



13 - 15 JUNE SYDNEY

COMPLEXITY & CONNECTEDNESS IN LIFE & LOVE

Working with trauma, mental
health & identity

PACFA, CAPA (NSW) and AARC

CONFERENCE

2014

Aerial UTS Function Centre | Sydney, New South Wales
Friday 13 – Sunday 15 June 2014

CONFERENCE PROGRAM BOOKLET

CONFERENCE
HOSTS



Psychotherapy & Counselling
Federation of Australia



Australian
Association of
Relationship
Counsellors



Relationships Australia[®]

NEW SOUTH WALES

MAJOR SPONSOR

Relationships Australia NSW is proud to be associated with the 2014 conference
Complexity & Connectedness in Life & Love.

At Relationships Australia we believe healthy relationships are essential for the wellbeing of children, families and communities.

Relationships Australia NSW offers counselling, mediation, dispute resolution, relationship education, early intervention services, community support, employee assistance programs and professional training from more than 150 centres nationally.

Our education and training division, the Australian Institute for Relationship Studies (AIRS), is recognised as a centre of teaching excellence and is supported by our research and clinical practice expertise.

www.nsw.relationships.com.au
www.airs.edu.au

1300 364 277

Building better relationships at home, in our community and the workplace

MAJOR SPONSORS

The Australian College of Applied Psychology (ACAP) offers a fresh approach to learning, bringing theory and practice together to create an exciting educational environment. We offer vocational, undergraduate and postgraduate courses in counselling, psychology, coaching and people management. Learning is offered full-time, part-time and off-campus in Melbourne, Sydney, Adelaide and Brisbane.



Relationships Australia NSW (RA NSW) provides relationship support services for individuals, couples, families and communities. RA NSW is a not-for-profit organisation with no religious affiliations. Their goal is to promote relationships that are safe, healthy and resilient. Services are available to all people regardless of religious beliefs, cultural background, family structure, economic situation, gender or sexual orientation.



GRANTS

The Mental Health Council of Australia (MHCA) is the peak, national non-government organisation representing and promoting the interests of the Australian mental health sector, committed to achieving better mental health for all Australians. MHCA has provided conference funding to enable consumers carers, students and low income people to participate in the PACFA conference 2012.



SPONSORS

Fenton Green is one of Australia's leading insurance brokers specialising in professional indemnity insurance. Fenton Green has established a partnership with PACFA to offer members of PACFA Member Associations a combined professional indemnity and public liability policy at attractive rates.



INDEX

WELCOME MESSAGE	04
ABOUT THE HOST ORGANISATIONS	04
CONFERENCE OVERVIEW	05
CONFERENCE VENUE MAP	07
KEYNOTE SPEAKERS	08
INVITED SPEAKERS	10
OTHER SPEAKERS	14
CONFERENCE SCHEDULE	22

WELCOME MESSAGE

Complexity and Connectedness in Life and Love: Working with Mental Health, Trauma and Identity is jointly hosted by the Psychotherapy and Counselling Federation of Australia, the Australian Association of Relationship Counsellors and the Counselling and Psychotherapy Association of NSW. The conference aims to provide an exciting program with international and national speakers to further develop the profession in Australia. The conference will provide multiple opportunities for meaningful dialogue between practitioners, researchers, consumers and carers.

The theme of the conference: *Complexity and Connectedness in Life and Love: Working with Mental Health, Trauma and Identity* encapsulates the challenges we face living in the twenty-first century in post-industrial society. Although networked and connected electronically 24/7, we experience profound disconnection and emptiness, accompanied by rising rates of distress and mental illness.

The conference program promises to be very diverse and stimulating with diverse speakers providing their wisdom and perspectives on complexity and connectedness, and presenting on research, practice and training in counselling and psychotherapy. The AARC Symposium on relationship counselling is imbedded in the conference program. There are two plenary sessions, a Consumer and Carer Forum and an Ethics Panel discussion on *Challenges facing counselling and psychotherapy as a self-regulating profession*. There are also three exciting pre-conference workshops.

Welcome to the conference. I hope your learning experience will be rich and stimulating.

Professor Ione Lewis | Conference Committee Chair

ABOUT THE HOST ORGANISATIONS

Psychotherapy and Counselling Federation (PACFA)

PACFA is a national peak body for professional associations within the counselling and psychotherapy profession. PACFA provides a forum for professional associations to unite in providing professional identity, research, support and public accountability for the profession. PACFA promotes the development of the practice of counselling and psychotherapy and represents the profession to the community and government while respecting the diversity of approaches within the profession. PACFA's Research Committee undertakes and disseminates research on the effectiveness of counselling and psychotherapy.

Australian Association of Relationship Counsellors (AARC)

AARC is a national professional association for relationship counsellors. The Association exists to promote standards of excellence in relationship counselling across Australia and to serve its members. Members undertake specialist training in relationship counselling and benefit from being part of a vital network of enthusiastic professionals committed to understanding and enhancing relationships. AARC supports members in their ongoing relationship learning and supervision and provides discounted professional development opportunities for members.

Counsellors and Psychotherapists Association of NSW (CAPA NSW)

CAPA is the largest professional association in NSW for counsellors and psychotherapists. It seeks to advance counselling and psychotherapy and to serve both its members and the public. Members are practitioners with a diversity of training and specialty areas who are academically and experientially qualified. To reflect the professional experience of members, and with the view to providing transparency to the community, CAPA provides different levels of membership. Full clinical membership qualifies members to be recognised by Workcover NSW and the Catholic Education Office in NSW.

CONFERENCE OVERVIEW

Friday 13 June

PRE-CONFERENCE WORKSHOPS

Principles for integrating a trauma lens into couple and family therapy | **Dr Laurie MacKinnon**

Maximising client and therapist resourcefulness: An introduction to a collaborative pluralistic framework for counselling and psychotherapy | **Professor Emeritus of Counselling John McLeod**

'Report to Greco': Intercultural Connectivity, Complexity and the poetic identity of psychotherapists | **Dr Craig san Roque**

Saturday 14 June

KEYNOTE SPEAKER

Client preferences: building bridges between therapy and everyday life

Professor Emeritus of Counselling John McLeod

SPONSORED
BY



keep learning

INVITED SPEAKERS

It's all about connection | **Hugh Crago and Penny Gardner**

Balancing personal autonomy and social connectedness: The role of New Religious Movement or 'Cult' membership from the perspective of former members | **Dr Dominiek Coates**

Please let me be who I am! The needs of gender variant children and their parents | **Dr Elizabeth Riley**

Therapeutic alliance: Effect on therapeutic process | **Dr Trisha Stratford**

AARC Symposium: Processing the Trauma of Separation | **Dr Laurie MacKinnon**

AARC Symposium: From impasse to reconnection in Emotion Focused work

Dr Michelle Webster and Clare Stapleton

AARC Symposium: Emotional Connection in the Perinatal Period - Reducing Birth Trauma and Increasing Mental Health and Formation of Parental Identity | **Elly Taylor**

SELECTED SPEAKERS

Reshaping identity, intersubjectivity and therapeutic practice through relationship with Aboriginal women | **Merle Conyer**

Trust me: Paradox and pitfalls in the treatment for complex trauma | **Naomi Halpern**

Adolescents and the Acceptance and Commitment Therapist: An encounter that might provide a sense of connectedness and help to shape new ways of relating to the world | **Denise Hostin**

Emerging from the Inner Storm: A journey of courage in the face of domestic violence and resultant ataxia and an experience of Logotherapy | **Dr Paul McQuillan**

Workshop: Crafting resilience | **Susan Morrison**

Trauma, Self and Connection: The Conversational Model of Psychodynamic Psychotherapy | **Simon Mundy**

A Multiple intelligences approach to counselling: Enhancing alliances with a focus on strengths | **Mark Pearson**

Virtual Connections: The Relational Impact of Social Media, Social Networking and Online Counselling
Associate Professor Jane Power and Zoë Krupka

Issues of complexity and connectedness when counselling by Skype or phone | **Maxine Rosenfeld**

Childhood trauma and addiction | **Steve Stokes**

CONSUMER AND CARER FORUM

In our own words: Complexity & connectedness in life & Love, working with trauma, mental health and identity
Elida Meadows, Eileen McDonald, Faye Jackson, Associate Professor Meg Smith, OAM

Sunday 15 June

KEYNOTE SPEAKER

Mental Health and Spirituality in the Australian Context | **Professor David Tacey**

INVITED SPEAKERS

Mothers in transition: Changing gender dynamics in the home through strategic absence | **Petra Bueskens**

Liberation Psychology as an Agent of Change for First Nations Peoples | **Shane Merritt**

Looking Up and Out: Transcending techniques in counselling for grief and loss with philosophy | **Dr Di Stow**

AARC Symposium: Conflicting Agendas - Challenges for the Couple Therapist: An Experiential Workshop | **Linda Halley**

AARC Symposium: Was it something I said? Examining client drop out in couples' therapy | **Dr Rebecca Gray**

AARC Symposium Workshop: The Power of Apology | **Heather McAlpine**

AARC Symposium: The Adoption Triangle – Issues for Couple Therapists | **Charles Wilson**

SELECTED SPEAKERS

The challenges and opportunities for group practitioners working with clients of Kids in Care: A group for parents whose children have been formally removed | **Chris Battle and Janine Bendit**

Personality type and the male experience of self/masculine identity and relationships in midlife: implications for counselling and psychotherapy | **Dr Rob Brandenburg**

Complexity and Connectedness in Psychotherapy Training: Creating a professional identity
Dr Coral Brown and Associate Professor Jane Power

Complexity and connectedness: Making research work for your modality | **Dr Elizabeth Day**

Professional accounts of client shame and silence in alcohol and other drug settings | **Dr Rebecca Gray**

When we reduce the diminishing effect that acrimony has on parenting capacity, the child's opportunity to embrace all that life has on offer... begins | **Bill Hewlett**

How many bodies are there in this room? An exploration of client and therapist embodiment and its impact on trauma recovery | **Shirley Hicks**

Languaging the Dynamic Non-verb | **Tracey Nicholson**

Workshop: Rebuilding ethical maturity – an innovative approach | **Elisabeth Shaw**

Workshop: Spirituality and psychotherapy through an Emotionally Focused lens | **Dr Toni Tidswell and Sue Olds**

Managing practice difficulties before they manage you | **Jean Tulloch, Dr Elizabeth Riley and Dr Di Stow**

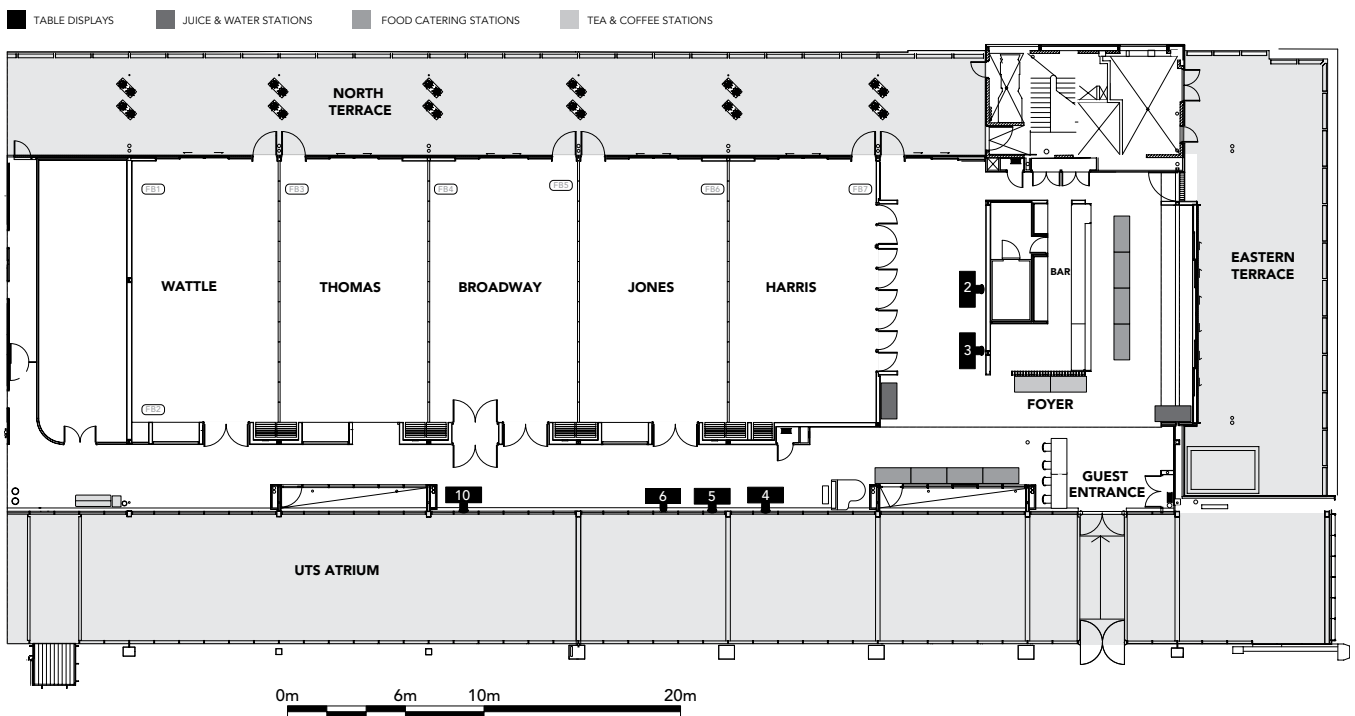
Workshop: Emotional signature - a pathway for connectedness and healing | **Dr Michelle Webster**

ETHICS PANEL

Challenges facing counselling and psychotherapy as a self-regulating profession
Elisabeth Shaw, Maria Brett, Kym Daly and Philippa Hook

SPONSORED
BY  Fenton Green & co

CONFERENCE VENUE MAP



The Counsellors' and Psychotherapists' Association of Victoria (CAPAV) is an integrated counselling and psychotherapy organisation which supports a diverse range of practitioners across Victoria. CAPAV is a member association of PACFA.

The CAPAV training standards are similar to PACFA which ensures that CAPAV clinical members are fully accredited members who are able to join both the PACFA and Australian Register of Counsellors and Psychotherapists (ARCAP).

CAPAV membership provides:

- A clinical member website register
- A supervisor website register
- Peer Sharing and Support (PSSt) Group
- Professional recognition through CAPAV's membership with PACFA
- Continuing Professional Development opportunities
- Subscription to Psychotherapy in Australia
- An e-newsletter

CAPAV provides membership entry at four levels: *Affiliate, Student, Associate & Clinical.*
For more details see www.capav.org.au or contact us at info@capav.org.au

KEYNOTE SPEAKERS

Professor Emeritus of Counselling John McLeod

Client preferences: building bridges between therapy and everyday life

Recent research has shown that taking account of client preferences has a significant positive impact on the outcomes of therapy, and reduces client drop-out. Findings from relevant studies, conducted within different research methodologies, are reviewed. Examples are provided of strategies for exploring client preferences, and ways of using this knowledge to inform the process of therapy. Effective utilisation in therapy of client preferences, strengths and resources requires the adoption of a collaborative, dialogical stance, and an interest in the everyday life of the client. The implications of these ideas for therapy research, policy and practice are discussed.



Professor John McLeod is Emeritus Professor of Counselling at the University of Abertay, Scotland, and Adjunct Professor of Psychology at the University of Oslo, Norway. He is the author of books, articles and chapters on a range of topics in counselling and psychotherapy, including *Pluralistic Counselling and Psychotherapy* (with Mick Cooper, Sage, 2011), *An Introduction to Counselling* (5th ed, Open University Press, 2013), *An Introduction to Research in Counselling and Psychotherapy* (Sage, 2013) and *Personal and Professional Development: A Guide for Counsellors, Psychotherapists and Mental Health Practitioners* (with Julia McLeod, Open University Press, 2014). He is committed to the development of flexible, collaborative ways of working with clients, and the use of research to enhance practice.

SPONSORED BY



Professor David Tacey

Mental Health and Spirituality in the Australian Context

Spirituality has arisen as a major item on the agenda of the therapy and healing professions not because therapists or professors have had conversion experiences, but because suffering clients want to bring this important but often vaguely defined concept into the therapeutic situation. Today we can speak of a client-led or grassroots recovery of the spiritual, and it has taken many people by surprise. Up until recently, 'spirituality' was frowned on as an activity linked more to mental illness and delusional thinking, than to health and recovery. But some forms of spirituality, at least, can be said to be positive and life-enhancing, often playing a role in the experience of healing and wholeness. What is spirituality, and why does it have therapeutic or healing effects in clinical contexts?



Professor David Tacey teaches at La Trobe University in Melbourne. He is a public intellectual who has written extensively on spirituality, mental health and society. He is the author of thirteen books, including *Edge of the Sacred* (1995/2009), *ReEnchantment* (2000), and *The Spirituality Revolution* (2003). His most recent book is *Gods and Diseases: Making Sense of Our Physical and Mental Wellbeing* (2011). David studied literature, psychology and philosophy at Flinders and Adelaide Universities, and completed post-doctoral studies in psychoanalysis in the United States. His books have been translated into several languages, including Cantonese, Korean, Spanish, Portuguese and French.



PRE-CONFERENCE WORKSHOPS

Professor Emeritus of Counselling John McLeod

Maximising client and therapist resourcefulness: an introduction to a collaborative pluralistic framework for counselling and psychotherapy

There is an increasing acknowledgement, across the field of counselling and psychotherapy, that no single model of therapy provides all the answers. Many counsellors and psychotherapists describe themselves as integrationist, combining different ways of working from different therapeutic orientations. However, there are few guidelines available regarding how best to combine ideas and methods, in the interest of the client. A collaborative pluralistic framework for counselling and psychotherapy practice provides a structure that makes it possible to draw on ideas and methods from a range of therapeutic practices and theories, and cultural resources, in order to find what works best for each client. This workshop is relevant for both experienced practitioners and students in training. John's biography can be found on page 8.



Dr Craig san Roque

'Report to Greco': Intercultural Connectivity, Complexity and the poetic identity of psychotherapists

Australia is a complex hybrid culture, with a significant Aboriginal presence pervading the geographic and psychological continent. These multiple presences have implications that I wish to explore, clarifying the basis of our being as therapists and contemplating the nature of personal individuation while practising under the pressure of trauma, cultural anxiety and collapsing identity. This workshop considers complexity and connectivities within intercultural situations and then turns inward. Subtle dimensions of connectivity emerge in psychotherapy between oneself and another and within one's own psychic system. This I name as the 'ontopoetic relationship'. Respecting this rigorously is part of mastering the practice.

Based in Sydney and Alice Springs, and influenced originally by the creative thinking of Winnicott, Bion and Jung, **Craig san Roque** has intentionally practised in a range of community, urban and remote settings, including indigenous mental health. Exploring cultures and different mentalities, he has composed many unique performance events. Publications include *Placing Psyche*, (with Dowd and Tacey), and the graphic novel, *A Long Weekend in Alice Springs* - with Josh Santospirito, both on Cultural Complexes in Australia.



Dr Laurie MacKinnon

Principles for integrating a trauma lens into couple and family therapy

This workshop outlines principles for practice that can guide couple and family therapists in integrating a trauma lens into their practice, changing both how they understand presenting problems and, consequently, the significant issues and sites of intervention. By staying alert to critical interactional sequences in which one person is affectively triggered by the behaviour - the words, the look, the tone, or the body language - of another family member, therapists can identify the existence of unresolved memories of past trauma. The premise underlying this approach is that, first, unresolved traumatic memories fuel behavioural or emotional problems and couple and family conflict and, second, that family interactions often maintain or exacerbate the pain of traumatic memories.

Originally from Canada, **Laurie MacKinnon** trained and later worked as a therapist and supervisor at the Family Therapy Program, Faculty of Medicine, University of Calgary where she was exposed to the work of international family therapists. Her previous experience includes work as a therapist in hospitals and non-profit community settings. Laurie has presented internationally and published widely within the field of couple and family therapy in national and international journals.



INVITED SPEAKERS

Petra Bueskens

Mothers in transition: Changing gender dynamics in the home through strategic absence

In the sociological and feminist research on motherhood there is consensus that key gender differences in income, employment status, leisure, autonomy as well as time spent in childcare and domestic work take shape and consolidate after “partners become parents”. I interviewed ten women I call “revolving mothers” who used situational absence to subvert – intentionally or not – the gendered dynamics of childcare, leisure and work in the home. I link the outcomes of this research to a critique and engagement with social and feminist theories of the liberal individual, the social construction of intensive motherhood, articulations of self-identity and changing gender roles in the contemporary west.

Petra Bueskens is a Lecturer in Social Sciences at the Australian College of Applied Psychology. Petra has a B.A. (Hons), Grad Dip (Psychotherapy & Counselling), and is undertaking her PhD submission in 2014. She has lectured in Sociology and Gender Studies at Melbourne and Deakin Universities. Since 2009 she has worked as a Psychotherapist in private practice. She is the editor of the Psychotherapy and Counselling Journal of Australia (PACJA) and the founder of PPMD Therapy.

Dr Dominiek Coates

Balancing personal autonomy and social connectedness: The role of New Religious Movement or ‘Cult’ membership from the perspective of former members

This paper presents the primary findings of my PhD study into the life histories of 23 former members of 11 different New Religious Movements (NRM) in Australia. Through the use of qualitative methods, I investigated the way in which former members experienced and negotiated issues of self and identity before, during and since NRM membership. My principal findings suggest that for the participants in this study, membership served an identity function and was motivated by difficulties in negotiating tensions between personal autonomy and social connectedness.

Dr Dominiek Coates currently works as a researcher for Children and Young People’s Mental Health, NSW Health. Research interests include cults and new religious movements, identity formation, identity change, the impact of childhood trauma on psychological wellbeing, youth mental health, and mental health more broadly. Recently published in many journals including Deviant Behaviour; Journal of Spirituality in Mental Health; International Journal for the Study of New Religions; Mental Health, Religion and Culture.

Hugh Crago and Penny Gardner

It’s all about connection

Trauma is a complex matter which profoundly affects those who have suffered it. It is widely believed that therapy with trauma survivors requires highly sophisticated skills, informed by specialised knowledge. However, the fundamental capacities needed for working effectively with trauma victims are in essence those needed for working effectively with any client, namely the ability to connect with the client in such a way that she or he feels increasingly safe and that you are genuinely interested in understanding him or her. These are the aspects that we emphasise in our book, *a Safe Place for Change* (2012).

Hugh Crago has been an individual and couple counsellor since 1977. He holds a MA in Counselling Psychology from Antioch University (USA) and 3 degrees in other disciplines. Hugh has taught counselling at several universities. He is the author of 4 books, including *Couple, Family and Group Work* (2006) and *Entranced by Story: Brain, Tale and Teller*, from Infancy to Old Age.

Penny Gardner has been a counsellor for around 15 years. She has worked as a psychotherapist with Probation and Parole, a relationship and family counsellor in the Non-government sector, and clients in a small private practice. She has taught in the Grad Dip in Counselling at UWS since 2004.

Dr Elizabeth Riley

Please let me be who I am! The needs of gender variant children and their parents

Approaches to gender diversity in western culture have had a chequered past. Gender-variant children have been institutionalised, subjected to aversion therapies and pressured to maintain secrecy and conform to society's gendered expectations while dealing with bullying and harassment at school (Burke, 1996; D'Augelli, 2002; Greytak, 2009; Higdon, 2011). Gender variance confronts widely held assumptions that children born as males will act like 'boys' and children born as females will act like 'girls'. This imposed binary perpetuates negativity towards people who express themselves with gendered variations in attire, behaviour or preferences.

Dr Elizabeth Riley is a counsellor, supervisor and trainer specialising in sexuality, gender, ethics and supervision and works in private practice. She gained extensive experience working at The Gender Centre as the first professional counsellor and been working with gender diverse clients for over 15 years. Elizabeth has a Masters in Counselling and PhD titled 'The needs of gender variant children and their parents'. Currently a trustee of the Carmen Rupe Memorial Trust and PACFA Chair of Ethics, Elizabeth has published and presented internationally, in the areas of gender identity and sexuality.

Shane Merritt

Liberation Psychology as an Agent of Change for First Nations Peoples

This presentation will outline Shane's thesis and findings about decolonization and empowerment. This study focused on the discipline of psychology, and how it needs to ensure that it is not limiting its worldview. Psychology can be discordant with other world views, and this can lead to miscommunications that can have a detrimental impact on healthcare. The discipline needs to be reflexive enough to recognize its part in the history of oppression with Indigenous Australians. It also needs to become an agent of change for people who have been oppressed. Indigenous voices need to be heard as part of this reflexive psychology.

Shane Merritt is a Kamilaroi man who is a registered psychologist, and lectures in Counselling. He has also worked with those with disabilities and those with mental health issues. He is a member of the Expert Advisory Board for Ninti One's (The Cooperative Research Centre for Remote Economic Participation, CRC-REP) Interplay Project, is on the PACFA Working Party on Indigenous Counselling, and is a member of the External Advisory Group and consultant for the Australian Child & Adolescent Trauma, Loss & Grief Network, which is chaired by Professor Beverley Raphael. Shane's research interests incorporate all of the above areas, but he is concentrating on Indigenous mental health and well-being.

Dr Di Stow

Looking Up and Out: Transcending techniques in counselling for grief and loss with philosophy

The phenomenon of heeding consciousness is pivotal to working with clients in grief and loss. As is exploring our human capacity to create understandings of historical being. Philosophy and literature can be used to explore ways to discover what is immanent in the life of a counsellor who can be present with those who suffer grief and loss. The question of how to conduct and renew oneself as a grief and loss counsellor is indeed a forceful one. Questioning the intimate relationships that develop between heeding consciousness and historicity lead to questioning technique and theory in counselling. Grief and loss are ultimate situations in life. Another ultimate situation is being a counsellor in genuine conversation with clients; holding them in cupped hands.

Dr Di Stow is a counsellor and supervisor specialising in grief and loss. Di works in private practice in Hobart, Tasmania. Di has qualifications in education including a Masters in Education, a Masters in Counselling, and a PhD titled 'Looking Up and Out: Transcending Techniques in Counselling for Grief and Loss with Philosophy'. Di is PACFA Secretary and is a member of the PACFA Ethics Committee. Di is also President of the Professional Counselling Association of Tasmania, a position she has held since 2008.

Dr Trisha Stratford

Therapeutic alliance: Effect on therapeutic process

Dr Trisha Stratford's PhD research established that the therapeutic alliance (TA) can be tracked at a neurophysiological level taking it from a subjective experience between client and psychotherapist to an empirical fact. This study established that therapy has a positive impact on the physiology of clients and also found that the self-reported subjective measure of therapeutic alliance (TA) contradicted the physiological outcome. Results suggest that physiological data collected during therapy is a more accurate barometer of the therapeutic alliance forming and the client's experience of therapy. These research findings suggest a need for further research identifying physiological markers in clients with a variety of mental health disorders.

Dr Trisha Stratford is a registered Clinical NeuroPsychotherapist and Clinical Supervision Supervisor. She has a PhD in neuroscience where she established that the therapeutic alliance exists as a neurophysiological level, a Masters in Psychotherapy, Masters in Counselling and trained as a Psychosynthesis Psychotherapist. Trisha lectures in Neuroscience and she also lectures at ACAP. She has a private clinical practice in Sydney, she is interested in levels of consciousness and the therapeutic process. Trisha has experience in hostage negotiation and has worked with groups and individuals in war torn countries in Africa, Middle East and Bosnia. She has also worked with Indigenous communities in Queensland.

CENTRE *for* EXISTENTIAL PRACTICE



Are you looking for Depth & Reflective Practice in your Ongoing Learning?

CEP offers a range of Professional Development and Training opportunities to *Psychotherapists & Counsellors, Supervisors and Group Leaders* who are looking for more than something to 'put in their tool box'.

Come join us! Whatever modality you practice, you'll find ways to enrich and deepen your work through our experiential and informative approach that starts from the question of what it means to be human.

visit our website to view our extensive and diverse range of events at www.cep.net.au

"LEARNING IS FOREVER"

INVITED SPEAKERS – AARC SYMPOSIUM

Linda Halley

Conflicting Agendas - Challenges for the Couple Therapist: An Experiential Workshop

Much of the literature and research seems to be based around couples where both partners want to work on their relationship. Much less has been written about ambivalent couples where there may be conflict over whether to try couples counselling at all, let alone whether there is agreement on what the desired purpose of counselling would be. Conflicting agendas are particularly difficult for the therapist when one half of the couple wants to work on the marriage/relationship and the other half wants to use counselling to help with the process of separation. When a couple's needs from counselling are not aligned, the therapist can be challenged to avoid his/her own divided loyalties.

Linda Halley is a relationship counsellor, supervisor and trainer. For many years Linda has worked for Relationships Australia and in Private Practice with couples and individuals seeking help predominantly for relationship issues. Linda teaches in the Specialist Course in Couple Therapy and is a clinical supervisor at Relationships Australia and is a consultant supervisor for Lifeworks, Austin Hospital Genetic Counselling and Victorian Aids Council.

Dr Laurie MacKinnon

Processing the Trauma of Separation

When a marriage breaks down and a couple separates, distressed parents can be highly conflictual about custody or parenting arrangements, becoming embroiled in court proceedings, threatening or enacting violence and maintaining polarized positions that are both destructive to their children and prolong the conflict. It is difficult for therapists to focus these parents on the needs of their children and create positive change when parents are emotionally reactive and preoccupied with their own past hurts and sense of injustice. Underpinning the parents' extreme emotional reactivity is a neurological cascade, the physiological and behavioural symptoms of which are similar to those of posttraumatic stress disorder. Traumatic memories are stored differently in the brain and are often unresponsive to conventional counselling techniques.

Laurie's biography can be found on page 9.

Dr Michelle Webster and Clare Stapleton

From impasse to reconnection in Emotion Focused work

Couples can find themselves caught by their unfinished business in the present as well as their individual or couple traumas from the past. At any point in a session, couples can find themselves at an impasse. Couple practitioners need to navigate both interactional and self complexities that arise as a result of problematic interactional processes, conflictual issues, and relationship histories. By understanding how childhood histories of neglect and abuse are the foundations of identity and emotional signature, practitioners will be able to respond flexibly to impasses in-session. In Emotion Focused work, practitioners use couple talk as the platform to work with emotional experiences both verbally and creatively. This workshop will introduce you to a variety of interactional and creative interventions to work with impasses and help couples find re-connection to themselves and each other.

Dr Michelle Webster (BA(Hons, Psychology), MA(Counselling), Dip Clinical Hypnosis, PhD(Psychology)) is a counselling & clinical psychologist in private practice and the Director of the Institute for Emotionally Focused Therapy, Sydney. Author of *Physical Holding in Psychotherapy*, she has written many articles on couple and individual work that explore issues such as couple responsibilities, couple process and ambivalence, depression, self-compassion, the therapeutic relationship, emotional abuse in therapy, and the therapist's presence. Michelle has been involved in exploring clients' experiences and ways of relating towards themselves and others. She has completed groundbreaking research that has established the validity of emotional signatures.

Clare Stapleton (B.S.W (Hons.); Grad. Dip. EFT; Grad. Dip. Ed) has worked as a social worker for 30 years. She has been in private practice for 9 years and is also a trainer and supervisor with the Institute for Emotionally Focused Therapy, Annandale. She is currently conducting research into therapeutic practices as part of her candidature for Doctor of Social Work at Sydney University.

CONSUMER AND CARER FORUM

IN OUR OWN WORDS: COMPLEXITY & CONNECTEDNESS IN LIFE & LOVE: WORKING WITH TRAUMA, MENTAL HEALTH AND IDENTITY

This session will give participants understanding from the client's point of view; with speakers presenting who have experienced mental health distress and trauma. They will give insights into the complexities of their recovery journeys of connectedness and identity in personal relationships and therapeutic relationships. Mental health problems are not just about illness of the brain/mind, they are also about social dis-ease. The recovery journey is about achieving "emotional and social wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively or fruitfully, and is able to make a contribution to his or her community." (WHO 2001)."

Elida Meadows, Carer Representative, Mental Health Council of Tasmania (Forum Chair)

Elida Meadows is Policy and Research Officer at the Mental Health Council of Tasmania with a background in historical research and community development. Her interests include movement of people through travel, immigration, and diaspora and she is currently completing her PhD on travel and identity. Tasmanian carer representative on both the National Mental Health Consumer & Carer Forum and Mental Health in Multicultural Australia, Elida is also on the board of Mental Health Carers Tasmania. She is of southern Italian descent and identifies as both a carer and a consumer.

Eileen McDonald, Carer Representative, National Mental Health Consumer and Carer Forum

Eileen McDonald (M Counselling, Grad Dip DMT and BA Communications) is a carer for two family members. She is a family and carer consultant, trainer and facilitator of disability and mental health programs. Eileen is a Carers NSW Carer Representative, is on the Mental Health Council of Australia National Register of Consumer and Carer Representatives, is the NSW Carer Representative on the National Mental Health Consumer & Carer Forum and is on several state and national committees and advisory groups. Eileen is on the Carers NSW Editorial Committee and Research Working Group.

Faye Jackson, Consumer Representative, NSW Mental Health Commission

Faye Jackson, now 52, had experienced symptoms of mental illness since age 10. Her teenage years were filled with fear, angst and disappointment. Despite doctors telling her she would never hold down meaningful work or be a contributing member of society, she fought back to become an accomplished artist, public speaker, trainer, service director and CEO. By speaking as a consumer of mental health services at public events she emphasises the potential of people with a lived experience of mental illness and the importance of their contributions. Faye's company Vision In Mind focuses on mental health in the workplace.

Associate Professor Meg Smith OAM, Consumer Representative, MHA NSW

Meg Smith, OAM, is a community psychologist with expertise in mental health, depression, bipolar disorder, crime and mental illness, stress, schizophrenia and anxiety disorders. She has been active in community mental health advocacy for over twenty years, and is currently president of the NSW Association for Mental Health, and a part-time community member of the Mental Health Review Tribunal of NSW. She has been a consumer representative on a number of government working parties and programs in the areas of mental health, disability, suicide prevention and depression awareness.

ETHICS PANEL

CHALLENGES FACING COUNSELLING AND PSYCHOTHERAPY AS A SELF-REGULATING PROFESSION

Elisabeth Shaw (Panel Chair)

Elisabeth Shaw is a clinical and counselling psychologist specialising in couple and family therapy in private practice in Drummoyne, NSW. Elisabeth consults to many services and practitioners in the public and private sectors. She also teaches in postgraduate training programs. In the last 15 years she has specialised in working with professional ethics, and regularly presents and publishes her work in this area. She is a past chair of the PACFA ethics committee, and a current member of the APS Ethics Committee; a supervisor and consultant with the St James Ethics Centre; she is co-author with Michael Carroll of *Ethical Maturity in the Helping Professions, Making Difficult Life and Work Decisions* (2012, Melb.:Psychoz; JKP:UK).

Maria Brett

Maria Brett is CEO of PACFA. For most of her career, Maria has been in senior management roles in the non-profit sector, managing services in mental health, counselling, and family services. After her first career as a lawyer, Maria campaigned for the environment and human rights and later re-trained as a counsellor and psychotherapist while living in the UK where she also saw clients in private practice.

Kym Daly

Kym Daly is currently the Senior Manager for Ethics and Standards with the Australian Association of Social Workers (AASW). She is responsible for overseeing the AASW's self-regulatory functions, particularly in relation to ethics and professional standards for the social work profession in Australia. She has been a social worker for almost 20 years, and worked in a range of social work settings, including government, non-government, direct service delivery and policy roles. She has a particular passion for feminism, human rights, social justice and ethics.

Philippa Hook

Philippa Hook is a Legal Officer with the Health Care Complaints Commission of NSW and has worked in this capacity for over 10 years. For nearly 9 years, Philippa was involved in the prosecution of complaints against registered health practitioners. Philippa currently provides legal advice to the Commission's Investigations Division. She is also responsible for the conduct of hearings into complaints of unethical conduct on the part of unregistered health practitioners, including counsellors and psychotherapists. She provides legal advice to the Commissioner concerning procedural fairness, sufficiency of evidence, applicable ethical standards and appropriate protective orders in these matters.

SPONSORED BY



SELECTED SPEAKERS

Chris Battle and Janine Bendit

The challenges and opportunities for group practitioners working with clients of Kids in Care: A group for parents whose children have been formally removed

The Kids in Care group is for people whose children are not in their care. The course helps people deal with the grief and loss experienced when their children are formally removed, and to develop positive strategies to deal with their circumstances which are discussed and explored throughout. This presentation/workshop will describe the sensitive issues that clients of Kids in Care bring to the group work context. From a practitioners' perspective, we explore the challenges of this work, namely the stigma, alienation and trauma that characterises client narratives during group sessions.

Christina Battle, a social worker and **Janine Bendit**, a couple and family therapist, are group leaders at Relationships Australia NSW Hunter region. Both have an interest in bringing Narrative and Systemic ideas to groupwork interventions along with a strong commitment to social justice and the empowerment of vulnerable and marginalised communities.

Dr Rob Brandenburg

Personality type and the male experience of self/masculine identity and relationships in midlife: Implications for counselling and psychotherapy

Dr Rob Brandenburg will provide a thought-provoking and stimulating overview of his pioneering study that compares the midlife experience for men of contrasting personality type, with a focus specifically on his findings regarding the male experience of self/masculine identity and relationships in midlife. Participants will also engage in discussion, from both a male and female perspective, about how personality type impacts on the midlife experience. Rob will further explore the theme of "finding passion and purpose in midlife". There will be time for individual self-reflection and the exchange of ideas in pairs/small groups.

Dr Rob Brandenburg is currently working at Relationships Australia South Australia. His qualifications include Doctor of Counselling, Master of Social Science (Counselling) and Graduate Diploma in Education. Rob has extensive experience as a professional counsellor – both in private practice and with a major Employee Assistance Program provider. In 2013 Rob presented his research on masculine/self-identity in midlife at the International Conference for Psychological Type in Miami, USA.

Dr Coral Brown and Associate Professor Jane Power

Complexity and Connectedness in Psychotherapy Training: Creating a professional identity

The ability of psychotherapists to create a professional identity is central to becoming a competent practitioner. Just as psychotherapists are unconsciously drawn to the profession and particular theoretical paradigms, the processes and training experiences that contribute to the development of a professional self continues to attract debate. In this paper the authors describe the role of contemporary film in the development a professional identity, the competencies required for professional practice, and the development of self-reflective practice. The way in which identification with film characters enables the trainee therapist to reflect upon their transferential responses, including the way their unconscious projections and primitive defences inform the therapeutic process, are discussed.

Dr Coral Brown FAPS, The Cairnmillar Institute School of Psychology Counselling and Psychotherapy

Associate Professor Jane Power MAPS PACFA(Reg) AARC MSCAPE, The Cairnmillar Institute School of Psychology Counselling and Psychotherapy

Merle Conyer

Reshaping identity, intersubjectivity and therapeutic practice through relationship with Aboriginal women

In traditional Aboriginal culture people are connected through layers of identity placement to each other, interpenetrated with connections to land and spirit. Previous government policies aligned with established definitions of genocide gave rise to the Stolen Generations through the removal of children from their families and communities, and their placement in often harsh contexts with the intention of 'breeding out' their birthright. The resultant shattering of attachments to multiple layers of connectivity reconstituted identities and reshaped these on a bedrock of uninterrupted intergenerational cycles of unresolved grief and trauma.

Merle Conyer contributes at the intersection of wellbeing, social justice and capability as a psychotherapist, consultant and trainer, leveraging diverse experience gained in community, commercial and government agencies. She is currently the therapist for the Weave Women and Children's Centre in Sydney, has a private psychotherapy practice and facilitates trauma-informed projects and workshops. Merle holds a Master of Counselling and Applied Psychotherapy, Master of Education, Graduate Diploma in Communication Management, and Diplomas in Somatic Psychotherapy and Energetic Healing.

Dr Elizabeth Day

Complexity and connectedness: Making research work for your modality

PACFA's Research Committee oversees implementation of the research agenda of the PACFA Board and Council, providing education and guidance for Member Associations on developing an evidence base for the effectiveness of counselling and psychotherapy through research. This workshop is intended to provide delegates with an overview of the progress and outputs of the Research Committee and engage them in dialogue about future directions of the Committee's terms of reference. The workshop will outline some of the research carried out through the committee's actions in the past two years including published literature reviews and contributions to the book of Stories from the Field; canvass delegates to identify areas for further research and conduct a roundtable on identifying or an optimal data capture instrument for use by PACFA members to provide data of consistent type and quality for the profession in this country.

Dr Elizabeth Day is a Senior Lecturer in the School of Counselling at the Australian College of **(Applied)** Psychology. Her practice orientation is relational psychotherapy informed by philosophy, training in Gestalt psychotherapy, and a 20-year commitment to the cultivation of mindfulness. She has research interests in intersubjectivity and social constructions of self, gender, and sexuality; and in field theory. Professional memberships include member of Gestalt Australia New Zealand, Vice President of the Society of Counselling and Psychotherapy Educators, Chair of PACFA's Research Committee and member of National Heads of Counsellor Education.

Dr Paul McQuillan

Emerging from the Inner Storm: A journey of courage in the face of domestic violence and resultant ataxia and an experience of Logotherapy

This workshop will present the story of Storm, a woman with remarkable courage, insight and creativity. Throughout the workshop Storm will provide her own audio commentary on the slides prepared by her to share her journey into Logotherapy. Storm has given her permission to share her story with others in the hope that her own discovery of Logotherapy and meaning in life can help therapists and clients to new understandings. Those attending will be privileged to share Storm's remarkable recovery from a life of violence and abuse that left her with significant physical disabilities and justifiable anger towards the perpetrator of over thirty years of torture.

Dr Paul McQuillan is a Counsellor and Therapist with Anglicare South Queensland, Coordinator of Research with Brisbane Catholic Education and Director of Lifechange Therapies where he teaches the Advanced Diploma of Logotherapy. Dr McQuillan is an Honorary Fellow of the Australian Catholic University and a Faculty member of the Victor Frankl Institute of Logotherapy. He is on the editorial board of various international journals. He currently chairs PACFA's Education Programme Accreditation Committee.

Susan Morrison

Crafting Resilience

In my recent qualitative research I looked at how holistic counsellors maintained their resilience. I asked each individual 'Psychophonetics' counsellor to share with me their experience of exposure to trauma and the longer term impact of empathy fatigue. I did this from the orientation of a model of consciousness that has been evolving since Freud where the understanding of Self, Ego and persona, and their relationship to the body, soul and spirit, have become clearer and better conceptualised. This workshop covers: the multidimensional picture of overload leading to burnout; introducing resilience, and some history of the idea and related concepts, and an introduction to the evolution of holistic energetic models.

Susan Morrison has been a counsellor for 15 years and has worked in the AOD sector for 11 years. She also works as a clinical supervisor in agencies and in private practice. She has worked both in therapeutic communities and in outpatient facilities. Her background is in expressive and artistic therapies and she has written and taught creative programs for therapeutic communities. She is currently researching counsellor resilience as part of a Master of Counselling degree and has published a chapter about her work in "Psychophonetics, Insight and stories of practice" in 2011, edited by Robin Steel.

Simon Mundy

Trauma, Self and Connection: The Conversational Model of Psychodynamic Psychotherapy

The Conversational Model is an evidence based, psychodynamic psychotherapy model, congruent with Common Factors research, initiated almost thirty years ago by Russell Meares and Robert Hobson. The model was initially intended as a treatment for personality disorders but has been generalised to clients who have childhood trauma, chronic devaluation or other problematic attachment histories as a foundational factor of their difficulties. The Conversational Model provides a tested method and conceptual framework for working with all clients but particularly those who are prone to the very difficult and challenging behaviours that arise from the disruptions of self typical of those with traumatic family histories.

Simon Mundy is a psychotherapist in private practice. He holds a Bachelor of Counselling and Human Change and has been in practice since 2009. He is currently a student in the Master of Science in Medicine (Psychotherapy) program at the Westmead Psychotherapy Program for Complex Traumatic Disorders, University of Sydney, where he is training in the Conversational Model. Simon also works as a low cost psychotherapist working with cancer patients and/or members of their families.

Mark Pearson

A Multiple intelligences approach to counselling: Enhancing alliances with a focus on strengths

This paper presents the major themes from a qualitative study investigating the experiences of eight Australian counsellors as they introduced Gardner's theory of multiple intelligences (MI) and corresponding interventions into therapy with adult clients, three months after attending a MI training intervention. While research on the application of MI in the field of education has revealed many positive benefits, this study explored possible therapeutic benefits from the introduction of multiple intelligences in the work of counsellors. It has been shown that responding to client preferences can enhance outcomes, and MI provides a practical way to match client preferences to therapeutic treatment.

Mark Pearson is a lecturer in the postgraduate Program in Counselling and Psychotherapy at the University of Adelaide, and is director of the Expressive Therapies Institute of Australia. He recently completed PhD research on the use of multiple intelligences theory in counselling. Mark holds a Master of Education in Behaviour Management, and has studied Transpersonal Psychotherapy with Stan Grof. He has over 25 years of experience in private practice, and is the author of several books on creative arts therapies.

Associate Professor Jane Power and Zoë Krupka

Virtual Connections: The Relational Impact of Social Media, Social Networking and Online Counselling

Social networking and media, online counselling, Skype therapy and supervision have literally opened up a world of new relating possibilities for counsellors and psychotherapists. Boundaries that once extended only as far as the counselling room door and the telephone answering machine now extend out into the far reaches of cyber space. Exchanges that were once ephemeral are now on record indefinitely. Even endings have become more temporary now that geography no longer limits our practice. How can we make sense of our practice in the light of new technology?

Associate Professor Jane Power (MAPS, PACFA reg., AARC, MSCAPE) is a senior lecturer and coordinator of the Master of Counselling and Psychotherapy course at Cairnmillar Institute. She is a registered psychologist and supervisor with AHPRA and PACFA. In her private practice she works primarily from a psychodynamic perspective integrated with existential, cognitive behavioural, interpersonal, and mindfulness-based therapies. She has been teaching ethics to student counsellors for seven years.

Zoë Krupka (MCounselling and Human Services) is a psychotherapist and supervisor in private practice in Melbourne, Australia. She works primarily from a person-centred and emotion-focused framework. She has worked as a case manager, researcher, advocate, counsellor, writer, group facilitator and supervisor. Zoë currently lectures and supervises research at the Cairnmillar Institute. She writes on relational ethics for Psychotherapy in Australia, newmatilda.com, crikey.com and mamamia.com.

Maxine Rosenfeld

Issues of complexity and connectedness when counselling by Skype and phone

As technology improves and more people living rurally and regionally across Australia gain access to faster internet, I anticipate that counselling by Skype (and other similar programs) will grow exponentially. It is essential that counsellors understand the subtle (and not-so-subtle) differences and challenges of working in this medium. Until internet improvements enable everyone to be able to access Skype, the phone remains a valuable counselling medium. Too often counsellors simply think they can pick up the phone and work as they do face to face minus the visual cues.

Maxine Rosenfeld is a counsellor, supervisor, educator and author with wide experience gained from 24 years of working across a variety of organisations and in private practice. I am passionate about using the phone and live internet for counselling.

Elisabeth Shaw

Rebuilding ethical maturity – an innovative approach

Ethical conduct in professional practice is foundational in the work of counsellors and psychotherapists. Many of us will have attended some form of training on rules and conduct, and will review at times our ethical code. Looking at a broader requirement to be ethical as well as act ethically is important, as despite often our best intentions transgressions still occur. We will also introduce the approach provided by the St James Ethics Centre through "Ethics Counsel", an innovative program delivered by both presenters for the Centre that combines a diverse range of consulting, leadership, learning and development and counselling work, with a view to remedial intervention as well as ethics leadership.

Elisabeth's biography can be found on page 15.

Steve Stokes

Childhood trauma and addiction

Untreated trauma is rife among people being treated for drug and alcohol dependence, causing years of unnecessary suffering and potentially costing the country 100s of millions of dollars. Attempts to classify childhood trauma as a separate condition from PTSD in DSM V was rejected but most clinicians would recognise it as complex PTSD or Developmental Trauma Disorder. Clients do not present with classical PTSD symptoms – there is more regression, and higher incidence of dissociation and self harming behaviour. Given the high rates of childhood trauma in adult cases of comorbid mood disorders and substance abuse, early intervention is ideal. GPs and other clinicians should routinely screen patients with drug and alcohol problems for trauma and treat both conditions simultaneously.

Steve Stokes, Program Director, South Pacific Private / Clinical Member of the Australian Counselling Association. Steve has been working in the field of addictions and Mental Health for over 25 years, and is currently the Program Director for South Pacific Private in Curl Curl, N.S.W. Steve believes in the effectiveness of counselling within a family system and in treating addiction as an organising principle through working with all members of the family.

Dr Toni Tidswell & Sue Olds

Spirituality and psychotherapy through an Emotionally Focused lens.

This workshop will focus on spirituality in Emotionally Focused counselling. Spirituality is a key element both of religious traditions (Buddhism, Christianity, Islam, Judaism and Hinduism) and outside of religious traditions. In this workshop we will listen to clinical material to show how spirituality can be a factor in helping or hindering a person's well-being. Using the lens of Emotionally Focused therapy we will explore spirituality as a potential avenue for psychotherapy, both for the client and the therapist. Wot.

Dr Toni Tidswell (BA (Hons); PhD; GCHE; Grad Dip EFT) has been a counsellor, therapist and counselling trainer and supervisor for 15 years. She is a Trainer and Hon Research Fellow at the Institute for Emotionally Focused Therapy, and works in private practice. She is also an Adjunct Research Fellow with the Curtin University. Her research focuses on women and Islam. Publications include 'Learning and Life-Modelling in the Critical Community: Educating University Students for Inter-religious Engagement' in International Handbook of Inter-religious Education (2011), and 'Insiders, Outsiders and Critical Engagement: Teaching Islam in a University' in The Teaching and Study of Islam in Western Universities (2013), for which she was a co-editor.

Sue Olds (BA (Psych), Grad Dip EFT) is a senior counsellor and supervisor with Anglicare, Shoalhaven. Sue is also a sessional lecturer at Charles Sturt University teaching a Diploma of Christian Counselling at the St Marks campus in Canberra. She has an article 'Shaping the Transference' in A Reader in Emotionally Focused Work (pp. 38-51), IEFT. Sue is interested in the intersections of attachment, transference and spirituality.

Jean Tulloch, Dr Elizabeth Riley and Dr Di Stow

Managing practice difficulties before they manage you

For many of us, the idea of receiving an ethical sanction is enough to incite a roller coaster of emotions as we conjure up the potentially disastrous impact on our personal and professional lives –at best we may experience trepidation, and at worst, paralysing fear. In the same vein, the dawning awareness that a colleague's level of competence has become compromised raises an ethical challenge that can often create an uncomfortable struggle of allegiances – this can result in deferring our response. Using activities and small groups this workshop aims to better prepare counselling and psychotherapy practitioners and supervisors to prevent and manage ethical complaints.

Jean Tulloch is a tertiary trainer, counsellor, and accredited supervisor working from an integrative approach with a private practice on the Sunshine Coast of Queensland. Jean has a passion for facilitating reflective experience across the fields of personal development, client work, supervision, and therapist education. With qualifications in education and a Masters in Counselling, she has taught at QUT, USC and ACAP. In a voluntary capacity she has served for five years on the QCA management committee including two terms as President, and is currently a member of the PACFA Ethics committee.

Dr Elizabeth Riley's biography can be found on page 11.

Dr Di Stow's biography can be found on page 11.

Dr Michelle Webster

Emotional Signature: A pathway for connectedness and healing

Counsellors and therapists are at the coalface in their work with childhood trauma. They see the devastating effects on clients' lives as well as experience the aftermath in-session. Practitioners need to find ways to navigate the complexities that arise from trauma in order to restore and facilitate clients' connectedness to themselves and others in life and love. This experiential workshop will introduce you to your emotional signature and begin to develop your understanding of how to use emotional signatures in developing the therapeutic relationships and treatment options in counselling and psychotherapy.

Michelle's biography can be found on page 13.



PROFESSIONAL DEVELOPMENT by THERAPISTS for THERAPISTS.

Visit our website now to view our extensive range of seminars across a broad range of psychotherapeutic approaches.

www.PDPseminars.com.au

SYDNEY & MELBOURNE



THE
PROFESSIONAL
DEVELOPMENT
PEOPLE


- ✓ Peer reviewed events presented by experienced and engaging professionals.
- ✓ Learn new approaches and extend your clinical knowledge and competence.
- ✓ Network with your colleagues over our fully catered breaks including lunch.
- ✓ Enjoy conference standards every time you attend our full day events.
- ✓ Students and New Graduates attend all seminars at **HALF PRICE** (apply online).

THE PROFESSIONAL
DEVELOPMENT PEOPLE
PO Box 161
Chatswood NSW 2057


www.PDPseminars.com.au
info@PDPseminars.com.au

1300 887 622

PROGRAM | DAY 1 | SATURDAY 14 JUNE

0800-1730 REGISTRATION				
0845-1025	CONFERENCE OPENING Room: Broadway, Harris, Jones & Thomas Chair: Professor Ione Lewis			
0845-0900	Welcome to Country Allen Madden, Gadigal Elder, Metropolitan Land Council			
0900-0910	Conference Welcome Professor Ione Lewis			
0910-1025	Keynote Presentation: Client preferences: building bridges between therapy and everyday life Professor Emeritus of Counselling John McLeod, University of Abertay, Scotland			SPONSORED BY  keep learning
1025-1045 MORNING TEA, EXHIBITION & POSTER VIEWING				
1045-1215	Invited Speakers: Concurrent 1 Room: Broadway Chair: Jo Fleet	Invited Speakers: Concurrent 2 Room: Harris Chair: Gina O'Neill	AARC Symposium (Workshop) Room: Thomas Chair: Guy Vicars	
	It's all about connection Hugh Crago & Penny Gardner	Balancing personal autonomy and social connectedness: The role of New Religious Movement or 'Cult' membership from the perspective of former members Dr Dominiek Coates	Processing the Trauma of Separation Dr Laurie MacKinnon	
	Please let me be who I am! The needs of gender variant children and their parents Dr Elizabeth Riley	Therapeutic alliance: Effect on therapeutic process Dr Trisha Stratford		
1220-1330	Selected Speakers: Concurrent 3 Room: Broadway Chair: Rob Salmon	Selected Speakers: Concurrent 4 Room: Harris Chair: Professor Ione Lewis	Selected Speakers: Concurrent 5 (Workshop) Room: Jones Chair: Charles Wilson	AARC Symposium Room: Wattle Chair: Lorraine Earle
	A Multiple intelligences approach to counselling: Enhancing alliances with a focus on strengths Mark Pearson	Childhood trauma and addiction Steve Stokes	Trust me: Paradox and pitfalls in the treatment for complex trauma Naomi Halpern	From impasse to reconnection in Emotion Focused work Dr Michelle Webster & Clare Stapleton
	Adolescents and the Acceptance and Commitment Therapist Denise Hostin	Trauma, Self and Connection: The Conversational Model of Psychodynamic Psychotherapy Simon Mundy		
1330-1410 LUNCH, EXHIBITION & POSTER VIEWING				
1410-1540	Selected Speakers: Concurrent 6 Room: Broadway Chair: Gina O'Neill	Selected Speakers: Concurrent 7 (Workshop) Room: Harris Chair: Jo Fleet	Selected Speakers: Concurrent 8 Room: Jones Chair: Professor Ione Lewis	AARC Symposium Room: Thomas Chair: Guy Vicars
	Issues of complexity and connectedness when counselling by Skype or phone Maxine Rosenfeld	Crafting Resilience Susan Morrison	Reshaping identity, intersubjectivity and therapeutic practice through relationship with Aboriginal women Merle Conyer	Emotional Connection in the Perinatal Period - Reducing Birth Trauma and Increasing Mental Health and Formation of Parental Identity Elly Taylor
	Virtual Connections Associate Professor Jane Power & Zoë Krupka	Emerging from the Inner Storm Dr Paul McQuillan		
1540-1600 AFTERNOON TEA, EXHIBITION & POSTER VIEWING				
1600-1720	PLENARY SESSION Room: Broadway, Harris, Jones & Thomas Chair: Elida Meadows			
Consumer and Carer Forum: In our own words Dr Meg Smith OAM, Consumer Representative, MHA NSW Deputy Commissioner Faye Jackson, Consumer Representative, NSW Mental Health Commission Eileen McDonald, Carer Representative, National Mental Health Consumer and Carer Forum				
1830-2230	CONFERENCE DINNER Room: Harris & Jones Feature Entertainment: Monica Tesselaar, Storyteller Extraordinaire			

PROGRAM | DAY 2 | SUNDAY 15 JUNE

0830-1600 REGISTRATION				
0900-1015 OPENING KEYNOTE ADDRESS Room: Broadway, Harris, Jones & Thomas Chair: Guy Vicars				
Keynote Presentation - Mental Health and Spirituality in the Australian Context Professor David Tacey, La Trobe University, Melbourne				
1015-1035 MORNING TEA, EXHIBITION & POSTER VIEWING				
1035-1205	Invited Speakers: Concurrent 9 Room: Broadway Chair: Dr Elizabeth Day	Invited Speakers: Concurrent 10 Room: Harris Chair: Dr John Meteyard		AARC Symposium (Workshop) Room: Thomas Chair: Lorraine Earle
	Liberation Psychology as an Agent of Change for First Nations Peoples Shane Merritt	Mothers in transition: Changing gender dynamics in the home through strategic absence Petra Bueskens		Conflicting Agendas - Challenges for the Couple Therapist: An Experiential Workshop Linda Halley
	Looking Up and Out: Transcending techniques in counselling for grief and loss with philosophy Dr Di Stow	Professional accounts of client shame and silence in alcohol and other drug settings Dr Rebecca Gray		
1210-1320	Selected Speakers: Concurrent 11 Room: Wattle Chair: Gina O'Neill	Selected Speakers: Concurrent 12 Room: Harris Chair: Rob Salmon	Selected Speakers: Concurrent 13 Room: Jones Chair: Professor Ione Lewis	AARC Symposium Room: Thomas Chair: Lorraine Earle
	Workshop: Emotional signature - A pathway for connectedness and healing Dr Michelle Webster	When we reduce the diminishing effect that acrimony has on parenting capacity, the child's opportunity to embrace all that life has to offer... begins Bill Hewlett	Personality type and the male experience of self/masculine identity and relationships in midlife: Implications for counselling and psychotherapy Dr Rob Brandenburg	Conflicting Agendas - Challenges for the Couple Therapist: An Experiential Workshop Linda Halley (continued from previous session)
		The challenges and opportunities for group practitioners working with clients of Kids in Care Chris Battle & Janine Bendit	Managing practice difficulties before they manage you Jean Tulloch, Dr Elizabeth Riley & Dr Di Stow	The Adoption Triangle - Issues for Therapists Charles Wilson
1320-1400 LUNCH, EXHIBITION & POSTER VIEWING				
1400-1430	Selected Speakers: Concurrent 14 Room: Broadway Chair: Professor Ione Lewis	Selected Speakers: Concurrent 15 Room: Harris Chair: Jo Fleet	Selected Speakers: Concurrent 16 Room: Jones Chair: Dr John Meteyard	AARC Symposium Room: Thomas Chair: Guy Vicars
	Complexity and Connectedness in Psychotherapy Training: Creating a professional identity Dr Coral Brown & Associate Professor Jane Power	How many bodies are there in this room? An exploration of client & therapist embodiment & its impact on trauma recovery Shirley Hicks	Complexity and connectedness: Making research work for your modality Dr Elizabeth Day	Was it something I said? Examining client drop out in couples' therapy Dr Rebecca Gray
1435-1535	Selected Speakers: Concurrent 17 (Workshop) Room: Broadway Chair: Professor Ione Lewis	Selected Speakers: Concurrent 18 (Workshop) Room: Harris Chair: Jo Fleet	Selected Speakers: Concurrent 19 (Workshop) Room: Wattle Chair: Dr John Meteyard	AARC Symposium Room: Thomas Chair: Guy Vicars
	Rebuilding ethical maturity - an innovative approach Elisabeth Shaw	Languaging the Dynamic Non-verbal Tracey Nicholson	Spirituality and psychotherapy through an Emotionally Focused lens Dr Toni Tidswell & Sue Olds	The Power of Apology Heather McAlpine
1535-1555 AFTERNOON TEA, EXHIBITION & POSTER VIEWING				
1555-1705 PLENARY SESSION Room: Broadway, Harris, Jones & Thomas Chair: Elisabeth Shaw				
Ethics Panel: Challenges facing counselling and psychotherapy as a self regulating profession Kym Daly, Senior Manager, Ethics and Standards AASW Philippa Hook, NSW Health Care Complaints Commission Maria Brett, Chief Executive Officer, PACFA				
SPONSORED BY  Fenton Green & co				
1705-1720 OFFICIAL CONFERENCE CLOSING Room: Broadway, Harris, Jones & Thomas Chair: Professor Ione Lewis				
Closing Address Monica Tesselaar, Storyteller Extraordinaire				
Conference Closing Joint Conference Committee				



Professional Indemnity and Public Liability Insurance

Fenton Green & co, in partnership with the Psychotherapy & Counselling Federation of Australia, has arranged a Professional Indemnity and Public & Products Liability insurance policy for members.

Features of the policy include:

- Cover for claims against the practitioner for loss as a result of a breach of professional duty
- Cover for claims arising from breach of privacy or confidentiality
- Legal support in the event of an inquiry or investigation into your professional conduct
- Automatic Public Liability extension of either \$10,000,000 or \$20,000,000
- Nil excess payable in the event of a claim
- The policy can be extended to cover other allied health modalities
- Access to Run-Off cover

Fenton Green is a proud business partner of the Psychotherapy & Counselling Federation of Australia.

Go to www.fentongreen.com.au, call 1800 642 747 or email enquiries@fentongreen.com.au for a quote.

Fenton Green & co
Level 9 Podium, 530 Collins Street, Melbourne Vic 3000
ABN 14 074 776 631 | AFSL 247258



Fenton Green & co



SELECTED SPEAKERS – AARC SYMPOSIUM

Dr Rebecca Gray

Was it something I said? Examining client drop out in couples' therapy

An examination of the literature around the notion of client dropout from therapy reveals much research on individual and family therapy, with a scarcity of work regarding couple therapy. Client dropout is both emotionally and financially costly. Certain themes emerging from the literature concern predictive variables of client dropout. It is believed that a greater knowledge about these variables will help to inform therapeutic processes. Some elements of the process of the therapy may be important in influencing clients' continuation. A greater understanding of the process variables which may be creating barriers to treatment is required.

Rebecca Gray completed her PhD project in 2013 at the Centre for Social Research in Health at UNSW. A broadly trained researcher/practitioner, she has experience working as a counsellor and group leader in community settings, AOD services, and homeless shelters. Having worked on projects that explore domestic and family violence, illicit drug use, risk factors for blood borne viruses and healthcare dynamics for marginalised communities, she is particularly interested in sensitive research methods for disenfranchised and stigmatised communities.

Heather McAlpine

The Power of Apology

Therapeutic Group Work and even Relationship Counselling itself frequently focus on developing communication and conflict management skills. But as therapists, sometimes we 'miss the boat' when it comes to enabling our clients to experience deep healing in their ongoing relationships, when core attitudes and actions of their loved ones cut into their souls and profoundly wound them. Remaining perpetually wounded can have constant negative impact on one's identity and wellbeing.

Heather McAlpine BA (Psych) Dip Ed; AARC (Master Clinician); PACFA; IGL. Heather is a Trainer and Supervisor of Counsellors and Relationship Educators, and a Couples and Family Therapist in private practice. She is also a Consultant in Team Building, Conflict and Stress Management and Personality style for Government, NGO's and private organisations. After eight years of service, Heather finished up as Clinical Co-ordinator for Relationships Australia, Illawarra. Heather was awarded a Winston Churchill Fellowship to study Marriage and Family Education in the UK and US.

Elly Taylor

Emotional Connection in the Perinatal Period - Reducing Birth Trauma and Increasing Mental Health and Formation of Parental Identity

A secure attachment between couples reduces the risk for birth trauma and supports the emotional and mental health and formation of a sense of parenting identity for both partners but the perinatal period presents huge challenges for a couple's relationship. How can counselling and psychotherapy professionals support couples to stay bonded as they each bond with their baby?

Elly Taylor is a relationship counsellor, researcher and author. Her passion is supporting perinatal relationships and facilitating whole family bonding. Elly worked for Interrelate Family Centres for 15 years as a counsellor and group facilitator and wrote Interrelate's Becoming Parents program. Elly writes for Practical Parenting magazine, the Sydney Morning Herald, Melbourne Age and Daily Life website and comments on relationship issues for the media. Her book, Becoming Us (Harper Collins 2011) facilitates an age old rite of passage for modern day parents.

Charles Wilson

The Adoption Triangle – Issues for Therapists

This paper covers issues that therapists might face when counselling clients who have either being adopted, given children up for adoption or been adoptive parents. It is essential that in counselling those involved in adoption that therapists take into account the adoption circle as a whole and the ways in which all members remain part of each other's worlds in fantasy or reality over the course of their lifetimes. Everyone needs to be allowed to express their thoughts and feelings about these significant people in their lives, who otherwise remain as ghostlike figures. As each of the members of the adoption circle go along their own developmental course there will be times when individual issues will relate and have impact on other members of the adoption circle. The themes of loss and anger, attachment and separation and identity formation will be common to all.

Charles Wilson is CEO for Integricare and has had over 25 years experience in the community sector. In addition he works as a psychologist, relationship counsellor and Supervisor in a private practice. Charles has been a counsellor for over 20 years. He is currently Vice President of PACFA and served as the National President of AARC for 10 years. Charles is also actively involved in providing pre marriage and marriage enrichment training programs.

Rebecca Gray

Professional accounts of client shame and silence when counselling in alcohol and other drug settings

Shame and its connection to problematic alcohol and other drug (AOD) use has been widely theorized. Less is known, however, about the effect of treatment settings when counselling clients presenting with shame. Seventeen qualitative interviews were gathered from frontline workers in Australia, to elicit respondents' perceptions of shame, AOD use, treatment settings, and the therapeutic relationship. This presentation provides professional insights about the complexity of shame in talking therapy and raises awareness about the impact of the setting on the clinical encounter, particularly, how professionals interpret silence in counseling sessions.

Rebecca's biography can be found on page 16.

Naomi Halpern

Trust me: Paradox and pitfalls in the treatment for complex trauma

It is within the context of close and intimate relationships, such as parents, other family members and trusted adult authority figures that most childhood abuse occurs. Such betrayal trauma disrupts attachment bonds and sets the stage for complex internal and external relational dynamics as adults. Paradoxically, the therapeutic relationship, the environment created to explore, face, grieve, rage and heal the hurts of past betrayals is terrifying for the abuse survivor and reminiscent of past relationships. We ask our clients to enter a relationship that has an unequal balance of power, that is conducted in private and tell them that for it work, they need to trust us.

Naomi Halpern is co-director of Delphi Training and Consulting. She has developed expertise in psychotherapy for complex trauma, post-traumatic stress disorder, dissociative disorders and related comorbidity, with survivors of sexual abuse, rape, gender based violence, torture and other trauma. She has a wealth of experience working with people across cultures, socioeconomic groups, faiths and sexual orientation. She provides consultations and training to community mental health services, sexual assault centres and the United Nations. Naomi is co-author with Dr Colin A Ross, USA of a treatment manual: Trauma Model Therapy: A Treatment Approach for Trauma, Dissociation and Complex Comorbidity, (2009).

Bill Hewlett

When we reduce the diminishing effect that acrimony has on parenting capacity, the child's opportunity to embrace all that life has on offer... begins

This workshop will demonstrate how practitioners can help conflicted parents to reduce their acrimony and enhance their children's capacity to live a life full of love and harmonious connection. The workshop will:

- Present recent research on the profound effects that empathic engagement between a practitioner and a parent can have on reflective capacity.
- Provide insights from attachment theory and neurobiology about why effective clinical engagement can have such positive impact
- Demonstrate this therapeutic intervention in practice through an interactive role-play.
- Provide an opportunity for group discussion.

Bill Hewlett currently works as a trainer and supervisor in Family Dispute Resolution with Relationships Australia. He has extensive experience in child inclusive mediation having practiced as a Child Consultant for nine years. Bill provides training and supervision for Family Relationship Centres, Family Relationship Service providers and Child Protection Agencies.

Shirley Hicks

How many bodies are there in this room? An exploration of client and therapist embodiment and its impact on trauma recovery

Research suggests that trauma has a profound effect on the body by disrupting normal physiologic response. Whilst people with PTSD may deal with their environment through emotional constriction, their bodies continue to react to certain physical and emotional stimuli as if there was a continuing threat of annihilation. Within the therapeutic encounter both the client and the therapist may have an experience of a lived body, through the experience of two bodies in relationship. It is through this lived body that a therapeutic narrative can arise that may differ from the narrative that arises from cognitive enquiry. It is these embodied experiences that are a way of exploring the intersubjective world created between therapist and client.

Shirley Hicks is a somatic psychotherapist in private practice. She supports clients to safely reconnect with their body and their world through an intersubjective integration of body and story. Drawing from a range of somatic approaches, Shirley invites curiosity and exploration of an embodied, intersubjective relationship between client and therapist. She contributes to the Wellbeing Magazine and BUPA Healthy E-Newsletter. She is the co-founder of Trauma Sensitive Yoga Australia, an organisation which promotes the benefits of incorporating the body when working with trauma survivors. She also lectures at ACAP.

Denise Hostin

Adolescents and the Acceptance and Commitment Therapist: An encounter that might provide a sense of connectedness and help to shape new ways of relating to the world

The complexities faced by adolescents in our 21st Century characterized by family changes such as separated parents, blended families, as well as social pressures coming from shallow relationships with peers, media pressure and the impact of new technologies such as iPhones and social networks on communication and human relatedness, all of which adds to the already complex task of transitioning from childhood to the adult world. This age group is of particular interest to researchers and practitioners as statistics reveal that 75% of mental health problems emerge before the age of 25. The paper will reflect on the counsellor's singular position to provide the young person with an experience of having a safe and open human connection and space to reflect on the changes and choices life presents at this very particular phase of human development.

Denise Hostin is a Registered Psychologist with 13 years clinical experience with individuals and families including trauma work and clinical supervision. Denise is a PhD candidate through University of New England and her research interests are focused in ACT and its applications to clinical practice with adolescents. She currently works at Youth Focus in Western Australia with young people aged 12 to 24 struggling with depression, self-harm and/or suicide ideation.

Tracey Nicholson

Languaging the Dynamic Non-verbal

Over 80% of human communication is simply non-verbal. However, observing, analysing, and understanding the dynamics of clinical interactions can be difficult and often unwieldy. This experiential workshop will provide an introductory 'taster' of the Laban Movement Analysis system, a comprehensive framework and language for the non-verbal, by introducing the elements of this system and offering a personal exploration through movement. The presenter will offer an experience of the LMA language and practical instruction for using introductory elements of LMA clinically. The workshop will assist with greater understanding of our clients' full being and enhanced effectiveness within the dyadic kinetic conversation.

Tracey Nicholson is a Dance Movement Therapist and Somatic Movement Therapist. She has worked as a Movement Educator/Therapist for 30 years in the areas of mental health, rehabilitation and special education. She has presented at conferences in Australia, USA and Israel. Tracey has a passion for generating within people a love of moving their bodies. As a professional member of the Dance Therapy Association of Australia she mentors emerging Dance Therapists. Additionally she is CEO of Tensegrity Training which is the first of its kind in Australia.



If you want to change lives, it's time to change yours.

ACAP offer courses in Counselling, Psychology, Social Science and Coaching. Our higher education Counselling degrees are accredited by the Psychotherapy and Counselling Federation of Australia (PACFA) and our psychology degrees are recognised by the Australian Psychology Accreditation Council (APAC).

Our range of educational programs, from Bachelors and Graduate Diplomas to Masters, meet both career development and professional development needs:

- Upgrade your skills to meet PACFA Mental Health Practitioner and Accredited Supervisor listing requirements
- Undertake an elective as professional development
- Upgrade your existing qualification

You can choose on-campus study, online, a combination of both, or blended delivery. We offer small class sizes and our teaching staff include researchers and practitioners in the field.

We have campuses centrally located in the CBD in Sydney, Melbourne and Brisbane.

New Master of Counselling and Psychotherapy

To find out more call us, come to an information session or visit our stand at the joint PACFA/AARC/CAPA NSW Conference!



Register at acap.edu.au
1800 061 199

