions.

The booking and copy deadline for the Spring 2006 edition is Friday, 18 August 2006.

If you would like to advertise in this publication the rates are:

1/3 page (900 x 1800)	\$ 50.00
2/3 page (1800x1800)	\$ 75.00



Contributions can be forwarded to the Editor in any of the following formats: MS Word 2000, MS Publisher 2000, RTF, and most image formats via Gai.Stern@netspeed.com.au

Suitability of material for inclusion will be at the Editor's discretion, in consultation with the CAPACAR Executive and dependent on available space.

Small line advertisements providing links between CAPACAR Members will be included free of charge (eg for shared office space, group/peer supervision opportunities, etc).