FEATURE ARTICLE
NATIONAL CODE OF CONDUCT FOR HEALTH CARE WORKERS
By Maria Brett, PACA CEO

PACFA NEWS
PACFA WEBSITE AND COUNSELLING & PSYCHOTHERAPY PORTAL LAUNCHED
ONLINE PACFA RENEWALS OPEN
2014 CONFERENCE – COMPLEXITY & CONNECTEDNESS IN LIFE AND LOVE
PACFA SUBMISSION TO NATIONAL MENTAL HEALTH COMMISSION REVIEW
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Front Cover Image — World map texture courtesy of NASA
PACFA has had an active couple of months with the PACFA Council meeting taking place in April, the new PACFA website being launched along with the new Counselling & Psychotherapy Portal, another literature review being published and two submissions being made to government. Readers are encouraged to visit the new website and Portal and read all about these new initiatives. Online registration renewals are now open for PACFA Registrants via the Counselling & Psychotherapy Portal.

In this edition of eNews we feature PACFA’s submission to the consultation on the National Code of Conduct for Health Care Workers. The Code, once introduced, will apply to all counsellors and psychotherapists so this article makes important reading for practitioners. Also read about PACFA submission to the National Mental Health Commission’s review of mental health services.

For the first time, I provide a CEO’s Report in which I report on the Council meeting outcomes, focussing particularly on the consultation process on the possible PACFA restructure. Council had rich and thought-provoking discussions on this important strategic topic and work is ongoing with the formation of a new Working Party involving eleven PACFA member associations.

In the news section, read about the new literature review on the effectiveness of Supportive Counselling and other research matters: a call for tenders for the next literature review on spiritually-informed counselling and psychotherapy and news that PACFA has opened another funding round for Research Seed Grants.

There are two calls for participants to get involved in research and surveys – one is a student research project on the influence of the religious and spiritual beliefs and activities of practitioners on their theoretical orientation and practice; the other is an important national survey on practitioners’ awareness and use of e-resources in their work. Practitioners are encouraged to get involved.

Time is now running out to register for the 2014 conference, Complexity & Connectedness in Life & Love which takes place in Sydney from 13 to 15 June. This is going to be a fantastic event and I hope to see as many people there as possible.

Finally, a reminder that the next edition of PACJA (the Psychotherapy and Counselling Journal of Australia) will be coming out soon and the PACJA Editor is now calling for articles for the third edition which will be a special edition on psychodynamic psychotherapy.

Maria Brett
eNews Editor
In April, PACFA’s Council meeting was held in Sydney with PACFA delegates from 22 member associations attending. The PACFA Council is the peak governing body of PACFA and is made up of representatives of all PACFA member associations. Our consultative governance structure makes PACFA unique as a peak body for the counselling and psychotherapy profession as important strategic decisions, standards and policy documents are debated and decided within this forum, which includes a diverse range of practitioners and educators from the wider PACFA community.

This year’s Council meeting covered a range of important issues for PACFA including:

- PACFA’s 2014-15 Strategic Plan
- A new Code of Conduct for members of the PACFA Board, Committees and Panels
- An update on PACFA’s lobbying activities
- Discussion of PACFA’s finances
- The Member Association forum in which MAs share their current achievements and challenges
- Updates from several Committees: Research, Course Accreditation, Professional Practice, Ethics and the Joint Conference Committee
- The idea for PACFA to accredit “second trainings”
- The possible restructure of PACFA

It is the last point that I particularly want to focus on in this report, as Council had lengthy discussions on this topic which provided very helpful guidance to the Board, and me as CEO, as we progress work on this important developmental initiative.

Possible PACFA Restructure

At the Council meeting a report was provided on progress with the restructure consultation process so far. Points covered included feedback from the member survey (reported in the March edition of eNews) and consultation meetings taking place with member association committees of management.

The Council meeting provided opportunities for all MAs to speak about how the possible PACFA restructure would impact on them, and to voice their concerns and ideas. Small group discussions also took place “World Café” style to explore the issues in more detail, and to gather feedback on the restructure idea. Discussions were rich and fruitful, even if sometimes challenging and anxiety-provoking! Input from Council is always extremely valuable to ensure that PACFA is representing the wishes and needs of our members.

There are some key themes that emerging:

- There has been little interest so far in the idea of interest groups as part of a new PACFA structure. Unless there is interest in this option, Interest Groups would not be included in future discussions on the possible new structure. One option would be for Interest Groups to come under Colleges.
- Some MAs have indicated they prefer to stay as separate associations rather than join with PACFA in an organisational restructure. Therefore, joining PACFA will be optional and MAs will be able to continue as separate organisations under the PACFA umbrella permanently (i.e. retain their current status), and not just as a transitional arrangement.
• For some MAs, there were concerns about loss of their separate identity and achievements under a College structure, and these concerns would need to be addressed.

• MAs want to know how Colleges would be funded to ensure they would have sufficient funds to operate effectively.

• Some MAs are interested in forming a College of Integrative Counselling & Psychotherapy as soon as possible. A major driver for this is the need by some MAs to address ongoing sustainability issues. PACFA will be discussing with some MAs how we can support them in the short-term as any restructure, if it takes place, cannot be rushed.

• The overall message communicated to the PACFA Board is that Council wants to take as much time as is needed to consult properly on the proposed restructure and to work through the details systematically.

Council wants to see more details on the possible restructure and to this end, a Working Party has been formed which will have its first meeting on 15 August. Representatives of eleven member associations have offered to participate in the Working Group. This is a fantastic commitment that these people will be making, on a voluntary basis, to this important piece of work.

PACFA is continuing with consultation meetings and later in the year there will be a further survey of member association committees.

Maria Brett
PACFA CEO
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PACFA welcomes Kathy Laverty to the PACFA Board. Kathy joined the Board at the October 2013 AGM and has been making a valuable contribution to the Board as a general Board member representing member associations.

Kathy is a Certified Transaction Analyst (CTA) and a Teaching and Supervising Transaction Analyst (TSTA). She works as a psychotherapist in Sydney where she has run a private practice for the last 14 years. She is a graduate of ACIS and ACAP. Between 2009 and 2011 Kathy was the Australasia regional representative on the International Transactional Analysis Association Board of Trustees. In 2013 she was appointed to the Transactional World Council of Standards. She has examined and presented workshops in Canada, Spain, South America, Japan, India, South Africa and the United States. Kathy has been a clinical member of PACFA since 2005 and a MA council delegate for WAPATA/ATAA since 2007. Kathy is committed to psychotherapy both nationally and internationally and the role the profession plays in changing societies.
National Code of Conduct for Health Care Workers

By Maria Brett, PACA CEO

PACFA has made a submission to the consultation on a National Code of Conduct for Health Care Workers. Download PACFA submission.

The new Code of Conduct, once introduced, will apply to all health practitioners who are not covered by the Health Practitioner Regulation National Law Act 2009 (“the National Law”). Under the National Law, certain health professionals are required to be registered with AHPRA (Australia Health Practitioner Regulation Agency). Counsellors and psychotherapists fall outside the National Law as we are a self-regulating profession. Government is aiming to improve regulation of health professionals outside the National Law – including counsellors and psychotherapists - by introducing the National Code of Conduct.

PACFA has been advocating on issues relating to Codes of Conduct for a number of years now, having previously made submissions to the consultation processes in New South Wales and South Australia, where Codes of Conduct have now been legislated. PACFA also submitted to the national consultation in 2011 undertaken by AHMAC (Australian Health Ministers’ Advisory Council) following which the Health Ministers decided to proceed with a National Code of Conduct.

It is important that practitioners understand that government has already decided to introduce a National Code of Conduct that will apply to counsellors and psychotherapists as well as many other self-regulating health professions. The only thing still to be decided is what form the Code will take and how it will be implemented through legislation.

Some practitioners may not support the idea of a National Code of Conduct, arguing that as a self-regulated profession we already do a good job regulating practitioners with our Codes of Ethics and complaints handling processes. However, there are weaknesses to self-regulation in terms of public protection, as membership of a professional association and registration with PACFA is not mandatory and significant numbers of practitioners (including those with qualifications that don’t meet PACFA’s Training Standards, and those with no qualifications at all) work as counsellors or psychotherapists without being registered. Without the force of legislation, there is no way for PACFA to enforce weighty sanctions in cases of serious ethical misconduct, or to prevent practitioners from continuing to practice after they have been deregistered, or to enforce sanctions across State and Territory boundaries.

The move towards the National Code of Conduct signals government’s commitment to continue to support the self-regulation model for a wide range of health professions, including counselling and psychotherapy.

For a number of years, some health professions (and social workers) have been knocking on government’s door asking to be regulated by government. However this demonstrates a misunderstanding of the purpose of the National Law. It appears that registration with AHPRA is being seen by some professions as a status symbol with more professions seeking to be subject to this government regulation regime, even where risks to consumers do not justify government regulation and the significant costs to the public associated with this form of regulation. AHPRA registration is not a status symbol but is a response to the very real need to regulate health practitioners who pose significant risks to the community. Available complaints data demonstrates that the risks to the public from counsellors and psychotherapists are very low and government has therefore never expressed interest in regulating our profession.
Even more concerning to PACFA is the potential for those practitioners registered with AHPRA to be favoured as providers of government-funded health services or in relation to private health insurance rebates. For example, the fact that psychologists are regulated by AHPRA should not be a rationale for them being providers of Medicare-funded counselling services while counsellors and psychotherapists, who are not regulated by AHPRA, are excluded as providers of these services. Similarly, PACFA has been advised by some Private Health Funds that they will not provide rebates for counsellors and psychotherapists to provide counselling or psychotherapy services because they are not registered with AHPRA. When challenged about this, Private Health Funds responded that they are simply following what Medicare does i.e. only using AHPRA-registered practitioners to provide allied health services.

Submission Overview

In its submission, PACFA provides an overview of the self-regulation functions provided by PACFA for the counselling and psychotherapy profession through its training standards and the PACFA National Register of appropriately qualified counsellors and psychotherapists, which requires practitioners to undertake professional development and supervision annually and to hold professional indemnity insurance.

Importantly, PACFA’s Code of Ethics sets high standards for ethical practice, and the complaints handling process provides a robust mechanism for consumers to have complaints against practitioners heard and resolved. As a federation of 29 member associations, PACFA also incorporates the codes of ethics and complaints handling processes for these associations for counselling and psychotherapy practitioners who practice in a wide range of therapy modalities throughout Australia. Member Associations are required to align their codes of ethics with PACFA’s code to ensure similar standards.

Until now, we have been referred to in the State Codes of Conduct as “unregistered health practitioners” because we are not registered with AHPRA. However, this term is inaccurate and misleading as PACFA provides a registration system for counsellors and psychotherapists. The term “Health Care Workers” is an improvement to the terminology but is still not supported by PACFA as it does not accurately describe the professional health services provided by qualified counsellors and psychotherapists. PACFA represents many highly qualified and skilled health professionals who simply would not describe themselves as ‘health care workers’ to their client group. This is a significant downgrading of professional status, not only of professional counsellors and psychotherapists, but of other health professionals. PACFA recommends either of the following terms: Health Care Practitioner or Health Care Professional.

PACFA supports the introduction of a National Code of Conduct for self-regulating Health Care Practitioners, but with some cautionary advice on the limitations of the generic National Code which has been proposed. Counselling and psychotherapy Codes of Ethics provide much more detailed guidance than a generic Code covering all health workers can provide, and are tailored to the health services provided by counsellors and psychotherapists. Complaints that are heard by PACFA or its member associations are heard by senior practitioners with expertise and training in the required ethical standards for counselling and psychotherapy practice, and an understanding of the harm caused to clients by unethical behaviour.

The benefits of a National Code of Conduct are principally the enforceability of sanctions where complaints are upheld against counsellors and psychotherapists and for orders to be recognised and enforceable across state and territory boundaries. The Code is welcomed as a first step towards improving regulation of Health Care Practitioners that are not covered by the National Law. However, PACFA argues that these achievements could be taken further if AHMAC follows PACFA’s recommendation for the Code to be tailored to meet the needs of different health professions.

Recommendation

PACFA recommends that the National Code of Conduct should be tailored to meet the needs of different health professions. Professional associations could have the option to develop a tailored version of the National Code of Conduct, as appropriate for their profession. Clauses not relevant to their profession could be removed and other clauses amended or added to ensure the Code more closely reflects the profession concerned. There could be a process for the tailored Code to be approved by the federal Department of Health or a delegate of AHMAC.
Two years ago, PACFA starting planning the development of a new website. The website took a long time to develop as we not only had to develop the website itself, but a whole new database to store registration details for PACFA Registrants. We then thought that, if we were going to develop a whole new database (which we knew was a big undertaking), it would make sense to share this resource with our member associations. And so our Counselling & Psychotherapy Portal project was born!

The new PACFA website and the Counselling & Psychotherapy Portal finally went live on 14 May. PACFA is very happy with both sites and hope that readers will visit the sites to see the many resources that are now accessible online.

**PACFA website:** [www.pacfa.org.au](http://www.pacfa.org.au)

**Counselling & Psychotherapy Portal:** [http://portal.pacfa.org.au/](http://portal.pacfa.org.au/)
We are delighted that the project has finally come to fruition, benefiting PACFA, Registrants, participating member associations and their members.

The new website has a clean, fresh design and the navigation is easy to use. The site is content-rich and our plan is that, over time, more and more news and resources will be added to the website for practitioners and for the wider community.

Members of the public can search for a Therapist or a Mental Health Practitioner using the Find a Therapist Search function and practitioners can search for PACFA-accredited supervisors. PACFA Registrants can include additional information about themselves and their practice in their Therapist Profiles, which can be updated via the Portal.

The Counselling & Psychotherapy Portal can be accessed by any-one with an interest in counselling and psychotherapy, but it is also a membership management system for PACFA Registrants and members of participating member associations. Practitioners can book places on professional development events, apply for membership of participating associations and renew MA membership and PACFA registration online.

Online PACFA renewals now open

PACFA Registrants can now complete their renewal online at the new Counselling & Psychotherapy Portal. Online registration renewal is available to all Registrants.

A great bonus for those on the PACFA Register is that you will only have to renew once using the online joint renewal form if you belong to one of the participating member associations (CAPAV, QCA, GANZ or ASPA). As other member associations join the Portal in the future, their members will also get more benefits from the Portal such as online joint renewals.

If you are a PACFA Registrant, you should have received an email advising you how to reset your password and log-in to the Portal. We have also distributed PACFA renewal notices requesting Registrants to renew online. Payments can be made online via credit card but offline payments are also available.

Paper forms for PACFA renewal will still be available to renew in the old-fashioned way, but will incur an administrative fee of $22 (inc. GST). If you wish to renew using the paper form, please contact the Register Administrator at register@pacfa.org.au to request the form.

The Portal includes Logs for recording client and supervision hours and for tracking Continuing Professional Development. Please ensure that you record your hours in the logs that are available in your User Profile as this is a mandatory requirement to complete your online renewal.

There have been a few teething problems as the Portal is still very new so please bear with us while we resolve any issues. If you have any problems using the Portal, please refer to the Frequently Asked Questions (FAQs) in the navigation bar or contact the Portal Helpdesk.

Portal Helpdesk:
Phone: 03 9486 3077
Email portal@pacfa.org.au

Also look for the FAQs in the navigation bar.
Time is running out to register for this year’s joint PACFA / CAPA NSW / AARC conference, Complexity and Connectedness in Life and Love, taking place in Sydney from 13 to 15 June.

To register for the conference, go to the conference website. The Conference theme, Complexity & Connectedness in Life & Love: Working with trauma, mental health and identity, will explore how counsellors and psychotherapists support clients with the complex challenges of life and relationships in the 21st century, where identity and wellbeing are shaped by the prevalence of trauma and mental health issues, and the therapeutic encounter is an opportunity for greater connectedness in the face of the growing isolation in our world.

The Conference Committee has put together a great program, including two keynote speakers, invited speakers, a showcase of speakers with recently completed PhDs in counselling and psychotherapy, selected speakers, and the AARC symposium on Relationship Counselling. The conference will include plenary panel discussions on the Lived Experience of Consumers and Carers and the Ethical Challenges Facing Counselling and Psychotherapy as a Self-regulating Profession.

Three pre-conference workshops will be held on Friday 13 June and there will be a conference dinner held on Saturday 14 June with entertainment provided by Story Teller Extraordinaire, Monica Tessellaar.

**Featured Speakers for the 2014 Conference**

**Pre-conference workshops on 13 June 2014:**
- Professor John McLeod: Maximising client and therapist resourcefulness: an introduction to a collaborative pluralistic framework for counselling and psychotherapy
- Craig san Roque, Jungian Analyst: ‘Report to Greco’: Intercultural Connectivity, Complexity and the poetic identity of psychotherapists
- Laurie McKinnon, Family and Couple Therapist: Processing the trauma of separation

**Keynote Speakers:**
- Professor John McLeod, Prof. Emeritus of Counselling, University of Abertay, Scotland: Client preferences: Building bridges between therapy and everyday life
- Professor David Tacey, La Trobe University, Melbourne: Spiritual connectedness and healing

**Invited Speakers:**
- Laurie McKinnon: Processing the trauma of separation
- Hugh Crago and Penny Gardner: It’s all about connection
- Dr Trisha Stratford: Therapeutic alliance: Effect on the therapeutic process
- Dr Elizabeth Riley: Please let me be Who I am! The needs of gender variant children & their parents
• Dr Dominek Coates: Balancing personal autonomy and social connectedness: The role of New Religious Movement or ‘Cult’ membership from the perspective of former members
• Petra Bueskens: Mothers in Transition - Changing Gender Dynamics in the Home through Strategic Absence
• Dr Di Stow: Looking up and out
• Shane Merritt: Liberation psychology as an agent of change for first nations peoples

AARC Symposium:
The AARC symposium program consists of invited and selected speakers. The focus of the symposium is on clinical practice with couples.

Selected speakers:
Quality speakers have been selected from a wide range of submitted abstracts which were peer reviewed by two or more reviewers. The program includes structured workshops and oral papers. The full program is available at the [conference website](http://example.com).

Ethics Panel:
Challenges Facing Counselling and Psychotherapy as a Self-Regulating Profession
• Chair: Elisabeth Shaw
• Kym Daly, AASW
• Philippa Hook, HCCC NSW
• Maria Brett, PACFA

Consumer and Carer Forum:
In our own words: Complexity & connectedness in life & Love, working with trauma, mental health and identity
• Elida Meadows, Carer representative
• Dr Meg Smith, Consumer representative
• Faye Jackman, Consumer representative
• Eileen McDonald, Carer representative

**CPD points for the Conference**
Participants in the conference will accrue up to 20 hours of CPD (Continuing Professional Development) for the purposes of PACFA registration renewal.

Because the conference is taking place in mid-June, some Registrants have requested that they be allowed to count the hours for the following year’s CPD (from 1/7/14 to 30/6/15). The Professional Standards Committee has agreed to allow this as an exception to the normal requirement that CPD is accrued in the previous 12 months.

So if you have already done your 15 hours of CPD for the 2013/14 year, you can still attend the conference in June and count this for the following year’s CPD.
PACFA has had a busy April making submissions to government. In addition to our submission to the consultation on the National Code of Conduct for Health Care Workers which is covered in this edition’s Feature Article, PACFA also submitted to the National Mental Health Commission’s (NMHC) review of mental health services.

PACFA’s submission to the NMHC review makes recommendations to address shortcomings in the Better Access Initiative (BAI) and the Access to Allied Psychological Services (ATAPS) programs and identifies an alternative model of mental health service delivery.

Download [PACFA Submission to National Mental Health Commission](#).

PACFA submits that the BAI requires serious rethinking as the program has grown exponentially and program expenditure has become unsustainable. There are serious problems with the program design, targeting and implementation, including over-servicing of consumers with mild to moderate mental disorders with specialist psychological treatment and Medicare payments to GPs for Mental Health Plans which are not necessary or appropriate for all consumers and are not a cost-effective model of service delivery.

The range of interventions available under both the BAI and ATAPS programs is not adequate to meet consumer needs and is not well informed by research evidence. Client outcomes could be improved by including a range of other evidence-based counselling and psychotherapy treatment models. The BAI also requires better processes for routine data collection and program evaluation in order to improve transparency and accountability for program expenditure and outcomes.

PACFA has contributed to the development of an alternative model of service delivery for Primary Care Counselling which is presented in the submission. This model would require government to rethink the way mental health services are delivered but has the potential to deliver:

- Savings of approximately $100,000,000;
- Capacity for 20% growth in service delivery above current service levels;
- More accessible and affordable services for consumers; and
- A wider range of counselling interventions to meet consumer needs.

Although more people are accessing mental health services since the introduction of the BAI and ATAPS programs, workforce shortages have resulted in waiting lists in some areas, particularly in rural, regional and remote Australia. Counsellors and psychotherapists are an overlooked part of the mental health workforce. Current and projected mental health workforce shortages could be addressed by recognising the contribution that counsellors and psychotherapists can make and including them as service providers in a range of mental health programs.

PACFA is seeking a meeting with the National Mental Health Commission to discuss the important issues raised in our submission.
PACFA recommendations to NMHC:

1. The design of the BAI program should be responsive to the clinical needs of consumers. The number of treatment sessions available under BAI should be based on research evidence and not limited as a cost-saving measure as this can be detrimental to treatment outcomes.

2. Include registered counsellors and psychotherapists as service providers in the BAI and ATAPS programs. These practitioners are appropriately qualified to provide counselling for consumers with mild to moderate mental health problems and are a cost effective option compared with current program arrangements.

3. Where specialist mental health services are required for severe mental health disorders, these could be provided by PACFA Mental Health Practitioners, in addition to existing service providers under the BAI and ATAPS. PACFA Mental Health Practitioners should therefore be added to the list of providers.

4. GP Mental Health Plans should only be used where a diagnosis of a mental disorder is necessary for effective treatment and where this treatment is to be provided by a specialist Mental Health Practitioner. Consumers with mild to moderate mental health problems should not be diagnosed with a mental disorder or be required to have a Mental Health Plan to access counselling via Medicare.

5. Only GPs who have undertaken the AMA-approved mental health training should be eligible to receive the Medicare Schedule Fee to prepare Mental Health Plans.

6. The BAI should be redeveloped as a more cost-effective and sustainable program that is better targeted to meet consumer needs. Alternatively, it should be replaced with another program that meets these requirements.

7. The National Mental Health Commission should consider whether the BAI could be replaced by a new Primary Care Counselling Program along the lines of the Primary Care Counselling program recommended by PACFA. Alternatively, the BAI could be adapted to include the elements proposed in this alternative model.

8. The range of approved psychological strategies in the BAI and ATAPS programs should be expanded to include other psychotherapy and counselling models with a strong evidence base. This will enable practitioners to select interventions appropriate to client presentations, characteristics and treatment preferences, which is likely to improve service outcomes.

9. Introduce a Minimum Data Set for the BAI and routine data collection using a standardised assessment tool for the BAI and ATAPS programs. This will ensure that both programs gather the data required for ongoing evaluation of service uptake, cost-effectiveness and client outcomes.

10. Increase client access in rural, regional and remote Australia by expanding the mental health workforce to include counsellors and psychotherapists as key allied health professionals to work in government and non-government health services, and to receive referrals as private practitioners.

11. Develop a rural and regional mental health workforce plan. The plan should take a broad definition of the mental health workforce to improve client access, and should include registered counsellors and psychotherapists and PACFA Mental Health Practitioners. Clinical supervision for mental health workers should be emphasised in the plan to improve and maintain service quality.

12. Provide specialised postvention support for the families and friends of suicide victims, with an emphasis on the particular needs of bereaved children and young people.

13. Consumers with severe mental disorders requiring psychotherapy should be able to access long-term psychotherapy from a specialist Mental Health Practitioner. This will help to prevent repeated hospitalisation of these consumers and reduce suicide risks.

14. Peer support should be included in the mental health service mix and where possible, peer support workers should be encouraged and funded to undertake training in counselling and psychotherapy. An assessment process should be used to identify the clients that are suitable for peer support.
PACFA is pleased to announce the publication of a literature review on the effectiveness of Supportive Counselling.

The effectiveness of Supportive Counselling, based on Rogerian principles: A systematic review of recent international and Australian research, was written by Dr Nicky Jacobs and Dr Andrea Reupert (2014) from Monash University. Thank you to the authors for a very positive collaboration producing the literature review.

The review provides a clear overview of the research evidence, finding that there is some evidence to support the effectiveness of Supportive Counselling (SC) including Person Centred Therapy (PCT), Non- Directive Supportive Therapy (NDST) and Supportive Therapy (ST) and their equivalence to other therapies, especially in the treatment of adult depression. The authors cautioned that due to the small number of studies identified, the need for conducting further Randomized Controlled Trials and longitudinal follow-up studies are recommended in order for more robust conclusions to be drawn on the effectiveness of Supportive Counselling.

Many therapists identify with a humanistic or a supportive orientation to therapy, in Australia and elsewhere. A 2004 survey of professional and clinical members of PACFA found 12% of respondents nominated humanistic approaches as being their primary theoretical orientation (Schofield, 2008). A somewhat larger percentage was found in the USA: from over 2,200 North American psychotherapists, Cook and colleagues (2010) found that a fifth (31%) identified with a Rogerian/client-centred/humanistic orientation. At the same time, the most commonly endorsed therapeutic techniques in this same survey were: conveying warmth and respect, communicating understanding of a client’s experience, empathising with the client, promoting clear, direct expression of client’s feelings, making reflective or clarifying comments and cultivating the therapeutic relationship. These techniques are at the core of Rogers’ (1957) person-centred approach, which focuses on building and sustaining a good therapeutic alliance. Thus, even though some counsellors might not identify as humanistic, many employ the techniques commonly associated with a Rogerian approach. The prevalent use of these humanistic and supportive approaches makes it critical to ascertain how effective these are in therapeutic environments.

References:


Jacobs, N. & Reupert, A. (2014). The effectiveness of Supportive Counselling, based on Rogerian principles: A systematic review of recent international and Australian research. Melbourne: PACFA.


Abstract - Literature review on Supportive Counselling

The purpose of this paper is to present a systematic literature review of the effectiveness of Supportive Counselling (SC) based on Rogerian principles. This review of recent international (last five years) and Australian (last ten years) papers was employed using PsycINFO, Ovid Medline, APAIS (Informit), Web of Science and Social Services Abstracts. Various terms were employed encompassing Supportive Counselling (SC) including; Person Centred Therapy (PCT), Non-Directive Supportive Therapy (NDST) and Supportive Therapy (ST). A total of 26 international papers and two Australian papers met the inclusion criteria. Papers were grouped into (i) meta-analyses and systematic reviews (n=4) as well as papers (ii) where SC was the primary therapeutic candidate (n=10), (iii) where SC was equally compared to other therapies (n=3) and (iv) where SC was the alternative, control therapy (n= 11). Various methodological issues were identified, primarily in the way SC was defined, implemented and compared to other therapies. Overall, while a number of methodological issues preclude definitive claims, there is evidence to suggest that the group of therapies often referred to as supportive are effective, and equally as effective as selected other therapies, in the treatment of adult depression.

Two more literature reviews coming soon

Watch your inbox for news of the next two literature review which will be published soon:

- Somatic Psychotherapy
- Psychoanalytic Psychotherapy

PACJA call for articles

The Psychotherapy and Counselling Journal of Australia will soon publish its second edition.

While this has been a long time coming, the editor decided to wait until we have a really good quality edition of PACJA rather than rush to get the next edition out. PACFA will let readers know as soon as PACJA edition two goes live.

Planning is well underway for the third edition of PACJA and articles are now being sought from interested practitioners and researchers.

Call for articles – PACJA special edition on Psychodynamic Psychotherapy

The Psychotherapy and Counselling Journal of Australia (PACJA), PACFA’s official e-Journal is calling for articles for the third edition of the journal. This will be a special edition on Psychodynamic Psychotherapy.

Aspiring authors are encouraged to submit articles and new authors have the opportunity to be mentored throughout the submission and publication process.

For information on how to submit, go to the PACJA website, www.pacja.org.au
This is a reminder that PACFA now offers two fantastic courses which are open to Registrants and other practitioners.

To book a place, please go to the [Counselling & Psychotherapy Portal](#).

Online registration is easy. Register for the Portal (if you do not already have log-on details), select the course you are interested in and complete the simple enrolment form. Payments can be made online using VISA or MASTERCARD. Offline payment methods are also available.

**Practical Ethics for Counsellors and Psychotherapists (6 hours CPD)**

This course was developed by PACFA in partnership with the Cairnmillar Institute. The course is offered as face-to-face workshop and as an online course. The online version includes four interactive sessions that are usually run during the week in the middle of the day. The key themes are:

- Foundations of Ethical Practice - morals, values and ethics
- Stages of Ethical Decision Making - including common ethical traps
- Record Keeping - including record keeping for social media connections
- Dual Relationships - including boundary-crossing and self-reflection
- Confidentiality - including circumstances when it is OK to break confidentiality
- Cultural Sensitivity - strategies for responding to multicultural practice issues

Members: $165 (inc. GST)  Non-members $220 (inc. GST)

**Online Mental Health Course (8 hours CPD)**

This online course was developed by PACFA in partnership with the University of Canberra. The course aims to build skills and competencies to support clients with their mental health.

- Module 1: Mental Health and Illness
- Module 2: Mental Health Assessment
- Module 3: Mental Health Interventions
- Module 4: Consumer Centred Models of Care, and Ethical Questions

Participants complete the course at their own pace over a 2 week period using the Moodle e-learning system. Teaching and learning approaches include audio-visual materials, case studies, recorded lectures, online communication threads and facilitated discussions.

Members: $220 (inc. GST)  Non-members $330 (inc. GST)
PACFA is calling for tenders for a literature review on the effectiveness of spiritually-informed counselling and psychotherapy.

Interested researchers should download the Call for Tenders: Spiritually-informed Counselling & Psychotherapy from the PACFA website.

The aim of this project is to develop an up-to-date, publishable literature review of the effectiveness of spirituality-informed counselling and psychotherapy. This would include counselling that focuses on spiritual or religious needs of all denominations including Buddhism and Christianity. It would include, but not be limited to, the care of the chronically ill and dying. It would exclude the literature relating to pastoral care, chaplaincy or spiritual direction by ministers of religion who are not trained as counsellors or psychotherapists.

The literature review is one in a series of reviews being produced by PACFA with funding received from an anonymous charitable foundation in order to build the evidence-base for counselling & psychotherapy. PACFA has funds of up to $4,000 for each literature review.

The closing date for tenders is 11 August 2014. To be considered, tenders must address the selection criteria outlined in the Call for Tenders document.

2014 course dates for PACFA Professional Development events:

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<th>Dates</th>
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<td>Online Mental Health Course</td>
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<tr>
<td>22 August – 4 September</td>
<td>Online Practical Ethics Course</td>
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<td>13 September</td>
<td>Practical Ethics workshop - Hobart</td>
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<tr>
<td>13 September</td>
<td>Practical Ethics workshop - Perth</td>
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<tr>
<td>20 October – 2 November</td>
<td>Online Mental Health Course</td>
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<tr>
<td>31 October – 13 November</td>
<td>Online Practical Ethics Course</td>
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<tr>
<td>29 November</td>
<td>Practical Ethics workshop - Melbourne</td>
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<tr>
<td>29 November</td>
<td>Practical Ethics workshop - Sydney</td>
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PACFA is supporting the development of research into counselling and psychotherapy by offering Research Seed Grants. The amount of each grant is $4,000. This initiative is possible with funding received from an anonymous charitable foundation that is supporting PACFA to undertake research aimed at improving the science of the art and practice of psychotherapy.

PACFA is pleased to announce that applications are currently being accepted for the next funding round. Applications will be accepted between 1 June and 31 December 2014.

Research Seed Grants will be awarded for research projects that are compatible with PACFA’s 2014/15 research priorities, and relevant to PACFA’s mission. Applications are sought from experienced researchers or student researchers working under formal supervision.

Grant recipients will be invited to publish a paper in the Psychotherapy and Counselling Journal of Australia (PACJA) within one year of finalising the project and to publish a poster at a future PACFA Conference. Successful applicants are also encouraged to form linkages with a relevant PACFA Member Association during the study.

Applicants for Research Seed Grants should review and address the requirements in the Request For Tenders For Research Seed Grants at the PACFA website.

For enquiries, please contact the CEO, María Brett, on 03 9486 3077 or email maria.brett@pacfa.org.au.

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eMHPrac: enhancing use of online mental health resources in primary care

eMHPrac is a national initiative to encourage the use of e-mental health resources in primary care and is funded by the Australian Government. The Australian National University will be working with allied health practitioners including psychotherapists and counsellors, to increase their awareness of and skills in using e-mental health resources through a range of training and promotional activities over the next few years.

As part of this work, the first of three annual surveys exploring workers’ awareness and use of e-resources is underway. Further information: https://mentalhealth.anu.edu.au/emhprac-2014-survey or please contact Andrew Staniforth, eMHPrac Clinical Project Officer, ANU, E:andrew.staniforth@anu.edu.au.

Please publicise this opportunity to your contacts and colleagues delivering counselling, psychotherapy or health care services.
Student research study seeking practitioners

**Psychotherapists and Counsellors Religious and Spiritual Beliefs and Activities: Influence on Theoretical Orientation and Practice**

James Ising, Psychology honours student at the University of Southern Queensland, is seeking research participants for a project titled *Psychotherapists and Counsellors Religious and Spiritual Beliefs and Activities: Influence on Theoretical Orientation and Practice* (Ethics Approval No. H14REA042).

The project is studying the influence of religious and spiritual beliefs and activities of psychotherapists and counsellors on their theoretical orientation and different practice factors. While most therapists practise being objective, setting boundaries, and respecting the differences of their clients, therapists do nevertheless have their own sets of assumptions, frames of reference, beliefs, and priorities that may affect their interactions with clients.

The study aims to explore how therapists view their religious or spiritual upbringing, how their current beliefs and activities influence and interact with their choice of theoretical orientation, and in what ways client interactions are influenced or affected by current religious or spiritual beliefs or activities. Only a small number of experienced practitioners will be recruited into this qualitative study. A one-hour audio-recorded semi-structured interview either face-to-face, via telephone or Skype will be required, talking about religious and spiritual experiences on orientation and practice, with a possible 20 minute follow up interview to clarify details.

Practitioners interested in participating in this study, should contact the researcher on w0068204@umail.usq.edu.au or phone 0412 742 927 to arrange a time and place to conduct the interview.

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**PACFA supporting World Congress for Psychotherapy 2014**

PACFA is a supporting organisation for the 7th World Congress for Psychotherapy (WCP) which will take place in Durban, South Africa from 25-29 August, 2014.

This four day congress is the leading international event in the psychotherapy field providing a global forum for researchers, practitioners and educators to exchange information, research and best practise models across all segments of the field of psychotherapy.

The Congress will feature international experts presenting workshops, keynote addresses and papers covering the many disciplines of psychotherapy and counselling. These disciplines will range from African traditional/originated forms of psychotherapy and counselling, western schools of psychotherapy and counselling, Asian forms of psychotherapy and counselling, psychotherapy and counselling practices in specialised areas (like hospitals, schools, correctional services, politics, etc.), and many other areas.

For further information about the Congress, please visit the [WCP website](#).
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### Classifieds and Professional Development

**SUPERVISION GROUPS VICTORIA**

Small supervision groups lead by a Reg. Supervisor allows you to experience a wide variety of different perspectives for a low cost.

- **Date:** 3rd Wednesday of the month
- **Time:** 9.20am – 11.30am for mature counsellors
  12.30pm – 2.30pm for 1st year counsellors
- **Venue:** Karinya Counselling Centre, 588 High Street Road, Glen Waverley Victoria
- **Leader:** Maureen Ireland CCAA & PACFA. Supervisor
- **Contact:** The office on 039802 2886 or admin@karinya.org.au for further information

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**QUEENSLAND COUNSELLORS ASSOCIATION INC**

June Professional Development opportunities

- **Friday 6th June 5-7pm**
  *Working with Individuals with substance use issues and /or their significant others* – Michelle Ryan

- **Friday 27th June 5-7pm**
  *Facing life and facing death – counselling for cancer and other life threatening illness* – Stephen Quinlan & Juliette Kalifa

**Bookings/details:**

E qca@qca.asn.au  W www.qca.asn.au  P 0411 468 369

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**AUSTRALIAN SOMATIC PSYCHOTHERAPY ASSOCIATION**

June/Aug Sydney Professional Development

- **Friday Jun 6, 7pm - 9pm**
  Ronald Valencia - Short Term Psychodynamic Psychotherapy

- **Friday Aug 1, 7pm - 9pm**
  Dr Sonia Haggman, Kate Wright & Jean Gamble - Working with Clients with Eating Disorders * Panel Discussion *

**Details:** [www.somaticpsychotherapy.asn.au/](http://www.somaticpsychotherapy.asn.au/)

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**Hanny Exiner Memorial Foundation**

Research in Dance Movement Therapy

The Hanny Exiner Memorial Foundation is now inviting applications for grants from persons in Australia intending to or currently conducting projects that could advance the field of Dance Movement Therapy.

The closing date for applications is Monday 14th July 2014.

For more information about the grant criteria and to download the application form go to the HEMF page of the DTAA's [website](http://www.dtaa.org.au).

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**2014 AABCAP Conference**

*Men, Mindfulness and Meaning*

A conference exploring the unique challenges and Opportunities facing men, in modern day Australian life, as they navigate masculinity, relationships, health, meaning and happiness.

**Date:** 22 — 23 August 2014  **Time:** Friday at -9:00 AM - Finish 5:00 PM (AEST) Saturday

**Venue:** Australian Technology Park, 2 Locomotive Street, #Suite 3220, Locomotive Workshop—Eveleigh, NSW 2015 Australia

**Website:** [www.buddhismandpsychotherapy.org](http://www.buddhismandpsychotherapy.org)
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 1300 364 277
Building better relationships at home, in our community and the workplace

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Eating Disorder Conference

"Contemporary Research and Cutting Edge Treatment for Eating Disorders"

International Authors & Experts in Eating Disorder Treatment

Dr Anita Johnson  Evonne Englezos & Sue Paton  Sue Austin

DATE: August 15, 16 & 17, 2014
VENUE: Vibe Hotel, Goulburn Street, Sydney

For more information email info@eatfed.com.au or
call 02 9560 1753 (Interstate 1800 328 333)

Early Bird ends June 27, 2014
Systemic Constellations Training Course
Sydney with Philip Bailey

Systemic Constellations enable the hidden dynamics of a system to be seen and resolved.

Course Dates:
Introduction to Constellations and to Training Course

Date: 15 June 2014
Time: 9am - 5pm

Facilitator Training Course:

Date:
25 - 26 September 2014
28 - 30 November 2014
30 January - 1 February 2015
27 - 29 March 2015
7 - 9 May 2015
3-5 July 2015
28-30 August 2015
9-11 October 2015
4 - 6 December 2015

Time:
Friday, 6 - 9pm
Sat / Sun 9 - 5pm

Venue:
Crows Nest Community Centre
Ernest Place, Crows Nest

Cost:
One Day Workshop: $145
Early Bird: $229.50 (until 15 July 2014)
Full Price: $330

Course registration:
For further information: Karen@foolmoon.com.au or bailey99@ixnet.net.au
www.dphilipbailey.com

Edoctus
- to inform thoroughly -

Training in Relationship Science
Designed by award-winning experts in teaching and learning, Edoctus provides workshops and seminars to equip professionals and graduate students with the most up-to-date knowledge in the science of relationships.

Upcoming Workshops
Dealing with Commitment Issues in Relationships
Saturday 21 June, 2014, Melbourne
In this half-day workshop learn how different types of relationship commitment lead to destructive as well as positive outcomes for individuals and couples. Learn how to use validated measures to assess the commitment of clients.

Early-Bird Registration Closes June 7th

Unpacking Destructive and Constructive Communication and Conflict Patterns in Relationships
Saturday 16 August, 2014, Melbourne
In this half-day workshop learn how different communication and conflict patterns influence relationship and family functioning. Learn how to assess and identify the most destructive and constructive of patterns.

Early-Bird Registration Closes August 2nd

Workshop Early-Bird Rates
Professional and Academic Staff: $195.00
Students (full or part-time): $125.00
To register and find out more go to:
http://www.edoctusaustralia.com/workshops--seminars.html

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).

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- 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.

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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

ACAP is a Navitas Professional college. National CRICOS Provider code: 03209A, ITU number 0006.

30 years

keep learning
Professional Development

Coming to grips with complex dissociative disorders
A one-day seminar with Dr Joan Halburn, Dr Cath McGrath & Dr Andrew Leon
**When:** Saturday, 21 June 2014 **Time:** 9.30 am - 4.00 pm

Imagination and the minute particulars
A half-day supervision workshop with Professor Russell Meares
**When:** Saturday, 26 July 2014 **Time:** 9.30 am - 12.30 pm

Contact: Anne Malecki Phone: 02 9660 1113
Email: info@anzapweb.com Website: www.anzapweb.com
PACFA eNews Advertising Guidelines

PACFA eNews is the electronic newsletter from the Psychotherapy and Counselling Federation of Australia that is published bi-monthly and also available on the PACFA website.

Bookings and Payment

Please provide your advertisement and booking form before the submission date. All prices include GST and payment is required at the time of booking advertisements. Please forward payment with your Booking Form.

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**Special Offer for PACFA Member Associations**

- All PACFA Member Associations may include details of forthcoming conferences and professional development opportunities in the PACFA eNews. There is no cost to Member Associations for Line Items.
- Member Associations are entitled to a 10% discount on all other advertised rates.
- All advertising - both free and paid advertising – must be sent to enews@pacfa.org.au within the timeframe specified.

**Special Offer:**

- Book your advertisement for 2 consecutive editions of the PACFA eNews and receive a 15% discount off the total cost.
- Book your advertisement for 3 consecutive editions of the PACFA eNews and receive a 20% discount off the total cost.
- Book your advertisement for 4 consecutive editions of the PACFA eNews and receive a 25% discount off the total cost.
- (MA’s receive an additional 5% discount on these special rates)

All advertising - both free and paid advertising – must be sent to enews@pacfa.org.au within the timeframe specified

**Artwork**

Artwork is to be sent to the PACFA office as an email attachment. Preferred document types: jpeg or pdf. For full Advertising Guidelines please see the PACFA website or email enews@pacfa.org.au

**Submission of News and Articles**

We welcome your feedback and input in the form of news, views, poetry, letters, articles etc. Please forward these to Julia Bilecki at enews@pacfa.org.au