



eNewsletter

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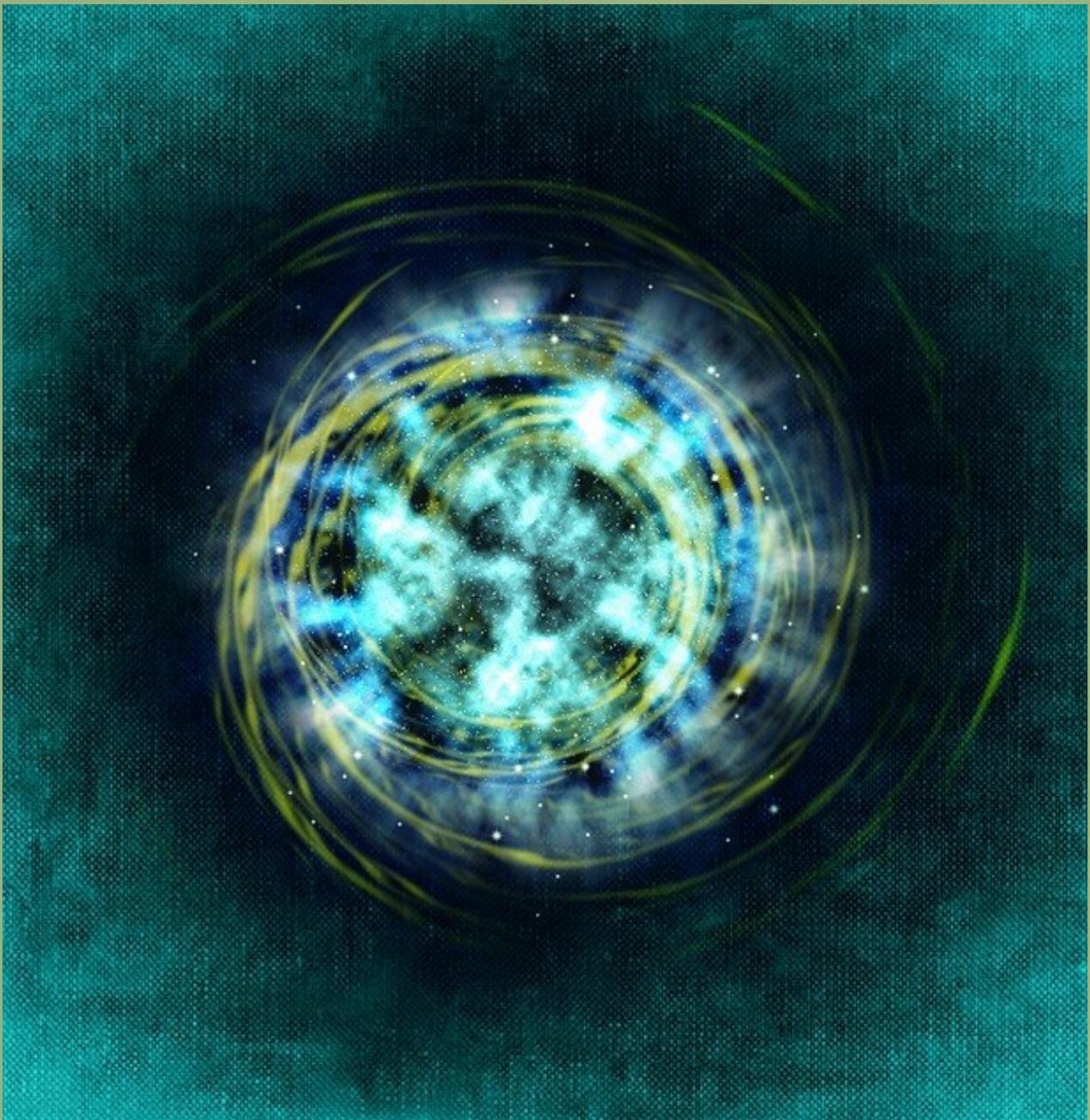
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FEATURE ARTICLE

**Australian Counselling and Psychotherapy
Workforce Study 2015 Update report**

By Professor Ione Lewis, Research Committee Chair



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Editorial

PACFA is making good progress implementing the new PACFA structure and we are now in our busiest time of year with membership renewals taking place. Earlybird registrations for the 2016 conference close on 30 July, so readers should register now to secure the discount price!



Thank you to Research Committee Chair, Lone Lewis, for contributing our Feature Article which is an update on PACFA's Workforce Study. This important piece of research is providing some very useful data which will help improve our understanding of the counselling and psychotherapy workforce. We look forward to the Committee's final report later in the year.

In this edition of eNews read about achievements to date under the new PACFA structure including activities of the new Branches and Colleges, the launch of a Clinical Hypnotherapy Interest Group, and the possibility of three more Interest Groups being established on Working with Children & Young People, Trauma-informed Practice and Clinical Supervision.

Two of our new Branches - Canberra and Region and Tasmania - have already scheduled professional development events; other Branches and Colleges are in the planning stages for their events. The Canberra and Region Branch have also held an official launch event for the Branch which was a great success. The NSW Branch is starting a LinkedIn groups for members in NSW to help encourage a vibrant network of NSW members. The Victorian Branch is surveying members about their interests and preferences for professional development and networking activities. All members in Victoria are encouraged to participate.

I am delighted to report that all PACFA Registrants in NSW are now eligible to register as providers with WorkCover NSW. This recognition was transferred from CAPA NSW to PACFA when CAPA NSW became part of PACFA structure from 1 July. There is also some important information for existing WorkCover providers about WorkCover's administrative requirements.

PACFA's new Recognition of Prior Learning (RPL) Guidelines have been launched. The RPL process allows for assessment of equivalence with formal counselling and psychotherapy training for applicants who have not completed the training specified in the PACFA Training Standards. RPL applications are now being accepted for individual PACFA membership and listing on the PACFA Register by members of PACFA Member Associations.

Members who are eligible to vote on the new Member Congress will be voting for members of the PACFA Board at the Annual General Meeting taking place in October. PACFA is now calling for nominations to join the Board. All members of PACFA and PACFA Member Associations who meet the PACFA Training Standards are eligible to nominate and to vote at the elections.

I have included a reminder for practitioners about PACFA renewals which close on 31 July and the insurance offers PACFA has negotiated with Insurance House for affordable Professional Indemnity insurance.

Finally, PACFA supports research projects and there are two studies currently taking place that are calling for participants. The Research Committee has also called for Expressions of Interest to contribute Occasional Research Papers for publication on the PACFA website. This is an opportunity for emerging researchers to be published through collaboration with PACFA.

Maria Brett
eNews Editor

Feature Article

Australian Counselling and Psychotherapy Workforce Study 2015 Update report

By Professor Ione Lewis, PACFA Research Committee Chair



In 2015, the PACFA Research Committee undertook a research study of the Australian counselling and psychotherapy workforce. The survey was circulated to PACFA and ACA members, and via Facebook and the PACFA website. The sample comprised 698 practitioners (59.70%) including administrators and academics, and 324 students (30.30%). This is the second eNews update report on the findings.

Gender

The predominant gender of practitioners and students is female. This finding is similar to the results of previous counselling and psychotherapy workforce studies reviewed by Lewis (2015), with a mean of 75.50%.

Practitioners' gender	Students' gender
78.67% female	82.76% female
20.74% male	15.67% male
0.29% intersex	0.31% intersex
0.29% other	1.25% other

Culture

The cultural background of practitioners and students was coded using the [Australian Bureau of Statistics \(2011\) Standard Classification of Cultural and Ethnic Groups](#). A single cultural identity was nominated by 87.43% of practitioners, dual cultural identity by 10.67% and three or more cultural identities by 1.90%.

Table one displays single cultural identity of practitioners. Forty-three cultures were identified in total. The dominant cultural identity for practitioners is Australian, followed by English (refer to the ABS classification hyperlinked above for other codes). Less than one percent of practitioners with a single cultural identity were Aboriginal Australians (0.67%), although the Aboriginal population is 3% of Australia's total population (ABS, 2016). Among students, 1.83% were Aboriginal and Torres Strait Islanders, which is still under-representative of the population.

Table one: Single cultural identity of practitioners

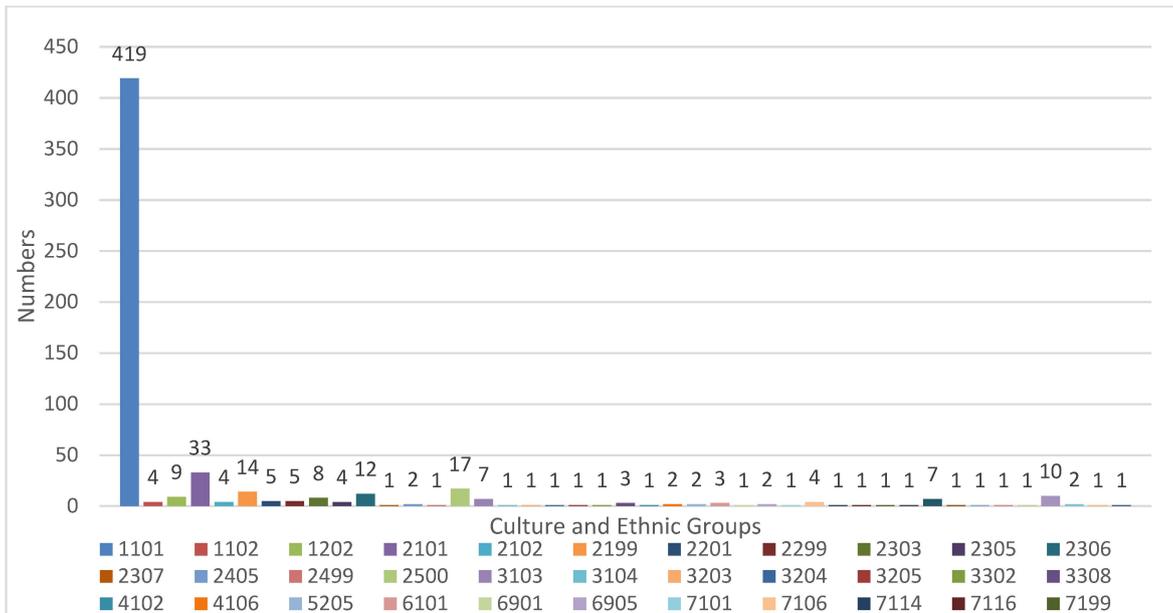
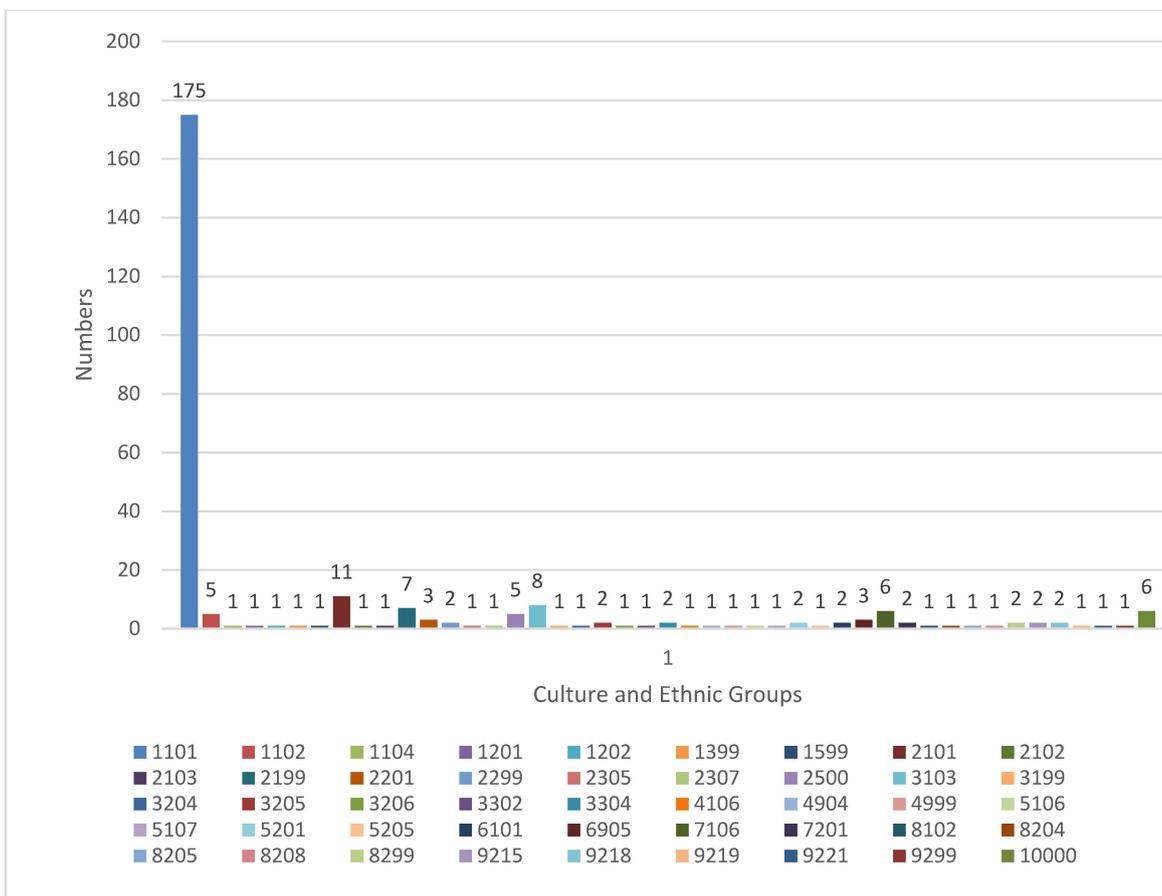


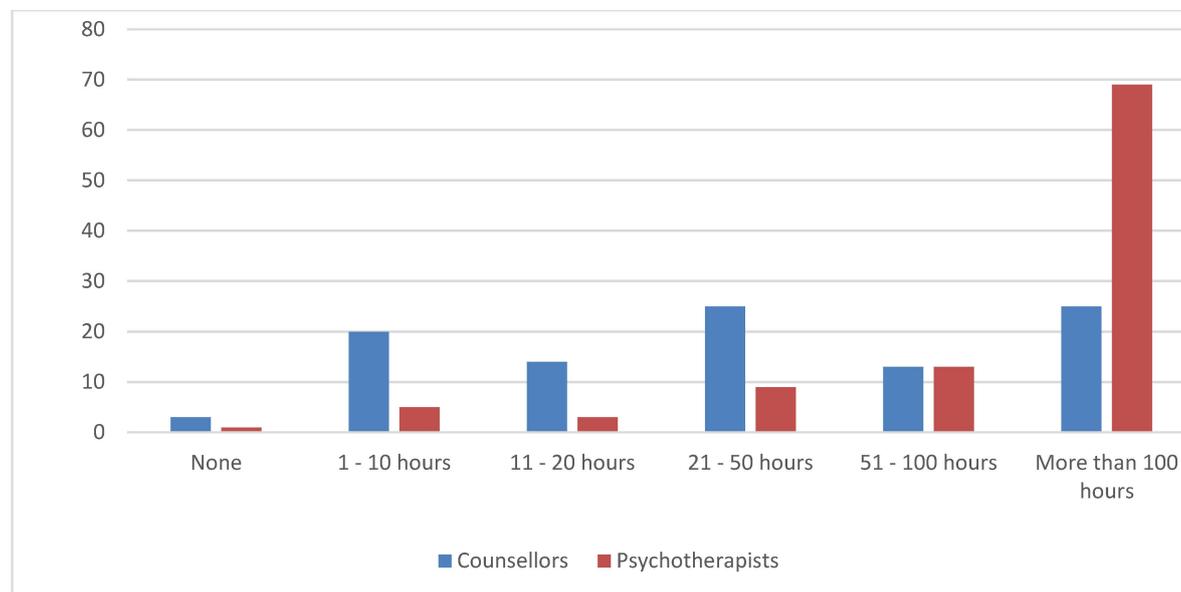
Table two: Single cultural identity of students



Personal therapy

The majority of practitioners have been in personal therapy, as Table three demonstrates. Counsellors were most likely to have attended between 21 to 50 hours of therapy (24.55%), and psychotherapists to have attended more than 100 hours of therapy (40.17%). We have yet to analyse the qualitative data on the difference that personal therapy makes to practice.

Table three: Hours of personal therapy



Income and location

The majority of practitioners (70.33%) work in central and metropolitan areas of major cities. The remaining 29.67% work in regional, rural and remote areas, which is a similar finding to previous workforce studies (Lewis, 2015). It is concerning that the majority of practitioners in each location earned under \$50,000 per year from counselling and psychotherapy related activities for the 2014-2015 financial year.

Table four: Practitioners' income from counselling and psychotherapy related activities for 2014-2015 financial year by location

Site	No income	\$30,000 and under	\$31,000 - \$50,000	\$51,000 - \$75,000	\$76,000 - \$100,000	\$101,000 - \$150,000	Over \$150,000	Total
Major city – central	8 7.62%	41 39.05%	23 21.90%	19 18.10%	8 7.62%	4 3.81%	2 1.90%	105 (26.85%)
Major city - metro	7 4.12%	67 39.41%	30 17.65%	45 26.47%	14 8.23%	5 2.94%	2 1.18%	170 (43.48%)
Regional city	3 3.41%	30 34.09%	17 19.32%	24 27.27%	8 9.09%	6 6.82%	0 0%	88 (22.51%)
Rural	1 4.17%	7 29.17%	6 25.00%	6 25.00%	4 16.67%	0 0%	0 0%	24 (6.14%)
Remote	0 0%	3 75.00%	0 0%	0 0%	1 25%	0 0%	0 %	4 (1.02%)

Major modalities

The four main modalities practiced by counsellors are Cognitive-Behavioural Therapy (CBT), Narrative and Solution-Focused Therapies, Couple and Family Therapy and Humanist and Existential Therapies. The four main modalities practised by psychotherapists are Psychodynamic and Psychoanalytic Therapies, Humanist and Existential Therapies, Couple and Family Therapy, and Integrative Therapies. This finding demonstrates there is some overlap between the theoretical underpinnings of counselling and psychotherapy.

Discussion

The 2015 workforce study conducted by the PACFA Research Committee is providing an important current snapshot of the profession in Australia, and enabling comparisons with previous Australian workforce studies.

The findings indicate that the profession is predominantly made up of female practitioners from Australian and English backgrounds, who are located in or around major cities, and who earn less than \$50,000 per year. However, a higher proportion of counsellors and psychotherapists are to be found in regional and rural Australia than psychologists (21.5%) and psychiatrists (4%) (Vines, 2011). Strategies for increasing the representation of Indigenous Australians in our workforce are clearly necessary. Almost all practitioners have attended personal therapy, with psychotherapists attending more hours of personal therapy than counsellors.

A full report on the 2015 workforce study will be published on the PACFA website later this year.

PACFA Research Committee, natresearch@pacfa.org.au

Professor Ione Lewis (Chair)

Associate Professor Frankie Merritt

Dr Elizabeth Day

Dr Nicky Jacobs

Dr John Meteyard

Ms Gina O'Neill

Research Assistant:

Mr James Dicson, JCU Social Work student

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Eligibility to become a WorkCover provider in NSW

Appropriately qualified practitioners in NSW who meet the PACFA Training Standards may apply to be registered providers with WorkCover NSW. To apply, you must be registered with PACFA at the **Clinical** level.

Previously, registration with WorkCover NSW was available to Clinical members of CAPA NSW. Following the PACFA restructure, CAPA NSW and PACFA negotiated with WorkCover NSW for the recognition to be transferred to PACFA. This means former Clinical members of CAPA NSW as well as other PACFA Clinical Registrants in NSW may now apply to become WorkCover NSW providers.



How to apply

WorkCover NSW is now part of the SIRA (State Insurance Regulatory Authority). For information on how to apply to SIRA to become a WorkCover NSW provider, please go to the [Allied Health Practitioners page at the SIRA website](#).

When applying, please be aware that the SIRA website and application documentation still refer to CAPA NSW. SIRA will be updating their website and documentation in August 2016. In the meantime all PACFA Registrants are still able to apply as long as you are registered with PACFA at the Clinical level.

ERRATUM: PACFA apologises that there was an error in this article which has now been corrected. To apply to register with WorkCover NSW, practitioners must be Clinical members of PACFA or listed on the PACFA Register as a Clinical Registrant. Provisional members and Registrants are not eligible to apply.

Administrative requirements for WorkCover providers in NSW



In July, PACFA wrote to all members in NSW to advise them of the administrative requirements for practitioner who are registered as providers with WorkCover NSW (now part of SIRA, the State Insurance Regulatory Authority).

From 1 August 2016, all SIRA approved Allied Health Practitioners will be required to complete an Allied Health Recovery Request (AHRR) when requesting pre-approval for treatment services from insurers. The AHRR replaces the previous Psychological/Counselling Management Plan.

Download the [Allied Health Recovery Request](#).

If you are a SIRA approved provider, please ensure that you complete the AHRR form and return to SIRA at compliance.info@sira.nsw.gov.au for each new referral to obtain pre-approval for any treatment services to be provided.

All Allied Health Practitioners that have been approved by SIRA should ensure their email contact details are correct. Practitioners whose details are not current risk suspension of their SIRA approval. Please forward any changes to your contact details to compliance.info@sira.nsw.gov.au.

2016 Conference - Early bird registration closing on 30 July



Transformation through relationship
The heart and soul of therapy

JOINT PACFA / CCAA / SCAPE / APECA Conference – 9 to 11 September 2016

Early bird registrations for the 2016 conference close on 30 July 2016. Book by 30 July to ensure you can get the discount early bird price.

To register go to the [conference website](#).

The conference theme, *Transformation through Relationship: The Heart and Soul of Therapy*, will draw together aspects of integrative, spiritual, and educational practice, transforming the relationship between therapist and client, teacher and student. The encounter of being a therapist or an educator is one of connectedness and deepening; a co-created process that is the heart and soul of therapy. The conference will offer a supportive space to share and explore how we, as therapists and educators, offer the relationship as our field of practice - a way to help all involved to improve their mental health and wellbeing.

Stream 1: The heart and soul of therapy

Stream 2: Spirituality

Stream 3: Teaching and learning

Keynote Speakers



Professor Mick Cooper
is a Professor of Counselling
Psychology at the
University of Roehampton
London and a chartered
counselling psychologist.

Title: Pluralistic counselling and psychotherapy: contemporary developments

Abstract

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

This includes outcome research, studies on the nature of metatherapeutic communication, the development of a self-report pluralism inventory, and client helpfulness studies which aim to develop a better understanding of the particular methods most helpful for particular groups of clients.



Dr Jennifer Fitzgerald
was previously a Registered Nurse and Pastoral Counsellor, Jenny is a Clinical Psychologist who works in private practice in Brisbane, mainly with distressed couples. She is also a Senior Lecturer at the University of Queensland

Title: I am human

Abstract

Professional caregivers offer their clients a relationship in which change, growth and healing may occur. Such a process involves willingness for people (therapist and client/s) to connect, to encounter emotional experience together, to explore possibilities for change. Attachment theory draws attention to the central place of close relationships in our survival and growth, and hence provides professional caregivers with a map for therapy, a model of the therapist as a safe haven and secure base, and a rich array of research to expand our understanding of individual differences in human connection and disconnection. In this address, Jenny Fitzgerald will reflect briefly on her experiences as nurse, pastoral carer and clinical psychologist, and outline the contribution that attachment theory offers for understanding and responding to distressed emotions and relationships. This address aims to highlight the potentially healing power of human connection, which is encapsulated in Rogers' comment regarding the therapeutic encounter, "There is no experience that this man (client) has that I cannot share with him, no fear I cannot understand, no suffering that I cannot care about, because I too am human."



Peter Janetzki
holds a Master of Social Sciences (Counselling) and is a Clinical Member of the Christian Counsellors Association of Australia

Title: A Neuropsychotherapy Approach with Couples

Abstract

In the journey of becoming a couples therapists most of us commence our career in training to work with individuals and we happen to fall into working with couples. Consequently we seek further training often in a specific theory or modality complimented by a myriad of professional development opportunities, books, papers and conferences with practitioners and researchers such as David Schnarch, John Gottman, Elyn Bader and Peter Pearson and John Briere. Add to this the rapidly growing understandings of neuroscience and a therapist can have a potpourri of therapeutic concepts, strategies and skills which often leaves a couples therapists calling oneself 'eclectic'. Recent developments from the field of Neuro Science is changing the landscape of counselling and psychotherapy. As our knowledge and understanding of Neurobiology increases we are better able to refine counselling practice and theory for more effective outcomes. In this presentation the theoretical underpinnings of neuropsychotherapy (Rossouw) will be presented in a systematic schema that provides therapists an integrated framework for working with couples. This framework utilizes the couples' interpersonal process with their intra-personal process as well as enabling them to apply neuroscience processes that enables better self-regulation and emotional maturation that underpins personal and relational growth.



Professor Dato' Dr. See Ching Mey (PhD)
has a background in educational and counselling and is a Professor at the Universiti Sains Malaysia

Title: Mind-Body Connection: The Role of Helping Professionals

Abstract

The mind is thoughts, emotions, feelings, beliefs, attitudes, and images. The brain is the hardware that allows us to experience these mental states. Mental states can be fully conscious, subconscious or unconscious. We can have emotional reactions to situations without being aware of why we are reacting. The mind-body connection discusses mental processes that affect our physical state. Our thoughts, emotions, feelings, beliefs, and attitudes can positively or negatively affect our biological functioning. This results in a complex interrelationship between our minds and bodies. Mind-body therapy focuses on treatments that may promote health and wellness. Some examples are cryotherapy, hydrotherapy, meditation, mindfulness training, yoga, massage, music therapy, qi-gong, neurofeedback, biofeedback, acupressure, acupuncture, aromatherapy, craniosacral therapy, hypnotherapy, visual imagery and many others.

Biofeedback relies on instruments to provide a feedback that allows an individual to gain control over a physiological activity for the purpose of improving health and performance. Neurofeedback is a field within biofeedback that trains control over electro-chemical processes in the human brain with specific protocols to elicit desirable brainwave activity. Biofeedback and neurofeedback use the positive reward system. Biofeedback and neurofeedback provide a type of evidence-based practice that is expanding within the health care establishment. Variations such as muscle-brain, hypothalamus-pituitary, gut-brain and heart-rate-variability axes will be discussed too.

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

Invited Speakers

**Denis O'Hara
and Fiona O'Hara**

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

Dr Melissa Harte

Title: Developing an attuned therapeutic relationship to enhance healing and transformation for those with complex trauma from an Emotion Focused Therapy perspective

Irene Alexander

Title: The Spiritual Core of Transformation

Bill Vassiliou

Title: Transformation through Relationships of Trust

Selected Speakers

**Mary Ann Rose Bartolo
and Flordeliza Posadas**

Title: A Psycho-educational Intervention for Youth at Risk

Rosa Bologna

Title: Beyond the client-counsellor relationship: Exploring relational practices with key stakeholders in mental health counselling

Pól McCann

Title: Clinical Supervision in an Educational Setting: An Unavoidable Tension between Holding and Assessing.

Marie-Therese Proctor

Title: Conceptualising, designing and implementing 'transformative' counselling curriculum: Privileging relationship, relatedness and connection in counsellor training and education.

Nathan Beel

Title: Counselling men: An introduction to man-friendly counselling

Bill Van Schie

Title: Developing Integration Skills in Supervision

Sue Mullane

Title: Embodying change: The "accompanied solo" as a means for transformation in dance movement therapy

Michele Hayes

Title: Endings: What Schrodinger's cat might have to say

Susana Estanislao

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

Rebecca Gray

Title: From person to patient, and partner to carer: the transitions and transformations of couples affected by chronic illness, and how counsellors can help them.

**Cosimo Chiera
and Thomas Edwards**

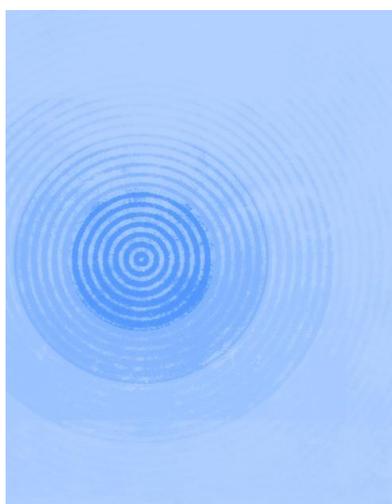
Title: Hope: A key attribute of successful therapeutic relationships

Ming Sing Chai

Title: Incorporating Christian Spirituality into the Practice of Counselling

Dini Farhana Baharudin, Farhana Sabri and Melati Sumari	Title: Muslim Families and Family Counselling: Some Guidelines when Working with Muslim Families in a collectivist society
Dinah Jacqueline Buchanan	Title: 'Opening to Grace' Finding myself through embodied Relationship
Cathy Bettman	Title: Paddling in the same direction
Malar Palaiyan	Title: Structured Group Clinical Supervision for School Counsellors in Singapore
Kaye Gersch	Title: The Dark Night of the Soul: How might this approach to suffering be relevant to contemporary therapeutic practice?
Heather Warfield	Title: The Intersection of Pilgrimage and Sacred Journeys with the Counselling Process: The Role of the Counsellor, the Client and the Integration of the Transformational Experience
Judith Ayre	Title: The necessary conditions for transformation through relationship in education
Ruth McConnell	Title: The neuroscience of relational healing: the role of corrective emotional experiences in the counsellor-client attachment for healing traumatic injuries
Paul Whetham	Title: Transformation through faith: "the forgotten factor"
Nicola Lock	Title: Transformative Learning Through Supervision in a Multi-Disciplinary Context
Ruth Thorne	Title: Transformative stories of self in relationship with God and other
Ione Lewis	Title: Transforming students' practice through supervisory relationships
Judy Wilkie	Title: Using Identification Intentionally
Rahimi Che Aman, Teik Ee Guan and Ching Mey See	Title: Validation of Qualitative Data of the Self-hurt Assessment

New Interest Group on Clinical Hypnotherapy launched



In July, the PACFA Board approved PACFA's first Interest Group. The Clinical Hypnotherapy Interest Group has now been launched and we look forward to bringing you news of events being run by the group in the coming months.

Hypnotherapy has a long history as one of the diverse modalities that make up PACFA but in recent years, the number of hypnotherapists in PACFA has dwindled. The Clinical Hypnotherapy Interest Group is aiming to build up the numbers of Hypnotherapists within PACFA again, and to strengthen support for Hypnotherapy and its advancement as a counselling modality in Australia.

Interest has already been expressed in developing the Clinical Hypnotherapy Interest Group into a PACFA College of Hypnotherapy over time.

To express interest in participating in the Clinical Hypnotherapy Interest Group, please email your name and contact details to admin@pacfa.org.au.

Call for Expressions of Interest for new Interest Groups

PACFA Interest Groups are informal groups of members who come together to explore aspects of practice and to provide networking and support opportunities.

Interest Groups may form around:

- Modalities, interventions, client groups or work settings
- Social policy issues affecting practice
- Professional standards in areas of shared interest

To apply to form an Interest Group there must be at least 10 interested members, a Leadership Group of at least 3 members, and approval by the PACFA Board.

Currently there is interest in three new Interest Groups being formed:

1. Working with Children & Young People Interest Group

Some PACFA members who work with children and young people are interested in starting an Interest Group for practitioners who wish to share knowledge and expertise around working with this client group.

To express interest in participating in the proposed new Interest Group on Working with Children & Young People, please email your name and contact details to admin@pacfa.org.au.

2. Trauma-informed practice Interest Group

Some PACFA members who work with clients who have experienced trauma are interested in starting an Interest Group on Trauma-informed practice.

To express interest in participating in the proposed new Trauma-informed practice Interest Group, please email your name and contact details to admin@pacfa.org.au.

3. Clinical Supervision Interest Group

Some PACFA members who are clinical supervisors are interested in starting an Interest Group focussed on Clinical Supervision.

To express interest in participating in the Clinical Supervision Interest Group, please email your name and contact details to admin@pacfa.org.au.

New Recognition of Prior Learning Guidelines launched

PACFA has updated its Guidelines for Recognition of Prior Learning (RPL) applications. The new guidelines have been finalised by the Professional Standards Committee and approved by the PACFA Board and are now in use as a Working Document. The PACFA Council will be consulted on the new RPL Guidelines at the AGM in October.

Applications for individual PACFA membership, and applications from members of PACFA Member Associations who wish to be listed on the PACFA Register, are now being accepted via the RPL pathway using the new guidelines.

RPL applications may be made for membership or registration at the Intern, Provisional or Clinical levels.

To apply, please review the [Guidelines for Recognition of Prior Learning \(RPL\) Applications](#).

The guidelines provide a clear framework for making applications to PACFA via RPL that is easier to complete, more flexible and inclusive of practitioners with a training formation that is different from the PACFA Training Standards.

"The RPL process allows for assessment of equivalence with formal counselling and psychotherapy training for applicants who have not completed the training specified in the PACFA Training Standards 2014. The RPL pathway recognises the totality of skills and knowledge gained through, but not limited to, formal training, industry based training, professional development activities, work experience and life experience. This pathway is consistent with the principles for Recognition of Prior Learning set out in the [Australian Qualification Framework](#).

Applicants are required to prepare a comprehensive application based on the guidelines in this document in order to demonstrate that their training, work experience and level of knowledge and competence acquired through other forms of learning is equivalent to that of practitioners listed on the PACFA National Register."

Applicants are requested to complete the online Application Form on the Counselling and Psychotherapy Portal. Please use the [Practitioner and Educator Application Form](#). In addition, RPL applications are required to provide a supporting statement that addresses the RPL Guidelines using the following heading:

1. Counselling and/or psychotherapy training:
 - 1.1 Training relating to counselling and/or psychotherapy practice
2. Other forms of learning and development relevant to counselling and/or psychotherapy practice
 - 2.1 Supervised practice
 - 2.2 Work experience as a counsellor or psychotherapist
 - 2.3 Continuing Professional Development (CPD) in counselling and/or psychotherapy
 - 2.4 Other relevant work or life experience
 - 2.5 Contribution to the counselling and psychotherapy profession

The standard PACFA application fee of \$138 (inc. GST) applies and there is an additional fee for assessment via RPL of \$100 (inc. GST).

Member survey for Victorian members

PACFA's new Victorian Branch, which was officially launched on 1 July 2016, is consulting members to find out their interests, needs and aspirations for the new Victorian Branch.

If you are a Victorian and you either transferred to individual PACFA membership following the PACFA restructure, or you joined PACFA recently, your membership automatically includes membership of PACFA's Victorian Branch.

The Victorian Branch Leadership Group wants to hear the views of as many Branch members as possible on the future activities to be put on by the Branch.

To participate, please click on the [Victorian Branch Survey link](#). The survey takes about five minutes to complete.

The Branch looks forward to having some high quality, affordable Professional Development activities in Victoria and to creating opportunities for members to network and build a vibrant community of practitioners.

PACFA is also calling for more members in Victoria to join the Branch Leadership Group. If you wish to express interest in joining the Leadership Group, please contact the CEO, maria.brett@pacfa.org.au.

Opportunities to nominate for the PACFA Board

PACFA is now officially calling for nominations for the following Board positions:

- President (must be an existing Board member)
- Vice President
- Secretary
- Treasurer
- Counselling Representative
- Psychotherapy Representative

As a result of the implementation of the new PACFA structure, the election of these six Board positions is the responsibility of the new PACFA Member Congress.

The following people are "Eligible Members" with voting rights on the Member Congress:

- a) Individual member of PACFA who meets the PACFA Training Standards;
- b) Members of PACFA Member Associations who meets the PACFA Training Standards;
- c) PACFA Board Members; and
- d) Chairs of PACFA Standing Committees.

It has not always been easy to find members who are willing to serve on the PACFA Board. While it is a significant responsibility involving volunteer work, it is also a tremendous opportunity to make a contribution to the development of the psychotherapy and counselling profession.

The PACFA Board has been undertaking succession planning and encouraging people who may be interested in joining the Board to nominate. The Board has been fortunate to have found people interested in nominating for all of the above positions. However, any Eligible Member may nominate for these Board roles (except the PACFA President's role which must be elected from existing Board members).

The nomination process is simple:

1. Complete the [Board Nomination Form](#) specifying the position(s) for which you wish to nominate;
2. Ask another Eligible Member of the Member Congress to nominate you;
3. Both you and your nominator must sign the Board Nomination Form; and
4. As the nominee, you are requested to provide a Candidate Statement of up to 300 words, outlining your qualifications and experience and why you wish to nominate for the Board.

Under the PACFA Constitution, Board nominations must be received by 24 September 2016.

Update on new PACFA Branches and Colleges

Eight PACFA Member Associations have now become part of PACFA under the new PACFA structure. Their members were transferred to individual membership of PACFA from 1 July 2016 and the former Member Associations have formed new PACFA Branches and Colleges.



Five [Branches](#) and four PACFA [Colleges](#) officially commenced operation on 1 July. Each is being led by a Leadership Group of volunteers and supported by staff at the PACFA Office.

Member Associations now part of PACFA	New PACFA Branch or College
Counsellors and Psychotherapists Association of Victoria (CAPAV)	Victorian Branch
Counsellors and Psychotherapists Association of NSW (CAPA NSW)	New South Wales Branch
Counselling and Psychotherapy Association Canberra and Region (CAPACAR)	Canberra and Region Branch
Professional Counselling Association of Tasmania (PCA TAS)	Tasmanian Branch
Psychotherapists and Counsellors Association of WA (PACAWA)	Western Australian Branch (PACFA West)
Australian Association of Relationship Counsellors (AARC)	College of Relationship Counsellors
Australian Somatic Psychotherapy Association (ASPA)	College of Psychotherapy – Somatic Psychotherapy Modality
Society of Counselling and Psychotherapy Educators (SCAPE)	College of Counselling and Psychotherapy Educators
No particular Member Association	College of Counselling

It is still early days for the new Colleges and Branches but the Leadership Groups are starting to plan activities for the coming year. Many new initiatives are being planned and implemented:

- Branches and Colleges are planning a wide range of Professional Development events. The Canberra & Region Branch, and the Tasmanian Branches are starting to publicise their events, and PACFA West is well advanced with their planning.
- The Canberra & Region Branch held a launch event for their Branch on 23 July. It was a very positive and elegant dinner, attended by 22 members (nearly half of the Branch's members) who left feeling very positive about the future of the Branch.
- One Branch (Victoria) has launched a Member Survey, which is highlighted in a separate article of eNews.
- Another Branch (NSW) is launching a private LinkedIn group to help build an active network of practitioners in NSW.



Thanks, CAPACAR President, to the Leadership Group, Peter Dyke

- The Australian College of Relationship Counsellors has developed Membership Standards and is planning the redevelopment of the AARC website into a website for the College.
- The Australian College of Counselling & Psychotherapy Educators has developed Membership Standards for the College and is working on Ethical Standards for Educators.
- The Somatic Psychotherapy modality of the Psychotherapy has developed Membership Standards and Ethical Standards for their members and is planning the redevelopment of the ASPA website into a website for Somatic Psychotherapy.
- We now have one Interest Group officially approved, the Clinical Hypnotherapy Interest Group, and exploration of another three possible Interest Groups in underway (also highlighted in this edition of eNews).

PACFA welcomes feedback and suggestions for the new Colleges and Branches. Please contact the CEO, Maria Brett at maria.brett@pacfa.org.au with suggestions.

Reminder about PACFA renewals

Membership and registration renewals are now due, the deadline for completion of renewals is 31 July. Late fees apply for renewals received after this date.

Individual members are reminded that from 1 August there is a late fee for all renewals that are received after the due date:

- **Late renewal after 31 July (Clinical/Provisional/Intern) - \$30 inc. GST**
- **Late renewal after 31 July (Student/Affiliate) - \$20 inc. GST**



Image by 1shots www.freeimages.com

There are different online renewal products for different categories of members. Please ensure you use the correct renewal product.

To renew, please click on the link in the renewal reminder set out in July.

For practitioner and educators, please ensure you log your client and Supervision hours and your Continuing Professional Development hours in the online logs under your User Profile.

All evidence should be retained in your Professional Portfolio for potential future audit in accordance with PACFA's [Register Audit Guidelines](#).

New insurance offers from Insurance House

PACFA has arranged two new insurance packages, at very affordable rates, with Insurance House, a national insurance broker specialising in Professional Indemnity Insurance. PACFA also receives support, in the form of sponsorship, from Insurance House to help advance our mission.

While PACFA does not endorse any particular insurance company, PACFA has arranged these packages so that members can have access to affordable insurance. It is, however, the practitioner's responsibility to arrange your own insurance and to determine the policy that best meets your needs.



Insurance House offers PACFA Members and members of PACFA Member Associations a combined professional indemnity and public liability policy at very attractive rates.

There are two insurance options: the PACFA Master Insurance Policy and the Individual Insurance Policy.

Option 1 - PACFA Master Insurance Policy

PACFA has negotiated a Master Insurance Policy with Insurance House for both practitioners and educators.

** The Master Insurance Policy is available to Individual PACFA Members ONLY.*

*** Registered Psychologists are required to pay the premium for Registered Psychologists.*

**** The Master Policy option is the most affordable insurance available which provides a very high level of cover for a very low premium.*

The Master Insurance Policy provides \$20,000,000 of professional indemnity cover, \$20,000,000 of public and products liability, access to 1 hour of free legal advice per year via the Insurance House advice line, and unlimited run-off cover when you retire.

Every member who takes up the Master policy has a limit of up to \$20,000,000 for both professional indemnity and public liability cover. As this is a Master Policy taken out by PACFA, the limits are shared with others who also take up the policy. The insurance would be "topped up" in the very unlikely scenario that the limit is reached, so that continuous cover is maintained for all participating members.

FREE cover under the PACFA Master Policy is provided to counselling and psychotherapy students who are Student Members of PACFA.

For information on the very low premiums, download the [PACFA Master Insurance Policy Premiums](#). For information on how to take up this insurance option, see the [PACFA website](#).



Option 2: Individual Insurance Policy

PACFA has negotiated an Individual Insurance Policy with Insurance House for both practitioners and educators.

** This policy is available to Individual PACFA Members and members of Member Associations.*

*** Registered Psychologists are required to pay the premium for Registered Psychologists.*

The level of cover available is between \$1,000,000 and \$20,000,000 for Professional Indemnity, and between \$10,000,000 and \$20,000,000 for Public Liability cover, depending on the level of cover you select. The policy includes access to 1 hour of free legal advice per year via the Insurance House advice line, and unlimited run-off cover when you retire.

For information on the very low premiums, download the [Insurance House Individual Policy Premiums](#). For information on how to take up this insurance option, see the [PACFA website](#).

Switching to one of the new insurance options

Practitioners can switch to one of the Insurance House insurance options if you think it will meet your insurance needs.

You can take up one of the new insurance offers:

- when joining PACFA or a PACFA Member Association for the first time;
- when your current insurance expires; or
- at any time when you decide you are ready to switch.

Members of PACFA Member Associations who are transferring to PACFA membership as a result of the restructure can take up the PACFA Master Insurance Policy from 1 July 2016 when they become individual members of PACFA.

PACFA CPD events coming up



PACFA is pleased to announce some new PD events taking place in Canberra and Hobart, hosted by our new Tasmanian and Canberra & Region Branches. More event hosted by other Branches and Colleges are still being planned.

For the remainder of 2016, PACFA is only running one more of our very popular online courses in ethics with our

partner, the Cairnmillar Institute. The courses are open to all practitioners.

To book a place and any PACFA PD event, go to the [Counselling & Psychotherapy Portal](#). Online registration is easy. Register for the Portal (if you do not already have log-in 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.

2016 course dates for PACFA Professional Development events:

Dates	Event	Location
9 to 11 September	2016 Conference	Melbourne
17 September	Canberra & Region Branch PD event	Canberra
5 to 18 September	Online Mental Health Course - FULL	Online
22 September	Spring into Creative Therapy	Hobart
12 November	Canberra & Region Branch PD event	Canberra
11 to 25 November	Online Practical Ethics Course	Online
21 November	Self – Care – Ideas worth sharing	Hobart

Canberra & Region Branch PD event – 17 September (1.5 hours CPD)

The Canberra and Region Branch of PACFA is holding its first professional development event. Come along and network and learn together. AFTERNOON TEA INCLUDED.

This event includes 4 workshops:

- What can PACFA do for you? - PACFA President Charles Wilson (45 mins)
- An Ethical Dilemma - Peter Dyke (45 mins)
- Your Self Care - Amanda Mackenzie (45 mins)
- Intro to Business Practice - Ann Burns (30 mins)

Members \$60 (inc. GST) Student members: \$40 (inc. GST) Non-members \$85 (inc. GST)

Canberra & Region Branch PD event – 12 November (2.5 hours CPD)

The Canberra and Region Branch of PACFA is holding a professional development event with a range of topics. Come along and network and learn together. AFTERNOON TEA INCLUDED.

This event includes 3 workshops:

- Social Media & Your Counselling - Amy Nerio (60 mins)
- Intro to Crisis Counselling - Joy McKay (30 mins)
- Meet the Supervisors (60 mins) - Panel discussion followed by 'speed dating' to learn who works in similar ways to you

Members \$60 (inc. GST) Student members: \$40 (inc. GST) Non-members \$85 (inc. GST)

Tasmanian Branch – Spring into Creative Therapy (1.5 hours CPD)

In this workshop you will be invited to explore ways of deepening therapeutic work by using the creative arts. Andrea will introduce contemporary practices of expressive therapy that can be applied to counselling across a range of settings and offer brief opportunities to apply these during the workshop. WINE AND CHEESE REFRESHMENTS INCLUDED.

Andrea Breen PhD is a creative arts therapist currently in the position of counselling coordinator at the Phoenix Centre (for survivors of torture and trauma) in Hobart. Andrea is a registered therapist and supervisor with PACFA. She has a small private practice and is an educator at Tabor, MIECAT and UTas. She leans towards existential-phenomenological approaches in therapy and enabling expression through the arts. Andrea is also a composer.

Members: \$15 (inc. GST) Student members: \$10 (inc. GST) Non-members \$25 (inc. GST)

Tasmanian Branch – Self Care Workshop: Ideas Worth Sharing (1.5 hours CPD)

The Tasmanian Branch of PACFA is holding a professional development event to support practitioners in their self-care. Come along and network and learn together. WINE AND CHEESE REFRESHMENTS INCLUDED.

Members: \$15 (inc. GST) Student members: \$10 (inc. GST) Non-members \$25 (inc. GST)

Practical Ethics for Counsellors and Psychotherapists (6 hours CPD)

This online course was developed by PACFA in partnership with the Cairnmillar Institute. The course 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: \$180 (inc. GST) Non-members \$238 (inc. GST)

REFUND POLICY:

- * Cancellations made **5 or less working days** prior to the course commencement date are 100% non-refundable.
- * Cancellations made **more than 5 working days** prior to the course commencement date may apply via email to admin@pacfa.org.au for a 50% refund.

Opportunities to participate in research studies



PACFA wishes to support researchers who are undertaking counselling and psychotherapy research. As a service to the field, we promote current research studies being undertaken by academics and students.

PACFA Registrants and other counsellors and psychotherapists are encouraged to participate in these research studies, and where appropriate, to encourage their clients to participate.

PACFA only publicises studies with Human Research Ethics Approvals. If you have any concerns about the research, or its conduct, please contact the researcher or the relevant Human Research Ethics Committee.

Counsellor's personal perspective of vulnerability in Person-Centred Therapy Relationships

Yvette Patrick has ethics approval number 2016/055 to undertake a study on the counsellor's personal perspective of vulnerability in person-centred therapy relationships.

Studies conducted on both the client's and therapist's view of the therapeutic relationship suggests the core relational conditions (congruence or genuineness, unconditional positive regard and empathy) are highly important and contribute to successful therapeutic outcomes. While some scholars emphasise the importance of vulnerability of the therapist in facilitating these conditions, there is very little research that examines how therapists themselves perceive and experience vulnerability.

The purpose of this study is to assist in developing a better understanding of vulnerability, how it is experienced in counselling and how it relates to person-centred therapy. Therefore, I would like to invite counsellors with at least two years of experience in person-centred counselling to participate in a one hour face-to-face one hour interview. Interviews will be conducted either at the Murdoch University Campus or via Skype, at the participant's convenience. For more information, please contact Yvette Patrick via phone 0410 565 580 or email yvette.patrick36@gmail.com.

Tuning Relationships with Music: A Pilot Study

Dr S.S. Havighurst and Vivienne Colegrove have ethics approval number 1545067.1 to undertake a research study into the use of music as an intervention for parents and teenagers.

Tuning Relationships with Music is an 8 session dyadic intervention for parents and teens (10-18 years) who would like help to improve how they communicate and deal with conflict, and where the parent has a history of interpersonal trauma. TRM uses music to help parents and teens with the nonverbal aspects of their interaction, as well as providing a way to engage the young person and assist with emotion awareness/regulation in the interpersonal context. Families do NOT have to have any music skills. I am conducting a pilot study for my PhD at Melbourne University, using a randomised controlled design.

Families can come to either Flemington (Mindful), Headspace Craigieburn, or Eltham (Vivienne Colegrove's private practice rooms). All families will be seen immediately for assessment (includes clinical assessment, filling out questionnaires and a music-based observational assessment); then some will be allocated to immediate intervention, and others will have to wait 4 months and complete the research measures again before having TRM. There is no cost to families and the YP will receive a JB-HIFI gift card of \$30.

For further information or to obtain publicity flyers, families or referrers can contact Vivienne Colegrove on 0409 949 300 or vcolegrove@student.unimelb.edu.au.



Psychotherapy & Counselling
Federation of Australia

A decorative illustration of a dark brown branch with several bright red, five-petaled flowers and some green leaves, extending from the left side of the page.

CALL FOR **EXPRESSIONS OF INTEREST**

PACFA OCCASIONAL RESEARCH PAPER SERIES

**THE PACFA RESEARCH COMMITTEE RECENTLY
PUBLISHED THE FIRST IN A SERIES OF OCCASIONAL
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EVIDENCE BASE OF COUNSELLING AND/OR
PSYCHOTHERAPY FOR PUBLICATION**

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FOR MORE INFORMATION CONTACT: PROF IONE LEWIS, NATRESEARCH@PACFA.ORG.AU



GUIDELINES FOR SUBMISSION OF OCCASIONAL PAPERS

PAPERS MUST BE WELL WRITTEN IN AN ACADEMIC STYLE USING THE APA REFERENCING STYLE (6TH ED.)

THE CONTENT OF SUBMITTED PAPERS MUST BE A SCHOLARLY REVIEW OF A MODALITY OR TOPIC THAT CONTRIBUTES TO THE EVIDENCE BASE OF COUNSELLING AND PSYCHOTHERAPY IN AUSTRALIA

PAPERS ARE TO BE 3,000 – 4,000 WORDS IN LENGTH

ABSTRACTS ARE TO BE NO LONGER THAN 300 WORDS

THE PACFA RESEARCH COMMITTEE WILL REVIEW SUBMITTED PAPERS WITHIN FOUR WEEKS OF SUBMISSION AND MAY REQUIRE REVISION IN A TIMELY FASHION PRIOR TO PUBLICATION

THE COMMITTEE RESERVES THE RIGHT NOT TO PUBLISH PAPERS THAT DO NOT ALIGN WITH THESE GUIDELINES

Classifieds and Professional Development

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Professional Development opportunity

Sandplay in Relationship Therapy and Couple Counselling

with Helen Evans and Doug McDonald

Date: Sat 6 Aug 2016 Time: 8.30am – 4.30pm Where: Mt Mellum QLD

Booking: www.trybooking.com

Contact: Nan Cameron nan@plentifulllifecounselling.com.au

Love your Inner Child with John Nutting

Date: Sat 20 Aug 2016 Time: 10am – 4pm Where: Alderley QLD

Booking: www.trybooking.com

Contact: Ros Turner 0411 468 369 gca@qca.asn.au

Website: www.qca@qca.asn.au

Canberra & Region PACFA Branch Training Event

Date: 17 Sep 2016

Time: 1-5 pm

Venue: Griffin Centre Room 6,
7/20 Genge St Canberra City

This event includes 4 workshops

- ~ **What can PACFA do for you?** Charles Wilson (45 mins)
- ~ **An Ethical Dilemma** Peter Dyke (45mins)
- ~ **Your Self Care** Amanda Mackenzie (45 mins)
- ~ **Intro to Business Practice** Ann Burns (45mins)



Cost

~ Member \$60 ~ Non-member \$85 ~ Student \$45

AFTERNOON TEA INCLUDED



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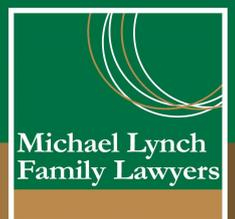
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We invite you to participate in the 2016 annual survey about your current views and experiences of using online mental health services in your work.

Read more or participate at ql.anu.edu.au/uhe5

For eMH online training, free webinars & more visit emhprac.anu.edu.au

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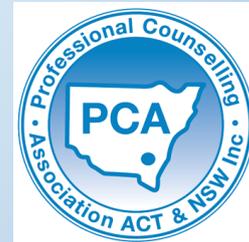
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The Australia and New Zealand Sandplay Therapy Institute

Sandplay Therapy training in Australia - recognised by ISST
Next module, 2-4 September, Sydney CBD

Enquire about on-line learning so you can access this and other 2016 weekend programs

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2-4 September: Sandplay with Children – Sandplay with Adults



LaVon Bobo, M.S. MFT, Educational Psychologist, ISST Teaching Member

LaVon Bobo's teacher and mentor **Dora Kalff** founded Sandplay Therapy. A licensed educational psychologist LaVon used this therapeutic method to transform the lives and learning of children in school settings for two decades. An acknowledged expert in Sandplay Therapy she supervises child therapy graduates and interns for US professional bodies including the University of Santa Clara.

Participants will gain skill in age and stage related use of Sandplay Therapy including impeded or stalled psychological development, and contrast and compare therapeutic strategies when working with adults. This interactive program will include full-colour account and elucidations of clinical case material.

If you missed the prerequisite Fundamentals in Sandplay Therapy program, and don't have 17 ISST certified Sandplay Therapy learning hours you can still **CATCH-UP!** Enquire about the **CATCH-UP Fundamentals of Sandplay Therapy** on-line program at admin@stanza.asn.au

2016



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SUPERVISION TRAINING

(86 hrs Over a Period of 6-months)

The Supervision training program has been adopted from the AQF accredited supervision course, the (69828) Certificate IV in Counselling Supervision, designed and developed by Veronika Basa from Basa Education and Counselling Services (BECS).

DELIVERY

(September 2016 - April 2017)

PART 1 - Preparation to Workshop (20hrs)

PART 2 - Workshop (42hrs): Theory (24hrs) + Experiential Learning (18hrs)

PART 3 - Practicum (12hrs): Live Supervision of Supervision 4X3hrs

PART 4 – Assessment (12hrs)

TRAINING OUTCOME

By the end of the training, participants will be able to competently and confidently deliver individual, group and live supervision sessions in their prospective fields.

RECOGNITION

This program satisfies the requirements of a supervision training program of:

- The International Society of Counselling and Clinical Supervisors (ISOCCS).
- The Australian Counselling Association (ACA),
- The Australian Hypnotherapists Association (AHA)
- The Australian Community Counselling Association (ACCA)
- The Psychotherapy and Counselling Federation of Australia (PACFA),

PROGRAM FACILITATORS

Alex Collins

(69828) Grad Dip of Counselling Supervision, BA Counselling Psychology, Dip in Counselling and Communication, Dip Professional Counselling MISOCCS, MACA,

Tabitha Veness

Grad. Dip C. Supervision, BA (Psych), Grad. Dip. Counselling, Dip Ego State Therapy, Dip of Health – Hypnotherapy, Cert in Counselling and Conflict Resolution, Cert IV TAA, MISOCCS, MACA, MAHA, MCSH

To download the time table and brochure go to:

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presented by Dr Monica O'Kelly & Dr Dominic DiMattia

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Suitable for the beginner and for those wishing to build upon existing skills. Therapists working in a variety of settings should benefit from this comprehensive training.

Melbourne	13 - 16 October	Chadstone 3148
Brisbane	20 - 23 October	Boondall 4034
Sydney	27 - 30 October	Camperdown 2050

COST : \$1316 (GST incl)

Early bird and student discounts offered.

For more information, venue and registration details:

www.cbtaustralia.com.au

Email: training@cbtaustralia.com.au

Phone: 03 9705 2216

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- **Giving you theory, case conceptualisation, and skills that you can use immediately**
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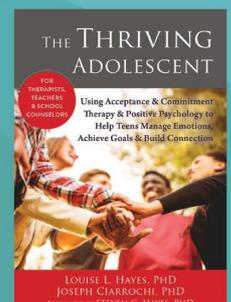
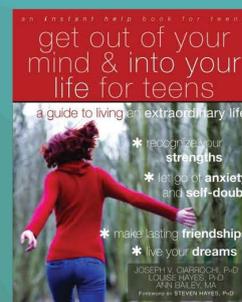
Louise Hayes, PhD, Clinical Psychologist, MAPS

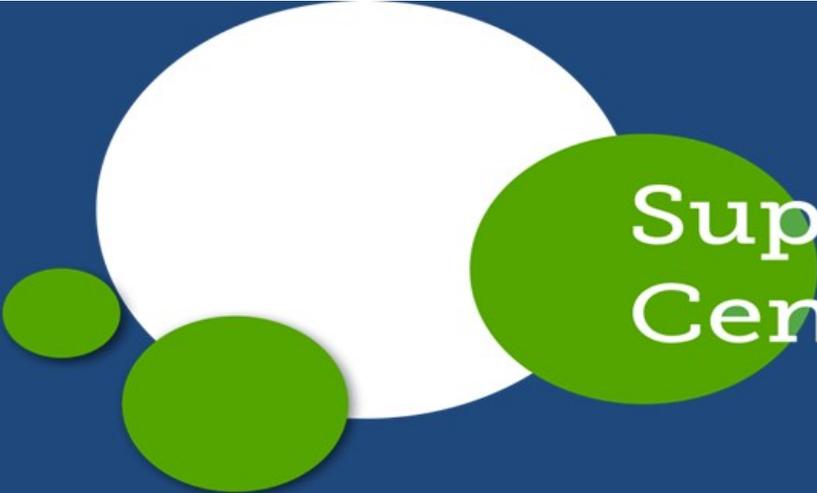
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Supervision Central

In 2016 Supervision Central will again be offering its individually focused, **face to face, 40 hour** supervision course for counsellors desiring to become a PACFA or ACA accredited supervisor.

Facilitator: Dr Graham Barker

Dates: Saturday 8th October 9am-5pm
Saturday 29th October 9am-5pm
Saturday 12th November 9am-5pm
Saturday 26th November 9am-5pm
Saturday 10th February 9am-5pm

Venue: Excelsia College 69-71 Waterloo St Macquarie Park NSW

Cost: \$1100.00 (GST included) This includes materials, lunches and morning/afternoon teas

Email: docbarker01@gmail.com

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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.

Format for Classified Listings

Classified listings may be up to 3 lines in length. Listings for PD events should include the following information:

- Name of the event
- Date/s for the event
- Location of the event (Suburb/State)
- Contact details: Contact name, telephone number, email address or website.

Dimensions and booking details		
FORMAT	SPECIFICATIONS	PRICE
Full Page	(19 cm W x 27.5 cm H)	\$530 (Includes GST)
Full Page + 2 month web listing		\$570 (Includes GST)
Half Page Horizontal	(19 cm W x 13.5 cm H)	\$330 (Includes GST)
Half Page + 2 month web listing		\$380 (Includes GST)
Half Page Vertical	(9 cm W x 27.5 cm H)	\$330 (Includes GST)
Quarter Page	(9 cm W x 13.5 cm H)	\$150 (Includes GST)
Quarter Page + 2 month web listing		\$210 (Includes GST)
Eighth Page	(9 cm W x 6.75 cm H)	\$110 (Includes GST)
Eight Page + 2 month web listing		\$180 (Includes GST)
Classified Advertisements	Line item up to three rows	\$55 (Includes GST) (Free for PACFA Member Associations)
PD Website listing one month		\$70 (Includes GST)
each additional month		\$40 (Includes GST)
ISSUE	BOOKING AND PAYMENT	DISTRIBUTION
January	Friday, 14 January	Each issue of eNews is scheduled for distribution by the end of the month of publication. Please make a note of this if your advertisement includes dates.
March	Friday, 11 March	
May	Friday, 13 May	
July	Friday, 15 July	
September	Friday, 16 September	
November	Friday, 11 November	

Advertisement format: JPEG prepared to the correct dimensions and of high resolution prior to publication.

CPD listing format: Email content and logo via email to enews@pacfa.org.au.

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 enews@pacfa.org.au