



Psychotherapy and Counselling  
Federation of Australia

# Annual report summary 2020–2021

# Message from the President



Dear Members

Thank you for another year with PACFA. Sitting here in Tasmania I feel very fortunate and yet I am well aware of the ongoing challenges Australians have faced in 2020–21.

When I wrote this message last year there was hope that 2021 would be a year without Covid, or less of it, and yet that is far from the case. For PACFA this has presented additional challenges: supporting members at various stages of lockdown, encouraging innovative online practice whilst holding close to our high-quality standards and appreciating the changing nuance of the mental health policy landscape even as demand for mental health support has sky-rocketed.

It is a difficult time for many people. I thank you for once again upholding excellence in the field of counselling and psychotherapy and supporting PACFA values of inclusion, integrity, and professionalism. And even in times of challenge I encourage you to be proud of your PACFA membership and remember:

1. Across the sector, PACFA has the highest standards for membership in counselling and psychotherapy
2. PACFA does not have a commercial interest in any training organisations, meaning we can advocate for the workforce which will best support the Australia community
3. PACFA is a leader in supporting innovative practice, such as Indigenous Healing Practices, through the College of Aboriginal and Torres Strait Islander Healing Practices
4. PACFA is committed to research which supports the value of counselling and psychotherapy
5. PACFA is a not-for-profit organisation, so all membership fees are reinvested into member services.

In 2020–21 PACFA has been tirelessly working for the benefit of members as outlined further in this report. Personally I have appreciated the many opportunities to speak with Ministers, bureaucrats and stakeholders about our work, including my ongoing role with the National Mental Health Workforce Taskforce. In August I presented to the Senate Select Committee for Mental Health and Suicide Prevention. PACFA is also keen to capitalise on the interest in mental health in the media and I have welcomed many media interviews discussing our work and through which we aim to increase community awareness of counselling and psychotherapy.

This year PACFA welcomed several new members to our Board which has provided an exciting new energy to our strategic activities. Despite the difficulty of not being able to meet face-to-face, Board members have made an incredible contribution to our 2020–21 activities. Thank you to them all: Tony Clarkson (vice-president), Nigel Polak (secretary), George Gintilas (treasurer), Charles Wilson (EPAC Chair), Kate Briggs (PSC Chair), Doug Aberle (Ethics Chair), Alexandra Bloch-Atefi (Research Committee Chair), Carlie Atkinson (CATSIHP co-convenor), Valerie Redman (Psychotherapy representative), Pat Bradley (Counselling representative).

Early in 2021 we also welcomed our new CEO, Johanna de Wever. With a fresh new perspective Johanna has re-energised our internal and external operations, and I eagerly anticipate her activities in 2022.

Finally I would like to express my profound appreciation to the many PACFA volunteers who join our committees, leadership and interest groups, and who provide valuable CPD for the benefit of our membership; and to the PACFA staff – who have worked incredibly hard to ensure PACFA members remain supported during the many weeks and months of lockdown in Melbourne and elsewhere.

A handwritten signature in black ink that reads "Di Stow".

Di Stow  
President



# Message from the CEO



With a new CEO and a rapidly changing landscape, 2021 has been a busy year for the PACFA office.

Since I joined in March I have had more than 60 individual meetings with members and more than 30 meetings with external stakeholders, gathering information and insights about practice, and advocating for the important work of our members.

A central consideration has been how we can operationally support our strategic intent of being a more prominent voice for counsellors and psychotherapists whilst keeping our focus on inclusion and quality. This has resulted in new staff positions, altered workplace priorities, and frequent and lively discussions. Despite the challenge of change, PACFA has welcomed new ideas and initiatives and I am deeply grateful for your enthusiasm.

Looking forward to 2022 we are well placed to take advantage of the increased interest in mental health, as well as the growing realisation of the limitations of the traditional service delivery model.

I look forward to sharing this journey with you.

With thanks for your support,

Johanna de Wever  
CEO



# Report on activities

## Membership

- » **1256** new members joined in 2020–21.
- » More than **1000 PACFA members** are now registered for rebates from Private Health Insurers.
- » Workcover (Qld) opened referrals to Counsellors for the first time.
- » Our CEO has met with more than **60 individual members** since joining PACFA in March 2021.
- » Opportunities with the **National Disability Insurance Scheme** continue to grow.

We trademarked professional titles for practising counsellors and psychotherapists to build understanding and aid professional recognition.



## Training

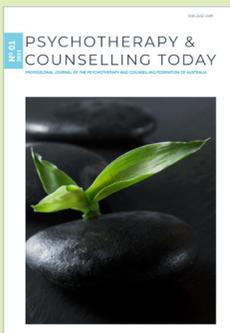
- » Implementation of **Recognition of Prior Learning Pathway** and **Equivalency Pathway**.
- » Implementation and further development of **College of Psychotherapy Training Standards**.
- » Expansion of support for low-cost supervision groups.
- » Development of inaugural **Indigenous Healing Practice Training Standards**.
- » Accreditation of nine courses.
- » PACFA's ethical helpline has assisted more than 200 people in 2020–21.
- » Introduction of **Guidelines on supervision and CPD for relationship counsellors**.
- » Provided more than 80 webinars with more than 4500 registrations.
- » All recorded webinars are now available free.

## Publications

- » In 2021 PACJA published two issues covering important work on **anti-oppressive practice** and the **impact of Covid-19**.



- » We said goodbye to Editor Dr Rhys Price-Robertson but are confident that the journal is in safe hands with Acting Editor Dr Gávi Ansara until the new editor is appointed.
- » A new edition of *Psychotherapy and Counselling Today*, edited by Stephen Andrew will be published and distributed to members before the end of the year.
- » PACFA has also kept members informed via a **monthly newsletter and regular updates on Covid restrictions**.



In 2021 PACFA signed MOUs to support the recruitment of counsellors and psychotherapists.

Relationships Australia.  
NEW SOUTH WALES

GRIEFLINE

aspenmedical

## Advocacy and promotion

- » More than **30 stakeholder meetings** with CEO.
- » **8 media releases** disseminated.
- » PACFA has **5219 supporters** on Facebook as of September 2021, with the number continuing to rise.
- » New **branding and web functionality** on the way.
- » Our president and CEO met with the **Select Committee on Mental Health and Suicide Prevention**. Read the article about the presentation with a link to the full transcript [here](#).



Dr Di Stow spoke convincingly about the value of counselling to Senator Dr Fiona Martin and Ms Emma McBride MP.



# Membership numbers summary

Individual PACFA Members	
Clinical	1359
Provisional	1165
New Graduate	425
Student	736
Affiliate	129
Life	16
Academic	8
<b>Subtotal</b>	<b>3838</b>
Member Association members	
Clinical	202
Provisional	100
<b>Subtotal</b>	<b>302</b>
<b>Grand total</b>	<b>4140</b>
Branch Membership	
Canberra and Region	119
New South Wales	1669
South Australia	246
Tasmania	72
Victoria	853
Western Australia	294
Queensland	514
Northern Territory	14
Overseas	9
<b>Total</b>	<b>3790</b>

College Membership	
College of Counselling	2220
College of Psychotherapy	993
<i>Somatic Psychotherapy</i>	193
<i>Gestalt therapy</i>	317
<i>Other psychotherapy modality</i>	483
Australian College of Relationship Counsellors	215
Australian College of Counselling and Psychotherapy Educators	240
CATSIHP	80
<b>Total</b>	<b>3748</b>

Member Association Membership breakdown	
Australian Association of Buddhist counsellors and Psychotherapists	15
The Australian and Aotearoa New Zealand Psychodrama Association	26
Australian Technical Analysts Association	12
Australian Radix Body Centered Psychotherapy Association	9
Association of Soul Centred Psychotherapists Inc.	14
The Association of Transpersonal and Experiential Psychotherapists Inc.	17
Christian Counsellors Association of Australia	225
Dance Movement Therapy Association of Australasia	21



# Treasurer's report 2020–21

## Audited financial statements

PACFA's financial statements for the year ended 30 June 2021 were prepared by independent auditors, Saward Dawson Chartered Accountants. The financial statements have been prepared in accordance with the Australian Accounting Standards, the *Associations Incorporation Act 1991* (ACT), and the *Australia Charities and Non-Profits Commission Act 2012*. Thank you to Saward Dawson and to PACFA's accountant, Belinda Gomez, for successful completion of the audit.

## Profit and loss

Our financial year has ended strongly with a surplus of \$362,645. This was a very positive outcome given that we were in the height of the pandemic and were expecting downward income trends.

Compared with the previous financial year, there was a significant increase in income from \$1,326,011 to \$1,662,751 which is an increase of \$336,740 or 20.25%.

Despite concerns that our financial position would be seriously impacted by the pandemic, income from membership, government stimulus and other income sources has been strong, while expenditure savings were made due to face-to-face meetings and business-related travel not being possible during the financial year.

## Income and expenditure analysis

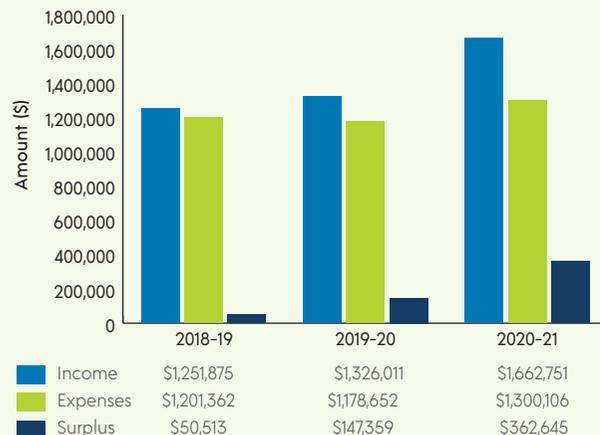
The growth in revenue in 2020–21 was principally from membership growth and additional professional development events delivered by PACFA. The additional professional development focused on online therapy as a response to the COVID-19 pandemic.

Income from some other revenue streams such as course accreditation, college and branch income, and registration income, also increased, while income from advertising and interest reduced slightly.

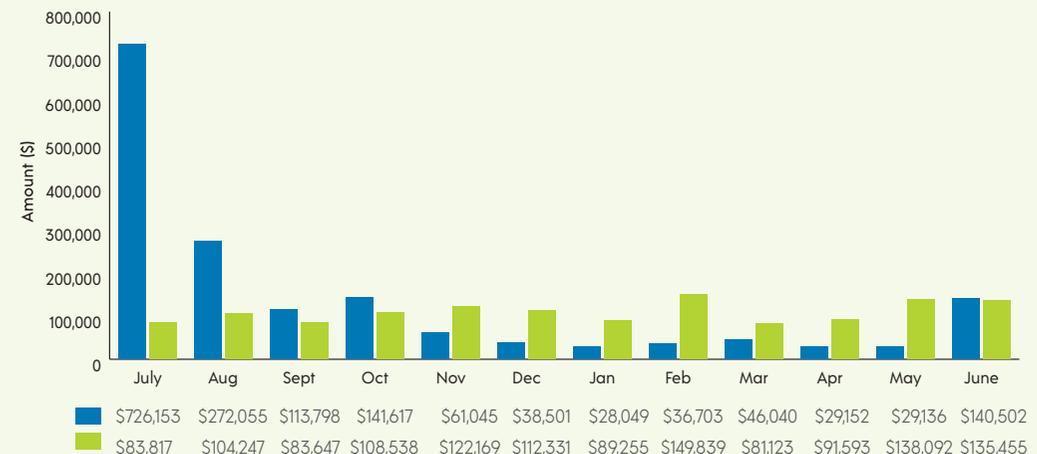
The conference PACFA planned to hold during the reporting period was cancelled; consequently there was no conference income and expenditure. We were able to receive a full refund of the deposit for the venue hire.

Expenditure was contained well, to maintain PACFA's healthy surplus. The largest expenditure item was staffing which has continued to increase in response to the growing need to support members. Other significant expenditure items were rent, portal improvements and professional development expenses. Amortisation and depreciation expenses increased compared with the previous year due to the full year's amortisation of the iMIS Member Portal.

## Income/expenses with prior years' figures



## Monthly income/expenses for 2020/21



## Balance sheet

The surplus of \$ 362,645 in 2020-21 is a very positive result as it enables PACFA to increase our reserves. We have created a specific reserve for \$67,496 received from QCA that has been allocated for upgrades to the PACFA website.

The balance surplus of \$295,149 is held in PACFA's accumulated reserves. This will ensure PACFA is financially secure to deliver our mission. However, the Board will consider whether to allocate some of the surplus to priority initiatives in the 2021-22 financial year.

As a result of this year's surplus, reserves after meeting all liabilities increased from \$562,076 to \$857,225, an increase in reserves of 52.5%.

Our reserves are at an acceptable level for a non-profit organisation of PACFA's size.

As at the end of the financial year, we are covering current liabilities by 1.86 times (LY 1.73). This remains a very healthy ratio. Our current cash assets are \$939,320 or \$454,354 above the same time last year. Total liabilities are higher than last year as we received more income in June 2021 for the new financial year. This puts PACFA in a stable financial position going forward.

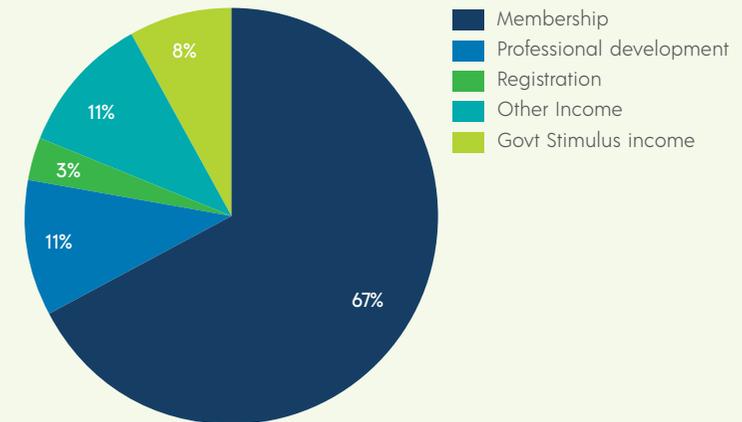
The Board's Reserves and Investment Policy aims to further increase our reserves over the next three years. This is particularly important in the current environment and will ensure PACFA continues to be financially stable and secure. Strong reserves will enable PACFA to continue investing in our new iMIS membership management system and increase our workforce to ensure PACFA is fit-for-purpose as a member-based organisation. Strong reserves will also allow us to respond to emerging priorities as we adapt to working within the context of Covid.

Following are the charts of PACFA's income and expenses for 2020-21.



George Gintalas  
PACFA Treasurer

## Breakdown of income 2020-21



## Breakdown of expenses 2020-21

