



eNewsletter

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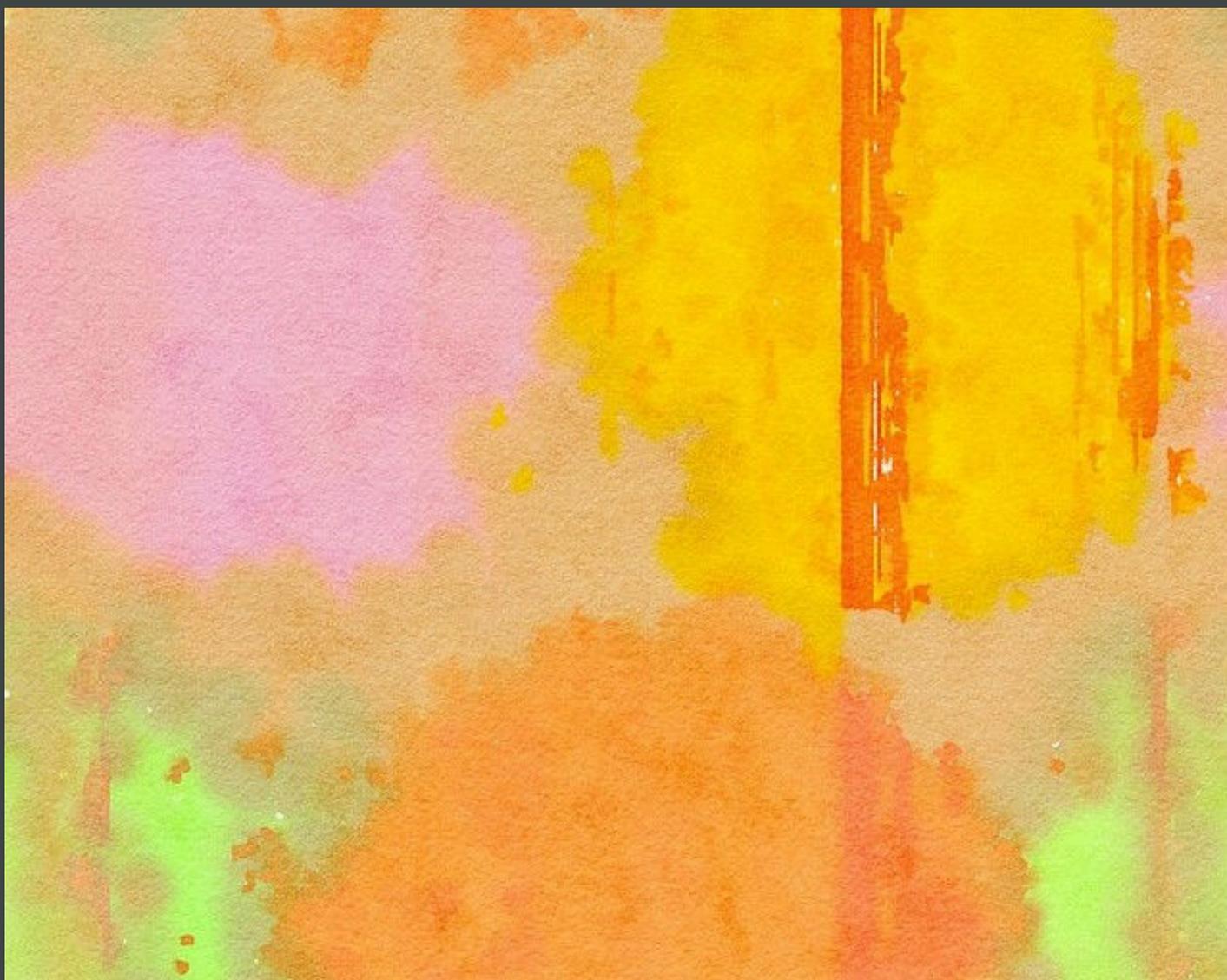
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FEATURE ARTICLE

The future of Better Access and Medicare numbers for counsellors and psychotherapists

By Matthew Thomas, PACFA Campaigns Coordinator



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Editorial

I am pleased to bring readers a feature article written by our new Campaigns Coordinator, Matthew Thomas, on the work PACFA is doing to advocate for Medicare numbers for PACFA Registrants. PACFA has made a submission to the MBS review advocating for the Better Access Initiative, which provides services via Medicare, to be replaced with a better targeted, more cost effective program that will include counsellors and psychotherapists in its workforce.



In this edition of eNews, there is also an important achievement announced regarding recognition of PACFA Registrants by Bupa, Australia's largest private health fund, to provide counselling services from 1 July. The article explains Bupa's eligibility requirements and provides information about the rebates Bupa is launching. Thank you to Bupa for supporting the mental health of the Australian community. PACFA will use this success as leverage to approach other private health funds.

Thank you to the PACFA President for an update on strategic achievements at PACFA, including our lobbying activities and discussions that are planned for the PACFA Council meeting in April. The PACFA Council will consider proposed changes to the PACFA Training Standards. Details of the proposal are featured in a separate eNews article. The proposed changes are aimed at raising standards in order to improve our opportunities for professional recognition.

PACFA has launched a new Literature Review on confidentiality and informed consent which will be valuable reading for all practitioners. We have also launched new Guidelines for advertising counselling and psychotherapy services. The Guidelines will help guide Practitioners on the ethical requirements around advertising.

In the Member Matters section, I have included an article on PACFA's structure to help members understand the roles of the PACFA Member Congress and the PACFA Council. There is also an article on PACFA's Supervision Training Standards which have been updated to make them more accessible for training providers. We have also reviewed the requirements to become an accredited supervisor, and launched a new scheme to endorse supervision training programs.

Practitioners are reminded that they are required to work to the National Code of Conduct, in addition to the PACFA Code of Ethics, if the National Code has been implemented in your State. Also in the Members section, read about plans to establish the Gestalt Therapy sub-division within the College of Psychotherapy. This is an exciting development in response to the large number of Gestalt Therapists who have joined PACFA, and others who are interested in Gestalt Therapy.

PACFA has surveyed Queensland members to find out how they would like PACFA to support them as members. The survey results are published in this edition of eNews. PACFA now has 234 individual members in Queensland and we are working in partnership with the Queensland Counsellors Association to meet these members' needs. I am also pleased to feature the last of our Leadership Groups – the Somatic Psychotherapy modality of the College of Psychotherapy. I also feature our newest member of staff, Dr Brenda Bentley, who is PACFA's new Course Accreditation Adviser.

PACFA's CPD and Networking Calendar continues to grow, with a large number of events taking place around the country and via webinar. Thank you to the Colleges and Branches for these learning opportunities. To add to the rich array of CPD on offer, PACFA is developing a new course on online therapy, and we are calling for Expressions of Interest to develop and deliver the course.

The conference website for the 2019 conference, **Working with Trauma**, is officially live! We calling for Abstracts to present at the conference and I encourage readers to consider submitting an Abstract.

Maria Brett
eNews Editor

President's Report

Dear Colleagues,

The year is flying by and I will soon be travelling to Sydney to meet with the PACFA Council for our bi-annual Council meeting. We have a full agenda, including a major item to amend PACFA's Training Standards. The PACFA Board supports the proposed changes; we see the changes as important and necessary in order to raise standards for our profession and to improve our chances for greater professional recognition.



Council will also discuss PACFA's plans to support the development of psychotherapy as a distinct profession and to support training providers to move towards accreditation of psychotherapy training. To assist this process, the PACFA Board is working on establishing a new Working Party on Psychotherapy which will focus on these important areas of development for PACFA.

I have been busy working on PACFA's lobbying strategy, meeting with politicians and bureaucrats to help advance our mission. Thanks to Maria Brett and Matt Thomas for all their work on PACFA's submission to the MBS review. This is covered in the feature article in this edition of eNews.

I am very pleased to be liaising with the Health Minister, the Hon Greg Hunt MP, to advocate for the recognition of counsellors and psychotherapists. The Minister has invited me to join two MBS Review Committees, the Eating Disorders Working Group and the Mental Health Services Clinical Committee. Both are great opportunities to represent counselling and psychotherapy and to make a contribution to mental health reform.

It is also exciting to see PACFA get another big win on board with PACFA Registrants being recognised by Bupa to provide counselling services from 1 July 2018. I hope this is what the future looks like for our profession, with more and more opportunities for recognition coming our way.

In February, the PACFA Board participated in governance training and we have many new ideas to pursue for continuous improvement. I look forward to providing feedback on governance matters over the course of this year as we progress this work.

Dr Di Stow
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Feature Article

The future of Better Access and Medicare numbers for counsellors and psychotherapists

By Matthew Thomas, PACFA Campaigns Coordinator

Introduction

The next year represents the unique opportunity for psychotherapists and counsellors as a profession to achieve real government recognition and inclusion in the list of Allied Health Professionals who can deliver services via Medicare.

The Medicare Benefits Schedule (MBS) Review, which is currently taking place, is an important opportunity for PACFA to have input into the redesign of mental health services in Australia. This review, combined with the impending federal election, means that if the government has the political will to change the mental health system, they could undertake a root and branch restructuring of how we deliver services via Medicare.



PACFA has made a detailed written submission to the MBS review and PACFA President, Dr Di Stow, has met with the Chair of the MBS Review Taskforce, Professor Bruce Robinson, to discuss PACFA's ideas to replace the Better Access Initiative (*Better Access*) with a new Primary Care Mental Health Program that would be better targeted to meet the needs of clients, and more cost-effective and sustainable.

Factors driving the need for mental health reform include community expectations that governments invest more in mental health services, and the need to deliver services more efficiently due to serious budget constraints and limited resources.

PACFA President, Dr Di Stow, has been invited by the Health Minister, Greg Hunt MP, to join two important committees as part of the MBS review:

- [Eating Disorders Working Group of the Medicare Benefits Schedule Review Taskforce](#)
- [Mental Health Services Clinical Committee of the Medicare Benefits Schedule Review Taskforce](#)

This is a significant achievement and an acknowledgment that Di Stow's expertise is greatly valued by Government. Participation in these Committees is also an opportunity to improve PACFA's positioning and visibility as the leading peak body for the counselling and psychotherapy profession, and to advocate for professional recognition of counsellors and psychotherapists

PACFA continues to liaise with the Health Minister about our proposal and to engage with Government to advance opportunities for professional recognition for our members.

Political factors

2019 is likely to be a federal election year. The budget is expected to have spending commitments on mental health, especially in May 2019, when the election is most likely to take place.

Our political advice, from the inside, is that we should not assume Labor will win. Polling at this stage of an election cycle is generally not determinative of an end result. If the old adage that a week is a long time in politics is correct, then a year and a half is a very long time. So the work PACFA is doing now to build relationships with Coalition MPs and Senators is essential if the Coalition forms the next government.

Depending on the timing of the election, it is expected the government will make announcements on mental health reforms. We know from poll results that mental health is a substantial and growing issue for the community and is likely to be a vote winner.

However, the Government will not implement reforms that will cost more. Simply adding more practitioners to the mix of professionals delivering services under *Better Access* would be expected to cost significantly more, therefore it is not expected that this would be supported by a government from either side of politics. Indeed, that has been the feedback we have received from meetings with both government and opposition politicians.



The only alternative this leaves us is to completely replace *Better Access* with a new program that is better targeted, more cost-effective and sustainable. This is precisely what PACFA has proposed to the MBS review and to the Health Minister, Greg Hunt MP.

PACFA hopes that the Government will be willing to tackle this important reform and replace *Better Access* with a new program as a part of its broader mental health reform process, without having to incur new expenditure.

Flaws in Better Access

PACFA's submission to the MBS review outlines the substantial flaws with the services provided under the *Better Access* program. The submission provides an analysis of the appropriateness and targeting of services, highlights what is best practice for the delivery of primary care mental health services, and provides advice to government on the level and frequency of services provided through Medicare. The analysis and economic modelling are based on 2012 occasions of service data for *Better Access*. More recent data on occasions of service for the *Better Access* Item numbers was not available to PACFA. Given that the uptake of *Better Access* has continued to grow, it is likely that the projected savings in PACFA's costings would be significantly higher in 2018.

Better Access is poorly targeted and not cost-effective

Better Access targets consumers inefficiently with the services being provided by a range of practitioners who are paid different fees despite providing the same service. Psychologists are paid a schedule fee of \$84.80 per session compared to other allied health professionals who are paid a schedule fee of \$74.80 per session. This price differential privileges one profession over others, even though all of the providers are delivering the same service, that is, Focussed Psychological Strategies.

According to 2012 service data for *Better Access*, 90.6% of Focussed Psychological Strategy sessions are carried out by psychologists. However, the majority of consumers, who have mild to moderate depression and anxiety, do not specifically require intervention from psychologists. These consumers could be effectively assisted by receiving counselling from a registered counsellor or psychotherapist, or a social worker or occupational therapist with counselling training.

The higher schedule fees paid to psychologists to deliver Focussed Psychological Strategies is an inefficient use of resources. There is no clinical rationale for paying more to providers based on their training and no evidence that the higher fees paid to psychologists result in better outcomes. Services could be provided by a range of suitably qualified practitioners, including counsellors and psychotherapists. PACFA estimates this change could save \$20,652,132 which could be reinvested in additional services.

There is a particular concern about overuse of clinical psychologists. PACA's analysis is that it costs \$49.70 more for a clinical psychologist to provide CBT to a consumer, compared with CBT provided by another professional. If a clinical psychologist provides the service, the consumer receives a higher MBS rebate and has a lower out of pocket expense than if they see a psychologist. This may encourage referral to clinical psychologists over other practitioners in order to get a higher rebate, even though this may not be clinically necessary. This system provides an incentive to consumers to choose a clinical psychologist when another practitioner could provide the same service for a lower fee.

Mental Health Plans are not cost-effective

Better Access requires a Mental Health Plan in order to access mental health services. This is often unnecessary and wastes precious mental health funding that could be allocated to provide additional mental health services. GPs, especially those who have not been specifically trained in mental health, should not receive a fee to unlock access to mental health services. This is inappropriate and is not cost-effective for the many consumers who experience mild to moderate mental health issues which could be addressed through short-term counselling. GPs regularly write other types of referrals without receiving a fee and they could make referrals for counselling without an MBS Item.

Using 2012 service data, PACFA was able to demonstrate that the provision of mental health plans accounts for at least \$162 million annually. This is money that is being spent inefficiently on GPs as gatekeepers to mental health services. PACFA has proposed to the MBS Review that savings of \$88,460,141 could be made by reducing the use of GP Mental Health Plans which could be reinvested in more services.



2006).

Unnecessary mental health diagnoses

Mental Health Plans require the GP to make a diagnosis of a mental disorder. This is clinically inappropriate for clients presenting with mild to moderate mental health issues. The imposition of a formal diagnosis has significant detrimental effects. Specifically, research demonstrates that the diagnosis has adverse impacts on employment opportunities and access to insurance (beyondblue, 2017) as well as creating stigma which undermines a client's recovery as a result of disempowerment (Corrigan, 2004; Masterson & Owen,

A Mental Health Plan and formal diagnosis of a mental disorder may be appropriate and necessary for a consumer with a more serious mental health issue requiring specialist treatment. However, for a large number of consumers who have mild to moderate mental health issues, they are inappropriate. Diagnosis of mental disorders should never be a condition of accessing mental health services unless this is clinically necessary for effective treatment.

Case Study 1: Mental Health Plan for mild depression

A client with mild to moderate depression or anxiety is often experiencing life difficulties and circumstances which contribute to their illness. For example, they may be experiencing relationship difficulties or breakdown, bereavement, unemployment, workplace bullying, illness, disability, loneliness or social isolation. Imposing a mental health diagnosis is inappropriate and may undermine recovery for these clients.

Mental Health Plans by untrained GPs

Approximately one-third of Mental Health Plans are prepared by GPs who have not completed the AMA-approved mental health training. This raises serious concerns about the quality of Mental Health Plans and the value that is being contributed by the Plans beyond unlocking access to treatment. Mental Health Plan should be a comprehensive mental health assessment to enable referral to the most appropriate specialist practitioner where specialist intervention is clinically necessary. If a Mental Health Plan is made by a GP without the appropriate training, it may not reach these standards. Instead, the only benefit to a consumer is access to a mental health practitioner which could be achieved with an ordinary referral letter.

Service access issues in rural and regional areas

The current model also has substantial issues catering to the demand for mental health services in regional and rural Australia. Demand is high and is not being met by the current pool of MBS providers. In rural, regional and remote areas, only 4% of psychiatrists and 21.5% of psychologists provide services (Vines, 2011), compared to 28.3% of counsellors and psychotherapists (Schofield, 2008; Schofield & Roedel, 2012). The high demand for MBS services in rural and regional areas could be alleviated by registered counsellors and psychotherapists in rural and regional areas who could deliver services via Medicare.

Stepped care

PACFA suggests moving away from the current system of mandatory but unnecessary Mental Health Plans and implementing a stepped care approach as outlined in the Government's response to the National Mental Health Commission Report [Contributing Lives, Thriving Communities – Report on the National Review of Mental Health Programmes and Services](#) (NMHC, 2014).



The stepped care approach emphasises matching the needs of individuals with the intervention they receive. The approach focuses on making sure individuals get the right care at the right time and reducing over servicing and under servicing. For consumers, this will mean there is a broader range of services available to better target their clinical needs. By appropriately identifying issues and engaging with the right level of care, particularly for consumers with mild to moderate mental health issues, services will support optimal use of resources for those cases that are more severe and complex.

The new model proposed by PACFA would free up \$109,163,500 for investment in an estimated 1,090,000 additional therapeutic services.

Focussed Psychological Strategies are too narrow

Focussed Psychological Strategies are limited to cognitive behavioural therapy (CBT), interpersonal therapy (IPT), skills training, psycho-education and relaxation strategies under the *Health Insurance (Allied Health Services) Determination 2014*. While these interventions can certainly be beneficial for clients, the narrow focus on these interventions, and particularly on CBT and IPT, is flawed. A Cochrane review found that there is evidence that CBT is not effective for all client groups (Hunot, Churchill, Teixeira & Silva de Lima, 2007). In particular, CBT can be ineffective for people with trauma and post-traumatic stress disorder (Gordon et al., 2008; Röhricht, 2009) and older people are more likely to drop out of CBT than other age groups (Hunot et al, 2007).

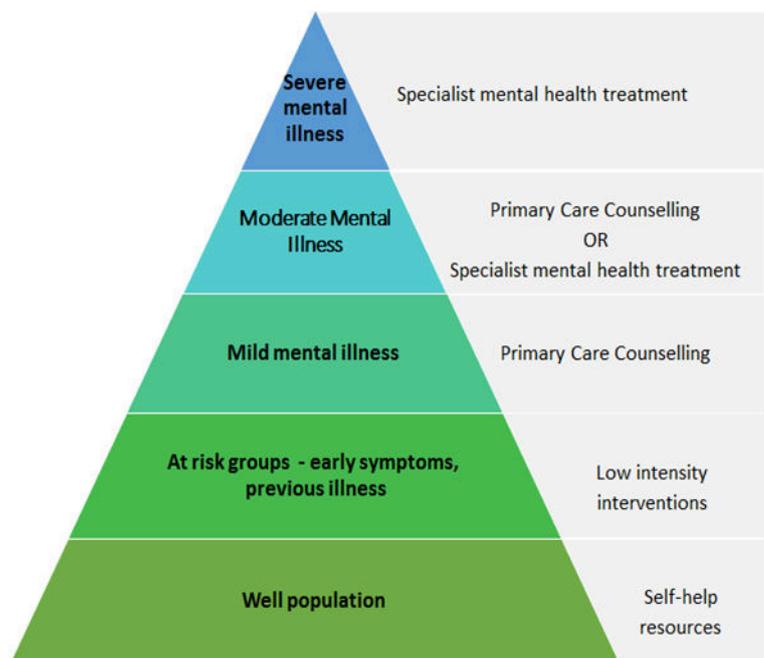
Secondly, the restrictions on interventions also ignore the substantial evidence that other interventions are effective for a wide range of mental health issues. In particular, the research indicates that body-focused psychotherapy is effective for a range of issues (Bloch-Atefi & Smith, 2014) including where talking therapies are unable to effectively treat the condition (Gordon et al., 2008; Röhricht, 2009). There is also substantial evidence that counselling is an effective treatment for PTSD (Schottenbauer et al., 2006; Sherman, 1998). Lastly, recent systematic reviews have shown that couples counselling and family therapy can be more effective than individual treatment for treating substance abuse (O’Farrell & Clements, 2011; Ruff et al., 2010).

Confining clinical treatments limits the opportunity clients have to access treatments that are effective for their particular presenting issues and preferences. There are a number of interventions with a proven clinical effectiveness that should be incorporated. PACFA has provided Government with research evidence for the effectiveness of solution-focused Brief Therapy, Motivational Interviewing, Supportive Counselling, Psychodynamic Psychotherapy, Couples counselling & Humanistic-experiential therapies are added to the list of permitted treatments. These interventions are supported by PACFA’s literature reviews on depression (Knauss & Schofield, 2009a), anxiety (Knauss & Schofield, 2009c), psychodynamic psychotherapy (Gaskin, 2012) and experiential psychotherapy (Mullings, 2017) and by the findings of an APS literature review (APS, 2010).

Capping the severely ill at 10 sessions not clinically supported

Better Access currently limits the number of sessions a client may access to ten per calendar year. There is no underlying clinical justification for this limit which can result in consumers who are mentally ill not being able to access additional services that they need for full recovery.

The policy decision to restrict treatment under *Better Access* to ten sessions seems intended to ensure the program is efficient by limiting the number of sessions that consumers with mild or moderate mental illness can receive. This was described in the 2011/12 Federal Budget documents as ‘rebalancing the number of allied health sessions to better align treatment to the needs of people’. This assumes that every-one using *Better Access* has only mild or moderate mental illness, which is clearly not the case.



An alternative to Better Access

The flaws in the *Better Access* model and the corresponding MBS Item Numbers mean that a new model for primary care mental health service delivery is required. PACFA suggests a primary care mental health program which moves away from the current system of mandatory but unnecessary Mental Health Plans, and moves towards a stepped care approach. Stepped care emphasises matching the needs of consumers with the interventions they receive (National Mental Health Commission, 2014). The focus is on making sure individuals get the right care at the right time and reducing over servicing and under servicing (National Mental Health Commission, 2014). For consumers, this will mean there is a broader range of services available to better meet their needs.

By appropriately identifying issues and engaging with the right level of care, particularly for consumers with mild to moderate mental health issues, services will support optimal use of resources for cases that are more severe and complex (National Mental Health Commission, 2014). This means matching services to the intervention supplied rather than the profession supplying the intervention.

Specialist mental health treatment should be targeted at moderate to severe mental illness and should require a Mental Health Plan in order to access treatment. The number of sessions provided should not be limited but should be based on clinical necessity. Review sessions with the GP who made the Mental Health Plan should be done at six-monthly intervals during the treatment process.

Medicare services should no longer be defined by the professional status of the practitioner providing the service (such as clinical psychologists), but by whether the practitioner is trained in the specialist intervention to be provided.

There is no clinical rationale for restricting specialist intervention to clinical psychologists. Any qualified mental health practitioner who has trained in the specialist intervention should be able to provide these interventions for the same fee. The specialist interventions should be those for which there is clinical evidence to support their effectiveness. PACFA has identified a number of suitable specialist interventions including Cognitive-Behaviour Therapy, Mindfulness-based Cognitive Therapy, Acceptance and Commitment Therapy, Psychotherapy, Family Therapy and Creative Arts Therapy.

Case Study 2: Long-Term Psychotherapy

Consumers requiring long-term psychotherapy currently have very limited opportunities to access the treatment they require. Specifically clients with Borderline Personality Disorder, which is frequently related to unresolved trauma. These clients often present with a dual diagnosis such as drug or alcohol dependence and are at risk of self-harm and suicide.

One of the few options available to these clients is psychotherapy provided by a psychiatrist under Medicare, but this is at significant cost to the healthcare system. Some Clinical Psychologists may have trained in psychotherapy, but many would not have this type of specialisation. This means access to long-term psychotherapy, for clients with serious mental disorders, is not available and this may result in hospitalisation and a higher risk of suicide.

PACFA submits that long-term psychotherapy treatment does not need to be provided by psychiatrists or clinical psychologists but could be provided by qualified, registered psychotherapists. The primary care mental health program should include the option of long-term psychotherapy for consumers requiring this type of treatment, and PACFA Registered Psychotherapists would be suitable providers to provide long-term psychotherapy.

The proposed new model aims to reduce the inefficiencies created by poor targeting and the narrow range of interventions offered by *Better Access* to better match the needs of consumers with the appropriate practitioners and interventions.

PACFA estimates that our proposed new model would free up at least \$109,163,500 for investment in an estimated 1,090,000 additional therapeutic services.

Data Collection and Service Evaluation

Currently, data collection from *Better Access* is limited to demographic data. *Better Access* does not require practitioners to collect client feedback to measure treatment outcomes. A review was undertaken by the Centre for Health Policy and Programs at the University of Melbourne in 2011 which outlines that consumers reported positive outcomes (Pirkis, Harris, Hall & Ftanou, 2011). However, there is no ongoing data collection to measure outcomes against standardised measures.

Direct feedback from clients is one of the most informative and accurate ways to measure the effectiveness of the services. Some form of data collection to measure treatment outcomes should be a mandatory requirement of provision of MBS Item Numbers.

Terms of reference - Medicare Benefits Schedule Review Taskforce

1. Purpose and structure

An expert, clinician-led Medicare Benefits Schedule (MBS) Review Taskforce (the Taskforce) will be continued to lead an accelerated review of MBS funded services with contemporary clinical evidence and improve health outcomes for patients. The Taskforce may appoint chairs and members of clinical committees and working groups to progress this work; Including clinicians, researchers, health technology assessment experts, health economists and consumers; as appropriate to the issue.

2. Roles and responsibilities

The Taskforce will undertake the following:

- Review MBS items taking account of factors including concerns about safety, clinically unnecessary service provision and accepted clinical guidelines.
- Commission evidence-based reviews that rely on assessment of literature and data.
- Provide advice to the Minister, including advice on the evidence for services, appropriateness, best practice options, levels and frequency of support through the MBS.
- Advise on a structure for ongoing review of the MBS.
- Advise on a Departmental program of work that aims to update the Act and regulations (MBS Rules) that underpin MBS funding.
- Provide advice about the MBS and related health financing issues, including where the MBS funding model may not be the appropriate mechanism for providing patients with access to optimal care, as requested by the Minister.

Engage with health consumers, medical professionals, peak bodies and other stakeholders to seek their views about appropriate review approaches and processes.

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PACFA Registrants recognised by Bupa private health providers



PACFA Registrants are now able to access recognition by Bupa, Australia's largest private health fund, to deliver counselling services to Bupa members from 1 July 2018.

This is a major change that will improve access to mental health services from counsellors and psychotherapists. It has been brought about by years of lobbying for recognition by PACFA and supported by federal government reforms aimed at encouraging private health fund to make a greater contribution to mental health services in Australia.

Both counsellors and psychotherapists may be eligible to deliver Bupa-funded counselling services. However, Bupa recognition is only available to Clinical Registrants (and some experienced Provisional Registrants) who have completed training that meets Bupa's recognition criteria (see below) and who have completed 750 hours of post-qualifying practice.

Under Bupa's recognition criteria, providers must have a training that is a Bachelor's Degree or above and accredited under the Australian Qualifications Framework (AQF). Eligible Registrants must also be in private practice, must hold a current Senior First Aid certificate and maintain their PACFA registration. PACFA has written to Registrants to advise them if they are eligible based on Bupa's requirements.

BUPA RECOGNITION CRITERIA FOR COUNSELLORS AND PSYCHOTHERAPISTS

Australian undergraduate degree issued by a registered higher education provider with 3 years full time (or part-time equivalent) training in Counselling:

- Training is at a Bachelor degree (AQF7) in terms of level and training as defined by the Australian Qualifications Framework
- Training includes a minimum of 40 hours of supervised client contact during training.

OR

- Australian Postgraduate qualification with 2 years full time (or part-time equivalent) training in Counselling:
- Training standards are at Postgraduate degree (AQF8-9) in terms of level and training as defined by the Australian Qualifications Framework
- Training includes a minimum of 40 hours of supervised client contact during training.

For any PACFA Registrants whose qualifications do not meet Bupa's requirements, currently, Bupa will not allow you to register as a Bupa provider. However, PACFA is working on establishing a process to formally demonstrate to Bupa the equivalence of other types of training with the AQF. If we can set up such a process, we plan to re-open discussions with Bupa to try to extend eligibility to be Bupa Providers to more Registrants.

Rebates available in Bupa's Extras products

Benefits for counselling services will only be paid for Bupa members who have the appropriate level of Extras cover. It is expected that a fairly wide range of Bupa insurance products will provide some level of cover for counselling under a new mental health category in their Extras. This means millions of customers will have access to rebates for counselling services through Bupa. New customers are also able to purchase products that include the new 'Mental Health' package from 1 July. Bupa has already written to their members with appropriate Extras policies to advise them that they will be covered for the new counselling services.

So far, Bupa is the only health fund to have moved in this new direction. The Bupa announcement is significant because the level of coverage provided by the new mental health category under Extras and much more than is provided by any other private health funds, including Medibank Private.

Going forward, PACFA hopes to leverage this win to increase the level of recognition offered to PACFA members by other private health funds. This could present a pivotal moment for other private health funds to join Bupa in providing wide-ranging access to counsellors and psychotherapists in order to cost-effectively meet the mental health needs of Australians.

Proposal to PACFA Council to change PACFA's Training Standards

In April 2018, the PACFA Council will consider a proposal to change the PACFA Training Standards. The proposed changes have been prompted by the following drivers:

1. The PACFA Training Standards 2014 are not expressed in the language that is currently used in the education field and do not reflect the requirements of the Australian Qualifications Framework (AQF). For example, the required training hours are quantified in a way that is out of step with how training hours are normally expressed in accordance with the AQF.
2. The PACFA Training Standards 2014 allow for recognition of training that is at a minimum "equivalent to" AQF level 7 training (a Bachelor's degree). To improve opportunities for recognition by government, it is important that all training recognised by PACFA is also accredited by government in accordance with the AQF. This will strengthen opportunities to lobby for Medicare numbers for counsellors and psychotherapists.
3. The proposed changes will support PACFA's efforts to gain professional recognition by joining Allied Health Professions Australia (AHPA). AHPA requires 100% of future members to have training that is AQF level 7 or above. This means we are not eligible to join AHPA until the PACFA Training Standards are changed and the proposed grandfathering period ends.

PACFA is consulting training providers that may be affected by the proposed changes. The impact of the proposed changes is likely to be as follows:

- Courses that are not accredited by PACFA and are not accredited by TEQSA or ASQA at AQF level 7 or above **are likely to be impacted by the proposed changes**. PACFA will no longer recognise training that is "equivalent to" training accredited at AQF7 or above. These courses would need to government accredited if they wish to seek PACFA accreditation in the future.
- Courses that are accredited by PACFA and also accredited by TEQSA or ASQA at AQF level 7 or above **are not likely to be impacted by the proposed changes**. These training providers

would meet the requirement to be government accredited. The other proposed changes to the Training Standards relate to style rather than substance.

- Courses that are accredited by PACFA but which are not accredited by TEQSA or ASQA at AQF level 7 or above **are likely to be impacted by the proposed changes** as they will need to obtain government accreditation to continue their accreditation with PACFA in the future.

Where training providers are impacted by the proposed changes, there is a proposed timeline for phase out of courses that were accredited under the PACFA Training Standards 2014. There are also grandfathering arrangements to enable graduates of PACFA-accredited programs, and some non-accredited programs, to apply for PACFA membership under the old rules.

Impact on PACFA's Registration Requirements

To reflect the proposed changes to the Training Standards, it is proposed that PACFA's registration requirements will also be changed as follows:

1. It is proposed to remove the registration category of "Intern". As the Training Standards 2018 will clarify that the standard is completion of the "in training" requirement of 40 client contact hours and 10 hours supervision, the Intern category becomes redundant. Graduates are fully qualified and may enter employment upon graduating from a program that meets the Training Standards.
2. It is proposed new graduates who meet the Training Standards 2018 will be immediately eligible for Provisional registration. It is proposed that there will be a discounted membership fee for new graduates applying for Provisional membership. This will be at the old Intern membership rate for the first year. The option of registration via a PACFA Member Association will also continue.

Grandfathering arrangements

Grandfathering allows for membership or registration based on the "old rules". Affected practitioners wishing to become individual PACFA members, or members of PACFA Member Associations wishing to become PACFA Registrants, will be eligible for the specified period of time to be admitted to membership or registration based on the old rules. This means the PACFA Training Standards 2014 would apply instead of the PACFA Training Standards 2018.

Grandfathering is not a new concept. PACFA understands that other professional associations have applied grandfathering arrangements whenever they decide to raise their training standards. It is proposed that five grandfathering principles should apply for the implementation of the PACFA Training Standards 2108.

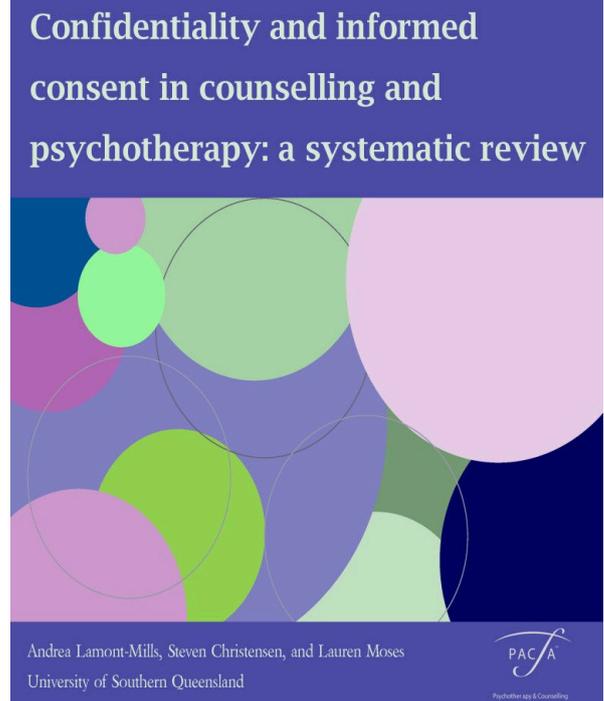
1. No current Member or Registrant should lose their membership or registration. They retain their membership or registration based on the old rules.
2. Current members of PACFA Member Associations that have not already applied for PACFA registration should have a period of time to apply based on the old rules.
3. Past graduates of PACFA-accredited programs that have not already applied for PACFA membership or registration should have a period of time to apply based on the old rules.
4. Students undertaking training recognised by PACFA Member Associations should have a period of time to apply for PACFA membership or registration, based on the old rules, after course completion.
5. Students of PACFA-accredited programs should have a period of time to apply for PACFA membership or registration, based on the old rules, after course completion.

Literature review on confidentiality and informed consent published

In March PACFA published a new literature review on confidentiality and trust in counselling and psychotherapy. Download [Confidentiality and informed consent in counselling and psychotherapy: a systematic review](#).

The literature review is one of a series of literature reviews commissioned by the PACFA Research Committee to support PACFA members and Member Associations in their work. The topic is vital for the professions of psychotherapy and counselling, given that informed consent for therapy and confidentiality are core ethical concepts of our professions, as they are of all health modalities.

The review was written for PACFA by Associate Professor Andrea Lamont-Mills, Steven Christensen and Lauren Moses from the School of Psychology and Counselling of the University of Southern Queensland. It is intended as a resource for practitioners, students and academics in our profession.



The authors have produced a systematic review of empirical evidence about client understandings of informed consent and/or confidentiality, and of how therapists obtain informed consent and/or understandings of confidentiality. Findings indicate that client and therapist understandings of confidentiality appear to be context and culture specific, and that there is a significant diversity of communications from therapists in their efforts to enable clients to give informed consent for therapy.



The authors suggest that counsellors and psychotherapists would be assisted if PACFA were to develop a written informed consent template. Such a template needs to be carefully developed taking into account the average reading age in Australia. It may be that different templates can be developed for different groups of clients (i.e., adolescents, CALD clients), all with a careful consideration of how the document is constructed. These points aside, more research is needed to ensure that counsellors and psychotherapists are truly

gaining informed consent and clients truly understand confidentiality and its limits.

The gaps in the literature are evident from this systematic review. There is a clear need for Australian based research that has as its substantive focus client understandings of informed consent and confidentiality. There is a similar need for Australian research that examines how therapists obtain understandings of informed consent, confidentiality and its limits, and how therapists know that clients have actually understood these ethical practices. Benchmarking of current therapist practices would be a good starting point for this research. Including questions relating to how informed consent is obtained and how clients are informed about confidentiality and its limits could be incorporated in PACFA and other counselling organisation membership renewals as an interim measure.

Abstract

Ethical behaviour is fundamental to counselling and psychotherapy practice. Two core ethical concepts that transverse all health professions are informed consent for treatment and confidentiality. There are instances where breaches of confidentiality must occur and these need to be clearly articulated to, and be understood, by the client before therapy commences. In counselling and psychotherapy, breaches of confidentiality and the failure to obtain clear consent for therapy are common client complaints. The objective of the current study was to systematically review empirical evidence that examined client understandings of informed consent and/or confidentiality, and to systematically review evidence that examined how therapists obtain informed consent and/or understandings of confidentiality. Academic Search Complete, Informit, PsycARTICLES, Psychology and Behavior Sciences Collection, PsycINFO, and ScienceDirect were searched from January 2007 to May 2017. Studies that contained results relating to client understandings or how therapist obtained informed consent and understandings of confidentiality were included. Seven studies met the inclusion criteria. Client and therapist understandings of confidentiality appear to be context and culture specific. There also appears to be variety in what therapists tell clients that would enable them to give truly informed consent for therapy. No Australian research was located during the search time frame and no studies focused specifically on client understandings or how therapists obtained informed consent and checked for understandings of confidentiality. This neglect suggests research is needed in this area. Whilst the importance of confidentiality and informed consent is widely accepted, actual therapist practice in these areas is unknown.

Reminder about the National Code of Conduct

The National Code of Conduct for Health Practitioners sets out the minimum standards that apply to health practitioners who are not regulated by the Australian Health Practitioners Regulation Agency (AHPRA). The Code applies to all practicing members of PACFA in States where the National Code has been legislated.



It is important to note that in some States the National Code refers to Health Practitioners as "Unregistered Health Practitioners", which is somewhat misleading. This does not mean that counsellors and psychotherapists are not registered. As a self-regulating profession, PACFA runs a National Register for our profession, so counsellors and psychotherapists are, of course, registered. However we are not registered with AHPRA, which is the government-run registration system. This is because counsellors and psychotherapists are not considered to pose sufficient risk to the community to warrant regulation by AHPRA. This position is not expected to change.

The initiative to introduce the National Code of Conduct came from the Australian Health Ministers' Advisory Council (AHMAC). The Code is required to be uniform across the country but implemented locally through State or Territory enabling legislation.

The following states have implemented the National Code of Conduct so far. Practitioners in these States are legally required to work to the Code of Conduct for their State.

New South Wales [DOWNLOAD NSW Code of Conduct](#)

Victoria [DOWNLOAD Victorian Code of Conduct](#)

Queensland [DOWNLOAD Queensland Code of Conduct](#)

South Australia [DOWNLOAD SA Code of Conduct](#)

Tasmania, WA, the ACT and the Northern Territory are yet to implement the National Code. In WA they have finished the final round of consultation and introduction of the legislation can be expected shortly. In Tasmania and the Territories, there are no timelines for implementation.

Even though the National Code of Conduct has not yet been legislated in all States and Territories, PACFA recommends that Practitioners in all areas should be familiar with the Code and follow it.

The National Code of Conduct is not designed specifically for counsellors and psychotherapists but applies to all health professions that are "Code-regulated" rather than AHPRA-regulated. This means that the National Code is very generic in nature, and includes some details that are not even relevant to our profession. However, all of the requirements that are relevant to counsellors and psychotherapists are covered by the PACFA Code of Ethics. In this regard, the [PACFA Code of Ethics](#) is a much more useful document to guide counsellors and psychotherapists in their ethical practice.

In all States and Territories, complaints can be brought against Health Practitioners for ethical misconduct to the relevant Health Care Complaints Entity. However, in States where the National Code has been implemented, these Entities can make Prohibition Orders to prevent health professionals from practicing if they are found to have committed ethical breaches. Prohibition Orders are enforceable across state boundaries. This effectively adds a layer a government regulation on top of the regulation provided by PACFA for our self-regulating profession.

The requirements of the National Code can be summarised as follows:

- Provide services in a safe and ethical manner including:
 - Ensure you are competent in your field of practice
 - Do not practice outside the field in which you are trained and experienced
 - Do not provide services that you are not qualified to provide
 - Do not mislead clients about your qualifications or competence in your field of practice
 - Only provide treatments that meet the needs of clients
 - Obtain emergency assistance in response to adverse events
- Do not practice if you have an infectious disease in a manner that puts clients at risk
- Do not make claims to cure certain serious illnesses
- Ensure appropriate conduct in relation to treatment advice including:
 - Do not dissuade clients from seeking or continuing medical treatment
 - Report concerns about other health practitioners
- Do not practise under the influence of alcohol or drugs
- Do not practice with a physical or mental impairment if this is likely to be a risk to a client
- Do not financially exploit clients
- Have a clinical basis for treatments
- Do not mislead or misinform clients about your services, qualifications, training or affiliations
- Do not make any claims about the efficacy of treatments if these can't be substantiated
- Do not engage in sexual or improper personal relationships with clients and allow a reasonable time to elapse after therapy ends before engaging in such a relationship
- Comply with relevant privacy laws
- Keep appropriate records
- Maintain appropriate insurance
- Display the National Codes and information about how to make a complaint

Most of the above requirements are covered in some way by the PACFA Code of Ethics. Practitioners should note the last point about displaying the National Code in any place where they practise.

New PACFA Guidelines for advertising counselling and psychotherapy services

PACFA has launched Guidelines for Advertising Counselling and Psychotherapy Services which provide important guidance for Practitioners who are advertising counselling or psychotherapy services. The guidelines are aimed at ensuring that all advertising of therapeutic services is both ethical and legal.

The new Guidelines:

- provide guidance on the obligations of Practitioners who are advertising counselling or psychotherapy services
- describe advertising that is prohibited by PACFA or by the law
- explain that Practitioners have responsibilities under legislation that impact of their advertising
- explain the consequences of breaching the PACFA Guidelines.



The Guidelines apply to all PACFA Practitioners. "Practitioners" is defined in the Code of Ethics as Members of PACFA and PACFA Registrants who practice as psychotherapists or counsellors or who work in related fields including supervisors, educators, trainers and researchers in counselling and psychotherapy, and student members who see clients in the context of their training.

All Practitioners advertising counselling or psychotherapy services must comply with the PACFA Guidelines and also comply with:

- provisions in the [PACFA Code of Ethics](#) that are relevant to advertising
- provisions in any Government Code of Conduct, in force where the Practitioner practises, that are relevant to advertising
- any applicable legislation, such as the Australian Consumer Law
- any other Guidelines or Ethical Codes that may apply to Practitioners with other professional roles e.g. psychologists, social workers, nurses, doctors etc. The Guidelines are not intended to take away additional obligations that apply under other applicable Guidelines or Ethical Codes.

Key issues highlighted in the PACFA Guidelines

It is important that advertising includes factual information to help clients make informed choices. Practitioners should consider whether their advertising is factual and verifiable and ensure that it does not breach the requirements of the PACFA Code of Ethics. Practitioners should ensure that advertising does not include any claim that:

- is false, misleading or deceptive or is likely to be so
- offers a gift, discount or other inducement to attract a user of the counselling or psychotherapy service without stating the terms and conditions of the offer
- creates an unreasonable expectation of beneficial treatment
- encourages the indiscriminate or unnecessary use of counselling or psychotherapy services.

If students advertise their counselling or psychotherapy services for client work being undertaken in the context of their training, they are required to disclose that they are student counsellors or student psychotherapists in their advertising.

Practitioners should not advertise a counselling or psychotherapy service, or a business that provides counselling or psychotherapy services, in a way that offers a gift, discount or other inducement to attract a person to use the service, unless the advertisement also states the terms and conditions of the offer. The use of unclear, unreadable or misleading terms and conditions attached to gifts, discounts and other inducements would not meet this requirement.

Practitioners should not create unreasonable expectations of beneficial treatment. This can arise when advertisers take advantage of the vulnerability of consumers in their search for a cure. The claims of beneficial treatment can range from unsubstantiated scientific claims, through to miracle cures. Advertising of treatments or services must not encourage unreasonable expectations.

Where a Practitioner uses testimonials in their advertising for counselling or psychotherapy services, these must be truthful and factual. If they are not truthful and factual, this would constitute misleading and deceptive conduct. Testimonials should include clear permission statements so as not to breach the Practitioner's confidentiality obligations. Practitioners are advised to pay careful attention to this Guideline. Other guidelines in relation to testimonials may apply to Practitioners with other professional roles e.g. psychologists, social workers, nurses, doctors etc.

Advertising qualifications or memberships may be a useful way to provide the public with information about the experience or expertise of a Practitioner. However, it may be misleading or deceptive if an advertisement implies the practitioner has more skill or experience than is the case.

Consequences of breaches of expected standards for advertising

Practitioners may be subject to complaints under the PACFA Code of Ethics if they advertise counselling or psychotherapy services in any way that constitutes a breach of the Code of Ethics. Practitioners may also be subject to complaints to the Health Care Complaint Entity in the State or Territory where they practice. There may be legal consequences under the Australian Consumer Law for breaches of legal requirements relating to advertising.

Download PACFA's [Guidelines for Advertising Counselling and Psychotherapy Services](#).

Welcome to PACFA's Course Accreditation Adviser



PACFA is very pleased to welcome **Dr Brenda Bentley** to the newly created role of Course Accreditation Adviser. In this role Brenda will run PACFA's Education Program Accreditation scheme which currently accredits 43 counselling and psychotherapy programs run by 31 training providers.

Brenda is a Senior Lecturer and the former Head of Postgraduate Counselling programs at Murdoch University. She brings her experience in tertiary education and course accreditation to assist and advise the Education Program Accreditation Committee. Brenda is a student-centred educator with strong interests in encouraging the development of new counsellors, advocating for high quality counsellor education, promoting the profession of counselling within Australia and internationally, and gaining recognition for counsellors and psychotherapists as mental health providers. With qualifications in counselling psychology, Brenda is a registered clinician, supervisor, educator and researcher who has worked extensively in the US and Australia with clients and families living with serious illness and facing death.

Membership Matters



PACFA launches new Supervision Training Standards

PACFA has updated its Supervision Training Standards to make the standards more accessible for training providers interested in running supervision training programs.

The [Supervision Training Standards 2018](#) require supervision training to be 36 hours of training completed over a minimum of three months. Training must include a component of supervised practise as a supervisor and may now include an online learning component in addition to the in-person learning.

The review of the standards has included some adjustments to the requirements to become a PACFA Accredited Supervisor. The updated Register Requirements for Accredited Supervisors 2018 have clarified the difference between the two pathways to become a PACFA Accredited Supervisor, making the two pathways more similar. There is a *Transition Pathway* that does not require applicants to have undertaken a specific supervision training program and a *Training Pathway* which requires applicants to have completed a course that meets PACFA's Supervision Training Standards.

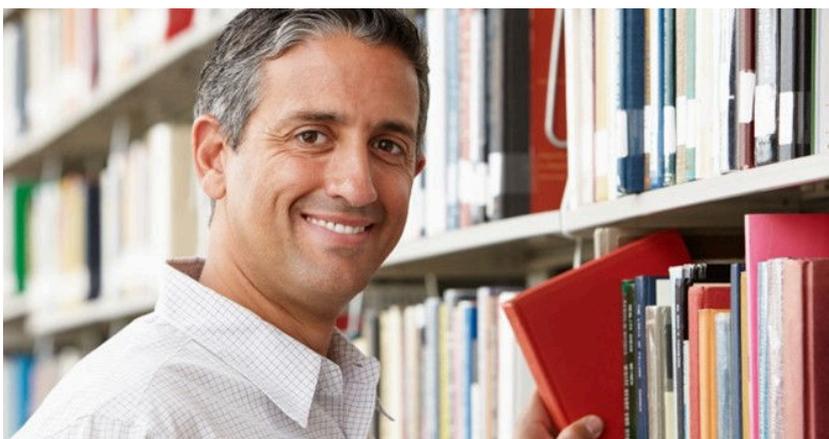
The *Transition Pathway* comes to an end in June 2020 so in the future all practitioners interested being accredited as supervisors by PACFA must follow the *Training Pathway*.

For more information about applying to be a PACFA Accredited Supervisor, see the [Register Requirements for Accredited Supervisors](#). In addition to supervision training or professional development, all applicants are required to have completed 50 hours of supervision practice and 10 hours of supervision on their supervision practice.

New PACFA endorsement scheme for Supervision Training Programs

Following the launch of the Supervision Training Standards 2018, PACFA now has a new endorsement scheme to endorse supervision training programs that meet the requirements of the Supervision Training Standards.

PACFA has already endorsed two supervision training programs which are offering training in Melbourne and Adelaide. To view the endorsed programs, go to the [Endorsed Supervision Programs](#) page.



How to apply to endorse a Supervision Training Program

Endorsement of a supervision training program by PACFA comes with the following benefits:

- Endorsement of the training program by PACFA
- Use of the PACFA endorsement logo for publicity purposes
- Listing of the supervision training program at the Endorsed Supervision Programs page at the PACFA website
- Eligibility of course graduates to apply to be a PACFA Accredited Supervisor

Training Providers that are interested in seeking PACFA endorsement of a supervision training program may apply using the [Application Form](#). Applications must be made and are approved in accordance with the [Terms and Conditions – Supervision Training Program Endorsement](#).

There is an assessment fee of \$220 (inc GST) to apply for endorsement. This is a non-refundable administration fee that covers the cost of the assessment of the course.

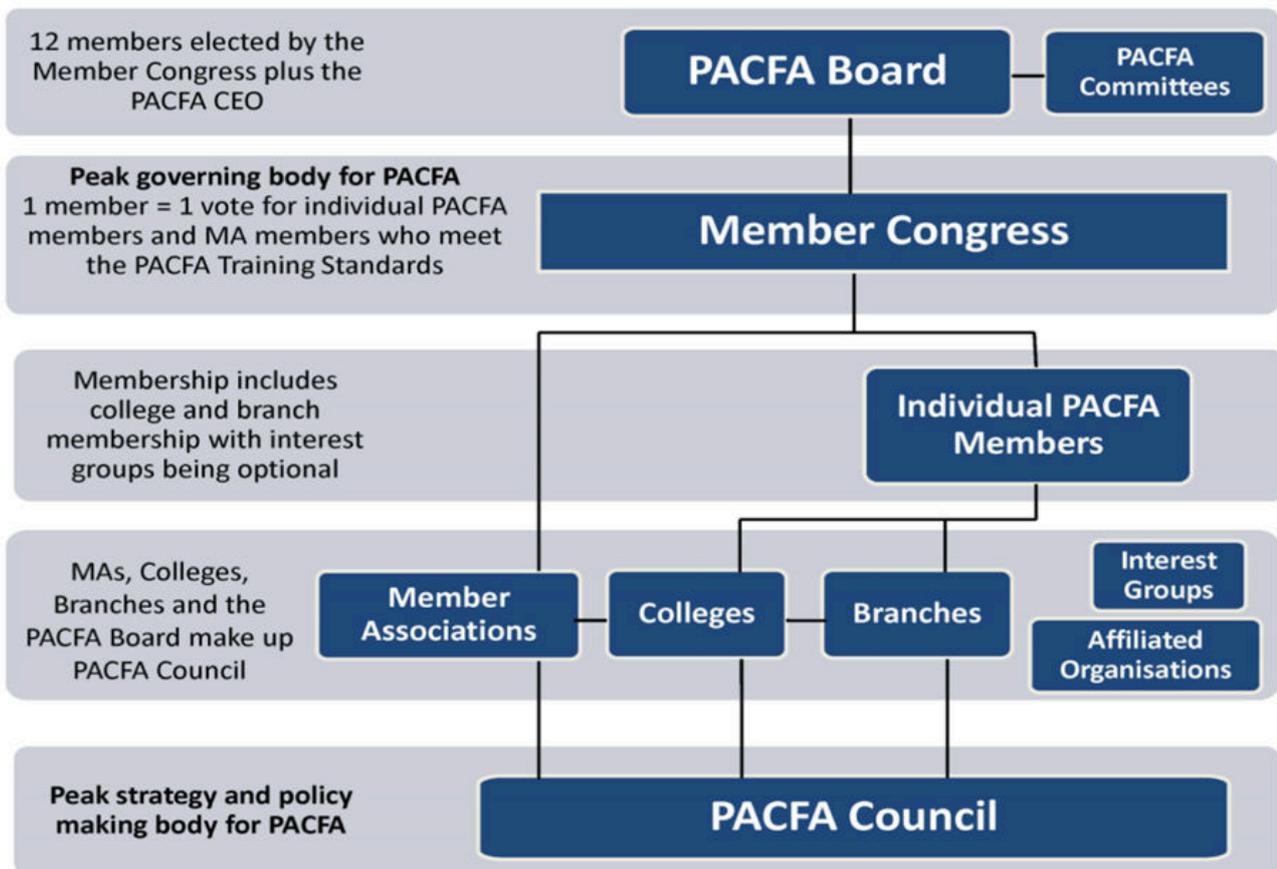
Exploring the new PACFA structure

Members and Registrants do not always understand how the new PACFA structure works and the roles of the different parts of the structure. This article is intended to provide information about the PACFA Council and Member Congress.

The Council was, historically, PACFA's peak governing body which included representatives of PACFA's Member Associations. When PACFA restructured in 2015, we introduced the Member Congress which gives members a vote and is now the body with governance functions such as receiving the audited accounts, amending the constitution and electing the Board.



This article also highlights the role of the PACFA Council so that members are informed of the way in which the Council represents their interests and supports PACFA to advance its strategic mission.



Role of the Member Congress

- Peak governing body for PACFA
- A forum to inform and consult members on key issues
- Representative body of Eligible Members who have voting rights: 1 member = 1 vote
- Eligible Members with a vote on the Member Congress are the Members of PACFA and of PACFA Member Associations who meet the PACFA Training Standards and who are of good repute and professional standing
- The Member Congress meets as follows:
 - Annual General Meeting every October
 - Other General Meetings only if required
- Member Congress functions:
 - Receive the annual Financial Statements
 - Appoint PACFA's auditors
 - Elect six key members of the PACFA Board
 - Approve Constitutional changes
 - Repeal By-laws set by the Board (if there are any issues with the By-laws)
 - Be consulted on key issues affecting members

Role of the PACFA Council

- Peak strategy and policy-making body for PACFA
- A forum to inform and consult members on key issues
- Made up of Member Associations, Branches, Colleges (or modalities within Colleges if more than one modality), PACFA Board members and Committee Chairs – all have equal voting rights
- Council Delegates represent members' interests
- Meets twice a year in Sydney/Melbourne

- Council's role:
 - o Sets the PACFA strategic plan
 - o Determines PACFA policy on key strategic issues
 - o Sets the criteria for admission of Member Associations, with the understanding that each Member Association will establish and maintain its own standards of admission, provided that this meets minimum standards of PACFA
 - o Makes decisions regarding admission or disaffiliation of Member Associations
 - o Establishes and maintains PACFA Colleges, with the understanding that each College or Sub-division of a College will establish and maintain their own standards of admission, provided that these standards meet the minimum standards of PACFA
 - o Establishes and maintains PACFA Branches where Individual Members wish to establish more than one Branch in a particular State or Territory
 - o Sets up of standing and ad-hoc committees to advance PACFA's Objects (if required)

Delegate Duty Statement – PACFA Council

Each Member Association (MA), Branch or College (or College Sub-Division) appoints two of their members as Delegates to the PACFA Council. The Delegate serves as the official liaison person between PACFA and the MA, Branch or College.

It is highly desirable that at least one of the two Delegates is a member of the current MA Executive or the Leadership Group of the Branch or College. If this is not the case, the MA, Branch or College is encouraged to develop ways of ensuring a high level of communication between the Delegates and the MA Executive or the Branch or College Leadership Group. This liaison role of Delegates is crucial to the success of the PACFA structure and should be mutually beneficial to the MAs, Branches, Colleges and to PACFA, and in the longer term to the benefit of the community.

Key Functions

The delegates of MAs, Branches and Colleges:

- Foster and develop the relationship between the MA/Branch/College and the Board of PACFA
- Represent the views and aspirations of the MA/Branch/College to PACFA Council, the PACFA Board and PACFA Office staff
- Represent the views and decisions of the PACFA Council and Board to their MA/Branch/College
- Be available to work with specific project teams, as negotiated, for the mutual benefit of the MA/Branch/College, PACFA and the wider community

Duties of the Delegates

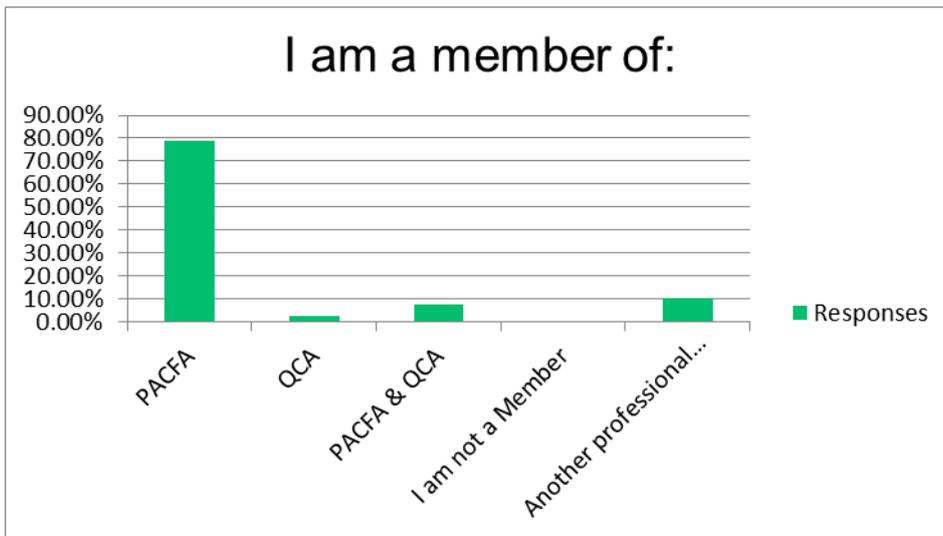
Specific duties of the delegates are:

- To attend PACFA Council meetings as official delegates of the MA/Branch/College and be briefed and able to represent the MA/Branch/College
- To ensure that communications from PACFA are circulated promptly to the MA Executive or the Branch or College Leadership Group, and that items for discussion are put on their meeting agendas
- Where feasible, to provide a regular report and contribute to discussion of PACFA issues at meetings of the MA/Branch/College, either in person, or by teleconference
- To foster support among members of the MA/Branch/College for major PACFA activities such as attending or presenting at PACFA conferences
- To communicate to PACFA any concerns of the MA/Branch/College about professional issues of mutual concern
- To explore talents and networks within the MA/Branch/College which may be beneficial to PACFA and to facilitate an exchange of such information and skills
- To identify a PACFA special project or working party on which the delegate would be willing to contribute

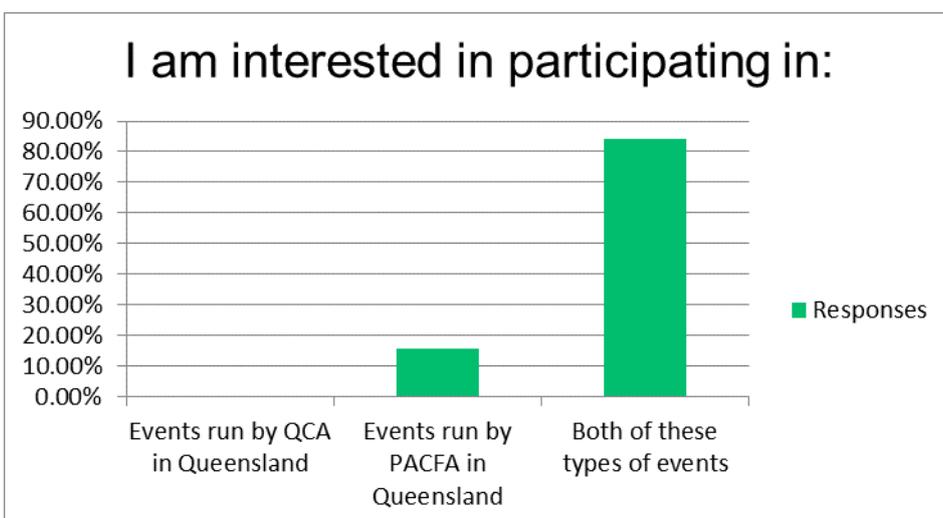
Results from Queensland member survey

PACFA has had significant growth in individual members in Queensland. We now have 234 members across Queensland. PACFA has not established a Branch in Queensland as we have a Member Association, the Queensland Counsellors Association (QCA), operating in Queensland. PACFA is working in partnership with QCA to support PACFA members in Queensland to access professional development and networking opportunities.

PACFA has surveyed Queensland members to find out how they would like PACFA to support them as members. Interestingly, not all of the people who responded to the survey were PACFA members. Some respondents were from QCA or other Associations.

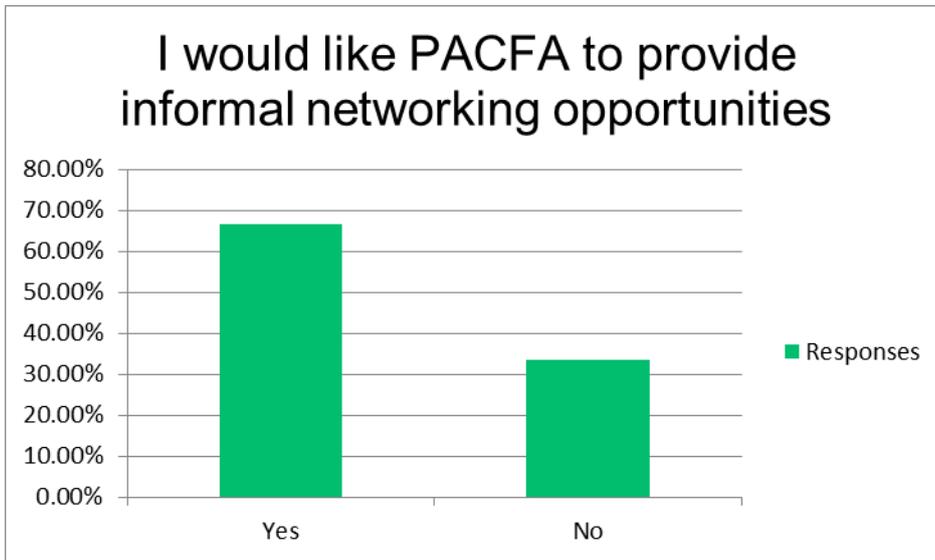


Overall, there was strong interest in being able to access professional development and networking events through both QCA and PACFA, but not from QCA alone. This seems to confirm interest on the part of PACFA members in having the opportunity to attend QCA events, but a desire for PACFA to run some events in Queensland as well. No respondents wanted to only attend QCA events. Based on this feedback, it is hoped that both PACFA and QCA will put on events in Queensland, including some joint events.



It is important that events are offered at the times that are most suitable for members. Most survey respondents preferred a full-day or half-day event on a Saturday. The preferred location is Brisbane but the Sunshine Coast and Gold Coast are also appear to be viable locations for PD and networking events. Members expressed interest in both types of PD topics that we suggested – that is, topics which apply across multiple therapeutic modalities, and topics that apply to a single modality.

There is also significant interest in networking. PACFA runs networking events in other States and there has been a mixed level of interest and uptake of these events. So perhaps the goal for PACFA is to make the networking activities more accessible in order to encourage participation.



Survey Results

I currently reside in Queensland

Answer Choices	Responses
Yes	97.37%
No	2.63%

I am a member of:

Answer Choices	Responses
Events run by QCA in Queensland	0.00%
Events run by PACFA in Queensland	15.79%
Both of these types of events	84.21%

My membership level is:

Answer Choices	Responses
Clinical	55.26%
Provisional	21.05%
Intern	5.26%
Student	18.42%
Affiliate	0.00%
I am not a Member	0.00%

I am interested in participating in:

Answer Choices	Responses
Events run by QCA in Queensland	0.00%
Events run by PACFA in Queensland	15.79%
Both of these types of events	84.21%

Please select your preferred type of CPD topic (please select one)

Answer Choices	Responses
Topics which are applicable across multiple therapeutic modalities	21.05%
Topics that apply to a single modality	5.26%
Both of the above are of interest to me	73.68%

From the following options for possible formats for Continuing Professional Development events, please indicate your preference.

Type of PD event	Would like to attend	Would consider attending	Unlikely to attend	Would not wish to attend
Lecture / talk	56.76%	40.54%	0.00%	2.70%
Webinar	52.78%	27.78%	8.33%	11.11%
Experiential event / workshop	66.67%	33.33%	0.00%	0.00%
Combination of talk & experiential event	70.27%	29.73%	0.00%	0.00%

From the following options for the duration and timing of CPD events, please indicate your preference

Duration and timing of PD event	Would like to attend	Would consider attending	Unlikely to attend	Would not wish to attend
Weekday Evening	26.47%	32.35%	17.65%	23.53%
Saturday Full-Day	73.53%	26.47%	0.00%	0.00%
Saturday Half-Day	75.00%	25.00%	0.00%	0.00%
Weekday Evening Interactive Webinar	45.71%	22.86%	17.14%	14.29%
Weekday Lunch-time Interactive Webinar	18.18%	27.27%	21.21%	33.33%

From the following possible locations, please indicate the locations where you would be able to attend CPD

Answer Choices	Responses
Brisbane	89.47%
Sunshine Coast	36.84%
Gold Coast	42.11%
Rockhampton	5.26%
Townsville	5.26%
Cairns	5.26%
Toowoomba	7.89%
Other	5.26%

I would like PACFA to provide informal networking opportunities

Answer Choices	Responses
Yes	66.67%
No	33.33%

New Sub-division for Gestalt Therapy proposed for the College of Psychotherapy

A proposal has been prepared for the PACFA Council to formally establish Gestalt Therapy as a sub-division within the College of Psychotherapy.

The proposed purpose of the new Gestalt Therapy sub-division is:

- To support Gestalt Therapists in PACFA, and others with an interest in Gestalt Therapy, through professional development and networking
- To build a vibrant community of Gestalt Therapists within PACFA
- To develop and maintain Entry Requirements for the Gestalt Therapy modality and guidelines for practice in Gestalt Therapy if required
- To be a contact point for PACFA to develop a collaborative relationship with former PACFA Member Association, GANZ, to help advance Gestalt Therapy in Australia

167 members of PACFA have selected Gestalt Therapy as their preferred modality for their membership of the College of Psychotherapy. PACFA has sent a call for support for the new Gestalt Therapy Sub-division to these members and 70 have responded (so far) in support of the proposal.

Gestalt Therapy is a well-developed psychotherapy modality, both in Australia and nationally. Gestalt Australia New Zealand, GANZ, (a former Member Association of PACFA) has actively promoted the research base for Gestalt Therapy through its conferences and other professional development activities and through its academic journal, [Gestalt Journal of Australia and New Zealand](#). This and other international journals confirm there is a substantial evidence-base for Gestalt Therapy.

In 2016, PACFA published [A literature review of the evidence for the effectiveness of experiential psychotherapies](#) which featured Gestalt Therapy as a modality with a clear evidence-base.

More than 100 of the members of the proposed Gestalt Therapy sub-division belonged GANZ, which was active in PACFA over many years. There is also the opportunity for PACFA to collaborate with GANZ on professional development and networking activities for Gestalt Therapists and other practitioners interested in Gestalt Therapy. Seven PACFA members has already volunteered to form the new Leadership Group for Gestalt Therapy.

There is more training available for Gestalt Therapy than for any other psychotherapy modality in Australia. PACFA accredits four Gestalt Therapy training programs nationally, including a Master's program in Gestalt Therapy in Brisbane. It is expected that as more graduates complete Gestalt Therapy training, they may be interested in joining PACFA in order to participate in the new Gestalt Therapy sub-division of the College of Psychotherapy. The Sub-division would work with PACFA to actively promote PACFA membership and membership of the new sub-division to students and graduates of Gestalt Therapy.

Call for Expressions of interest - new PACFA course on online therapy

PACFA is seeking expressions of interest from suitability qualified counsellors or psychotherapists with experience delivering professional development to deliver a new course being developed by PACFA on the topic of Online Therapy.

PACFA's [Code of Ethics 2017](#) highlights the importance of providing online therapy services in an ethical manner. As Practitioners increasingly move towards delivering therapy using online technologies, it is important that they undertake professional development to ensure they are competent to work online in accordance with the requirements of the PACFA Code of Ethics.

The key themes covered in the course will be:

- The concept of presence
- The online disinhibition effect
- Online assessment and intake
- Informed consent and privacy policies
- Confidentiality and cyber security
- Ethical Considerations
- Online closure and discharge
- Technical skills including working with email, chat, audio, video and avatars
- Internet connections and alternative means of contact
- Ethical marketing of online services

To express interest, **applicants must obtain a copy of the *Call for Expressions of Interest*** which contains the application requirements. The due date for Expressions of Interest is **30 June 2018**.

For a copy of the ***Call for Expressions of Interest***, email claire.manderson@pacfa.org.au.

Introducing PACFA's Leadership Groups

eNews is running a series of articles introducing the Leadership Groups for the PACFA Branches and Colleges. In this edition, we feature the Leadership Group for the Somatic Psychotherapy modality of the College of Psychotherapy.



Ernst Meyer (Convenor) is a somatic/body-inclusive psychotherapist who has been in private practice since 2012. Originally from Bavaria (Germany), he had careers in the police force, the IT industry and project management before moving into psychotherapy. As a trauma therapist he works with stress resulting from traumatic incidents as well as expressions and symptoms of separation, loss, neglect, physical, emotional or sexual abuse. Traumatic stress affects how we look at - and feel about - the world around us, how we feel within ourselves, how we think and act. It is the focus of his therapeutic work. His contemporary approach to somatic psychotherapy is informed by trauma research, neuroscience, infant research, humanistic and relational theories as well as continental philosophy. His goal is to re-introduce a contemporary psychotherapy training program into Australia.



Anna McKie's life journey meandered through studies in mathematics, computer science and education, working in the organics industry and co-ordinating international conferences, before doing a Diploma in Contemporary Somatic Psychotherapy at the Australian College of Contemporary Somatic Psychotherapy under Jeff Barlow. Anna has been a Somatic Psychotherapist in private practice since 2008 and also works part-time as a specialist trauma counsellor on the 1800 Respect phone service. Anna works in an embodied, relational, trauma informed, empathic way with clients and is passionate about the intersubjective space, attachment theory, contemporary trauma theory, the body in therapy including therapeutic touch, and neuroscience and its relation to psychotherapy. In addition to the Somatic Psychotherapy Leadership Group, Anna is also a member of the College of Psychotherapy Leadership Group.



Veronik Verkest practices as a contemporary somatic psychotherapist in private practice. She specialises in inter-subjectivity, attuning to the mind-body of individuals impacted by unresolved trauma. She draws on several contemporary developments (attachment theory, neurobiology, embodiment, trauma and developmental theory) as well as her training in AcuEnergetics™. She is a teacher of MBSR and previously volunteered in the after-hours counselling program at ACON. She has a Diploma of Contemporary Somatic Psychotherapy, Master of Counselling & Applied Psychotherapy with an MBA, BSc (Biochem) and extensive experience in the corporate world and life.



Tess Tokatlidis has worked in counselling, support and leadership roles in the welfare sector for almost 30 years, supporting individuals, families and homeless populations. She currently co-ordinates the Intake program at The Bouverie Centre, in Melbourne and began her part-time private practice 10 years ago as a Somatic Psychotherapist. Tess has a diploma in Welfare Studies and completed her qualification as a Somatic Psychotherapist in 2007 at the Australian College of Contemporary Psychotherapy. She is informed by attachment, self psychological, inter-subjective and trauma theories. She recognises the significance and value of working in embodied ways both empathically and relationally, after witnessing transformational changes in her clients.

PACFA CPD and Networking Calendar 2018



PACFA now has a calendar of continuing professional development (CPD) and networking events. To book a place on a PACFA event, email the booking email address or go to the [PACFA Portal](#). Online registration is easy. Register for the Portal (if you've never registered before), select the event you're interested in and complete the simple enrolment form. Payments can be made online using VISA or MASTERCARD. Offline payment methods are also available.

Dates	Event	Location
14 April 2018 2pm – 4pm	The Mind as Body, The Body as Mind Somatic Modality Book online at the PACFA Portal	Crows Nest, NSW
17 April 2018 6.30pm – 8.30pm EST	ACCAPE Webinar Three Australian College of Counselling & Psychotherapy Educators Book online at the PACFA Portal	Online
26 April 2018 7pm - 9pm	Network and Social Evening Victorian Branch RSVP: vicbranch@pacfa.org.au	Carlton, VIC
28 April 2018 1pm – 5pm	Canberra and Region Branch SAVE THE DATE	CBD, ACT
30 April 2018 7:30pm—9pm EST	Australian College of Relationship Counsellors Webinar Book online at the PACFA Portal	Online
5 May 2018 9.30am – 4.30pm	Mindfulness in Couples Therapy Australian College of Relationship Counsellors Book online at the PACFA Portal	St Lucia, QLD
11 – 12 May 2018 5.30pm – 9pm 9am – 5pm	Focusing Workshop Tasmanian Branch and CCAA Tas Book online at the PACFA Portal	Sandy Bay, TAS
19 May 2018 1.45pm – 5pm	South Australian Branch Book online at the PACFA Portal	Hindmarsh, SA
28 May 2018 9.30am – 4.30pm	Working with Suicide & Suicide Ideation: Assessment and Risk Assessment Book online at the PACFA Portal	Crows Nest, NSW

1 June 2018 9.30am – 4.30pm	Working with Suicide & Suicide Ideation: Assessment and Risk Assessment Book online at the PACFA Portal	St Lucia, QLD
8 June 2018 Time TBC	Perspectives on Working with Anxiety Webinar College of Counselling SAVE THE DATE	Online
18 – 29 June 2018	Practical Ethics for Counsellors & Psychotherapists Book online at the PACFA Portal	Online
17 – 28 September 2018	Mental Health Online Training Course Book online at the PACFA Portal	Online
12 – 23 November 2018	Practical Ethics for Counsellors & Psychotherapists Book online at the PACFA Portal	Online
22 – 24 February 2019	Working with Trauma PACFA 2019 Conference For details see the Conference Website	Ultimo, NSW

REFUND POLICY:

- Cancellations made **5 or less working days** prior to the event 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.
- Alternatively, course bookings may be transferred to another person or to a future course. Transfer requests must be sent to admin@pacfa.org.au prior to the course commencing.
- After the commencement date/time of the course, no refunds or transfers are possible.

Online Ethics Course – Online 18 to 29 June 2018 and 12 to 23 November (6 hours CPD)

This course was developed by PACFA in partnership with the Cairnmillar Institute. It 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 for responding to multicultural practice issues

Members: \$190 (inc. GST) Non-members \$250 (inc. GST)

This event counts as 6 hours of category A CPD for PACFA's renewal requirements.

Online Mental Health Course – 17 to 28 September 2018 (8 hours CPD)

This course was developed by PACFA in partnership with Catherine Hungerford from the University of Canberra. It 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: \$250 (inc. GST) Non-members \$350 (inc. GST)

This event counts as 8 hours (16 points) of category A CPD for PACFA's renewal requirements.



PACFA's 2019 conference on **WORKING WITH TRAUMA** takes place in Sydney from **22 to 24 February**. For details see the [Conference website](#).

The conference will explore key aspects of trauma practice and research with an emphasis on culturally informed approaches to promoting trauma recovery in Australia today. Practitioners and researchers will present on key aspects of their work and research with trauma.

The conference will provide opportunities to engage in dialogue with trauma practitioners specialising in a variety of therapy modalities. These conversations will be facilitated in workshops, paper presentations and panels. We warmly invite you to be a part of the discussion.

1. Emerging Research and Practice

This stream will include papers on emerging research and workshops on therapeutic techniques and models. Research may include qualitative and quantitative papers, mixed research, and case studies. General research and practice issues relating to trauma and recovery will also be presented, including but not limited to the impact of trauma on development, relationships, and mental health, as well as post-traumatic growth.

2. Perspectives from Therapists, Clients and Others

This stream will incorporate perspectives on trauma from therapists, clients and others involved in working with clients experiencing trauma. Included in this stream will be issues relating to interdisciplinary perspectives, vicarious trauma, therapist self-care, and managing related difficulties in private practice. Clients may also share their individual experiences of therapy and recovery from trauma.

3. Working with Specific Populations

This stream will address therapeutic issues, including research and workshops, that are relevant for specific populations. Indigenous experiences of trauma and recovery will be addressed, as well as inter-generational trauma and multicultural issues. Specific populations addressed may include, but are not limited to, children, adolescents, adult survivors of trauma, and veterans, as well as victims of crime, domestic violence, sexual abuse, and natural disasters.

[CLICK HERE TO SUBMIT AN ABSTRACT](#)

PACFA invites practitioners, researchers and educators to contribute to the 2019 PACFA Conference by submitting an Abstract on the conference theme, **WORKING WITH TRAUMA**. Abstracts of 250 words on the conference theme, and relevant to one of the conference streams, are to be made online at the conference website.

Abstracts are sought for following conference presentations:

- Papers of 30 minutes (20 minutes presentation/10 minutes questions)
- Workshops of 60 minutes

How to Submit an Abstract

- Abstracts are to be submitted electronically via the conference website.
- Selected presenters do not receive free conference registration but are required to register for the conference.
- Abstracts on counselling and psychotherapy research or specialist therapy modalities are encouraged.
- Abstracts must be submitted no later than by **5pm EST on Tuesday 31st July 2018**.
- Checks may be carried out by the PACFA Office to ensure that presentations align with PACFA's Mission and Values, including but not limited to the presenters' online presence and references and testimonials for the presenters if required.
- Abstracts will be reviewed by the Conference Committee or their nominated representatives. The Committee's decisions are final.
- Applicants will be notified by **September 2018** whether their abstract has been selected by the Conference Committee.

Keynote speakers



Miriam Taylor from the UK will be the international keynote speaker for PACFA's 2019 conference.

Miriam will speak on trauma from her perspective as a Gestalt Therapist specialising in trauma. Miriam is a UKCP registered Gestalt psychotherapist and has been in practice since 1995. She has worked for an independent trauma service for over six years and was previously a clinical lead of young people's service. Miriam's particular interest is in the relational integration of trauma and the role of the body. She teaches in the UK and internationally, is an Academic Consultant and examiner for Metanoia Institute, London as well as at Istituto di Gestalt CC Italy.



Dr Graham Gee will be a keynote speaker and will also speak on a panel of indigenous speakers on intergenerational trauma.

Graham completed his combined Masters/PhD in Psychology (Clinical) in 2016. He has been a registered psychologist for the past 10 years at the Victorian Aboriginal Health Service. His main area of research is in complex trauma, resilience and trauma recovery. Graham has previously been a committee member of the Australian Indigenous Psychologists Association and is a founding board member of the National Aboriginal and Torres Strait Islander Healing Foundation.

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 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 one of 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 cover for both professional indemnity and public liability cover. **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.

Classifieds and Professional Development

eNews Advertising Policy

Advertisers are reminded that our Advertising Guidelines require payment at the time of booking advertisements. This hasn't been strictly enforced in the past but this has led to more work when invoices are not paid on time. Please forward payment with your Booking Form and a receipt will be issued promptly.



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Dr Cowen's PhD in Clinical Hypnotherapy Education is from School of Medicine, University of Western Sydney



Psychotherapy and Counselling Federation of Australia

Tasmanian Branch

Focusing Workshop

CCAA Tasmania and the PACFA Branch of Tasmania present Maureen Ireland's Focusing workshop. This workshop will take time to develop ways of mindfully paying attention to the deep knowing within the body using Eugene Gendlin's Focusing Steps.

Date: 11 May 2018: 5:30pm—9:00pm
12 May 2018: 9:00am—5:00pm

Venue: Royal Yacht Club of Tasmania, Marieville Esplanade, Sandy Bay

PACFA Members: \$190 (inc. GST)
Student Members: \$140 (incl. GST)
Non-Members: \$240 (inc. GST)

This event counts as 10 hours of category A CPD for PACFA's membership renewal requirements

Register Online: www.portal.pacfa.org.au

For assistance, please contact PACFA on (03) 9486 3077 or email: tasbranch@pacfa.org.au



Professional Development

The Practice of Hope in Counselling and Psychotherapy

The research into the common factors of therapeutic change has provided strong evidence for the importance of hope and expectancy in the change process. This fact is well recognised by therapists but relatively little research has been conducted to identify how hope is operationalised in therapy. In this presentation, Dr O'Hara identifies different dimensions of hope and focuses on how hope is operationalised.

Presenter: Professor Denis O'Hara
Date: Friday 6 April 5pm to 7pm
Location: Relationships Australia 159 St Pauls Terrace Spring Hill
Booking: <https://www.trybooking.com/360979>
Contact: Ros Turner
Email: gca@qca.asn.au

CPD Category: A
CPD Hours: 1.5

www.qca.asn.au



Professional Development

Becoming an even more Emotionally Intelligent Counsellor

Emotions influence our decisions, behaviour, and performance in productive and unproductive ways.

Presenter: John Barletta
Date: Friday 18 May 5.30pm to 7pm
Location: Relationships Australia 159 St Pauls Terrace Spring Hill
Booking: <https://www.trybooking.com/343705>
Contact: Ros Turner
Email: gca@qca.asn.au

CPD Category: A
CPD Hours: 1.5

www.qca.asn.au



Psychotherapy and Counselling
Federation of Australia

Somatic Psychotherapy Modality

The Mind as Body, the Body as Mind

This will be an experiential as well as theoretical presentation where the use of moment, breath and sound will remind us of our own body mind wisdom.

Date: 14 April 2018

Time: 2:00pm—4:00pm

Venue: Pat Brunton Hall, Crows Nest Centre: 2 Ernest Pl, Crows Nest NSW

Pacfa Members \$30 (incl.GST)

Student Members \$25 (incl.GST)

Non-Members \$35 (incl,GST)

This event counts as 2 hours of category A CPD for PACFA's membership renewal requirements



Register Online: www.portal.pacfa.org.au

For assistance, please contact PACFA on (03) 9486 3077 or email: somatic@pacfa.org.au



Psychotherapy and Counselling
Federation of Australia

ACCAPE

Webinar Three

This webinar will be presented by Lone Lewis who will discuss the Status of the profession, the Quality and Risk of Counselling and Psychotherapy Education programs and the political conservatism within the profession.

Date: Tuesday 17 April

Time: 6:30pm—8:30pm ESDT

Venue: Online Webinar

PACFA Members: \$15 (incl. GST)

Non-Members: \$20 (incl. GST)

This event counts as 2 hours of category A CPD for PACFA's membership renewal requirements

Please note: This Professional Development Event is not suitable for students.



Register Online: www.portal.pacfa.org.au

For assistance, please contact PACFA on (03) 9486 3077 or email: counselling@pacfa.org.au

The Radical Impact of Gendlin's Philosophy & Blending Focusing with Mindfulness

Two Focusing Workshops presented by international Focusing luminary

Akira Ikemi



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Akira Ikemi, PhD is a clinical psychologist and an engaging, internationally-renowned certified Focusing trainer, teacher and Focusing Oriented Therapist

Explore with Akira the essence of Gendlin's Focusing (3 days) then explore the blending of Focusing and Mindfulness (2 days)

SYDNEY Mon 30 April to Wed 2 May
SYDNEY Thur 3 & Fri 4 May

details and registration here

www.cep.net.au E: admin@cep.net.au P: 0431 401 659

International Guest Event

Group Leader Training Part 1

5 day Training in Group Leadership with

Adam McLean



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cep

Learn how to successfully facilitate time-limited groups such as task-focused and mutual support groups. Explore and develop the role, responsibilities and tasks required.

SYDNEY Tues 5 to Sat 9 JUNE 2018

details and registration here

www.cep.net.au E: admin@cep.net.au P: 0431 401 659

Group Leader Training

2018 workshops from **CBT australia** COGNITIVE BEHAVIOUR THERAPY AUSTRALIA

The Certificate in CBT workshop focusing on working with children and adolescents will be offered in Melbourne Adelaide and Singapore.

Certificate in Cognitive Behaviour Therapy with Children & Adolescents

Presenters of this workshop are Ms Bronwyn Tarrant, Dr Monica O'Kelly & Dr Dom DiMattia

During this four-day interactive training program, participants will be introduced to CBT techniques and strategies for working with children and adolescents. Applications for use with parents, and for use in the classroom will be covered. Teaching approaches for all our workshops include lectures, modelling and skills development in small groups with supervision.

Adelaide	21 - 24 February 2018	Hindmarsh 5007
Melbourne	21 - 24 March 2018	Holmesglen 3148
Singapore	4 - 7 April 2018	Fort Canning Lodge

For information on venue, presenters and registration:
www.cbtaustralia.com.au
training@cbtaustralia.com.au or call 03 9705 2216

The Certificate in CBT program continues to be popular and will be offered in a variety of locations across Australia as well as Singapore and Manila.

Certificate in Cognitive Behaviour Therapy

Presented by Dr Monica O'Kelly & Dr Dom DiMattia

Participants will gain a thorough theoretical understanding of cognitive behaviour therapy and the skills specific to this mode of therapy. Areas covered include CBT with Depression, Anxiety, and Anger. Suitable for the beginner and for those wishing to refresh or build on their current skills. A qualification in a health or "helping" profession is a prerequisite. Therapists working in a variety of settings should benefit from this comprehensive training.

Melbourne	8 - 11 March 2018	Holmesglen 3148
Townsville	14 - 17 March 2018	Rydges Townsville 4810
Singapore	9 - 12 April 2018	Fort Canning Lodge
Sydney	26 - 29 April 2018	Camperdown 2050
Adelaide	2 - 5 May 2018	Hindmarsh 5007
Perth	9 - 12 May 2018	Floreat 6014

COST: Australia \$1416 (GST incl) Singapore \$1516

Early bird and student discounts offered - refer to website.

A Specialist Training in Working with Couples Two Day IMAGO Training



SYDNEY	12/13 April 2018
MELBOURNE	23/24 April 2018
FEE	\$450 or \$395 Early Bird (one month prior)
<u>TO REGISTER</u>	<u>FLYER</u>

ABOUT THE TWO DAY TRAINING

Revolutionise your work with couples. Relationship work can be dynamic, stimulating and highly effective using the structured processes inherent in Imago. Experience the depth and beauty of this work in creating connection between couples. At the same time enable increased passion, greater differentiation, and freedom from painful attachment cycles. Imago Relationship Therapy offers a coherent, comprehensive, research-based and dynamic theory and practice. These two days have the potential to transform both your individual and couples work. There is an option, following this Two Day Training to participate in further training to become a Certified Imago Therapist. **PACFA CPD** Category A 28 points

Also offering **'Getting the Love You Want'**
Weekend Workshops for Couples SYDNEY
14/15 April 2018 08/09 September 2018 08/09 December 2018
Presented by Brenda Rawlings & Peter McMillan

FOR MORE INFORMATION

www.relationshipsuccess.com.au info@relationships.co.nz +6494257980



**PRESENTED BY
BRENDA RAWLINGS**
Clinical Instructor, Imago
International Institute

Brenda has been specialising in working with couples for over 20 years.

She was Dean of the Imago International Institute (USA) from 2011 to 2016 and the 2013 recipient of the Harville Hendrix Award for Clinical Excellence.

Passionate about providing the best possible interventions for couples, she has studied extensively within various modalities, and has integrated these within the Imago process.

A Senior Imago Clinical Instructor, she trains primarily in NZ and Australia and is also a highly respected international trainer.



Online Mental Health Course

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

This event includes 4 modules:

- 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.

17th - 28th September 2018

Participants complete the course work at their own pace over a 2 week period.

PACFA Members \$250 (inc. GST), Non-Members: \$350 (inc. GST)

This event counts as 8 hours of category A CPD for PACFA's membership renewal requirements

Register Online: www.portal.pacfa.org.au

For assistance, please contact PACFA on (03) 9486 3077 or email: admin@pacfa.org.au



Online Practical Ethics Course

This online course was developed by PACFA in partnership with the Cairnmillar Institute. The course is delivered through interactive sessions, audio-visual materials, case studies, recorded lectures, online communication thread and facilitated discussions.

The key themes are:

- Foundations of Ethical Practice
- Record Keeping
- Dual Relationships
- Confidentiality
- Cultural Sensitivity

Monday 18—29 June 2018

Participants complete the course work at their own pace and engage in up to four interactive sessions.

PACFA Members \$190 (inc. GST), Non-Members: \$250 (inc. GST)

This event counts as 6 hours of category A CPD for PACFA's membership renewal requirements

Register Online: www.portal.pacfa.org.au

For assistance, please contact PACFA on (03) 9486 3077 or email: admin@pacfa.org.au

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IDT is a unique, page based way of working with words, images and feelings, and Interactive Drawing Therapy Limited run a range of courses using the IDT modality.

For information on course dates and locations please visit our website: www.InteractiveDrawingTherapy.com.au

Contact: Info@InteractiveDrawingTherapy.com.au

IDT Foundation course are accredited to earn PD points for a wide range of professional bodies.



Australian College of Relationship Counsellors

Mindfulness in Couples Therapy

This workshop, presented by Geoff Dawson will be based on a theoretical model that integrates an understanding of the emotional maturity of the individual with the relationship system that he or she is embedded in.

Date: Saturday 5 May 2018

Time: 9:30am—4:30pm

Venue: Parnell Building, University of Queensland, St Lucia

PACFA Members: \$170 (incl. GST)

Student Members: \$145 (incl. GST)

University of Queensland Students: \$145 (incl. GST)

Non-Members: \$200 (incl. GST)

This event counts as 6 hours of category A CPD for PACFA's membership renewal requirements

Register Online: www.portal.pacfa.org.au

For assistance, please contact PACFA on (03) 9486 3077 or email: acrc@pacfa.org.au

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Bondi Junction / Woollahra**



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Contact: Ronald Valencia 0421 913 428

Email: ronald2018@gmail.com





Introduction to Play Therapy

Do you work with children
4 to 14 years who have
behavior or emotional
difficulties?

28 April or 23 June 2018
Sydney

www.playtherapy.org.au



Working with Suicide & Suicidal Ideation Assessment &
Risk Assessment

Presented by Antonia Murphy

This workshop aims to enhance understanding and challenge concepts of mental illness and suicidality and, most importantly, address the understandable fear we all have about suicide and its power to render us impotent. In turn it is hoped this will empower those who might otherwise be fearful of suicide to intervene, support and work with those who are suicidal.

Location: Crows Nest, NSW: 28th May 2018
St Lucia, QLD: 1 June 2018

Registration: \$90 (inc. GST)

Student Registration: \$65 (incl.GST)

This event counts as 6 hours of category A CPD for PACFA's membership renewal requirements



Register Online: www.portal.pacfa.org.au

For assistance, please contact PACFA on (03) 9486 3077 or email: admin@pacfa.org.au

Grief Journeys' 2018 Professional Development Program

Our workshops provide professional development for practitioners working with suicide bereavement.

Lunch and art materials are provided.

Grief Journeys also offers in-house workshops for organisations. Please contact the facilitators to discuss your training needs.

Fees and Registration

Workshop Registration:
griefjourneysworkshops@gmail.com
0407 224 567

Fee: \$200 inclusive of materials and lunch

Facilitators

Dr. Ione Lewis, PhD.

A clinical social worker, psychotherapist and artist with over thirty years' experience in helping individuals and families.

Denise Lavell, MA Couns. TAE Workplace Trainer and Assessor

A counsellor, group facilitator and counselling educator, she has been counselling and leading groups for 20 years and is passionate about the power of community and creative process to support healing and growth.



Workshops

Friday May 18

Melbourne VIC
10:00 am – 3:00 pm

Friday June 22

Glebe NSW
10:00 am – 3:00 pm

Friday September 21

Melbourne VIC
10:00 am – 3:00 pm

CONTACT US
0407 224 567

griefjourneysworkshops@gmail.com
www.griefjourneys.com.au



Exploring Relationships Creatively - An Experiential Professional Development Day

The day will include the presentation of an arts based approach to working with relationships. You will have an opportunity to facilitate the exploration of a relationship using creative modes and conversation and to inquire into an aspect of your own lived experience.

Presenter: Juliette Kalifa

Date: Saturday 2 June 8.30am-4pm 2018

Location: Maleny Neighbourhood Centre 17 Bicentenary Lane Maleny

Booking: www.trybooking.com/343717

CPD Category: A

CPD Hours: 7

The Philosophy, Theory and Practice of Restorative Justice

This highly engaging workshop will explore the practice and application of this relational approach to problem-solving. While the use of punitive sanctions is alive and well in many of our institutions and organisations, the restorative approach to problem-solving focuses on the harm done, and as far as possible the healing of those harms.

Presenter: Margaret Thorsborne

Date: Saturday 23 June 8.30am to 4pm

Location: Bardon Hall, 247B Simpsons Road, Bardon

Booking: <https://www.trybooking.com/363251>

Category: A

CPD Hours: 7

Justice Gestalt Therapy - mindfulness in action

In this interactive presentation, Tine Mueller introduces participants to the way in which contemporary Gestalt Therapy works with mindfulness in a therapeutic practice. Participants will gain an understanding of how eastern philosophies and mindfulness practices are embedded in the long tradition of Gestalt

Presenter: Tine Mueller

Date: Friday 13 July 5pm to 7pm

Location: Gestalt Therapy Brisbane (GTB). 28 Prospect Tce, Highgate Hill

Booking: <https://www.trybooking.com/363260>

Category: A

CPD Hours: 1.5

Contact: Ros Turner

Email: qca@qca.asn.au

www.qca.asn.au

POSTGRADUATE MENTORSHIP WITH THE LIFE CLINIC

Advanced Placement Opportunities for Counselling Graduates



Transforming Life in Change is a psychology services practice with a diverse range of clients, who often have complex needs. Under the direction of Claudia Gibson, TLC extends its support to the community through counselling, and offers advanced placement opportunities for counselling graduates to work one-on-one with TLC clients under the supervision of an experienced psychologist.

Meet your needs at TLC

If you have graduated from a PACFA accredited counselling course and you need more counselling depth or breadth before you fully enter the profession, a TLC Mentorship will give you valuable experience and equip you with the clinical skills sought-after by mental health employers.

During this transition stage, you will assess and counsel clients, and manage plans, programs for change, and interventions that will substantially help TLC clients develop coping mechanisms, facilitate their self-empowerment, and assist them to tackle obstacles to living their lives to the fullest potential.

Your work environment

TLC is committed to making psychology services accessible to the community throughout Brisbane, and as a TLC practitioner, you may see clients in TLC offices, or visit them in community spaces, and residential or assisted care facilities as part of TLC's mobile service.

Attributes of candidates

If you have strong and versatile counselling skills, life experience, and maturity, and would like to have an advanced placement experience in a collaborative environment, invest in yourself and a TLC Mentorship today, and become ready to transition to your counselling career.

How to apply

Email info@transforminglife.com.au
or visit www.transforminglife.com.au



Trauma informed group facilitation Workshop

Presented by Liz Scarfe, founder of the Melbourne Processwork Centre, where Liz is a Process-Oriented Psychotherapist, Facilitator, Trainer & Coach.

Liz holds a Diploma of Management, Certificate IV Workplace Training and Assessment, Advanced Certificate in Group Facilitation and Bachelor of Multidisciplinary Science (Hons) and is a PACFA member.

VENUE

Loft & Earth (previously The Intuitive Well)
1st Floor, 70 Bronte Road
Bondi Junction NSW 2022

WHEN

Thursday 26th & Friday 27th April 2018
Arrive between 9.30am and 9.50am, for a 10am start.

Due to the nature of the workshop, **entering the workshop after 10am is not permitted**, so please arrive with plenty of time to get settled, get a cuppa, use the toilet etc, so you are ready to start at 10am.

We finish at 5pm.

For bookings and further information:

www.theshinecounsel.com



Psychotherapy and Counselling
Federation of Australia

Modality Refresher Workshops

The Canberra and Region Branch of PACFA is holding a professional development event in April.

Date: 28 April 2017

Time: 1-5 pm

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

This event includes:

An experiential session on Gestalt by Joanne Byrnes

Self Care session by Willi Boetcher

EMDR over view with interactive exercises by Pauline Allingham
– a psychologist from Canberra hospital

Members \$70 (inc. GST)

Students: \$45 (inc. GST)

Non-members \$90 (inc. GST)

AFTERNOON TEA INCLUDED

This event counts as 3.5 hours of category A CPD for PACFA's membership renewal requirements

Register Online: www.portal.pacfa.org.au

For assistance, please contact PACFA on (03) 9486 3077 or
email: admin@pacfa.org.au

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

For training providers that wish to advertise in eNews, you are now required to apply for endorsement of your CPD Event by PACFA. For details go to the [Apply to Endorse a CPD Event](#) page. Stand-alone eNews advertisements for CPD events are no longer offered, however we do still take eNews advertisements for other services and products relevant to counselling and psychotherapy. 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.

Dimensions and booking details 2018			
FORMAT	SPECIFICATIONS	PRICE	
Full Page	(19 cm W x 27.5 cm H)	\$530 (Includes GST)	
Half Page Horizontal	(19 cm W x 13.5 cm H)	\$330 (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)	
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<ul style="list-style-type: none"> • Endorsement of the event for PACFA CPD hours • Use of the PACFA logo for publicity purposes • CPD Event Listing for 3 months on the PACFA website • Inclusion of the event in PACFA's email distribution of CPD Event Listings • Advertisement of the selected size in the PACFA eNews • Discount for a package of 6 events 			
Number (From 1 to 6 events)	Full page	1/2 page	1/4 page
3 months CPD listing plus 1 edition of eNews	\$550	\$350	\$250
Package: 6 months CPD listing plus 2 editions of eNews	\$750	\$550	\$400
Package: 6 months CPD listing plus 3 editions of eNews	\$950	\$750	\$550
Package: 9 months CPD listing plus 4 editions of eNews	\$1,150	\$950	\$700
Package: 9 months CPD listing plus 5 editions of eNews	\$1,300	\$1,050	\$800
Package: 12 months CPD listing plus 6 editions of eNews	\$1,400	\$1,150	\$900
*All prices include GST			

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

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