



Transformation through relationship
The heart and soul of therapy

PACFA / CCAA / SCAPE / APECA

9 - 11 September 2016

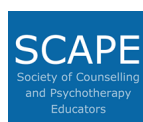
2016 CONFERENCE PROGRAM

Bayview Eden Hotel, **Melbourne, Victoria**

Pre-Conference Workshops | **Friday 9 September**

2 Day Conference | **Saturday 10 - Sunday 11 September**

CONFERENCE
HOSTS



MAJOR
SPONSOR



Professional development and specialisation in your Counselling career



Are you looking to enhance your counselling skills and gain additional qualifications? USQ's Graduate Certificate of Counselling will allow you to upskill, specialise and diversify your career with specialist counselling skills. Our online counselling qualification is perfect for current professionals and graduates in counselling, health, psychology, social work, and human services. Throughout your studies, you will gain leading edge theoretical knowledge and practical skills transferable to a variety of careers and industries.

Tailor your studies to your career ambitions

Choose from the following specialisations:

- **Alcohol and Drug Studies** – enhance your understanding and skills in assessment for substance misuse, Motivational Interviewing, relapse prevention and psychoactive drugs.
- **Child, Youth and Family Therapy** – equip yourself in skills of child abuse prevention and intervention, along with relationship, family, child and youth counselling
- **Clinical Supervision** – develop leadership skills in counselling by specialising in clinical supervision, adult education, and health care practice management.
- **Mental Health Counselling** – further your skills in mental health, therapeutic interventions, assessment models and pharmacology.

Program information

	Duration	4 units 1 years part-time
	Mode	Distance education or online

Further studies

After completing the Graduate Certificate of Counselling, you have the option to take the credit from your studies and go on to complete USQ's Graduate Diploma of Counselling or the Master of Counselling.

Professional accreditation

Our Clinical Supervision and Mental Health Counselling specialisations are designed to meet the Psychotherapy and Counselling Federation of Australia (PACFA) standards and competencies.

Want to know more?

 **1800 269 500**

 **study@usq.edu.au**

 **usq.edu.au**



MAJOR SPONSOR



The Australian College of Applied Psychology (ACAP) has been delivering specialist courses in applied psychology since 1983 and is a leader in the field. ACAP offers a broad range of courses including counselling, psychology, case management, coaching, social science, social work and youth work.

GENERAL SPONSOR



The University of Southern Queensland (USQ) has forged a reputation as one of Australia's leading providers of on-campus and online (distance) education programs in Australia. Their Bachelor of Human Services and Bachelor of Science degrees are offered with Counselling majors.

INDIVIDUAL SPONSOR



Insurance House is a leading national insurance broker specialising in professional indemnity insurance.

EXHIBITORS

Christian Heritage College
Eastern College Australia
St Mark's National Theological Centre
Morling College
The Professional Development People
Readings Bookstore
Psyche Visual

www.chc.edu.au
www.eastern.edu.au
www.stmarks.edu.au
www.morlingcollege.com
www.pdpseminars.com.au
www.readings.com.au
www.psychevisual.com

ACKNOWLEDGEMENTS

Corporate Flag & Banner Co.

www.cfb.com.au

CONTENTS

CONFERENCE SPONSORS & EXHIBITORS	3
VENUE INFORMATION	4
CONFERENCE WELCOME	5
ABOUT THE HOST ORGANISATIONS	5
KEYNOTE SPEAKERS	6
PRE-CONFERENCE WORKSHOPS	10
LIVED EXPERIENCE FORUM	11
RESEARCH FORUM	12
2016 CONFERENCE SCHEDULE	13
INVITED SPEAKERS	16
SELECTED SPEAKERS	19

VENUE INFORMATION

THE VENUE

Bayview Eden Melbourne has dedicated the entire first floor of the hotel specifically to conferences and events. Bayview Eden is located adjacent to the beautiful Albert Park Lake and Golf Course, and is close to all Melbourne has to offer.

VEHICLE PARKING

Onsite car parking is located directly behind the hotel and can be accessed via Queens Lane. Car parking is \$13.00 per car per day for function and in house guests.

All car parking is based on availability.

PUBLIC TRANSPORT

There is easy access to tram stops located on St Kilda Road and the venue is a short tram ride to Melbourne CBD. See ptv.vic.gov.au for more information on public transport in Melbourne, Victoria.

Venue Address & Contact

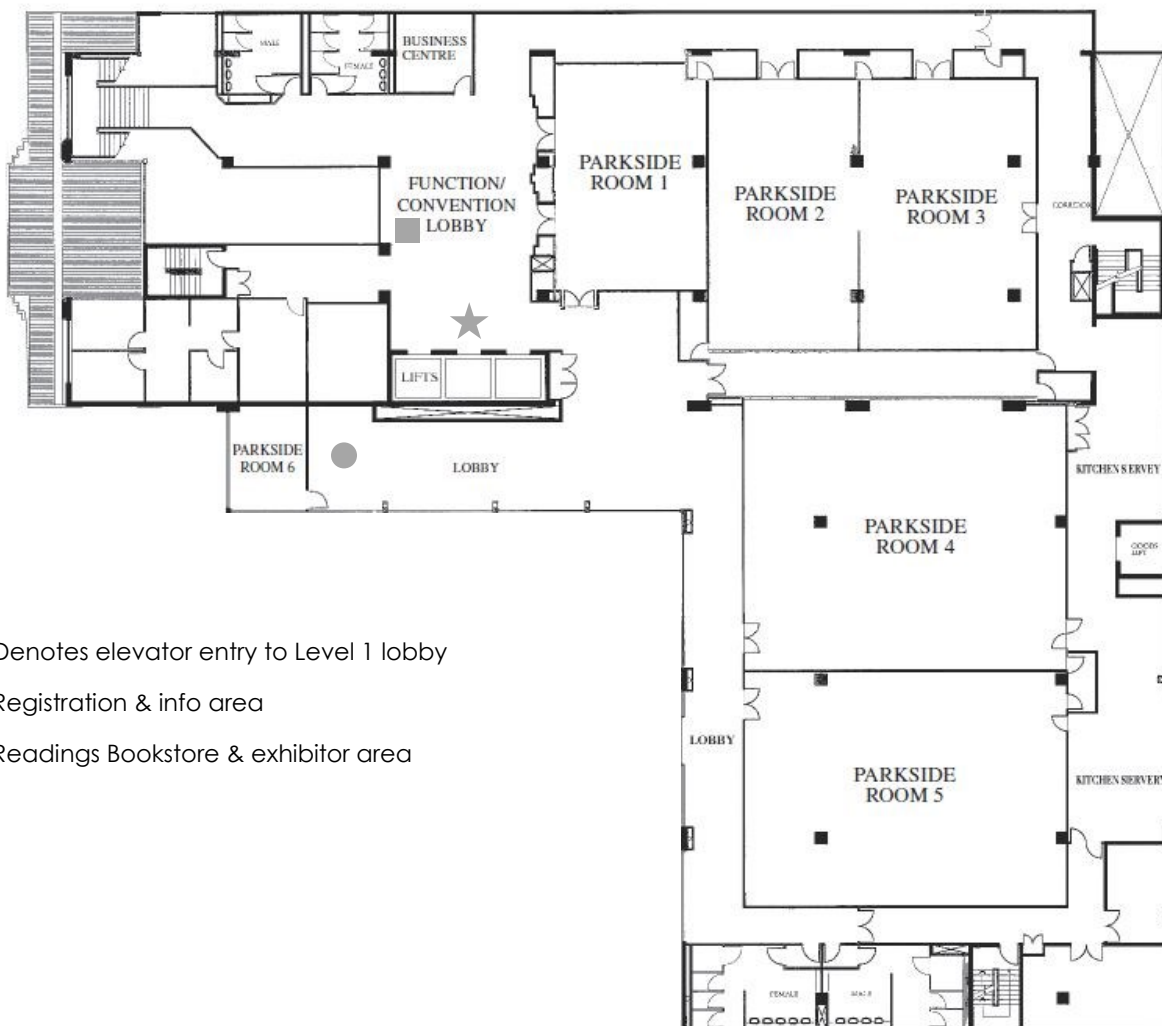
Bayview Eden Melbourne
6 Queens Road, Melbourne
Victoria 3004, Australia

Tel + (613) 9250 2222

Fax + (613) 9820 9586

www.bayviewhotels.com/eden

FLOOR PLAN: LEVEL 1, BAYVIEW EDEN HOTEL



CONFERENCE WELCOME

Transformation Through Relationship: The Heart and Soul of Therapy is jointly hosted by the **Psychotherapy and Counselling Federation of Australia, the Christian Counsellors Association of Australia, the Society of Counselling and Psychotherapy Educators and the Association of Psychological and Educational Counsellors of Asia Pacific.**



The conference aims to provide a diverse program with international and national speakers to further develop the growing professions of counselling and psychotherapy in Australia and in the Asia-Pacific region. The conference will provide multiple opportunities for meaningful conversations within the relationships we currently have and will develop between practitioners, researchers, educators, consumers and carers.

The theme of the conference, *Transformation Through Relationship: The Heart and Soul of Therapy*, encapsulates the reality of how important relationships are in many areas of our work and lives, dealing with people who are clients, students, consumers, carers and our colleagues, as well as the wider community.

Our speakers come from diverse areas of life and the Conference Committee believes we have achieved a very balanced program to meet the needs of those attending. Within the program we have a Research Forum on Spiritually Informed Practice as well as a session on the lived experience of consumers and carers. There are also three exciting Pre-Conference Workshops, offering a range of topics from three of our keynote speakers.

On behalf of the Conference Committee, we welcome you to the conference. We do hope you come away from this conference with knowledge, but more importantly, deeper relationships and connections with those working in the field. Thank you to the Conference Committee members: Jenny Coburn (SCAPE), Phil Henry (CCAA), Emma Hodges (PACFA), Maureen Ireland (CCAA), Denis O'Hara (APECA) and Charles Wilson (PACFA) for their contribution to this event.

Rob Salmon

2016 Conference Committee Chair

ABOUT THE HOST ORGANISATIONS

Psychotherapy and Counselling Federation of Australia (PACFA)

PACFA is a national peak body for counsellors and psychotherapists and for professional associations within the counselling and psychotherapy field. PACFA provides a forum to unite counsellors and psychotherapists by providing professional identity, research, support and public accountability for the profession.

Christian Counsellors Association of Australia (CCAA)

CCAA is a growing body of state-based Associations with a representation at national level. Our aim is to support and encourage counsellors to integrate their Christian Faith with their practice at a professional level.

Society of Counselling and Psychotherapy Educators (SCAPE)

SCAPE was established in 1999 as a national association for counselling & psychotherapy education in Australia. SCAPE celebrates the diversity of the profession and supports the professional interests of educators and trainers. SCAPE is now part of PACFA having formed the new College of Counselling & Psychotherapy Educators.

Association of Psychological and Educational Counsellors of Asia-Pacific (APECA)

APECA are an organisation composed of Multicultural Counsellors who, through professional linkages, have banded together in order to advance the cause of professional counselling practice in the Asian setting. APECA are sensitive to their cultural heritage, while remaining abreast with developments in their professions elsewhere.

KEYNOTE SPEAKERS

Professor Mick Cooper

Pluralistic Counselling and Psychotherapy: Contemporary Developments



Over the last decade, a 'pluralistic' approach to counselling and psychotherapy has been developed by Mick Cooper, John McLeod, and colleagues in the UK. This is a collaborative-integrative approach to therapy which aims to tailor the intervention to the unique needs of the individual client. Pluralistic therapy draws from a wide range of practices and research findings, but there is an emphasis on "metatherapeutic communication": talking to clients about what they want and prefer in the therapeutic work and developing a collaborative agenda for practice.

This talk will introduce the key principles and practices of the pluralistic approach, and go on to discuss key developments over the past decade. This includes outcome research, studies on the nature of metatherapeutic communication, the development of a self-report pluralism inventory, and client helpfulness studies which aim to develop a better understanding of the particular methods most helpful for particular groups of clients.

Mick Cooper is a Professor of Counselling Psychology at the University of Roehampton and a chartered counselling psychologist. Mick is author and editor of a range of texts on person-centred, existential, and relational approaches to therapy, including *Existential Therapies* (Sage, 2003), *Working at Relational Depth in Counselling and Psychotherapy* (Sage, 2005, with Dave Mearns), and *Pluralistic Counselling and Psychotherapy* (Sage, 2011, with John McLeod). Mick has also led a range of research studies exploring the process and outcomes of humanistic counselling with young people. Mick's latest book is *Existential Psychotherapy and Counselling: Contributions to a pluralistic practice* (Sage, 2015). Mick lives in Brighton with his partner and four children.

KEYNOTE SESSION SPONSORED BY



KEYNOTE SPEAKERS

Dr Jennifer Fitzgerald

I too am Human

Professional caregivers offer their clients a relationship in which change, growth and healing may occur. Such a process involves willingness for people (therapist and client/s) to connect, to encounter emotional experience together, to explore possibilities for change. Attachment theory draws attention to the central place of close relationships in our survival and growth, and hence provides professional caregivers with a map for therapy, a model of the therapist as a safe haven and secure base, and a rich array of research to expand our understanding of individual differences in human connection and disconnection.



In this address, Jenny Fitzgerald will reflect briefly on her experiences as nurse, pastoral carer and clinical psychologist, and outline the contribution that attachment theory offers for understanding and responding to distressed emotions and relationships. This address aims to highlight the potentially healing power of human connection, which is encapsulated in Rogers' comment regarding the therapeutic encounter, "There is no experience that this man (client) has that I cannot share with him, no fear I cannot understand, no suffering that I cannot care about, because I too am human."

Jennifer Fitzgerald is a Clinical Psychologist who works in private practice in Brisbane, mainly with distressed couples. She is also a Senior Lecturer at the University of Queensland, coordinating courses in clinical communication skills for medical students as well as sex and couples therapy for post grad clinical psychology students. Jenny's PhD research with adult attachment scholar, Judith Feeney, investigated hurt feelings and their repair in couples' relationships. She is the first Australian to be certified by the International Centre for Excellence in Emotionally Focused Therapy (Ottawa, Canada) as an EFT therapist, supervisor and trainer. Jenny teaches EFT workshops in many states of Australia and provides clinical supervision for couples therapists.



KEYNOTE SPEAKERS

Peter Janetzki

A Neuropsychotherapy Approach with Couples

In the journey of becoming a couples therapist, most of us commence our career in training to work with individuals and we happen to fall into working with couples. Consequently, we seek further training often in a specific theory or modality complimented by a myriad of professional development opportunities, books, papers and conferences with practitioners and researchers such as David Schnarch, John Gottman, Ellyn Bader, Peter Pearson and John Briere. Add to this the rapidly growing understandings of neuroscience, and a therapist can have a potpourri of therapeutic concepts, strategies and skills which often leaves a couples therapist calling oneself 'eclectic'. Recent developments from the field of neuroscience are changing the landscape of counselling and psychotherapy. As our knowledge and understanding of neurobiology increases we are better able to refine counselling practice and theory for more effective outcomes.



In this presentation the theoretical underpinnings of neuropsychotherapy (Rossouw) will be presented in a systematic schema that provides therapists with an integrated framework for working with couples. This framework utilises the couples' inter-personal process with their intra-personal process as well as enabling them to apply neuroscience processes for better self-regulation and emotional maturation, which underpin personal and relational growth.

Peter Janetzki holds a Master of Social Sciences (Counselling) from Queensland University of Technology and is a Clinical Member of the Christian Counsellors Association of Australia (CCAA). He is a psychotherapist and educator with more than twenty years' experience of working with couples and individuals, based in Wellington Point, Brisbane. Peter has been a sessional lecturer for twenty years in the School of Social Sciences at Christian Heritage College in Brisbane. He regularly presents seminars on a range of topics from professional development to marriage and parenting issues. Peter co-authored the book *Being a Bloke: Discover the Essence of Authentic Aussie Masculinity*, Red Hill Publishing 2010.



KEYNOTE SPEAKERS

Professor Dato' Dr. See Ching Mey

Mind-Body Connection: The Role of Helping Professionals



The mind is thoughts, emotions, feelings, beliefs, attitudes, and images. The brain is the hardware that allows us to experience these mental states. Mental states can be fully conscious, subconscious or unconscious. We can have emotional reactions to situations without being aware of why we are reacting. The mind-body connection discusses mental processes that affect our physical state. Our thoughts, emotions, feelings, beliefs and attitudes can positively or negatively affect our biological functioning. This results in a complex interrelationship between our minds and bodies. Mind-body therapy focuses on treatments that may promote health and wellness.

Some examples are cryotherapy, hydrotherapy, meditation, mindfulness training, yoga, massage, music therapy, qi-gong, neurofeedback, biofeedback, acupuncture, aromatherapy, craniosacral therapy, hypnotherapy, visual imagery and many others.

In this presentation, the focus is on the role of helping professionals in using various mind-body therapies. Mind-body therapies can be helpful for many conditions because they encourage relaxation, improve coping skills, reduce tension and pain, and lessen the need for medication. By using mind-body therapies, clients are able to reduce somatic stress induced illness, emotional traumas and anxiety to find inner peace and self-discovery.

Ching Mey See (PhD) is a Professor at the Universiti Sains Malaysia, Malaysia. Professionally, she is an educational and counselling psychologist. Prof. See is a prominent leader in the field of psychology, counselling, special education and community/industry engagement. She has published 20 academic books and more than 250 international and national academic journal papers/chapters. She has also presented over 350 academic papers at national and international seminars and conferences. She is the Chief Editor for two international journals and an Editorial Board Member for eight international journals.

CALL FOR JOURNAL ARTICLES



The Psychotherapy & Counselling Journal of Australia (PACJA) is an international, peer-reviewed journal which aims to contribute to the evidence-base for counselling and psychotherapy.

PACJA publishes theoretical essays, experiential reports, and empirical studies featuring quantitative, qualitative, or mixed-method approaches.

PACJA is calling for articles from practitioners, researchers, students and educators to submit articles for publication. The process is intended to be supportive in order to mentor aspiring authors to contribute to the dissemination of research in the counselling and psychotherapy field.

For information, go to the PACJA website, www.pacja.org.au

PRE-CONFERENCE WORKSHOPS

Professor Mick Cooper

Working at Relational Depth

What does it mean to engage with clients at a level of emotional depth? How can therapists facilitate their ability to encounter clients in this way?

This workshop will give participants an opportunity to explore their experiences of relational depth, and how it feels to meet others at this level of intensity and intimacy in both their therapeutic practice and everyday life. Through small group exercises, pairs-work, discussion and theory input, the workshop will help participants develop a deeper understanding of such encounters, and also how they come to deepen their levels of relating in their therapeutic work.

Professor Mick Cooper's biography can be found on page 6.



Dr Jennifer Fitzgerald

Attachment Theory in Practice: An Introduction to EFT for Couples

In this workshop, Jenny Fitzgerald will introduce the *EFT for Couples* model and outline the key interventions that help to move couples from distress to connection and security. During the workshop, participants will learn from didactic input, watching segments of training tapes and developing skills through role-play practice.

Dr Jennifer Fitzgerald's biography can be found on page 7.



Peter Janetzki

Engaging the Average Aussie Bloke

Often, a couple arrive for their first counselling appointment and you know that he is a reluctant participant, attending to keep the peace, or as a response to a crisis or ultimatum. For many of these men, they don't necessarily see the need for counselling or understand what it can offer. They are doing their best and yet they can be bemused and confused about what 'he needs to do to make her happy'. Add to this, his fear that this counsellor will side with her and reinforce what he is doing wrong, contributing to his insecurity and fear.

In this workshop, Peter Janetzki will share an understanding of the heart and soul of the average Aussie bloke, as well as strategies and concepts that facilitate better connection and greater engagement so that these types of men can grow and be transformed within and by their relationship.

Peter Janetzki's biography can be found on page 8.



LIVED EXPERIENCE FORUM

Jane Grace & Eileen McDonald

Transforming Relationships for Personal Recovery – Client Perspectives

This presentation is from the perspectives of a consumer and a family carer, each with individual lived experience of mental health issues. They will discuss how the co-created relationship between therapist and client has transforming potential for personal recovery and wellbeing. Recovery oriented practice recognises and embraces the possibilities for personal recovery and wellbeing created by the inherent strength and capacity of all people experiencing mental health issues. Transforming relationships maximises client self-determination and self-management of mental health and wellbeing. It also assists families to understand the challenges and opportunities arising from their family member's experiences.

Jane Grace: Consumer Speaker

Jane Grace is a consumer representative with a number of organisations, including the National Mental Health Consumer Carer Forum and the Community Advisory Group for the Primary Health Network in the ACT, and is a volunteer educator with Mental Illness Education ACT. Jane also co-presents a radio show called *Opening Minds*, which is aimed at reducing stigma and discrimination. Jane has a Bachelor of Social Work (First Class Honours) and a Certificate IV in both Mental Health and Alcohol and Other Drugs.

Eileen McDonald: Carer Speaker

Eileen McDonald and her family have lived experience with mental health issues and disabilities. Eileen is a Dance Movement Therapist, Counsellor, Mental Health and Disability Consultant & Mental Health Peer Worker, Researcher and Educator. She is a former lecturer in a Graduate School of Counselling. Eileen works part time as Carer Consultant for Western Sydney PHN and lectures at NSWIOP and Western Sydney Recovery College. She is an external consultant for the PACFA Research Committee and Research Chair for the Dance Therapy Association of Australasia. Eileen is the NSW Carer Representative to the National Mental Health Consumer and Carer Forum.



RESEARCH FORUM

Dr Eng Kong Tan, Maureen Ireland & Professor Ione Lewis

Literature Review: The Effectiveness of Spiritual and Religious Interventions in Therapy

This research forum is hosted by the PACFA Research Committee. A panel of three presenters will discuss the findings of PACFA's literature review on the effectiveness of spiritual and religious interventions in therapy which was written by Ms Julianne Ross, Professor Gerard Kennedy and Dr Francis McNab. The panel speakers are Dr Eng-Kong Tan, Ms Maureen Ireland and Professor Ione Lewis. The speakers have a common understanding that the therapy world is at a time where practitioners are moving towards explicitly declaring and integrating spirituality and therapy.

Dr Eng-Kong Tan will present on behalf of the Australian Association of Buddhist Counsellors and Psychotherapists (AABCAP). Eng-Kong's presentation will emphasise that Buddhism is much more a Psychology of the Humanistic Tradition and a spirituality than a religion. As the review uses the definition of Spirituality, Buddhism is mainly about transcendence and its spirituality in the areas of humanism, nature/ecology and cosmos - beyond the I, me and mine to the transcendent - and its teachings and meditative practices in these three areas of spirituality are of direct clinical relevance and therapeutic value.

Maureen Ireland will present on behalf of the Christian Counsellor's Association Of Australia (CCAA) as a Christian counsellor who is finally able to have this discussion, owning her faith and finding ways to connect it with her therapeutic practice in an ethical way that honours the client's journey. Integrating Spirituality into her work as a counsellor in a wholesome way has involved a movement away from religion and its content to focus on process and paying attention to the unnamed, vague, implicit bodily felt experiences of a given event that transcends all of who we are into something more. For Maureen, this has been bought about in her connection to Focusing through the work of Eugene Gendlin (1996), and Carl Rogers' Person-Centred approach, and being more conscious of the value of paying attention to the here and now, through the art of 'being present'.

Professor Ione Lewis will present on the work of the Research Committee in developing the evidence base for the effectiveness of the range of therapeutic modalities represented by PACFA. A strong evidence base is essential for government recognition of counselling and psychotherapy as a profession, and provides protection for clients from poor practice.

Dr Eng-Kong Tan is a psychiatrist and analytic psychotherapist who runs a group psychological practice, the Metta Clinic, in Sydney's North Shore. He was formerly Chairman of Training of the Psychoanalytic Psychotherapy Association of Australia and a member of the Training Faculty/Board of NSWIPP and ANZAP. He is the Founder President of AABCAP, a Member Association of PACFA, and was the first Director of Training of its three-year Training Course which is PACFA accredited. He is also Adjunct Professor at the Nan Tien Institute, Wollongong, which is working towards becoming Australia's first Buddhist University.

Maureen Ireland trained as a relationship counsellor after finishing Relationship Training with Anglican Marriage Guidance in 1988 (Lifeworks). She and her husband Garry were on a team with Anglican Marriage Encounter, leading weekends nationally and internationally, serving in the role of National Lay Couple in Australia and Tokyo. Between 1991 and 1997, she was Associate Director for St. John's Counselling Service in Hong Kong. She completed the Masters in Counselling and Human Services (La Trobe), Diploma in Solution Focused Therapy (Association of Theology), Mediation Training (Bond), and is accredited as a Focuser Trainer (Focusing Institute NY).

Professor Ione Lewis is Dean of Community Training Australia Higher Education. Ione has been involved in undergraduate and postgraduate counselling, psychotherapy and supervision education, and supervision of higher degree research students for 20 years, as well as practicing as a psychotherapist and supervisor for over 26 years. Ione is an active researcher on PACFA's contribution to the profession. She is a member of PACFA and the AASW.

References:

Gendlin, E. (1996) *Focusing-oriented psychotherapy: A manual of the experiential method*. New York, NY: Guilford Press.

CONFERENCE SCHEDULE

PROGRAM | PRE-CONFERENCE WORKSHOPS | FRIDAY 9 SEPTEMBER 2016
6 HOURS CATEGORY A CPD

Parkside Room 5		Parkside Room 4		Parkside Room 3	
9:00 – 9:30					
REGISTRATION (Foyer)					
Session 1 9:30 – 11:00	PROFESSOR MICK COOPER Working at Relational Depth	DR JENNIFER FITZGERALD Attachment Theory in Practice: An Introduction to EFT for Couples	PETER JANETZKI Engaging the Average Aussie Bloke		
11:00 – 11:15					
MORNING TEA (Foyer)					
Session 2 11:15 – 12:45	PROFESSOR MICK COOPER Working at Relational Depth	DR JENNIFER FITZGERALD Attachment Theory in Practice: An Introduction to EFT for Couples	PETER JANETZKI Engaging the Average Aussie Bloke		
12:45 – 13:45					
LUNCH (Foyer)					
Session 3 13:45 – 15:15	PROFESSOR MICK COOPER Working at Relational Depth	DR JENNIFER FITZGERALD Attachment Theory in Practice: An Introduction to EFT for Couples	PETER JANETZKI Engaging the Average Aussie Bloke		
15:15 – 15:30					
AFTERNOON TEA (Foyer)					
Session 4 15:30 – 17:00	PROFESSOR MICK COOPER Working at Relational Depth	DR JENNIFER FITZGERALD Attachment Theory in Practice: An Introduction to EFT for Couples	PETER JANETZKI Engaging the Average Aussie Bloke		
17:00					
CLOSE					

CONFERENCE SCHEDULE

PROGRAM | DAY 1 | SATURDAY 10 SEPTEMBER 2016

7 HOURS CATEGORY A CPD

	Parkside Room 5 Stream 1:	Parkside Room 4 Stream 2:	Parkside Room 3 Stream 1 & 2:	Parkside Room 2 Stream 3:
8:00 – 9:00	REGISTRATION (Foyer)			
9:00 – 9:15	Conference Opening & Welcome – PACFA / CCAA / SCAPE & APECA			
9:15 – 10:30	KEYNOTE SPEAKER Professor Mick Cooper Pluralistic Counselling and Psychotherapy: Contemporary Developments		KEYNOTE SESSION SPONSORED BY 	
10:30 – 10:45	MORNING TEA & EXHIBITORS (Foyer)			
10:45 – 11:30	INVITED SPEAKERS Professor Denis O'Hara & Fiona O'Hara What Makes Counselling Counselling?: Implications for Professional Identity and Training	INVITED SPEAKER Dr Irene Alexander The Spiritual Core of Transformation	INVITED SPEAKER Dr Stephen Larmar Traversing the Challenges of International Counselling Education: Lessons from the Field	
11:35 – 12:05	SELECTED SPEAKER Heather Bunting Ambiguous Loss and The Heart and Soul of Therapy	SELECTED SPEAKER Ruth Thorne Transformative Stories of Self in Relationship with God and Others	SELECTED SPEAKER WORKSHOP Dr Ruth McConnell The Neuroscience of Relational Healing: The Role of Corrective Emotional Experiences in the Counsellor-Client Attachment for Healing Traumatic Injuries	SELECTED SPEAKER WORKSHOP Dr Pól McCann Clinical Supervision in an Educational Setting: An Unavoidable Tension Between Holding and Assessing
12:10 – 12:40	SELECTED SPEAKER Michele Hayes Endings: What Schrodinger's Cat Might Have to Say	SELECTED SPEAKER Ming Sing Chai Incorporating Christian Spirituality into the Practice of Counselling		
12:40 – 13:30	LUNCH & EXHIBITORS (Foyer)			
13:30 – 14:00	SELECTED SPEAKERS Dr Cosimo Chiera & Dr Thomas Edwards Hope: A Key Attribute of Successful Therapeutic Relationships	SELECTED SPEAKER Dr Paul Whetham Transformation Through Faith: "The Forgotten Factor"	SELECTED SPEAKER WORKSHOP Bill Van Schie Developing Spiritual Awareness and Enhancing Integration Skills in Supervision	SELECTED SPEAKERS Mary A. R. Bartolo & Flordeliza Posadas A Psycho-Educational Intervention for Youth at Risk
14:05 – 14:35	SELECTED SPEAKER Dr Cathy Bettman Paddling in the Same Direction	SELECTED SPEAKER Dr Genevieve Milnes Are Other People Hell? Reconciling Relationships with Kenotic Counselling		SELECTED SPEAKER Professor Ione Lewis Transforming Students' Practice Through Supervisory Relationships
14:35 – 14:50	AFTERNOON TEA & EXHIBITORS (Foyer)			
14:50 – 15:35	LIVED EXPERIENCE FORUM Consumer Presenter: Jane Grace (ACT) Carer Presenter: Eileen McDonald (NSW)			
15:40 – 16:55	KEYNOTE SPEAKER Dr Jennifer Fitzgerald I too am Human			
16:55 – 17:00	CONFERENCE CLOSE: DAY ONE			
CONFERENCE GALA DINNER 7:00pm <i>Please note, this is a ticketed event in addition to Conference registration. Dress code is smart casual.</i>				

CONFERENCE SCHEDULE

PROGRAM | DAY 2 | SUNDAY 11 SEPTEMBER 2016
6 HOURS CATEGORY A CPD

	Parkside Room 5 Stream 1:	Parkside Room 4 Stream 2:	Parkside Room 3 Stream 1 & 2:	Parkside Room 2 Stream 3:
8:00 – 9:00	REGISTRATION (Foyer)			
9:00 – 9:10	Conference Welcome: Day 2			
9:10 – 10:25	KEYNOTE SPEAKER Peter Janetzki A Neuropsychotherapy Approach with Couples			
10:25 – 10:40	MORNING TEA & EXHIBITORS (Foyer)			
10:40 – 11:25	INVITED SPEAKER Dr Melissa Harte Developing an Attuned Therapeutic Relationship to Enhance Healing and Transformation for Those with Complex Trauma from an Emotion Focused Therapy Perspective	RESEARCH FORUM Dr Eng Kong Tan, Maureen Ireland & Professor Ione Lewis <i>Literature Review: The Effectiveness of Spiritual and Religious Interventions in Therapy</i>	INVITED SPEAKER Bill Vassiliou Transformation Through Relationships of Trust	
11:30 – 12:00	SELECTED SPEAKER WORKSHOP Nathan Beel Counselling Men: An Introduction to Man-Friendly Counselling	SELECTED SPEAKER Rosa Bologna Beyond the Client-Counsellor Relationship: Exploring Relational Practices with Key Stakeholders in Mental Health Counselling	SELECTED SPEAKER WORKSHOP Dinah Buchanan "Opening to Grace" Finding Myself Through Embodied Relationships	SELECTED SPEAKER Dr Judith Ayre The Necessary Conditions for Transformation Through Relationships
12:05 – 12:35		SELECTED SPEAKER Dr Kaye Gersch The Dark Night of the Soul: How Might This Approach to Suffering Be Relevant to Contemporary Therapeutic Practice?		SELECTED SPEAKER Malar Palaiyan Structured Group Clinical Supervision for School Counsellors in Singapore
12:35 – 13:25	LUNCH & EXHIBITORS (Foyer)			
13:25 – 13:55	SELECTED SPEAKER Dr Rebecca Gray From Person to Patient, and Partner to Carer, the Transition and Transformation of Couples Affected by Chronic Illness, and How Counsellors Can Help	SELECTED SPEAKERS Iona L. Abrahamson & Helene T. Demosthenous On Transformation Through Relationship in Infidelity Counselling and Psychotherapy Research	SELECTED SPEAKER WORKSHOP Sue Mullane Embodying Change: The "Accompanied Solo" as a Means for Transformation in Dance Movement Therapy	SELECTED SPEAKER Dr Marie-Therese Proctor Conceptualising, Designing and Implementing 'Transformative' Counselling Curriculum
14:00 – 14:30	SELECTED SPEAKER Susana Estanislao Exploring Resilience in Filipino Counselling Professionals	SELECTED SPEAKER Judy Wilkie Using Identification Intentionally		SELECTED SPEAKER Nicola Lock Transformative Learning Through Supervision in a Multi-Disciplinary Context
14:30 – 14:45	AFTERNOON TEA & EXHIBITORS (Foyer)			
14:45 – 16:00	KEYNOTE SPEAKER Professor Dato' Dr. See (Susie) Ching Mey Mind-Body Connection: The Role of Helping Professionals			
16:00 – 16:10	CONFERENCE CLOSE: DAY TWO			

INVITED SPEAKERS

Dr Irene Alexander

The Spiritual Core of Transformation

It is the thesis of this presentation that spirituality is essential to deep transformation. In this context, spirituality encompasses connectedness, meaning-making and desire. Spirituality is often, but not always, expressed through religious practices and beliefs. Over the last two decades, counselling and psychotherapy have increasingly recognised the importance of including spirituality in the healing journey. The challenge for many counsellors is to hold their own spirituality with integrity, while respecting the deeper flows and beliefs of those they journey with. As counsellors understand their own underlying presuppositions, they can more easily give freedom to the other to discover the significance of their own assumptions and meanings. As counsellors respond in their own lives to the nudges of the divine – whether understood as a personal God, or cosmic consciousness – they can accompany the other in attentiveness to life-giving possibilities and responses.



Dr Irene Alexander has a background in psychology, counselling, lecturing and spiritual direction. She has written and edited several books including: *Dancing with God: Transformation through Relationship*, *A Glimpse of the Kingdom in Academia*, *Interweavings: Conversations between Narrative Therapy and Christian Faith* (with Richard Cook) and *Of Martyrs, Monks, and Mystics* (with Charles Ringma). Irene teaches regularly in Asia, and is particularly interested in the weaving together of spirituality and all of life. Irene has two adult sons and two grandchildren.

Dr Melissa Harte

Developing an Attuned Therapeutic Relationship to Enhance Healing and Transformation for Those with Complex Trauma from an Emotion Focused Therapy Perspective

Humanistic modalities acknowledge authentic, person-centred therapeutic relationships are a mechanism for change. Whilst research shows that the therapeutic alliance is a main predictor of outcome, there are some therapists that obtain better outcomes than others. What has been shown is that better therapists form better alliances. So what are the ingredients to form these exceptional alliances? Research again shows that early healthy attachments are vital for normal development. When there has been trauma in infancy and childhood, trusting relationships with caregivers are often not possible. Clients with such backgrounds seek trusting relationships as a means to heal their interpersonal wounds. This presentation will touch on the research findings related to trauma, attachment and attuned therapeutic relationships. Emotion-Focused Therapy (EFT) as a modality has been shown to be very effective in assisting clients in resolving complex trauma. Elements of this model will be discussed and a case study presented.



Dr Melissa Harte is a Counselling Psychologist. Her diverse range of services includes face-to-face counselling, training, supervision and professional development within an Emotion Focused Therapy (EFT) framework. Melissa established the Harte Felt Centre to ensure a secure working environment for client-centred healing practices in Australia and provide a supportive community for both practitioners and clients. Melissa's uniquely structured workshops are personally transformational for therapists and are designed to assist those therapists to deliver more comprehensive services for their clients.

INVITED SPEAKERS

Dr Stephen Larmar

Traversing the Challenges of International Counselling Education: Lessons from the Field



Working as a therapist or educator with individuals from diverse ethnic backgrounds presents a range of challenges to practice. This presentation explores key considerations for working cross-culturally with a focus on counselling education.

A number of core principles will be highlighted using stories from the field to illustrate practices that encourage a transformative approach to therapeutic growth. The presentation will also emphasise the importance of moving beyond therapeutic and educative models of practice that are underpinned by notions of cultural competence.

Dr Stephen Larmar's research focuses on children and families with a strong emphasis on child protection and engagement with vulnerable populations. Over the last six years his research has been directed more broadly towards international development with projects in India centring on the psychosocial adjustment of individuals living with HIV/AIDs and Nepal where he has been working in a consulting capacity with Terre des hommes, an international non-government organisation (INGO) focussing on exploitative and hazardous labour in child populations. Stephen is currently employed as a Senior Lecturer working in the School of Human Services and Social Work, Griffith University. He is a qualified counsellor & psychotherapist. In 2011, Stephen was awarded a national university teaching award in recognition for his teaching excellence in a range of disciplines including counselling, psychology and human services practices.

Professor Denis O'Hara & Fiona O'Hara

What Makes Counselling Counselling?: Implications for Professional Identity and Training



Counselling has long struggled to establish its bonafides and professional identity when situated alongside other allied health professions. One of the difficulties is the term 'counselling' itself, as many professions practise counselling. This fact raises the question, "Is counselling simply an action or is it also an identifiable profession with its own specialist knowledge and practice?" If counselling warrants the designation of 'profession', then what makes counselling counselling? In this presentation, we argue that while counselling shares some theoretical foundations and practices in common with other professions, it also has a knowledge base and practices which are more fundamentally identifiable with counselling than with other professions. The first part of this presentation will focus on identifying the elements of counselling as a profession, and the second part will examine some of the implications of fostering these elements in counsellor training.

Professor Denis O'Hara is Head of School of Counselling at the Australian College of Applied Psychology. Professor O'Hara has published several books on counselling and psychotherapy and has a number of research interests including hope studies, the differentiation of self, psychotherapy integration, the nature of the self, and the professionalisation of counselling.

Fiona O'Hara is a PhD candidate at the University of the Sunshine Coast and has taught in a number of counselling programs both in Australia and in the United Kingdom. Her PhD research is focused on the personal qualities and capabilities of counsellors.

INVITED SPEAKERS

Bill Vassiliou

Transformation Through Relationships of Trust

“How do I know I can trust you?” asked a client at the outset of, what more than likely, would be a long journey through pain and the challenge to change. The Hollywood answer is “you don’t,” but is there an alternative or better answer to that question? We know that without trust the likelihood of transformation through counselling is zero. The power of trust cannot be stressed enough and the building of relationships of trust is one of the hardest tasks of a counsellor, therapist, mentor, or coach. Trust is the foundation block on which transformation is built. Over the conference, we will work through the theology of counselling as foundational to understanding transformation through relationship of ourselves and, how that is utilised to create relationships of trust to help those we counsel to “change.” We will also explore how the most powerful change model is based on the genuine hope of peace.

Bill Vassiliou has a BS and MA in Psych/Counselling. He has spent 2 years as Founder and Director of Florida Bible College Counselling Centre, and 10 years’ experience as Lead Lecturer at Totora Springs School of Counselling (New Zealand). In addition, he has spent 25 years mentoring, coaching, and providing supervision for counsellors in church, community and leadership roles as well as providing training and development for church and business leaders. Bill is a Registered Administrator of Taylor Johnson Temperament Analysis, MBTI, and Major PTI.



SELECTED SPEAKERS

Iona L. Abrahamson & Hellene T. Demosthenous

On Transformation Through Relationship in Infidelity Counselling and Psychotherapy Research

This paper describes transformation through relationship between a doctoral student (Iona) and one of her supervisors (Hellene) in a research study that examines stories of infidelity counselling and psychotherapy in Australia. As the paper unfolds, we take turns in talking about our experiences as student and supervisor. We begin with an overview of the methodology that informs the study: narrative inquiry. Next, we take a close look at one therapist interview. The interview data shows a non-linear path with lots of twists and turns. Our analytic understandings of the data are influenced by our shared life experiences and clinical expertise. In essence, our relationship is one of considerable connection, which continues to be transformed through reciprocal teaching and learning on our research journey together.

Iona L. Abrahamson is a Doctoral Research Student based in Queensland, Australia. Iona is a clinical practitioner and trainer with expertise in infidelity counselling, holding a BA in Psychology and a Masters of Counselling with Honours. She is completing her Doctor of Philosophy on infidelity counselling.

Dr Hellene T. Demosthenous is a Doctoral Research Supervisor also based in Queensland, Australia. Hellene is a clinical practitioner, trainer and researcher, holding a Bachelor of Behavioural Science, a BA with Honours and a Doctor of Philosophy. She is the founder of Hypnosis Queensland, Australia.

Dr Judith Ayre

The Necessary Conditions for Transformation Through Relationships

The importance of the therapeutic relationship to client change in counselling and psychotherapy has been well documented (Hubble, Duncan & Miller, 1999). Carl Rogers (1951), in attempting to operationalise the therapeutic relationship, used the words "warmth" and "interest" to describe the relationship. Rogers (1957) outlined four relational conditions for change: empathy, unconditional positive regard, congruence and contact. This presentation argues that personal transformation is desirable for counselling students and that there is a link between transformation and relationship principles and attitudes communicated by the teacher.

Dr Judith Ayre holds a doctorate in Clinical Science (Counselling & Psychotherapy). Judith is currently a senior lecturer and academic head of the Melbourne campus of the Australian College of Applied Psychology.

Mary A. R. Bartolo & Flordeliza Posadas

A Psycho-educational Intervention for Youth at Risk

The study explored life experiences of youth that led them to be in conflict with the law and determined their psychosocial needs as basis for a Psycho-educational Intervention Program. The study answered three questions: 1. What are the life experiences of the youth at risk as far back as they can remember, and how are their lives now? 2. Will the use of an Adlerian Psycho-educational Program in a group setting help in improving their self-image and find ways to better express aggression? 3. Will the use of creative arts be an effective means of assessing changes in behaviour?

Mary A. R. Bartolo holds professional licenses in Guidance and Counselling and in Teaching. Her qualifications include a Bachelor of Science in Guidance and Counselling and a PhD in Guidance and Counselling from San Pedro College (SPC), Davao City, Philippines, where she currently teaches.

Flordeliza C. Posadas is currently the Coordinator of the Graduate Programs in Guidance and Counselling and Psychology at the San Pedro College, Davao City, Philippines. She holds an M.A. degree in Guidance and Counselling and a PhD in Counselling Psychology.

SELECTED SPEAKERS

Nathan Beel

Counselling Men: An Introduction to Man-Friendly Counselling

Engaging men in counselling can be challenging. Men typically make up a third of the clients in counselling, and are often mandated to attend from concerned others. Once men do arrive for treatment, standard counselling processes can be incompatible with how males are socialised, and thus be experienced by them as threatening and humiliating. This workshop will explore the features of traditional masculinity, the strengths and vulnerabilities that accompany traditional masculine values, and the impact these have on men and treatment. It will present a range of principles and strategies recommended across the research about how to adapt treatment to be more man-friendly.

Nathan Beel (BA (CC), Grad Dip CC, MCouns) is a Lecturer and the Counselling Discipline Coordinator with the University of Southern Queensland. He is a Clinical Registrant and Clinical Supervisor with PACFA and the Queensland Counsellors Association. Nathan is currently enrolled in a PhD program where he is researching male-friendly counselling.

Dr Cathy Bettman

Paddling in the Same Direction

In this presentation, Dr Cathy Bettman will explain how she has connected the meaningful and inspirational 'voices' from her past to integrate two very different philosophies, systemic and postmodern, in her practice. Systemic and postmodern schools of thought have very different perspectives on the therapeutic relationship and the therapist's role in the change process. Yet, she has found that the transformational potential of relationship as the heart and soul of therapy is created within the therapeutic dialogue (Bertrando, 2007). In a context of understanding and influencing, "within a positive, reasonably passionate, and at the same time respectful relationship", it is hoped that clients will "feel" we are "here to paddle in the same direction" (Bertrando, 2007, pp 242-243). Dr Cathy Bettman will use a case study to illustrate her ideas.

Dr Cathy Bettman currently holds the position of Senior Lecturer in the School of Counselling, ACAP. Previously, Cathy worked as an individual, couple and family therapist at Relationships Australia (NSW), served as Academic Head of AIRS (the Australian Institute of Relationship Studies which is the teaching branch of RA) and finally as Manager of its Higher Education section. As a former clinical member of the Australian Association of Relationship Counsellors and of the Society of Counselling and Psychotherapy Educators, Cathy is now an individual member of PACFA and a member of the new PACFA Colleges for Relationship Counsellors and Counselling and Psychotherapy Educators.

Rosa Bologna

Beyond the Client-Counsellor Relationship: Exploring Relational Practices with Key Stakeholders in Mental Health Counselling

Based on her doctoral research, which explores mental health play therapy and counsellors' relational practices with parents, Rosa will explore how counsellors' relational practices are contextual, situated and embodied aspects of practice which include unconscious processes that involve more than what counsellors say and do. The presentation will outline key aspects of both relational theory and practice theory, illuminating various unconscious influences on counsellors' relational practices with the aim of increasing reflexivity and finding creative solutions to challenges counsellors face in working effectively and meaningfully with key stakeholders in the counselling field.

Rosa Bologna is a registered psychologist and the founder and Director of the Academy of Art & Play Therapy. She has been providing training and supervision in art and play therapy to counselling clinicians and counselling teams across Australia for over 15 years. Rosa has presented at numerous conferences across Australia and is currently completing a PhD at Charles Sturt University.

SELECTED SPEAKERS

Dinah Buchanan

"Opening to Grace" Finding Myself Through Embodied Relationships

This workshop will be a presentation and demonstration of the Transformational Gestalt approach (developed by Dinah & Barry Buchanan), which is a synthesis of Gestalt principles and techniques, contemplative practice and spiritual companionship. The work is based on the Gestalt premise that we have ongoing movement toward healing and wholeness, and on the Christian premise that God is already working in us and through us to heal and bring us to wholeness. There will be an opportunity for group exercises and demonstrations of the method with willing participants.

Dinah Buchanan is the Director of Terrigal Gestalt Institute on the Central Coast, NSW. Dinah is a Gestalt psychotherapist, Clinical Supervisor and Educator, with over 20 years experience in counselling and supervision, Gestalt Therapy, group training and child and family health. She currently has a private practice in Sydney and on the Central Coast, NSW. She is currently completing a Masters in Spiritual Direction at the University of Divinity in Melbourne.

Heather Bunting

Ambiguous Loss and The Heart and Soul of Therapy

When working with grieving clients, Dr Pauline Boss, Professor and Clinical Supervisor, coined the term 'ambiguous loss' to capture the experience of people who were struggling to grieve loved ones who were physically present but psychologically absent, or psychologically present but physically absent. An example of someone experiencing the ambiguous loss of physical presence but psychological absence is when a loved one is in the advanced stages of Alzheimer's. In this talk, I will discuss or reflect on ambiguous loss as a potentially important or useful way to understand and deepen the client-counsellor relationship.

Heather Bunting practices as a Counsellor and Psychotherapist for Joseph's Corner, where she works with family members of people with drug and alcohol addiction. During her extensive experience with this cohort, Heather became aware of the pain experienced by her clients due to the loss of connection with their son or daughter. This led to a discovery of the work of Pauline Boss, who coined the term "Ambiguous Loss". Awareness of this concept can contribute significantly to counsellors' and psychotherapists' ability to understand and assist their clients.

Ming Sing Chai

Incorporating Christian Spirituality into the Practice of Counselling

This paper discusses the integration of Christian spirituality into the practice of counselling based on the author's many years of counselling experience and her spiritual values and practices. The author's spiritual growth and her interior life journey have played an important role in the development of this model. The ideas were born out of her personal experience of how healing and transformation took place through her silent prayers and retreats. It is hoped that by sharing the conceptual ideas of the model, it can be further refined and improved through expert opinions or peer suggestions at the conference. This integrated model is based on Christian spirituality and the focus is on the individual client's interior life journey to reach the source of strength that gives life and meaning, which is vital for the well-being of a person.

Ming Sing Chai holds a Bachelor Degree in Education, MSc and PhD in Counselling and Guidance. She has been involved in lecturing, training and counselling related activities at Tunku Abdul Rahman University College, since 2001. Currently, she is a Principal Lecturer at the Department of Social Science, Faculty of Social Science, Arts and Humanities, TAR University College. She is a certified and licensed counsellor with the Malaysian Board of Counsellors. In 2011, she completed a three-year formation course to become a spiritual companion.

SELECTED SPEAKERS

Dr Cosimo Chiera & Dr Thomas Edwards

Hope: A Key Attribute of Successful Therapeutic Relationships

Hope represents an important aspect of therapy, be it as a therapeutic target or as a quality shared between counsellor and client over the course of the therapeutic journey. Therefore, hope may reasonably be important for good client outcomes. However, in so much that the therapeutic relationship is a dynamic one, so moves hope and hopelessness between client and counsellor. To this end, we highlight the need for the counsellor to deliberately recognise and manage their own level of hope. In doing so, the counsellor remains hopeful throughout the therapeutic journey and provides a valuable gift to their client.

Dr Cosimo Chiera has a PhD in Mathematics, with particular focus on Analytical and Computational Modelling of non-Newtonian Fluids from RMIT University. Dr Chiera now divides his time between Lecturing in IT at Chisholm and has recently co-founded Natural Intelligence Pty. Ltd. with Dr Tom Edwards.

Dr Thomas Edwards has a PhD in Behavioural Neuroscience from Monash University. Dr Edwards now divides his time between part-time counselling, being the Director of Research at Eastern College Australia and has recently co-founded Natural Intelligence Pty. Ltd. with Dr Cosimo Chiera.

Susana Estanislao

Exploring Resilience in Filipino Counselling Professionals: Levels and Resources in Managing Life Transitions

Navigating to health-enhancing resources when faced with life difficulties is crucial to nurture individual, relational, and community assets. As mental health care providers, counselling professionals are expected to thrive under adverse circumstances because of their training and practices. This study aimed to explore these resources described as resilience components in terms of individual capacities, personal relationships with key individuals, and contextual factors that facilitate a sense of belonging.

Susana Estanislao has a PhD in Counselling Psychology, and a degree in Clinical Counselling. She is both a Registered Guidance Counsellor and a Registered Psychologist, and currently employed as a University Counsellor and a former director of the Office of Counselling and Career Services at the De La Salle University Manila, Philippines.

Dr Kaye Gersch

The Dark Night of the Soul: How Might This Approach to Suffering Be Relevant to Contemporary Therapeutic Practice?

There are certain passages in a lifetime, sometimes brief, sometimes extended, when all the usual frameworks of understanding the human condition, both our own as therapist and that of "the other" - the client - prove to be inadequate. As the therapist, how can we discern whether this particular Dark Night is a psychotic episode, or a wrestling with despair in the darkest corners of inner and outer life which will, in time, evolve to create depth of character and resilience? What about duty of care, ethical guidelines? Our own limitations in bearing the suffering of others? And our own limitations, for that matter? In this talk I will draw upon diverse spiritual traditions, which give us clues how we might navigate this trackless territory.

Kaye Gersch (PhD) is a Psychoanalytic Psychotherapist who has worked in private practice for 25 years. Kaye's work is with individuals and couples, and she is informed by various models. She is also a Clinical Supervisor and facilitates workshops regularly, and a theme that often arises is the Dark Night of the Soul. Her PhD is from the University of Queensland, in Philosophy.

SELECTED SPEAKERS

Dr Rebecca Gray

From Person to Patient, and Partner to Carer, the Transition and Transformation of Couples Affected by Chronic Illness, and How Counsellors Can Help

There is a clear opportunity for counsellors to help couples make an optimal adjustment to living with a chronic illness. Indeed, failure to account for health issues has the potential to limit the effectiveness of relationship counselling more broadly. There are few freely available resources, however, to inform counsellors in this area. Our research based initiative aims to address this gap. Drawing from an ongoing mixed methods study in New South Wales and South Australia, this presentation will focus on clinical resources to support counsellors. Informed by the work of the Gottman Institute, and Weingarten's Reasonable Hope, we will share our current findings and web-based resources for delegates to use with their clients.

Dr Rebecca Gray is the Senior Manager of Research at Relationships Australia, New South Wales. An experienced practitioner, Rebecca's research tends to use qualitative methods to focus on intimate relationships, domestic and family violence, the clinical encounter, and workforce development. She is particularly interested in sensitive research which focuses on marginalised communities.

Michele Hayes

Endings: What Schrodinger's Cat Might Have to Say

Using Schrodinger's Cat Paradox as a means of exploring different perspectives on endings, this paper invites us to step inside the box and consider the cat itself as a metaphor for 'the therapeutic relationship'. If we stay remote and 'outside the box', regardless how physically present we think we are or may appear to the client, the ending may remain an intellectual exercise; like scientists rather than therapists. However, from within the box this process may be experienced on a more visceral level. If we stay as present as possible with 'the relationship' as well as the individuals involved, then it could bring about a deep transformation and potential for growth. The author will share a personal experience demonstrating how staying present in a relationship that was ending proved powerfully transformative.

Michele Hayes, an integrative psychotherapist, recently arrived into Australia from the UK. Her background is in acute psychiatric care supporting individuals, couples and groups with a range of diagnoses as part of a multi disciplinary hospital team as well as in private practice. Having worked extensively with a diverse range of clinicians and clientele, Michele believes the efficacy of different theoretical models is governed by the art with which they are practised. Relationship is at the heart of Michele's private practice, Zoetix.

Professor Ione Lewis

Transforming Students' Practice Through Supervisory Relationships

PACFA accredited programs are required to meet the PACFA Training Standards, including providing students with a minimum of ten hours of supervision. The evaluative role of supervisors in training contexts challenges the development of a strong supervisory alliance which is key to effective supervision. A critical challenge for the counselling and psychotherapy profession is the need for coherent approaches to supervision, to ensure students enrolled in PACFA accredited courses receive quality supervision and are supported in their early professional identity. This paper will present the findings of a literature review of contemporary research studies on supervision of students in counselling and/or psychotherapy training.

Professor Ione Lewis is Dean of Community Training Australia Higher Education. She is currently Chair of PACFA's research committee and Past President. Ione has been involved in undergraduate and postgraduate counselling, psychotherapy and supervision education, and supervision of higher degree research students for 20 years, as well as practicing as a psychotherapist and supervisor for over 26 years. She is a member of PACFA and AASW.

SELECTED SPEAKERS

Nicola Lock

Transformative Learning Through Supervision in a Multi-Disciplinary Context

As a natural extension of its counselling training program, St Marks RTO sought to develop accredited professional supervision training to support counselling practitioners as they progressed into supervisory responsibilities. This paper seeks to outline the theory underlying the practice of training for supervision in a multi-disciplinary context, illustrated with feedback comments from the multi-disciplinary staff team about the learning experience. Finally, the “transformation” of the students, and their experience of transformative learning, is explored using the students' reflections of their learning experiences.

Nicola Lock, a professional counsellor for over 25 years, works as a clinician and professional supervisor in Sydney. She is Course Coordinator for the Masters of Pastoral Counselling at Charles Sturt University, where she lectures in Pastoral Counselling theory and Crisis Intervention counselling. Nicky particularly enjoys working in cross disciplinary fields with clinicians, pastoral carers, counsellors and supervisors, where the cross disciplinary learning is transformational.

Dr Pól McCann

Clinical Supervision in an Educational Setting: An Unavoidable Tension Between Holding and Assessing

If 'Supervision is a working alliance between two professionals' (Bond & Holland, 1998, p.5), how do these dynamics change when one of the professionals is charged with assessing the other? Supervision in a training institution requires that the supervisor wears three hats: the supporting, guiding mentor who helps the supervisee find clarity in this new work; the educator who is also teaching – while modelling – the theory of supervision; and the assessor who will mark written assignments at the end of the unit. This presentation draws on data from graduates of The Australian College of Applied Psychology's first training courses (Bachelor of Counselling, Graduate Diploma of Counselling) who have completed two terms of clinical supervision, and from clinical supervisors employed by ACAP.

Dr Pól McCann is the Placement Lecturer at The Australian College of Applied Psychology. His research areas include the relationships between passion, drug use, sexual activity and risk; masculinity; and the pedagogy of clinical supervision in an educational institution. His current research proposal looks at the multiple hats worn by supervisors: as educators, supervisors and assessors.

Dr Ruth McConnell

The Neuroscience of Relational Healing: The Role of Corrective Emotional Experiences in the Counsellor-Client Attachment for Healing Traumatic Injuries

Independently, many researchers have considered attachment to be a critical ingredient in the therapeutic process. Additionally, with the recent advances in the field of neuroscience, much of what counsellors knew intuitively about the healing power of emotional connection with our clients has now been validated and further elucidated by the neuroscientific research. This presentation will explore insights from attachment theory, neuroscience and the role of emotions in therapy, using illustrations for my own work as a counsellor.

Dr Ruth McConnell is a Counsellor with more than 20 years' experience. She is a Senior Lecturer in Counselling at Laidlaw College and has a Private Practice. Ruth completed her MA (Honours) in Social Anthropology and Psychology (Aberdeen University), followed by a PhD (Counselling Psychology), Robert Gordon University (Aberdeen, Scotland). She is a Professional Associate of the Neufeld Institute; she trained with Gordon Neufeld in his Attachment-based Developmental paradigm.

SELECTED SPEAKERS

Dr Genevieve Milnes

Are Other People Hell? Reconciling Relationships with Kenotic Counselling

Relationships can be hell with no exits (Sartre, 1944). The pathway to reconciliation of relationships can be assisted by an encounter with the 'Eternal Thou' (Buber, 1923). In this presentation, I will begin with a description of Buber's "I-Thou" thesis that establishes God as the antidote for alienation and outline the broad parameters of God's relationship with humans that can be seen in Christ's kenosis (emptying himself - Philippians 2). The "Kenotic Model of Counselling" combines the psychotherapist's encounter with the "Eternal Thou" (God), who provides a counselling model in Christ's kenosis, and Richard Beck's "disgust thesis" (2010). This relational model provides counsellors with a structured approach to assisting alienated clients restore their relationships. The Kenotic Model of Counselling is explained, programmed in practical counselling and illustrated in case studies so that it can be immediately applied to the practice of Counselling and Psychotherapy.

Dr Genevieve Milnes is the National President of the Christian Counsellors Association of Australia. She holds post-graduate qualifications in counselling and psychotherapy, education and clinical psychology and is the Director of Psychology Australia. Genevieve is also an ordained minister with post-graduate qualifications in theology.

Sue Mullane

Embodying Change: The "Accompanied Solo" as a Means for Transformation in Dance Movement Therapy

Dance movement therapy (DMT) is an embodied form of creative arts therapy practice. DMT views the mind and body as inseparable; what is experienced in the mind is also experienced in the body, and vice versa. This workshop invites participants to explore the device coined by this author as the 'accompanied solo'. Participants will work in pairs to explore the accompanied solo from the role of 'therapist' as well as 'client'. Discussion around these elements will include data taken from the author's current inquiry into the accompanied solo device as part of her doctoral research at Deakin University, Melbourne.

Sue Mullane (BEEd, Grad Dip Movement Dance, MEd (Dance)) is an experienced special educator and dance movement therapist who has worked with adults and children in a wide variety of educational, community and health settings. Sue works as a movement specialist in a large special developmental school in Melbourne and is a PhD candidate (Deakin University) conducting arts-based inquiry into her current dance practice.

Malar Palaiyan

Structured Group Clinical Supervision for School Counsellors in Singapore

Clinical Supervision is a mandate for all practicing school counsellors in the mainstream schools in Singapore. This presentation discusses the historical development of clinical supervision in Singapore schools, the current structured group clinical supervision model, and implementation issues.

Malar Palaiyan is a Senior Specialist in the Guidance Branch (Ministry of Education) in Singapore and holds a Masters of Arts (Applied Psychology, Counselling). She is also a registered counselling psychologist. She has been in the education service for the past 24 years, having taught in both the primary and secondary schools. Since 2003, she has counselled students in mainstream schools. She has widespread experience in providing clinical supervision for school counsellors. Currently, she is also involved in policy and research work in the area of guidance and counselling.

SELECTED SPEAKERS

Dr Marie-Therese Proctor

Conceptualising, Designing and Implementing 'Transformative' Counselling Curriculum: Privileging Relationship, Relatedness and Connection in Counsellor Training and Education

This paper explores the challenges and delights involved in conceptualising, designing and implementing counselling curriculum within the context of a PACFA accredited Master of Counselling program, which has at its heart 'relationship, relatedness and connection', as is conceptualised within the Christian tradition. This paper presents the author's own insights, learning and relational challenges and experiences arising from a recent course review which had a joint focus on meeting outside stakeholder requirements while interpreting the author's own institutional mission and values which are founded on a faith tradition which calls all its members to be transformed in and through relationship with God, self and others.

Dr Marie-Therese Proctor is Head of Excelsia College's Graduate School of Counselling and Director of the Excelsia College Counselling Centre. She is a psychologist and psychotherapist in private practice, an academic and educator, with an interest in the development of integrative counselling degrees which emphasise counsellor formation and reflective practice.

Bill Van Schie

Developing Spiritual Awareness and Enhancing Integration Skills in Supervision

One of the side effects of living in a multicultural society is that there is a growing awareness of a variety of world and life views, philosophies and spiritual interpretations of experience that shape the core of the people with which we deal. As a result, there is a growing awareness and need in psychotherapy to be sensitive to the spirituality of the person. In this workshop we will train the supervisor and interested supervisees in how spirituality and psychotherapy can be integrated, how to approach individual and cultural differences with sensitivity; how supervisors can introduce intervention skills to supervisees; how to promote case conceptualisation that includes spiritual themes; how to select treatment goals and plans that are compatible with the client's religious beliefs, values and practices; how to help supervisees understand their own theoretical orientation and assumptions that may colour the therapeutic relationship; and how to familiarise supervisees with ethical guidelines and codes that are relevant to religious clients and issues.

Bill Van Schie has a Bachelor of Divinity and a Masters in Counselling and has been in pastoral ministry in local congregations for more than 35 years. He is a clinical member of CCAA and is a registered Supervisor with PACFA. Bill has his own practice called Abundant Life Counselling and is the Director of Mt Evelyn Counselling.

Ruth Thorne

Transformative Stories of Self in Relationship with God and Others

Based on a narrative analysis which explored the concept of the relational self with 20 participants residing in Brisbane who professed Christian faith, this paper captures the transformative influence of relationship with God through the presentation of a sampling of the varied narratives of this human-Divine relationship. These narratives are compared with the transformative narratives of the relationship with a significant person in the life of the participant. A sample of these narratives will also be presented. Many of these stories paralleled or were interwoven with the influence of other people, time, and life experience.

Ruth Thorne began lecturing in counselling at Christian Heritage College, and after completing a PhD, now lectures in counselling at the Australian College of Applied Psychology in Melbourne, with a focus on narrative therapy. She also runs a private counselling practice in Bendigo, in rural Victoria, where she resides, with her husband David. Ruth has lived and worked in Asia, and maintains an interest the intersections of culture, spirituality, and counselling, and issues of acculturation.

SELECTED SPEAKERS

Dr Paul Whetham

Transformation Through Faith: "The Forgotten Factor"

This workshop focuses on spirituality and meaning, not religion, and draws on the work of St John of the Cross and Thomas Moore's *Dark Night of the Soul*. *"During the dark night there is no choice but to surrender control, give in to unknowing, and stop and listen to whatever signals of wisdom might come along... The dark night calls for a spiritual response, not just a therapeutic one. It pushes you to the edge of what is familiar and reliable, stretching your imagination about how life works and who or what controls it all. The dark night serves the spirit by forcing you to rely on something beyond human capacity. It can open you up to new and mysterious possibilities"*.

So if you're stuck, can't get no satisfaction, or your life map is not working according to plan, then this workshop is for you. It will encourage you to toss away the old map and start living without one! We'll explore maps, dark nights and spiritual awakenings from a Christian perspective.

Dr Paul Whetham is a clinical psychologist who has over 25 years' experience in mental and spiritual health. Previously Director of the Masters in Counselling program at the University of South Australia, he did his PhD research on the burnout and loneliness of church leaders. Paul is passionate about neuroscience and spirituality.

Judy Wilkie

Using Identification Intentionally

Identification is both an element in therapeutic relationships and a potential aid toward client transformation. Therapist awareness is required to ensure that it is noticed, potential pitfalls are avoided and potential benefits are enhanced. Identification with others is part of the process of forming identity, group belonging, and worldview. It occurs in attachment relationships, socialisations into group memberships, and relating to the stories that make up a worldview. By identifying with known others or characters in stories, one may learn from mistakes, emulate what is admired, come to greater self-understanding, and draw strength or find meaning. Participants will examine identification processes and consider how their personal identifications have formed and changed. Constructed cases will be examined to see how identification can be used to lead to more effective therapeutic relationships and potential transformations.

Judy Wilkie, D.Min, CCAA (supv), AAFT (clin), PACFA (clin) has served in counselling and tertiary training most of her adult life. She counsels at urbanlife Counselling, a service of urbanlife church in Ringwood, VIC, serves on the executive for CCAA Victoria, teaches Pastoral Care at Melbourne School of Theology and assists her husband Rob, who pastors Living Hope in Boronia, VIC.



“Work placement gave me the confidence that led to employment. There is nowhere better to develop your counselling skills than ACAP.”

Sarah, Graduate Diploma of Counselling



Advance your career path with ACAP

Bachelor to Masters level courses in counselling, psychology and social work

- Smaller classes
- Accredited courses
- Flexible study options - on-campus, online or a combination
- Practical teaching
- FEE-HELP available*

Apply now!

1800 061 199 | acap.edu.au



Australian College of
Applied Psychology

keep learning