



AGM 2006

Welcome to our New Committee

A dedicated group of 15 or so CAPACAR members fronted for the AGM on Monday 6th March, 2006. Well nourished and primed with wine, nibbles, tea and biscuits, we sat down firstly to a presentation on the new look CAPACAR website, generously created for us by Mission Australia. Take a look at the snazzy graphics and new options. Soon each CAPACAR member will be issued with a log in and password so they can access the "Member's Only" sections and, with time, will be able to update their profiles and memberships on-line.

The formal part of the evening progressed smoothly with Fiona Hall presenting her Presidents Report (published in full on pages 2-3), the acceptance of last year's AGM minutes, the re-appointing of Alexander Needham and Co as our Auditors for 2006 and a review and acceptance of the Treasurer's Report. We are in a healthy financial state!

Then, on to the meaty part of the evening, the election of the new 2006 Committee, and it is very pleasing to report that there were nominees for all positions and those nominees were elected unopposed. Our new Committee is:

President	Fiona Hall
Vice-President/Newsletter Editor	Gai Stern
Secretary	Nasrin Lucas
Treasurer	Ray O'Reilly
CPD Co-ordinator	Annette Fisher
Ethics Chair	Lydia Graham
General Committee	Susan Williams
Members	Fiona DeLacy

As you can see we have a wonderful mix of continuing, experienced Committee members and an injection of new blood to a number of spots. Thank you to all those generous souls "old" and new who have offered their time and energies to ensure the

continuation and further development of our Association.

Of course with new blood coming in we also say thank you and farewell to outgoing Committee Members. John Carrick has worked tirelessly as our Secretary for many, many years and in recent times also took on additional roles as a CAPACAR representative with PACFA and the University of Canberra Advisory Committee. Thank you John for your enormous efforts over the years. Thank you too to Liz Mallet for her contributions as a General Committee Member/Student Representative on the 2005 team.

Of course as Newsletter Editors, Allan and I bid you farewell. Allan has done a sterling job, I am sure you will agree, with the design and technical aspects of our new look newsletter and in the last few months has guided its transformation into an online newsletter. I am (almost) sure if Allan were looking over my shoulder as I write this he would thank me as his Co-Editor even if he won't miss my nagging about getting the Newsletter out on time despite the other 101 priorities on our collective plate.

Sally Boucher

Now I'll hand you over to Gai ...

Thank you Sally and Allan for the wonderful contribution you have made over the years. And welcome to all our members from me, the new newsletter editor. I'm looking forward to being with you during 2006. Please feel free to make suggestions, send queries or contributions for the newsletter to Gai.Stern@netspeed.com.au

Gai Stern



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Message from Madame President

Dear Members,

Fast on the heels of our AGM was the PACFA Council meeting in Adelaide. It was encouraging to be part of such good team work.

There were about 60 delegates from all over Australia sitting for most of the meeting in a large circle. Various thorny issues such as supervision, training and practice hours that make up the march towards professionalisation were discussed. Although the opinions were frequently very different, a way forward that

was inclusive and thoughtful was always found.

You will find the papers from this meeting on the website. Don't forget it is never too late to make comments on any of the work that PACFA is doing. CAPACAR will represent your views at the AGM and council meetings. Please keep an eye out for updates on the members' only section of the website.

I hope you like the look of the new website. Thank you for your patience in waiting for it to be fully functional.

We are very nearly there and you should have been getting messages about how to access the members' only section. This is your website and the main driver behind rejigging the old one was to increase the communication between members. A warm welcome to all new members. We look forward to hearing from you.

Best wishes

Fiona Hall, President

AGM—2006 President's Report

Welcome ...

It has been a privilege to serve this organisation as President over the last year. It has been a pleasure working with my fellow committee members. It is expected that everyone should congratulate each other at the AGM, but I would like you to know that I have a high regard for each and every member of the committee. The committee has met every month since April 2005. We have dealt with a weight of routine matters as well as tackling new initiatives. We have seen through the decision made by the 2005 committee to move to an electronic newsletter. I am sure you will agree with me that Allan Brownsdon and Sally Boucher managed this transition beautifully.

... and thank you's

I don't think we can thank Sally and Allan enough for the regular and high quality publication that is the "Diversity Exchange". It is with great sadness that we bid them farewell as our editors. I only hope that we experience their energy and creativity in some other way. Not goodbye, just thank you very much Sally and Allan.

Gai and I represented CAPACAR at the PACFA AGM in September. Gai has written our new brochure, which you received in your AGM pack. We are hopeful that this will substantially move us forward in our dialogue with GPs and other referral agencies. I have been a member of the PACFA special projects committee and have forwarded the PACFA news through the email list. John has represented CAPACAR on the University of Canberra advisory committee. As well as this, he has tirelessly kept us on track with the paperwork and procedures. Ray worked on finding ways to move us into the 21st century, he

has not only picked up the baton from Susan Williams and streamlined further the work that she started, he has contributed ideas and enthusiasm. Ray and Liz started our project of establishing a student representative on the executive committee. We all appreciated the energy and input Liz made on a variety of issues, sadly she had to leave us in January. Lydia has continued as our Ethics Chair and plays a vital role as experienced practitioner for the committee. Lydia has also worked with Jennifer Hume and Sue Sheridan on the successful Supervisors Network. Carol has continued to work her magic trick of getting everything to happen just right at the eleventh hour. Thank you all for a productive and enjoyable year.

Website

Building on the decision at last years AGM to move to electronic communication, thanks to Mission Australia, we now have a website that will allow us:

- ◆ A calendar of events
- ◆ A notice board for members to communicate with each other
- ◆ A directory of practising members. If you choose, your details can be made available to people looking for a counsellor or psychotherapist
- ◆ The option of individual web pages for members
- ◆ A member's only section that will improve our distribution of information to all members.



This year started with organising the 'Supervision' weekend. It was a great success and credit to our organisation, it demonstrated our professionalism and reached out to many organisations who benefit from the counselling wisdom of supervision. It was an absolute pleasure to work with Jennifer Hume who organised and lead the two one day workshops, the first day for supervisees, the second day for supervisors. The second CPD event targeted the membership. We had twice the response from our membership to this than we had to the supervision workshop, so I was excited about leading the Creativity day. A number of personal difficulties meant that the attendance fell below viability level and sadly it had to be cancelled. Our annual dinner in September was well attended, we enjoyed good food, music, that special enjoyment that comes from meeting with fellow practitioners and got to meet Milan Poropat, CEO of PACFA (see p 3).

Continuing Professional Development (CPD)

I have great hopes for 2006. I hope that with the extra capacity for communication that the website offers us, not only between the committee and the membership but also between members; the committee will have the energy to focus on the needs of the membership. Perhaps more importantly, now that members will be able to talk with each other, that networking will grow and peer support will flourish. I notice in the latest issue of the BACP journal, they are beginning to think that it is not steeper and steeper requirements for training hours that protect clients, but rather it is the peer connections that result in safer counselling.

The future

Last year Brian Babington, the outgoing President, offered a vision of the future that this committee has taken very seriously. We have produced the brochure, we have investigated placing a Yellow Pages advertisement. We concluded that there were not enough funds or indication from the membership to make this a sensible decision for 2005, however I suggest the committee revisits this next year. I have started discussions with the President of the Canberra chapter of the Australian Counselling Association about possible collaboration. The committee was positive about this and I hope this relationship grows next year.

Without such changes, Brian predicted four futures in his 2005 President's report they were:

1. *continuation with tight budgets, poorly attended CPD activities, undue reliance placed on Committee members, difficulty attracting new Committee members, no lift in local public and political reputation and a poorly informed public.*
2. *abolition of the Association with current members being requested to join another PACFA association in order to retain PACFA membership*
3. *amalgamation with another PACFA association such as CAPA NSW (becoming a Canberra Branch)*
4. *amalgamation with another counselling body, such as the Australian Counselling Association Canberra chapter.*

Our finances are looking more robust thanks to hard decisions taken by previous committees and through the website I am hopeful that the burden on the next committee will be lighter and the work more rewarding. Which I suggest eliminates the need to consider 1. and 2. (continuing with tight budgets and low energy or abolition), for now.

This committee has investigated the possibility of amalgamation with ACA and because of structural differences between the two organisations, collaboration remains the more attractive option.

I believe the task facing us is to find new ways of collaborating with each other and also with fellow organisations. This way we are better placed to deal with threats and opportunities, we can work on raising professional standards and increasing client safety. By reducing our administrative overhead we can then focus on the real issues for us, which are visibility and professionalisation.

For this reason, becoming a branch of CAPA NSW still looks like a possible option. It would make sense for us to come under the administrative umbrella of a larger organisation. So long as it meant we could retain our "Canberra and Region" identity, I recommend that the next committee pursue this idea.

Although we have moved towards a more computer-based way of communicating, I believe our future will be more productive the more we meet in person.

The real pleasure for me this year has been in meeting with so many committed and varied practitioners. I will always look back on this year as a golden year for making friends and acquaintances. I say this to demonstrate that if the new website does anything for CAPACAR I hope it puts more members in touch with each other, encourages meetings; for supervision, for peer contact, for fun. The website should be a tool that allows us



PACFA News

The latest (May 2006) PACFA eNews looks at models of regulation for the counselling and psychotherapy professions from the UK, New Zealand, and Canada, and draws parallels with the Australian situation.

PACFA has prepared a submission to the Council of Australian Governments (COAG) Secretariat and written to the Prime Minister, State Premiers and Territory Ministers to make them aware that counselling and psychotherapy are not the preserve of psychologists and psychiatrists. PACFA supports the expansion of Medicare coverage for counselling but argues that counsellors and psychotherapists ought to be included both under Medicare and in the overall Mental Health Initiative.

They have also written to all the listed health funds urging them to include counselling and psychotherapy in their cover and to

request a meeting with PACFA representatives. So far they have mostly had negative responses. Some have alluded to future reviews of benefits where these will again be considered.

The plan to accredit training courses is being phased in during 2007. The number of training hours will be increased as will the number of supervision hours to bring the



requirement in line with the hours needed for individuals to be listed on the PACFA national register.

There was considerable interest amongst CAPACAR members in a proposal about Supervision before the last Council meeting. The proposal was to waive the supervision requirements of the Register for a very few very experienced practitioners. The feedback the committee received from members was strong disapproval; this feeling was shared by the majority of delegates from other MAs. This is a working example of how your views matter and can make a difference in the shaping of our profession.

For more info, see www.pacfa.org.au

Meet your new committee members . . .

... some of whom will already be familiar to many of you

Annette Fisher

I am a person with a huge commitment of furthering the professional development of counsellors and psychotherapists. This commitment has developed over many years of working in public health and now in private practice. In my practice I work as a counsellor and psychotherapist, supervisor, and consultant. A large part of my training is in Psychodrama and I have also trained in gestalt, TA, solutions orientated psychotherapy, relationships and family therapy. Recently I graduated from ANU in Visual Arts (hons) and I am now combining group work and art. I am also the training director of the Psychodrama Training Institute of the ACT.

I have recently attended an international psychodrama conference in Melbourne and a conference conducted by the Society for Counsellor and Psychotherapy Educators and presented sessions at both conferences. Last year I took on the role of president of Australian Federation of Psychodrama Trainers. At present I am preparing a body of work for a group art exhibition.

Fiona 'Fee' deLacy

At 17, I entered into health via general nursing, completed 18 months full time study in natural therapies in 1988 and then I moved into psychiatry by studying mental health nursing at Rozelle Hospital in Sydney. It was in the mental health field that I discovered my zest for therapy work. This learning was expanded on by studying Transactional Analysis for twelve months.

Over the last 15 years I have worked in the mental health and drug and alcohol fields, in a variety of roles including counselling. I was a telephone counsellor with Lifeline from 2003 - 2004, an experience I highly value. With the aim of both formalising and refining my skills I commenced the Post-Grad Diploma of Community Counselling at the University of Canberra in 2004, which I aim to finish this year (2006). I practice Bush Flower Remedies and have a strong interest in body work. I have studied with the School of Philosophy and the School of Anthroposophy at Parsifal College, Sydney and I have a passion for permaculture and music. Being on the CAPACAR committee is exciting for me as it will provide opportunities to expand my knowledge of the counselling profession, and I am keen to contribute to a field I highly value.

Susan Williams

I am a former President and Treasurer of CAPACAR (2003 and 2004). I trained at the University of Canberra in Community Counselling and I am most drawn to working with people dealing with grief and loss. I would describe my counselling practice as having been in para-professional roles. These include six years of volunteer work with the ACT Hospice and very recently as a coordinator of respite care for families who have children with moderate to severe disabilities. I am a passionate advocate of CAPACAR and see professional supervision for people in counselling roles as essential, both personally and professionally.

I am currently enjoying a breather before launching again into the hurly-burly of my chosen work.

Nasrin Lucas

I came to Australia in the early 80s with my husband and two young children. I returned to studies as a mature aged student and completed a Bachelor of Applied Science in Health Education at University of Canberra. In 2004 I received my Graduate Diploma in Community Counselling and am currently doing my masters.

I have been working in the ACT and regions for over twenty years, in various roles from community development officer, women's health co-ordinator, education officer, crisis worker, refuge worker and settlement worker - in the community sector and government departments. I was a telephone counsellor at Domestic Violence Crisis Service, and am currently a volunteer telephone counsellor at Parentline.

In my current work - I am the Family Programs Manager where I work with refugees and newly arrived migrants - as a counsellor, case-manager, community development and education officer. This includes working with women, men and youth who have come from traumatic backgrounds and war zones, and are in Australia on humanitarian grounds. My main area of counselling has been in inter-generational conflict and family relationships, loss and grief, and settlement issues.

I fully support CAPACAR in its professional role and as an advocate for Counsellors and Psychotherapists, which I feel is crucial in the current political climate. I am hoping to learn more on the professional issues as well as work closely with my peers on the executive committee, who have been around lot longer than myself serving the committee!

Executive

President - Fiona Hall fchall@tpg.com.au

Vice-President / Newsletter Editor - Gai Stern
gai.stern@netspeed.com.au

Secretary - Nasrin Lucas lucas@netspeed.com.au

Treasurer - Ray O'Reilly raydar8@bigpond.com.au

CPD & Ethics Chairs

CPD Coordinator - Annette Fisher annettef@pcug.org.au

Ethics Chair - Lydia Graham lydiajg@alphalink.com.au

General Committee Members

Susan Williams - susanw@spitfire.com.au

Fiona 'Fee' DeLacy - fdelacy@netspeed.com.au

CAPACAR Committee 2006

... some of us, anyway!



CAPACAR 2006 Committee members (l to r) Fiona Hall, Nasrin Lucas, Gai Stern, Fee DeLacy, Annette Fisher

Missing in action are Ray O'Reilly, Lydia Graham and Susan Williams



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ia@inner-actions.com.au



CHRISTIAN COUNSELLING

TRAINER

St Mark's National Theological Centre offers Nationally Recognised Training with a Cert IV in Christian Counselling and Communication Skills and an Advanced Diploma of Christian Counselling. As of next year we are hoping to expand our operations and offer these courses in Canberra (we already run them in Sydney, on the Central Coast and in Darwin).

To do this we are seeking appropriately accredited trainers and hope that some of your members may be interested in undertaking a training position with us.

We are hoping to interview candidates in July.

St Mark's is currently seeking Counselling trainers to teach the following nationally recognised training courses based in Canberra beginning in 2007:

1. Certificate IV in Christian Counselling and Communication Skills
2. Advanced Diploma of Christian Counselling (

Further information can be found on St Mark's website at www.stmarksntc.org.au/nrt or call Frances on (02) 6273 1572.

Continuing Professional Development (CPD)

From the CPD Coordinator

Our profession is still very new in Australia and we all have to contribute to further the awareness of people in our community of our aims, our skills and vision for counsellors and psychotherapy.

Firstly we have a responsibility to our clients and ourselves to maintain professional standards. This is brought about by being a member of an association. In my mind an association means 'to associate with others' and as we know the most dangerous position for a counsellor or psychotherapist is to become isolated. So I consider it is our responsibility to be actively involved with colleagues in a range of activities. This involvement will allow practitioners to develop and maintain a high standard of ethical practice and will lead to strengthening our public persona as professional people.

As chair of professional development I have proposed, to the executive committee, a variety of activities:

Proposals for professional development (draft)

A. CAPACAR WEB PAGE

Notice Board of training events seminars and conference – local, national and international

Webpage Discussion Groups

Supervision Groups

Peer Groups

B. LOCAL CONFERENCE

Current concerns related to counselling and psychotherapy. A local conference later on in the year will be a way for members to strengthen their professional relationships with each other and to develop a stronger network of counsellors and psychotherapists in the ACT and region.

C. WORKSHOPS

At present setting up the website for continuing professional development is a priority. Members are encouraged to communicate with me regarding thoughts and ideas for CPD, that you consider relevant to our development as counsellors and psychotherapists.

We urgently need people to assist on a sub-committee to organise workshops.

Please contact me regarding ideas and willingness to assist on an organising committee.



CPD opportunities

15-16 June Canberra	Trauma and Dialectical Behaviour Therapy Sandi Plummer DBT can be adapted for use with clients who have difficulty regulating their emotions and finding a tolerable level of arousal.	If you haven't already experienced VYNE Training, you will find it professional, affordable and enjoyable. (02) 6201 6155
21 June Canberra	Mental Health and the Media Jaelea Skehan The impact of the media on community perceptions and attitudes towards mental health issues	to request inclusion on the mailing list for regular updates about VYNE training, contact: VYNE@calvary-act.com.au
11-14 July Canberra	Interactive Drawing Therapy (IDT) provides new and powerful right-brain tools to supplement the traditional talking processes; a visual and page-focussed way of seeing the big picture; activates an inherently resourceful and solution-focussed part of the client's psyche. IDT uses jointly-constructed visual imagery to review the client's situation, reframe their conflict, generate insight, access inner resources, and start a remarkable process of constructive decision-making.	Interactive Drawing Therapy Limited New Zealand + 64 9 376 4789 www.InteractiveDrawingTherapy.com \$680
July 2006 Brisbane Melbourne Perth Sydney	<i>Resilience – a practitioner's guide to achieving balance, confidence, stress hardiness and mental health</i> Dr Sam Goldstein <i>Introduces positive psychology and resilience, focusing on the shift to a strength-based model. Emphasis on practical strategies for educators, parents, clinicians and business.</i>	CPM Training and Counselling 1800 100 292 www.cpmresources.org \$275

More CPD opportunities

<p>31 July-1 August Canberra</p>	<p>1. Challenging the Paradigm: New Understandings of Grief Dr Ken Doka Explore the most current theoretical perspectives on loss and grief, emphasising six areas where understanding has been challenged and developed.</p> <p>2. Beyond Gender: Understanding the Ways Men and Women Grieve Dr Ken Doka Grief reactions are highly individual and varied. Explore different patterns of grief and effective intervention strategies.</p>	<p>The Australian Centre for Grief and Bereavement (03) 9545 6377 1800 642 066 www.grief.org.au info@grief.org.au \$200 (\$165 members)</p>
<p>August Brisbane Sydney Melbourne Perth</p>	<p>Devotion and Desire: Winnicott, Lacan and Psychoanalysis for the New Century Dr Deborah Luepnitz The source of suffering: loss vs lack; the role of the mother (mother vs Other); the direction of treatment 'an alive experiencing' vs 'le bien dire'; the holding environment vs the variable length session.</p>	<p>PsychOz Publications (03) 9855 2220 www.psychotherapy.com.au events@psychotherapy.com.au</p>
<p>25-26 August Melbourne</p>	<p>Essence and Spirit PACFA 2006 National Conference A practitioners' conference exploring issues common to all models and approaches to counselling and psychotherapy that constitute the core of our work.</p>	<p>Psychotherapy and Counselling Federation of Australia (PACFA) (03) 9639 8330 www.pacfa.org.au admin@pacfa.org.au</p>
<p>7 September Melbourne</p>	<p>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 on the life of the 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.</p>	<p>PR Conference Consultants (03) 5781 0069 enquiry@prcc.com.au \$230 (\$130 concession)</p>
<p>20-21 October Sydney</p>	<p>Sand and Psyche The First Australian Sandplay Conference Sandplay is a non-verbal psychotherapy developed by the late Swiss psychotherapist Dora Kalff. This symbolic form of therapy used with adults and children who are invited to use figurines, objects, sand and water in a tray to create a three-dimensional image. Dora Kalff recognized that the sandplay process stimulates and makes visible the inner psychic processes of individuation described by C. G. Jung. The first Australian Sandplay Conference explores contemporary sandplay practice from a Jungian perspective. Leading international and Australian sandplay therapists present clinical case presentations working with children, adolescent and adult clients in public and private settings. The format includes workshops, training videos, question and answer panel and small group discussions.</p>	<p>www.anzsj.org.au/events.htm (02) 9365 7750 Lenore Kulakauskas Registration includes lunch, morning and afternoon teas \$350 / \$325 (before 31 July) Reasonably priced accommodation is available at the venue. To make a booking, please contact: The Centre, 14 Frances St., Randwick 02 9398 2211</p>
<p>October-November 2006 Sydney Melbourne Perth Brisbane</p>	<p>Object Relations Couple and Family Therapy Drs David Scharff, and Jill Savege Scharff. Learn about projective identification in couple and family dynamics; use countertransference 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.</p>	<p>PsychOz Publications (03) 9855 2220 www.psychotherapy.com.au events@psychotherapy.com.au \$395 (\$345 discount early bird)</p>



www.capacar.org.au

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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).