

Psychotherapy and Counselling Federation of Australia
National Conference 2005



But does it work?
Exploring effectiveness in
counselling and psychotherapy

August 18 - 20
Hilton on the Park
East Melbourne



Keynote Speakers

Professor
John McLeod

*Professor of Counselling, Director of the
Centre for Re-search in Counselling,
University of Abertay Dundee, Scotland*

Professor McLeod is known to many Australian practitioners through his publications, including his widely used text *An Introduction to Counselling* (now in its third edition) as well as *Doing Counselling Research* (1994), *Narrative and Psychotherapy* (1997), *Qualitative Research in Counselling and Psychotherapy* (2001). In his two keynote addresses, Professor McLeod will present a critical analysis of developments regarding the evidence-based practice debate, and explore alternative approaches to evaluating the effectiveness of counselling and psychotherapy. He will also lead a pre-conference workshop.

Emeritus Professor
Russell Meares

*Emeritus Professor of Psychiatry, University
of Sydney*

Professor Meares held the Foundation Chair of Psychiatry at Westmead Hospital in Sydney 1981–2002, and was Foundation President of the Australian and New Zealand Association of Psychotherapy. He is author of over 200 publications including four books, the most recent being *Intimacy and Alienation* (2000); a third edition of his book *Metaphor of Play* will be published in 2005. For the last 20 years he has been leading a program at Westmead Hospital, Sydney, for the treatment of, and research into, the borderline condition. His keynote address will be entitled *The Use of Unconscious and Symbolic Processes in the Therapeutic Conversation*. He will also lead a pre-conference workshop.

Associate Professor
Margot Schofield

*Coordinator, Post-graduate Counselling
Programs, University of New England; Vice-
President of PACFA*

Assoc. Professor Schofield has published over 80 peer-reviewed research articles internationally over a wide-ranging research program in the counselling and health sectors. Over the past decade she has worked actively to raise the research skills of Australian counsellors and psychotherapists and contributed to a growing body of literature on what works in counselling and psychotherapy. She will present a critical reflection on the state of evidence-based research initiatives in the Australian context and outline promising future directions. From evidence gained in her research and policy development role with PACFA, she will also discuss the importance of research to advance the credibility of the profession, and outline our opportunity to develop a practice-sensitive evidence-based research agenda.

PACFA proudly acknowledges sponsorship from: **Psychotherapy in Australia**
AON, Williams Road Family Therapy Centre, ACER
Australian Institute of Family Counselling, Gestalt Australia, Alma Family Therapy Centre.

Conference Program

Friday, 19 August 2005

8:00 am—9:00 am	Registration
9:00 am--11:00 am	Plenary
11:00 am--11:30 am	Tea
11:30 am--1:00 pm	Breakout Sessions (4 streams)
1:00 pm—2:00 pm	Lunch
2:00 pm--3:30 pm	Breakout Sessions
3:30 pm--4:00 pm	Tea
4:00 pm--5:00 pm	Plenary
5:00 pm	Happy Hour

Saturday, 20 August 2005

8:00 am—9:00 am	Registration
9:00 am--11:00 am	Plenary
11:00 am--11:30 am	Tea
11:30 am--1:00 pm	Breakout Sessions
1:00 pm—2:00 pm	Lunch
2:00 pm--3:30 pm	Breakout Sessions (4 streams)
3:30 pm--4:00 pm	Tea
4:00 pm--5:00 pm	Closing Forum

PACFA Annual General Meeting

Sunday, 21 August 2005

9:30 am—4:30 pm

Each Membership Association sends two delegates to the PACFA Council and AGM. Additional observers may participate (but not vote), subject to availability of space. Please contact the PACFA Office if you wish to attend as an observer.

Workshop Program

Wednesday, 17 August 2005

John McLeod, Proudly sponsored by Psychotherapy in Australia

9:00 am	Registration
9:30 am—4:30 pm	Workshop 1 John McLeod Narrative sensitivity: making sense of stories in therapy practice and research.

Thursday, 18 August 2005

Russell Meares, Proudly sponsored by ACAP

9:00 am	Registration
9:30 am—4:30 pm	Workshop 2 Russell Meares The Conversational Model: The Main Themes of Self and Trauma

Book early: numbers for both workshops are limited.

Conference Theme

Questions of effectiveness are of considerable importance for counselling and psychotherapy at the present time, with governments and other funding bodies placing increased emphasis on evidence based practice.

Some models or approaches to counselling and psychotherapy appear to be more easily subjected to empirical investigation, and have built up a significant body of outcome research evidence which provides a basis for arguments for their effectiveness. But - where does this leave other approaches? It is all too often assumed, naively or otherwise, that a lack of empirical evidence for effective outcome is proof of ineffectiveness. This, in turn, has an inevitable impact on recognition and on funding. PACFA's National Conference 2005 will seek to open up the following issues for debate:

1. Methodology: what constitutes an appropriate research methodology for various modalities of therapy? Have the assumptions about methodology made by the 'medical model' been too readily applied to counselling and psychotherapy research? What is the status of evidence from qualitative studies, and how can this evidence be given greater recognition? Above all, what constitutes 'effectiveness'?
2. The interdependence of process and outcome in counselling and psychotherapy research. What significance should be given to studies that suggest that variables such as the quality of the therapeutic relationship are of greater importance in determining the outcome of therapy than the particular model of therapy that is used; and why do these studies not receive wider recognition?
3. What constitutes a responsible use of counselling and psychotherapy outcome research in policy and service delivery planning? What are some of the undesirable consequences of the current emphasis on 'evidence based practice', and how can these consequences be challenged?
4. What are the implications for clinical practice of outcome research? What ethical issues are raised?

Workshops

August 17 and 18

Professor Russell Meares

The Conversational Model: The Main Themes of Self and Trauma

This workshop will explore aspects of the Conversational Model of psychotherapy, developed by Russell Meares over the past 30 years and described in his books *Intimacy and Alienation* (2000) and *Metaphor of Play* (3rd edition 2005) – an approach that is “among the best validated of currently employed psychotherapies”

Professor John McLeod

Narrative Sensitivity: Making Sense of Stories in Therapy practice and research

In this workshop John McLeod will introduce participants to a range of ways of developing an appreciation of the structure and organisation of stories people tell in therapy, focusing on both clinical practice and research.

Conference Registration Fees

Two-day Registration, 19 and 20 August

	Early registration before May 13	Full price after May 13
PACFA Register Member	\$325	\$375
PACFA MA Member	\$355	\$405
Non-Member	\$385	\$435
Non-Salaried Student	\$220	\$270

One-day Registration, 19 or 20 August

	Early registration before May 13	Full price after May 13
PACFA Register Member	\$190	\$240
PACFA MA Member	\$210	\$260
Non-Member	\$220	\$270
Non-Salaried Student	\$145	\$195

MA = Member Association
All prices are GST inclusive.

Registration includes:

Welcome refreshments, morning/afternoon tea and buffet lunch. It also includes a Happy Hour with food and drinks on Friday, 19 August, at the Hilton after the last session.

Workshop Fees (each)

	Early registration before May 13	Full price after May 13
PACFA Register Member	\$130	\$150
PACFA MA Member	\$140	\$160
Non-Member	\$150	\$180
Full-time Student	\$90	\$100

MA = Member Association
All prices are GST inclusive.

Registration includes:

Welcome refreshments, morning/afternoon tea and sandwich lunch. It also includes a Happy Hour with food and drinks on

For more INFORMATION, please contact:

PACFA
PO Box 481
Carlton South VIC 3053
Ph: (03) 9639 8330 Fax: (03) 9639 8340
Email: conference@pacfa.org.au

Call for Papers

Presentations at the PACFA

National Conference 2005 will
be organised into two strands:

clinical / practical issues
research issues

Offers of presentations, for both strands, are invited in the following formats:

Papers: 50 minute duration, 30 – 40 minute presentation of paper followed by discussion.

Symposia: 2 hour duration, panels of up to 5 people, each making a 10 – 20 minute presentation around a common theme, followed by discussion.

Workshops: 2 hours or 3 hours duration - interactive and/or experiential workshop.

Closing date for abstracts:

31st March

Submissions must include the following information:

Date for notification of
acceptance of presentations:

29th April

1. Title of presentation
2. Name of presenter(s). Please give in the following order: title, first name, surname. If more than one presenter, list in the order that the names should appear in the Conference Programme
3. Contact details of presenter(s): mailing address, e-mail address, work and after hours phone numbers
4. Professional affiliation, position(s) held, organisation, etc.
5. Abstract (max 250 words)
6. Brief details of publications or previous conference presentations in related areas.

For a symposium, please specify the name of the person who will act as chair, and the contact person who is responsible for organisation of the symposium. Speakers or panel members should be listed, with details supplied for each member.

For workshops, please specify the time required (2 hours or 3 hours: a 3 hour workshop will involve a break for lunch or refreshments); also please specify the maximum number of participants that can be accommodated in the workshop. If there is no limit on the number of participants, please state this.

Notes:

1. Late offers of presentations will only be accepted if they are of exceptional quality or interest and if there is space available in the programme.
2. All offers of a presentation will be subject to a process of peer review.
3. When presenters are informed of the acceptance of their presentation, they will be asked to complete a form specifying any audio-visual requirements or other facilities that they need, and a date by which the form must be returned: late requests for equipment may not be able to be accommodated.
4. Presenters, other than keynote speakers, will need to register for the Conference at the fee applying for PACFA Register members.
5. Since informal interaction outside sessions is an important part of the process of a professional conference, presenters are expected to attend the Conference for at least the day on which their presentation is scheduled, and not to attend just to make their presentation.

Submissions – preferably by e-mail – should be sent to the following address: (receipt will be acknowledged)

The Convenor
PACFA 2005 National Conference
PO Box 481, Carlton South VIC 3053
e-mail conference@pacfa.org.au
fax 03 9639 8340

National Conference 2005



Registration Form

Full Name (incl. title):
PACFA Member Association:
PACFA Register Member Number (if applicable):
Address:
ph (work): ph (home): mobile ph:
email:
Vegetarian: Yes No

Please circle appropriate registration payment:

* Early bird discount for registrations made prior to May 13; GST included.

Conference	Two days		19 Aug		20 Aug	
PACFA Register Member	\$325*	\$375	\$190*	\$240	\$190*	\$240
PACFA Member Association	\$355*	\$405	\$210*	\$260	\$210*	\$260
Non-Member	\$385*	\$435	\$220*	\$270	\$220*	\$270
Full-time Student	\$220*	\$270	\$145*	\$195	\$145*	\$195
Workshop	J McLeod		R Meares		Total Fee payable (GST incl.) \$	
PACFA Register Member	\$130*	\$150	\$130*	\$150		
PACFA Member Association	\$140*	\$160	\$140*	\$160		
Non-Member	\$150*	\$180	\$150*	\$180		
Full-time Student	\$90*	\$100	\$90*	\$100		

PLEASE SEND THIS FORM
WITH PAYMENT TO:
PACFA
PO Box 481
Carlton South VIC 3053
Australia
Fax: (03) 9639 8340

FOR MORE INFORMATION:
phone: (03) 9639 8330
email: conference@pacfa.org.au
www.pacfa.org.au

Please pay via **cheque** (payable to PACFA) or **Credit Card** (Visa, MasterCard or Bankcard)

Name on card:

Card Number:

Expiry Date:

Signature:

Receipts for registrations received up to 15 days prior to the conference will be posted to delegates; other receipts will be available at the conference.

Accommodation

Accommodation at a special rate has been reserved at the conference venue:

Hilton Guest Room: \$175 per night

Single bed with breakfast: \$200

Double/twin bed with breakfast: \$225.

Please book directly with the Hilton quoting the following reference number: #PAC190805.

Please book before 18 May 2005 as availability is limited.

There are several hotels and bed & breakfasts in the vicinity of the conference venue. Details of these are posted on the PACFA website www.pacfa.org.au.

Privacy Statement:

Your personal information on this registration form will be used by PACFA to administer the symposium and to notify you or similar future events. Your name and organisation will appear on the list of delegates to be distributed at the conference. For those with special requirements, your name may be disclosed to venue staff. Should you not wish for your details to be used for these purposes, please contact the PACFA Office.

Conference Venue

The Hilton on the Park is situated next to the beautiful Fitzroy Gardens and is only a five-minute walk to Melbourne's downtown shopping and commercial district.

Hilton on the Park, 192 Wellington Parade, East Melbourne VIC 3002; Phone: (03) 9419 2000

Parking is available at the Hotel for \$15 per day.

Cancellation Policy:

If a cancellation is received prior to 8 August 2005 we will refund 50% of the fees. After 8 August no refunds can be made, but substitute delegates will be accepted.