



eNewsletter

2017

A Bi - Monthly eNewsletter

SEPTEMBER



IN THIS ISSUE

- ◆ Editorial
- ◆ Letters to Editor
- ◆ President's Report
- ◆ News
- ◆ Classifieds & Professional Development

FEATURE ARTICLE

**A model for working with client's emotions:
Integrating insights from neuroscience into
attachment-based psychotherapy**

By Dr Ruth McConnell



Contents

Editorial	2
Letters to Editor	3
President's Report	3
Feature Article	7
A model for working with client's emotions: Integrating insights from neuroscience into attachment-based psychotherapy <i>By Dr Ruth McConnell</i>	
News	16
PACFA launches new CPD endorsement scheme	16
PACFA Jobs officially launched	17
Update on Private Health Fund campaign	18
PACFA recruiting a new Campaigns Coordinator	20
Call for new PACJA Editor	20
Call for PACJA Book Review Editor	21
Update on national mental health services	21
Call for Professional Development Committee members	22
Membership Matters	25
PACFA AGM and Council meeting – 7 to 8 October 2017	25
How to make the most of your Therapist Profile	25
College of Psychotherapy – New Entry Requirements launched	27
Introducing PACFA's Leadership Groups	28
PACFA CPD and Networking Calendar 2017	30
Surveying members on PACFA conference 2019	32
Canberra and Region Branch PD event	32
Insurance offers from Insurance House	34
Classifieds and Professional Development	36
eNews Advertising Guidelines	41

Editorial

The PACFA Council will be meeting in Melbourne from 7 to 8 October. We have a full agenda planned, discussing policy and strategy for PACFA. Eligible members of PACFA and PACFA Member Associations have also been invited to attend the Annual General Meeting taking place on 7 October. Thank you to PACFA President, Dr Di Stow, for including her President's Report for the meetings in the eNews to brief readers.



Thank you also to Dr Ruth Mc Connell for our feature article which provides stimulating reading on the subject of attachment and neuroscience. I found Neufeld's five-step model for working with emotions as pertinent to my own life and relationships as well as to our work with clients.

This edition of eNews includes some important news, including announcements about PACFA's new jobs site, **PACFA Jobs**, which gives employers free job advertising for counselling and psychotherapy jobs. We have also launched a new endorsement scheme for CPD activities which will include automatic recognition of a CPD event for PACFA Member's and Registrants, and advertising of the event via PACFA's CPD Event Listing and eNews.

In terms of the national system of mental health services, PACFA has been liaising with Primary Health Networks about our Registrants being providers in new mental health services they are commissioning. There are certainly going to be opportunities for registered practitioners to be employed providing these services. There is also news from the National Mental Health Commission about developments in mental health services nationally.

This year we have been making approaches to private health funds to seek more private health rebates from more funds. Sadly, there is little interest from the Private health funds in making changes to their current business models, but we do have some progress to report.

The Editor of PACJA (Psychotherapy and Counselling Journal of Australia) has just stepped down so we are calling for a new PACJA Editor. The position will be supported by an annual stipend. We are also seeking a volunteer Book Review Editor. Please send expressions of interest for either role to the PACFA Research Chair. Thank you to Dr Jillian Lynch for making a fantastic contribution to PACFA as the Editor of PACJA, as did Dr Petra Bueskens before her.

Branches and Colleges continue to be very active and we are pleased to feature another Leadership Group in this edition of eNews. We now have 63 volunteers serving on Leadership Groups for PACFA Colleges, Branches and Interest Groups. This is a tremendous contribution to our members and to the profession. Thank you! We also have news of CPD events that have been run, and more that are planned, by the various Branches and Colleges.

In September, the College of Psychotherapy launched Entry Requirements for the College. Members of the College will be assessed in the coming months to ensure they are allocated to the correct membership level for the College.

Registered practitioners are encouraged to complete their Therapist Profile which is displayed when members of the public search the PACFA Register at our website. We have provided instructions on how to do this. This is a great way to promote your services to potential clients.

Planning is well underway for our 2019 conference which will take place in Sydney from 1 to 3 March 2019 on the theme "Working with Trauma". Please let us know what you are interested in for the conference by participating in the conference survey.

Maria Brett
eNews Editor

Letters to Editor

Feedback on Nathan Beel's feature article

To the editor

I would like to thank Nathan Beel for his excellent article. I have seen over 800 men in mainly couple situations and I am often pleased to see them put in a great effort when they are given understanding, respect and a practical 'fix-it'. It was good to read about men needing to be encouraged to broaden who they are rather than change who they are; they will take up that challenge. Change creates a little fear, broadening creates a challenge, which most men are up for. Thanks Nathan.

Regards,

Johannes Kelder
Hobart Marriage Counselling

President's Report

Dear colleagues,

Here we are heading towards another PACFA AGM. Where's that 12 months gone! It's a great time and a great opportunity to reflect on our achievements; it's so important that we do that.

PACFA restructure

PACFA's new structure was first discussed at a Board meeting in 2013. What a long way we have come! From struggling to sustain PACFA and its Member Associations in terms of human resources and finances, PACFA has been transformed in the space of four years into a vibrant, viable, growing organisation which is taking its place as the peak body for counselling and psychotherapy.

PACFA now has 6 Branches, 4 Colleges, 1 College sub-division and two Interest Groups. There are now 63 volunteers serving on the Leadership Groups for these groups within PACFA. Thank you to all these volunteers. Particular thanks go to the College of Psychotherapy Working Party, chaired by Tara Green, which has undertaken substantial work to develop Entry Requirements for the College. This College is now up and running with a Leadership Group.

The Colleges and Branches are involved in a range of activities and the biggest area of activity is organising PD and networking events for members. This is already very successful with a rich variety of quality, affordable PD and networking activities on offer. Elections have now been held for the Leadership Groups of all Branches and Colleges.

As a result of the restructure, we now have 11 Member Associations and these groups continue to be effective, active professional associations in their own right as well as being engaged with PACFA. Thank you for your great work as MAs.

I am confident that PACFA's restructure has been achieved and that it is a success. This year we achieved a surplus of \$58,235. Our staffing has grown from the equivalent of 4.7 full-time staff before the restructure, to the equivalent on 8.7 full-time staff (including our new Campaigns Coordinator who will start soon). With this growth in staffing, and with so many dedicated volunteers, we are in a position to start achieving so much more strategically. A high priority is our Strategic Plan to improve recognition for counsellors and psychotherapists.



Professional recognition

Maria Brett, as CEO, continues to advance our lobbying strategy, particularly around Medicare numbers, counselling services for veterans, and mental health services being commissioned by Primary Health Networks. As President, I have also been involved in our lobbying activities. I have met with Federal politicians in Tasmania and senior bureaucrats from the Tasmanian government to discuss the counselling and psychotherapy profession. I have also met with some potential employers in Tasmania to promote employment of counsellors and psychotherapists. I have been liaising with PACFA West, and following-up on the excellent lobbying work we did together in Perth in June. I have also been working with PACFA NSW on lobbying for recognition. Similar state-based lobbying initiatives are being planned for the other States and Territories.

PACFA's employment campaign has been launched. We are contacting employers around the country to promote PACFA-registered practitioners as suitable health professionals to be employed in counselling or psychotherapy roles. Employers can now get free advertising through PACFA Jobs for counselling or psychotherapy jobs. This year we have again approached Private Health Funds about including more rebates for counselling and psychotherapy in their insurance products. And, right now, we are in the process of recruiting a Campaigns Coordinator who will work with the CEO to advance all of these initiatives. All of this is possible because we are a stronger, more unified organisation since the PACFA restructure.

Strategic Leadership from PACFA as a Peak body for our profession

At this year's AGM and Council Meeting we will be considering a proposal for PACFA to adopt a position statement on the health benefits of marriage for LGBTIQ people. This is in response to numerous questions raised by PACFA Delegates about the need for PACFA to be more publically visible on the key issues that affect our community. People have been asking "what is PACFA's position on same-sex marriage?", "what is PACFA doing about refugees?" and so on. I am therefore calling for a respectful discussion on a draft Statement on the health benefits of marriage for LGBTIQ people. Future statements on refugees and Aboriginal reconciliation are also planned.

This is an important process for PACFA to go through – not just in relation to the issue of same-sex marriage, which is currently a very live issue in the Australian community, but also in relation to other issues that have an impact on people's mental health and well-being. PACFA is a diverse community, and there is a place for everyone to hold their own personal views. This is really a question of what is PACFA's role as a peak body and as a health promotion charity.

It is interesting to see that peak bodies for all of the other health professions have adopted some sort of statement on the same-sex marriage issue in the interests of the mental health and wellbeing of the community. PACFA needs to consider whether it is now time for us to do the same.

Research

Central to PACFA's mission is our focus on research. It is our primary constitutional object and the reason why we have been recognised as a Health Promotion Charity. Research underpins all of our strategic activities for recognition for counsellors and psychotherapists. Please see our website under Research for details of PACFA's research outputs. Our regular Research Forums, presented by the Research Committee, are very well attended and received. This is an important strategy to disseminate PACFA's research findings to practitioners.

As President, I'm fortunate to meet with a diverse range of people across the country. Very often I talk about PACFA's research agenda, and with great enthusiasm. We do excellent research, none of which would be possible without the hard work and dedication of Research Chair, Dr Lone Lewis, and members of the Research Committee. The Committee is also the Editorial Board for our journal, PACJA, which has been edited by Dr Jillian Lynch and Dr Petra Bueskens. Thank you to everyone who contributes to PACJA. It is an important achievement to have our own high-quality, professional journal.

Professional Standards

PACFA is continuously improving our professional standards through our professional practice committees. The Education Program Accreditation Committee (EPAC) is a very hard working and productive committee. We have 39 programs currently accredited by PACFA across 29 institutions. Thank you to Dr Paul McQuillan and members of EPAC for all your hard work. 39 accredited programs is a huge achievement. Thank you also to Dr Paul McQuillan for chairing the Professional Practice Committee which oversees all four professional practice committees.

The Professional Standards Committee (PSC) continues to support the PACFA Office with advice and occasionally hears appeals in relation to registration and membership applications. They also contribute to the process of improving our documented policies. The PSC has also been undertaking a major review of the PACFA Training Standards. Key principles relating to the proposal to raise our standards are now ready to be presented to the PACFA Council. We will then be able to undertake the actual task of re-drafting the Training Standards. We know that reviewing our Training Standards is essential if we are to improve our chances of being fully recognised as a profession. Thank you to Professor Denis O'Hara and members of the Professional Standards Committee for your hard work and significant progress with the review.

In a related initiative, we are also working on an accreditation scheme for post-qualifying or "second" trainings as a way to accredit more training programs and to support the process of raising training standards and maintaining diverse training options. Thank you to Charles Wilson and members of the Working Party.

The ethical practice of practitioners is upheld through the PACFA Code of Ethics and the complaints handling process which is overseen by the Ethics Committee and administered by the PACFA Office. The Ethics Committee has led a major piece of work over the last two years, in consultation with the Board and CEO, to review the Code of Ethics. We are delighted that a draft is now ready to present to the PACFA Council. Thank you to Simone Falvey-Behr and members of the Ethics Committee for their substantial contribution to PACFA with this review.

The Professional Development Committee oversees the new direction PACFA is taking delivering professional development for members. New policies and standards are being rolled out and we are now endorsing PD events to enable recognition of PD by PACFA in accordance with our CPD Policy. Thank you to Rob Salmon and the members of the Committee. The Committee is currently re-forming and I look forward to many new developments in the area of PD.

International connections

PACFA has recently joined the International Association of Counsellors (IAC), and I have made contact with their President. The IAC is an interesting organisation as it draws together counselling associations internationally with the aim of the internationalisation of counselling. I think this intent is very good and may in the end help with providing a case to and pressure on the Australian government to recognise counselling and psychotherapy more formally. It is good for us to be exposed to this group as it also may help us with ideas and certainly help provide a sense of solidarity and support.



**International
Association for
Counselling**

Thank you

I would like to thank all members of the PACFA Board for the tremendous contribution they make to our profession by serving on the PACFA Board and on the various Committees and Leadership Groups they are involved in.

Thank you to Board members Charles Wilson, Rob Salmon, George Gintilas, Don Secomb, Pat Bradley, Tara Green, Ione Lewis and Paul McQuillan. PACFA Board members work well together, and the Executive Committee meets and works together between Board meetings.

Thanks also to all Committee Chairs and Committee members, Chairs and members of Working Parties, Leadership Groups of Branches, Colleges and Interest Groups. It is my privilege to work with you all, and thank you, as always, for your contribution to PACFA and to our profession.

In August, Dr Ione Lewis decided to leave the PACFA Board after 10 years of service and we will be formally honouring and farewelling Ione at the Council Meeting after the AGM. Ione also plans to step down as the Research Chair by the end of the year. Ione has made an enormous contribution to PACFA. We would not be where we are today without Ione Lewis. Thank you Ione. We are also farewelling Dr Jillian Lynch who has stepped down as the PACJA Editor. Prior to Dr Jillian Lynch taking on the role of PACJA editor, Dr Petra Bueskens was the Editor and both have done a fantastic job developing our journal to a high standard. Thank you to both Jillian and Petra. We are in the process of welcoming a new Research Chair and looking for a PACJA Editor.

Thank you to all members of the PACFA staff. Particular thanks go to our CEO, Maria Brett, for her vision, skill, leadership and passion for PACFA's mission; Operations Manager, Kim Smythe, for leading the PACFA Office so very well; and the dedicated staff for their work: Belinda Gomez, Nilu De Alwis, Julia Bilecki, Luise Tartaglia, Claire Manderson, Kristy Griffiths and Amena Ziard.

A bright future for PACFA

I am passionate about what PACFA stands for and the great good our profession does for the mental health and wellbeing of the nation. I look forward to what's ahead for us. It is a privilege to have this opportunity as President to continue to lead the organisation and to work together with you to advance the counselling and psychotherapy profession.

The restructure was a great example of what we can achieve when we work together. Of course there's still more work to be done. I embrace PACFA's strategic plan and our mission to represent PACFA nationally, to lobby key people in government and opposition, to lobby private health funds and employers, and to advocate for our profession. Our plan to continue to develop the evidence-base for counselling and psychotherapy is sound as is engendering a pride in and allegiance to our profession.

I have great heart for the work that needs to be done. I have a strong commitment to make things even better, hope for the future, and joy about being an integral part of the next chapter, on the PACFA journey with you, as we further promote, develop and support counselling and psychotherapy.

Let's continue to work together for PACFA. Working together is the key.

Regards Di

Dr Di Stow
PACFA President
natpres@pacfa.org.au
0439 033 264

A model for working with client's emotions: Integrating insights from neuroscience into attachment-based psychotherapy¹



By Dr Ruth A. Lawson-McConnell
Senior Lecturer (Counselling)
School of Social Practice, Laidlaw College, Auckland, New Zealand
Email: therapy@ruthmcconnell.com

Introduction

With recent developments in the field of neuroscience, attachment theory and trauma research, psychotherapy has experienced a shift in the locus of effective therapeutic intervention from models favouring cognition to models emphasising emotion (Fosha, Siegel, & Solomon, 2009). Insight, according to the 'bottom-up' therapies, is considered to be the result, rather than the catalyst of therapeutic change. The deeper the intervention impacts the brain (at the neuronal circuitry, brainstem and limbic system) the more effective and efficient the treatment (Fosha et al., 2009; Schore, 2011). The implications for counsellors are that even though 'emotionally traumatic events can tear apart the fabric of individual psyches, emotions can also act as powerful catalysts' (Fosha et al., 2009, p. viii) for intra-psychic and interpersonal healing. In this paper, I will outline a five-step model for working with emotions, developed by Gordon Neufeld, a Canadian Developmental psychologist, which I have adapted in my work with child and adult clients.

The data generated by the current research in the fields of attachment, mentalization and emotion regulation not only offers a more detailed model of human development and healthy emotional functioning, it is also being incorporated into the clinical models, radically altering our understanding of the dynamics of psychotherapy (Badenock, 2008; Fosha et al., 2009; Siegel, 2010, 2012; Siegel & Goleman, 2011). Many researchers have considered attachment (or the alliance) to be a critical ingredient in the therapeutic process (Bowlby, 1988; Hall & Maltby, 2014; Wallin, 2007). Additionally, with the recent advances in the field of neuroscience, much of what counsellors know intuitively about the healing power of emotional connection with our clients has now been validated and further elucidated by neuro-scientific research (Roussouw, 2014).

However, as many of us are aware, dealing with client's extreme emotions can be a delicate and sometimes confusing 'dance'. The courage to attempt new behaviour or experience a more coherent sense of self are among the outcomes we long for in our client's lives. However, many of our clients may present as emotionally 'stuck'. This paper offers an adaptation of Gordon Neufeld's five-step model of working with emotions, from a developmental, attachment-informed perspective, incorporating neuroscience research to gain insight into emotional healing and regulation in our clients.

¹ This article is a condensed form of my original conference presentation: McConnell, R. A (2016). The neuroscience of relational healing: the role of corrective emotional experiences in the counsellor-client attachment. A paper presented at the PACFA, CCAA, SCAPE and APECA Conference, *Transformation through Relationship: The Heart and Soul of Therapy*. Sept. 9-11, 2016; Melbourne, Australia.

My training as a Counselling Psychologist has been influenced by Gordon Neufeld, a developmental clinical psychologist, whom I trained with in Vancouver, Canada². I have integrated his developmental, attachment-informed approach in my work with parents whose children are experiencing emotional and behavioural difficulties. It informs my work with adult clients who struggle with anxiety or depression due to early attachment injuries or neglect in childhood. I have integrated insights from neuroscience and attachment theory into this model to develop a framework for working with emotions experienced by adult clients. This approach is intended to be used with mild to moderate clinical symptomatology, and has not been used, and is not recommended for use, with clients suffering from complex trauma, bipolar or schizophrenic symptomatology.

Neufeld's five-step model for working with emotions

Neufeld (2015) has formulated a five-step model for working with emotions in children as he believes emotion is the engine of maturation: 'that which was discarded [emotion] has become the key to the unfolding of human potential; that which moves us, grows us up' (Neufeld, 2015). The word 'emotion' comes from the Latin word *immovere*: to move. The function of emotion is to move us toward a response. Greenberg (2006) postulates that emotion is primarily a signalling system, which, if ignored, remains unregulated or underdeveloped. A basic assumption of both neuroscience and psychotherapy is that 'optimal functioning and mental health are related to increasingly advanced levels of growth, integration, and complexity' in emotion regulation (Cozolino, 2016, p. 25). What follows is a step-by-step explanation of how to work with clients who are emotionally dysregulated, helping them regulate, ultimately leading to integration between the limbic system and prefrontal regions of the brain, opening up potential for healthier emotional functioning and psychological maturity.



Figure 1. Neufeld, G. (2015). *Heart Matters: the science of emotion, a fresh look at the pivotal role of children's feelings on behaviour and development*. DVD videocourse, Vancouver, Canada. Used with permission.

²To find out more about the resources and training that Dr. Neufeld offers go to www.neufeldinstitute.org

Step One: Express the emotion

The first step in working with emotions is to help our clients express the emotion they are feeling. Neufeld (2015) states that a key principle when working with emotions is that emotions seek expression; suppressed emotion cannot do its work. If emotional expression is thwarted it can lead to devastating effects, such as depression (flattened affect); distorted or displaced emotional expression (impulsivity or aggression); failure to adapt to life circumstances and feelings of 'stuckness' (Neufeld, 2015). A lack of emotional expression may suggest a lack of internal emotional movement; the client presents as 'unmoved', cold, expressionless and shut down (Neufeld, 2015).

An emotion can only be felt when it moves, or is 'stirred up' inside us. The primary defence of the limbic system is to retreat from feeling or to 'numb out' (Neufeld, 2015). The Social Engagement System (SES) of the brain, according to Porges' Polyvagal theory, regulates the expression, detection and subjective experience of emotion; if this system is shut down it can result in client's 'poor affect regulation, poor affect recognition and poor physiological state regulation' (Porges, 2009, p. 44).

The expression of emotion is viewed as crucial to a positive therapeutic experience and to the change process (Wampold, 2001 as cited in Lewis, 2008, p.64). The role of the therapist is to help their clients express the emotion they may be experiencing but may not be aware of: making the implicit explicit. Therefore the first thing a counsellor needs to do is come alongside the client to help them express the emotion in order to be able to accept it, invite it or assist it in coming to consciousness, so that it can be managed or processed healthily (Neufeld, 2015).

A great deal of learning about emotional regulation and interpersonal relationship skills takes place, according to Cozolino (2016):

... before we have the necessary cortical systems for explicit memory, problem solving or perspective. Consequently many of our most important socio-emotional learning experiences are organized and controlled by reflexes, behaviours, and emotions outside of our awareness and distorted by our immature brain. (p.9)

One of the goals of attachment-based therapy is to increase the client's ability to access their emotional states (Hall & Maltby, 2014). When working with some very 'stuck' or emotionally shut-down clients, it can be difficult for them to express the emotion they are feeling. I often start by focusing on the client's felt sensations in their body. Gendlin, (1981) calls this focusing on a 'felt sense.' This may be a preverbal internal bodily sensed feeling, experienced but often difficult to capture in words; an implicit higher level meaning via symbolic expression which can be accessed by internal attending and experiential process. Mindfulness practices can be helpful to access this felt sense. According to Baum (2013, p.38) awareness of physical sensations forms the very foundation of human consciousness; body-centred therapeutic approaches help clients come into the present moment and shift out of fear, numbing and hyper-arousal.

Porges (2009) argues that 'all emotional states require specific physiological shifts to facilitate their expression and to reach their implicit goals' (p.30) (e.g., fight, flight, freeze, proximity-seeking/attachment instincts). The importance of engaging the body in therapeutic work is further emphasised by Van der Kolk (2014) who suggests that clients take up yoga, drama, theatre and music (playing or singing) to help process emotions that may have been shut down due to trauma: 'in order to find our voice, we have to be in our bodies... the opposite of dissociation ...acting is an experience of using your body to take your place in life' (p.331). Psychodrama techniques can be helpful for clients who find it difficult to express a bodily sensed emotion. Art therapy, Interactive Drawing Therapy (Withers, 2006), Music Therapy or any other expressive therapy is a good place to start with clients who may struggle to identify or name their emotions.

Step Two: Name the emotion

One reason a client may be unable to express their emotion may be due to a lack of appropriate words for the feelings. Once a feeling can be expressed, it then needs to be named (Neufeld, 2015). The role of the therapist is to coach, explore and teach the words or names of emotions that match the client's inner experience. This is the psycho-educational component of working with emotion. Many of our clients did not have early attachment figures who coached them in pairing words with emotions.

Words open the door to consciousness; we cannot take up a relationship with something of which we are not conscious. According to Johnson (2011) words are 'handles' that open the door to the client's emotional experiences. Neurologically, this equates to the 'integration and communication of neural networks dedicated to emotion, cognition, sensation and behaviour' (Cozolino, 2016, p.10). From an attachment perspective, growth and integration of these neural networks are 'optimized by a positive early environment, including stage-appropriate challenges, support and parents who are capable and willing to put feelings into words' (Cozolino, 2016, p.25).

The role of the therapist is to coach and match words to feelings; this is similar to the role of a safe attachment figure for young children who are emotionally dysregulated. According to Porges (2009) 'psycho-therapeutic treatments may change the neural regulation of physiological states' (p.29), especially those involved in anxiety, fear, panic and pain. In my early career as a CBT trained Children's Counsellor, I found that emotion was not given much focus in the CBT model, yet intuitively I felt that it was the vital missing ingredient for many of the children with whom I worked. Southam-Gerow (2013) states that 'children with mental health problems had emotion-related gaps in their understanding that might not be adequately treated by a focus on behaviours and thoughts' (p. 5). Research stemming from clinical observations suggests that children with anxiety problems struggle to understand and name emotions (Southam-Gerow, 2013, p. 5).

On a practical note, it can be very helpful for clients who have not been given a wide ranging emotional vocabulary from young, to be able to see a chart with facial expressions and emotions attached to them (e.g. there are many helpful resources available online: such as feeling charts http://www.freeprintablebehaviorcharts.com/feeling_charts.htm).

Step Three: Feel the emotion

The third step in processing emotions is to help the client feel their feelings. According to an adage: 'if you can't feel it, you can't heal it'. Many of our clients seem to not be able to access their feelings; when asked what they are feeling, they often respond by telling us more of what they are thinking. One reason a client may not feel an emotion may be due to their sense of a lack of safety from wounding (Neufeld, 2015). For many of our clients, to express and experience their full emotional reactions in childhood may not have felt safe. We have a complex brain, vulnerable to a variety of factors that can 'disrupt the growth and integration of important neural networks' (Cozolino, 2016, p.10). The field of psychotherapy has emerged because of the brain's vulnerability to these developmental and environmental risks (Cozolino, 2016, p. 10).

The role of the therapist is to provide safety for the client to feel their feelings, without shame, censorship or fear of punishment. For this to happen the counsellor has to be a safe attachment figure. For a young child, Neufeld (2008) suggests the key ingredients which contribute to feeling emotionally safe in the presence of their caregiver is that they experience (at least some of the time) delight, enjoyment and emotional warmth which translates as 'an invitation to exist in our presence'. Research on children who have experienced abuse, or extreme neglect point to the need for children to have both stable emotional attachment with and safe emotionally soothing touch from primary adult caregivers (Perry, 2002, p. 79). If these ingredients were missing in our client's childhoods, they may experience difficulty accessing and regulating their emotional responses.

The client needs to be emotionally 'held' by a safe attachment while processing early attachment wounds (active/abuse or passive/neglect). There needs to be a deep empathic connection with the therapist, limbic resonance (e.g. mirroring the emotion in facial expressions and body language) (Lewis, Amini, & Lannon, 2000) and building capacity for the emotion to be fully felt. According to Lyons-Ruth (1998) 'clients remember "special moments" of authentic person-to-person connection with their therapists, moments that altered their relationship with him or her and thereby their sense of themselves... these moments of inter-subjective meeting constitute a pivotal part of the change process" (p. 283). This is the crucial role of a corrective emotional experience leading to change in psychotherapy (Bridges, 2006; Knight, 2005).

Step Four: Mix the emotions – Emotional Integration

The fourth step of working with our client's emotions involves helping them mix the emotions they have already expressed, named and felt. The role of the therapist is to draw out the range of emotions present in the client, finding the 'answer' or the antithesis to the troublesome impulses, helping the client develop their capacity to feel the opposite and complementary emotion in order not to 'lose their temper' (Neufeld, 2015). The term 'temper' originated in the early 1800s from the Latin word *temperare* which means 'to mix correctly'; to lose one's temper means to lose self-control or to dysregulate emotionally. Getting the right 'temper' or mix of emotions is crucial for healthy emotional regulation and integration.

The integrative process, according to Neufeld (2015), involves dealing with inner conflict or mixed emotions, which is a sign of emotional maturity. It involves the capacity to attend to conflicting emotional signals and being able to integrate or mix them to the right balance.



All virtues consist of mixed emotions; for example, self-control is made up of impulses to react tempered by caring about the impact of one's reactions. Patience is a mix of feeling frustrated but loving the other or the outcome too much to sabotage it by venting one's frustration in verbal or physical attack. Courage is not the absence of fear, but 'fear of the dragon mixed with love for the treasure' (Neufeld, 2015).

Many of our clients come to therapy because of this lack of integration, which may manifest as a lack of emotional regulation, or losing the 'mix'; for example, erupting in aggression towards self (e.g. internalizing problems, self-harm, negative self-talk or depression) or aggression towards others (externalizing problems, verbal or physical attack/bullying). One factor which may affect our client's ability to integrate or mix competing emotions is that vulnerable emotions are more likely to be defended against and therefore not felt (Neufeld, 2015). The word vulnerability comes from the Latin *vulnera* which means "to wound." Examples of vulnerable feelings include: feelings of being wounded (hurt, anguish, pain rejection and abandonment); feelings of dependence (neediness, missing, loneliness, insecurity, emptiness); feelings of shyness or timidity; feelings of embarrassment, including blushing; feelings of shame (something is wrong with me, I am not enough (Brown, 2010)); feelings of futility (sadness, disappointment, grief, sorrow); feelings of alarm (anxiety, apprehension, unsafety and fear); feelings of caring (compassion, empathy, devotion, concern, being invested in); feelings of responsibility (regret, feeling badly or remorseful).

If our clients were shamed or had their feelings disavowed during infancy, they may find it too vulnerable to experience their full range of emotions. Emotions can only mix when they are felt (*step three*) and can only be felt if expressed (*step one*) and named (*step two*).

A second factor impeding feelings from mixing is that the person's prefrontal cortex may not be fully developed. Neufeld (2015) has nicknamed the prefrontal cortex the 'mixing bowl' of the brain. Impulsivity is a classic sign of non-integrative functioning in the prefrontal cortex; the limbic brain is unable to process more than one emotion at a time or has limited capacity for mixed emotions (Schore, 2003). The development of the prefrontal cortex's capacity to process two or more competing emotions begins between the ages of 5 to 7 years old, under optimal conditions (Neufeld, 2015). Siegel (2012) outlines nine functions of the prefrontal cortex: body regulation, attuned communication (emotional understanding), emotional balance (flexibility in one's emotional responses), empathy, insight (reflecting on past, present and future), fear modulation, intuition and morality (the ability to think of the larger social good and enact those behaviours even when alone).



Optimal sculpting of the prefrontal cortex through secure attachment allows us to: trust others, think well of ourselves, regulate our emotions, maintain positive expectations, utilize our intellectual and emotional intelligence in moment-to-moment problem solving (Cozolino, 2006, p.9).

In order for the client to be able to mix their emotions, they must have capacity in their prefrontal cortex to integrate competing emotions (Neufeld, 2015). According to Ogden (2009), the counsellor's role is to help the client expand their windows of tolerance of emotionally triggering states. This involves developing the client's capacity in the prefrontal cortex to manage two competing or conflicting emotions to come to the right 'mix' in order to demonstrate self-control or self-regulation

(Neufeld, 2015). To use an example from the CBT model, the cognitive distortion of 'all or nothing thinking' is a sign of an unintegrated prefrontal cortex, where only one feeling or perspective can be held at a time, rather than the more 'mature' or nuanced perspective of holding two emotions or perspectives in balance.

The third factor which keeps emotions from mixing is that inner conflict is not embraced (Neufeld, 2015), or there is no room for mixed feelings in the client's narrative. This is where the therapist has to 'tread carefully' using deep empathy and active listening skills when painful experiences are being explored in a session (Lewis, 2008). Without a supportive response from the therapist, the flow of narrative may abruptly stop followed by intense emotional responses which may disrupt the client's sense of self. This is when the counsellor may see the client 'dis-integrate' and swing back to all-or-nothing/black-and-white intense emotional responses, possibly followed by 'shutting down' or 'numbing out'.

Therefore, it is important that the counselling is able to self-regulate in these circumstances and stay present to the client's emotional reactions. Van der Kolk (2009) is of the opinion that 'you're only as good of a therapist as you are an affect regulator' (as cited by Ogden, 2009, p.204). According to Coombs, Coleman, and Jones (2002), clinicians, 'whatever their theoretical background, must forge a path in therapy through a welter of client affect . . . as well as their own emotional reactions to the client' (p.233). This emphasises the vital necessity for therapists to have regular supervision, and ideally our own on-going therapy.

Step 5 – reflecting on emotions

The fifth and final step in processing emotions is to help the client reflect on the emotion or range of emotions they are experiencing (Neufeld, 2015). After years of collecting observational data on mothers and infant interactions, Tronick (2003) notes that:

Mother and infant, as well as client and therapist, co-create dyadic states of consciousness, making implicit and explicit sense of the world out of their normally messy exchanges of age-possible meanings. These co-creative processes lead to change in the child's, and client's state of knowing the world, and also change the way the client makes sense of the world and ways of being with others. (p.473)

The process of reflecting on emotions is what Neufeld (2015) calls 'taking up a relationship with the emotions.' This implies moving from implicit or unconscious emotional regulation to the client becoming conscious of their emotions, what may be happening in their body, possibly displayed in their behaviour and choices, as well as within the narrative of their lives. With reflection, the client is able to move from impulsive reacting, to empowered responding.

From a Jungian Psychoanalytic perspective, Hollis (1993) posits that:

Life is unsparing in asking us to grow up and take responsibility for our lives... [this] means finally confronting one's dependencies, complexes and fears It requires us to relinquish blaming others for our lot and to take full responsibility for our physical, emotional and spiritual well-being. (p. 42)

Reflecting on our emotions can lead to 'positive affect regulation, biological homeostasis and the quiet internal milieu allowing for the consolidation of ... a positive sense of self' (Cozolino, 2016, p.25). What Cozolino means by 'quiet internal milieu' may be similar to Neufeld's term 'psychological rest'. Neufeld (2015) posits that the end goal in working with emotions is to bring the child (or the adult client) to 'psychological rest'; all growth, physical and psychological, comes from rest (Neufeld, 2008).

So, according to Neufeld's five-step model of processing emotions in therapy, the ability to reflect on emotions is the crown jewel mounted on the foundation of the other processes of being able to express, name, feel and mix emotions. If these earlier steps have not been processed, then it may be futile to reflect on that which cannot be expressed, named, felt or even felt simultaneously and mixed with other feelings. That is why an emotionally safe, attuned therapeutic relationship is key to doing this deep emotional work. As Hall and Maltby (2014) explain:

From an attachment-based psychoanalytic perspective, pathology is the inability to fully experience emotions and/or to use significant relationships to regulate affective experiences. Therefore, the goal of therapy from this perspective is to help [clients] use the therapeutic relationship to regulate strong affect, thereby eliminating the need to avoid or disown certain affective experiences. (p.19)

Conclusion

In conclusion, this paper presented Neufeld's (2015) five step model for processing emotions with clients: helping clients express, name, feel, mix and reflect on their emotional experiences. His model of working with emotions in children has been adapted and expanded to include attachment research and neuroscience findings to more fully understand emotional regulation in adult clients. It has been argued that safe emotional connection (attachment) in the therapeutic relationship is vital for the processing of emotion. Relationships have come to take centre stage in all clinical fields with attachment now considered the key element in emotional well-being across the lifespan (Schore, 2012). We have also seen that the communication of emotions in the first years of life ultimately leads to the child's ability to self-regulate in later years based on their early emotional experiences of care (Schore & Schore, 2008).

emotions in the first years of life ultimately leads to the child's ability to self-regulate in later years based on their early emotional experiences of care (Schore & Schore, 2008).

Even if our client's early experiences of care were not optimal, there is hope for healing in adult relationships: 'if early relationships promoted an insecure or preoccupied attachment pattern then subsequent relationships can offer us second chances, perhaps affording us the potential to love, feel and reflect with the freedom that flows from secure attachment' (Wallin, 2007, p.133). Therein lies the hope of therapy: emotions communicated within the safe relational context of our attachment with our clients can lead to maturation in their self-regulation, enhancing their emotional wellbeing. It is hoped that this model will serve counsellors as a guideline to more confidently work with emotions in therapy.

References

- Badenock, B. (2008). *Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology*. New York: Norton.
- Baum, R. (2013). Transgenerational trauma and repetition in the body: The groove of the wound. *Body, Movement and Dance in Psychotherapy*, 8(1), 34–42. <https://doi.org/10.1080/17432979.2013.748976>
- Bowlby, J. (1988). *A Secure Base: Clinical Applications of Attachment Theory*. London: Routledge.
- Bridges, M. (2006). Activating the Corrective Emotional Experience. *Journal of Clinical Psychology*, 62(5), 551–568.
- Brown, B. (2010). *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and embrace who you are*. Centre City, MIN: Hazelden.
- Coombs, M. M., Coleman, D. E., & Jones, E. E. (2002). Coombs, M.M., Coleman, D.E., & Jones, E.E. (2002). Working with feelings: The importance of emotion in both cognitive-behavioural and interpersonal therapy in the NIMH Treatment of Depression collaborative research study. *Psychotherapy: Theory/ Research/Practice/Training*, 39, 233–244. *Psychotherapy: Theory/ Research/Practice/Training*, 39, 233–244.
- Cozolino, L. (2006). *The Neuroscience of Human Relationships*. New York: W.W. Norton & Co.
- Cozolino, L. (2016). *The neuroscience of psychotherapy: Healing the social brain* (2nd ed.). New York, NY.: W.W. Norton & Co.
- Fosha, D., Siegel, D. J., & Solomon, M. F. (2009). *The healing power of emotion: Affective neuroscience, development, and clinical practice*. New York: W.W. Norton & Co.
- Gendlin, E. (1981). *Focusing*. New York, NY.: Bantam Books Trade Paperbacks.
- Greenberg, L. (2006). Emotion-Focused Therapy: A Synopsis. *Journal of Contemporary Psychotherapy*, 36(2), 87–93. <https://doi.org/10.1007/s10879-006-9011-3>
- Hall, T. W., & Maltby, L. E. (2014). Attachment based psychoanalytic therapy and Christianity. In *Christianity and Psychoanalysis: A new conversation*. Downers Grove, IL: InterVarsity Press.
- Hollis, J. (1993). *The middle passage: From misery to meaning in midlife*. Toronto, Canada: Inner City Books.
- Knight, Z. (2005). Knight, Z. G. (2005). The use of the 'corrective emotional experience' and the search for the bad object in psychotherapy. *American journal of psychotherapy*, 59(1), 30. *American Journal of Psychotherapy*, 59(1), 30.
- Lewis, I. (2008). With feeling: Writing emotion into counselling and psychotherapy research. *Counselling and Psychotherapy Research*, 8(1), 63–70.

- Lewis, T., Amini, F., & Lannon, R. (2000). *A general theory of love*. Toronto, Canada: Random House.
- Neufeld, G. (2008). *The Power to Parent Part 1: Attachment the vital connection*. [DVD videocourse] (Vol. 1). Vancouver. Canada.
- Neufeld, G. (2015). *Heart Matters: the science of emotion, a fresh look at the pivotal role of children's feelings on behaviour and development*. [DVD videocourse]. Vancouver. Canada: Mediamax interactive productions.
- Ogden, P. (2009). Emotion, mindfulness and movement: Expanding the regulatory boundaries of the window of affect tolerance. In *The healing power of emotions: Affective neuroscience, development and clinical practice*. (pp. 204–231). New York, NY.: W.W. Norton & Co.
- Perry, B. D. (2002). Childhood experience and the expression of genetic potential: What childhood neglect tells us about nature and nurture. *Brain and Mind*, 3, 79–100.
- Porges, S. W. (2009). Reciprocal influences between body and brain in the perception and expression of affect: A polyval perspective. In *The healing power of emotion*. New York, NY, US: W.W. Norton & Co.
- Roussouw, P. (2014). *Neuropsychotherapy: Theoretical underpinnings and clinical applications*. St. Lucia, QLD, Australia: Mediros.
- Schore, A. N. (2012). *The Science of The Art of Psychotherapy*. Conference at UCLA.
- Schore, A. N. (2003). *Affect regulation and the repair of the self*. New York: W.W. Norton & Co.
- Schore, A. N. (2011). The Right Brain Implicit Self Lies at the Core of Psychoanalysis. *Psychoanalytic Dialogues*, 21(1), 75–100.
- Schore, J. R., & Schore, A. N. (2008). Modern Attachment Theory: The central role of affect regulation in development and treatment. *Clinical Social Work Journal*, 16, 9–20.
- Siegel, D. J. (2010). *The mindful therapist: A Clinician's Guide to Mindsight and Neural Integration*. New York: Norton & Co.
- Siegel, D. J. (2012). *The Developing Mind: How relationships and the brain interact to shape who we are*. (2nd Edition). New York: The Guilford Press.
- Siegel, D. J., & Goleman, D. (2011). *Mindsight: the new science of personal transformation*. New York: Bantam Books Trade Paperbacks.
- Southam-Gerow, M. (2013). *Emotion Regulation in Children and Adolescents: A Practitioner's Guide*. New York, NY.: Guilford Press.
- Tronick, E. Z. (2003). "Of Course All Relationships Are Unique": How Co-creative Processes Generate Unique Mother–Infant and Patient–Therapist Relationships and Change Other Relationships. *Psychoanalytic Inquiry*, 23(3), 473–491. <https://doi.org/10.1080/07351692309349044>
- Van der Kolk, B. (2014). *The body keeps the score: Mind, brain and body in the transformation of trauma*. London; New York: Allen Lane/Penguin Books.
- Wallin, D. J. (2007). *Attachment in psychotherapy*. New York: Guilford Press.
- Withers, R. (2006). Interactive Drawing Therapy: Working with Therapeutic Imagery. *New Zealand Journal of Counselling/Te Ropu Kaiwhiriwhiri O Aotearoa*, 26(4), 1–14.

PACFA launches new CPD endorsement scheme



PACFA has launched a new CPD Endorsement scheme. Under the new scheme, providers of Continuing Professional Development (CPD) events may apply to PACFA to have their events endorsed.

All endorsed events meet the requirements of PACFA's CPD Policy and are automatically recognised by PACFA for CPD hours for PACFA membership and registration purposes.

To be endorsed by PACFA, CPD events must be directly relevant to clinical practice in counselling and psychotherapy and/or the research evidence base for counselling and psychotherapy. Events are endorsed for Category A or B. For details go to [PACFA's CPD Policy](#). Presenters must also meet the requirements in our CPD Policy to be suitably qualified and to hold membership of relevant professional bodies.

PACFA now only takes advertising for CPD Events that are endorsed by PACFA. Stand-alone advertisements may still be taken out in eNews for other goods and services, but not for CPD events.

How to apply

To apply to endorse a CPD Event, download and complete the [Application for CPD Event Endorsement](#).

Endorsement includes use of the PACFA logo, advertising on the PACFA website, advertising in the PACFA eNews (optional) and distribution our contact database of counsellors, psychotherapists and professionals from related fields.

All applications are made in accordance with the [Terms and Conditions](#).

There are two advertising options: **Basic** and **Premium**.

Basic advertising includes listing on the PACFA website under our [CPD Listings](#) and inclusion in our monthly CPD email which is distributed to our contact database of counsellors, psychotherapists and professionals from related fields.

Premium advertising includes the CPD listing outlined above for the Basic advertising option, but also includes advertising in the PACFA eNews.

BASIC – Event Endorsement with CPD Event Listing

- Use of the PACFA logo for publicity purposes
- CPD Event Listing for 2 months at the PACFA website
- Inclusion in PACFA's monthly email distribution of CPD Event Listings
- Option for additional 2 months of CPD Event Listings if required
- Discount for a package of 5 events

Number of events	2 months	2 extra months
1 event	\$150	\$100
Additional events	\$100	\$50
Package – 5 events	\$500	\$250

***All prices include GST**

PREMIUM – Event Endorsement with CPD Event Listing and eNews Advertising

- Use of the PACFA logo for publicity purposes
- CPD Event Listing for 2 months at the PACFA website
- Inclusion in PACFA's monthly email distribution of CPD Event Listings
- Option for additional 2 months of CPD Event Listings if required
- Advertisement of the selected size in the PACFA eNews
- Discount for a package of 5 events

Number of events / eNews editions	Full page	1/2 page	1/4 page
1 event and 1 edition of eNews	\$600	\$400	\$300
Additional events or eNews editions	\$500	\$330	\$250
Package: 5 events or eNews editions	\$2,000	\$1,500	\$1,000

***All prices include GST**

PACFA Jobs officially launched

PACFA has launched a new service, **PACFA Jobs**, to provide employers of counsellors and psychotherapists with free job advertising.

This exciting new initiative is part of our Employment Campaign which was launched this year. PACFA is contacting potential employers to inform them that PACFA-registered practitioners are suitable health professionals to be employed in counselling and psychotherapy roles, and in the education field for counselling and psychotherapy.



A new benefit for members

Jobs for psychotherapists, counsellors and educators in the counselling and psychotherapy field are now listed on the PACFA website.

Only PACFA Members and Registrants in practising membership categories (Intern, Provisional and Clinical) can access the job listings.

Job listings appear in the “member-only” area of the website. This is not the same as the PACFA Member Portal. Details of how to access the member-only area of the PACFA website have been emailed to all practising Members and Registrants.

Members who require assistance accessing the job listings should contact julia@pacfa.org.au.

Information for Employers

If you are employer that wishes to advertise a role that involves counselling or psychotherapy services, have you considered whether a registered counsellor or psychotherapist could be a suitable match for your role?

Advertising with **PACFA Jobs** is **FREE!**

PACFA Jobs are advertised to registered PACFA practitioners only. This enables us to assist employers to match counselling or psychotherapy jobs with candidates who are suitably qualified and who are registered with PACFA.

Our free job advertisements also extend to training providers that employ trainers and educators in the counselling and psychotherapy education field.

PACFA-registered practitioners are fully qualified to provide counselling or psychotherapy services. They all meet the standards required by the [PACFA Training Standards](#) and work to the PACFA [Code of Ethics](#). To maintain their practice competencies, PACFA-registered practitioners are required to meet annual requirements for clinical supervision and professional development.

Employers interested in free advertising should email job advertisements to julia@pacfa.org.au.

Details of how to place an advertisement are available at the [PACFA website](#).

Update on Private Health Fund campaign

Earlier this year, PACFA made a submission to 28 Private Health Funds seeking greater coverage for counselling and psychotherapy in private health policies. The submission can be downloaded at the [PACFA website](#).

Responses have been slow so follow up with funds that haven't responded is planned.

We do have one piece of good news to report! The Doctors' Health Fund have advised they do pay benefits for counselling and psychotherapy. Providers must be registered and in private practice for benefits to be payable.

If any of your clients are eligible to join the Doctors' Health Fund, they will be able to access rebates for services you provide as long as you are registered with PACFA and you are in private practice.

We have checked the eligibility requirements for the Doctors' Health Fund and their website states that it is a fund created by doctors for the medical community and their families. A detailed list of those eligible to join can be found at the Doctors' Health Fund [website](#).

Private Health Fund	Rebates available
Doctors' Health Fund	<p>Rebates for counselling or psychotherapy are available to Doctors' Health Fund members. Claims can be made for Mental Health Services of \$100 per visit up to a maximum of \$600 per year.</p> <p>The Fund emphasizes the ability of members to choose their preferred provider. Rebates are therefore available for services provided by registered psychotherapists or counsellors in private practice.</p>

Defence Health Fund has advised they cannot extend rebates to us. This is a change as PACFA understands that, in the past, rebates were available from this fund. The reason provided was that they now align with Department of Veterans' Affairs which only recognises registered psychologists to provide services to members of the Australian Defence Force and the wider defence community.

Mildura Health, HCF, GU Health and St Lukes Health have advised PACFA they are reviewing the submission and we hope to enter dialogue with them soon.

Rebates available from other Private Health Funds

The following funds provide rebates for services provided by counsellors and psychotherapists. PACFA plans to follow up with these funds as the coverage they provide for counselling and psychotherapy remains limited.

Private Health Fund	Rebates available
Medibank Private	<p>Rebates for counselling are available to Medibank Private members with policies with the package bonus feature. The following Medibank Private products include package bonuses that can be used for counselling:</p> <ul style="list-style-type: none"> • Family Essentials • Family Comprehensive • PremierPlus, AdvantagePlus, Smartplus, HealthyPlus or their VIP corporate equivalents. <p>Existing customers with these policies can continue to access these benefits, however these policies are no longer available for purchase by new customers.</p>
Australian Unity	<p>Rebates for counselling for Australian Unity members with the following policies:</p> <ul style="list-style-type: none"> • Life Choice – 80% of the cost up to a maximum of \$200 per person, or \$500 for a family policy • Life Choice Plus – 80% of the cost up to a maximum of \$400 for an individual or \$400 for each person in a family policy <p>Existing customers with these policies can continue to access these benefits, however these policies are no longer available for purchase by new customers.</p> <p>Members with these policies can claim the benefit for counselling under the <i>health management services provision</i> of their policy if they have a letter from a GP identifying what the condition is and the treatment recommended (i.e. counselling).</p>
CBHS Health Fund	<p>Rebates available for services provided by psychotherapists (but not counsellors). Membership is only for current and former employees, contractors and franchisees of the Commonwealth Bank and eligible family members.</p>

PACFA recruiting a new Campaigns Coordinator

PACFA is currently in the process of recruiting a Campaigns Coordinator. This is very exciting news which has been made possible due to growth in PACFA since we successfully re-structured.

The Campaigns Coordinator will support the CEO to develop and implement a range of campaigns aimed at improving the professional recognition of counsellors and psychotherapists. Campaigns currently include lobbying for recognition by federal and state governments, lobbying Private Health Funds for rebates for counselling and psychotherapy, and promoting the skills and expertise of our members to potential employers of counsellors and psychotherapists.



Watch your inbox for an announcement about the new appointment.

Once our new Campaigns Coordinator is in place, we will have more time to focus on important campaigns for professional recognition of counsellors and psychotherapists.

Call for new PACJA Editor



PACFA's online journal, PACJA (Psychotherapy and Counselling Journal of Australia), is searching for a new Editor.

PACJA is an international, peer-reviewed journal which aims to contribute to the evidence-base for counselling and psychotherapy. The journal publishes theoretical essays, experiential reports, and empirical studies featuring quantitative, qualitative, or mixed-method approaches.

PACJA has now published five editions and is currently preparing edition six which will be published early in 2018. PACJA now aims to publish two editions a year in August and February.

The role of the Editor involves oversight of the review process of submitted articles, decision making on inclusion/exclusion according to PACJA's mission and criteria for authors, supporting new authors through the review process, sourcing potential articles and authors for the journal, particularly for themed editions, and writing an Editorial introducing published articles for each edition of PACJA.

The Editor is a member of the Research Committee and works in collaboration with the PACJA Editorial Board.

This is an academic service role, however in acknowledgment of the growth in PACJA and in the Editor's role, the position now carries an annual stipend of \$15,000.

This is an excellent opportunity for a suitably qualified and skilled academic to gain editing experience in a high quality journal in the psychotherapy and counselling field. Candidates will have strong writing and editing skills and experience of the submission process for peer-reviewed journals.

To view the Position Description for the role, go to the [PACFA website](#).

To express interest in this opportunity, please send your curriculum vitae to the PACFA Research Chair, Dr Ione Lewis, at natresearch@pacfa.org.au.

Call for PACJA Book Review Editor

PACFA is calling for a Book Review Editor. This is a voluntary role that involves liaison with publishers and overseeing the preparation and editing of the book reviews that are published in PACJA. The role includes sourcing suitable book review authors.



This is an academic service role and is an opportunity for a suitably qualified and skilled academic to gain editing experience in a high quality journal in the psychotherapy and counselling field. Candidates will have strong writing and editing skills.

To express interest in this opportunity, please send your curriculum vitae to the PACFA Research Chair, Dr Ione Lewis, at natresearch@pacfa.org.au.

Update on national mental health services

Primary Health Networks



PACFA CEO, Maria has been engaging with Primary Health Networks (PHNs) across the country for recognition of counsellors and psychotherapists to be employed in mental health services which are being commissioned locally by PHNs.

On 22 September, Maria Brett was in Brisbane attending a meeting of the Primary Health Network Advisory Panel on Mental Health. The Advisory Panel has been established by the Government to monitor and advise on the process for PHNs to commission mental health services. This was a fantastic meeting to help understand the issues and opportunities in relation to commissioning of mental health services.

While at the meeting, Maria Brett met with representatives of a range of PHNs from across Australia. PACFA is advocating for PACFA-registered practitioners to be included in the new mental health services that are being commissioned. Some PHNs have already confirmed our participation, which is great news. This will potentially flow through as jobs that registered practitioners can apply for!

A key opportunity for PACFA is the possibility of participating in the delivery of early intervention, "low intensity" mental health services. The Department of Health is considering accreditation requirements for practitioners who will deliver these services and PACFA plans to advocate for PACFA registration to be recognised for accreditation purposes.

Fifth National Mental Health and Suicide Prevention Plan

The National Mental Health Commission has been given a new responsibility for monitoring and reporting on the implementation of the *Fifth National Mental Health and Suicide Prevention Plan*.

The Commission's new role aligns with its core goal of promoting accountability for achieving the best possible mental health and suicide prevention system for the Australian people. The Commission supports the *Fifth Plan's* eight key priority areas and is keen to see progress in the implementation of actions under each area delivering results as soon as possible.

The Commission is expecting cooperation between the Commonwealth, State and Territory governments, public and private sector, and community-managed organisations, along with consumers and carers in implementing the *Fifth Plan*. The Commission will provide independent advice to the Health Ministers on their performance.

Consumers and carers will play a pivotal role in the co-design of policy and service provision. The Commission plans to develop a guide to inform and enhance consumer and carer engagement and participation.

The Commission will also participate in the development of a mental health research strategy in collaboration with key stakeholders. As the *Fifth Plan* outlines, 'a strategic approach to research is necessary to ensure better treatment options are available in the future and the best outcomes are achieved from care'.

The Government's response to the Commission's Final ADF Report and Recommendations

A Review has just been completed of the services available to veterans and members of the Australian Defence Force (ADF) in relation to the prevention of self-harm and suicide. The Review focused on the type and efficacy of the self-harm and suicide prevention services that are available, and looked at prevalence rates and potential barriers to access of services.

The Review was undertaken by the National Mental Health Commission and their Final Report was presented to Government in March. [Download](#) the Commission's Final Report.

The Government considered the Commission's Final Report and recommendations and released its response on 30 June. The government's response outlines work already underway within the Department of Defence, Veterans' Affairs and Health and sets out the Australian Government's commitment to continue to improve the support available to current and ex-serving ADF members and their families.

[Download](#) the Government's final response.

Call for Professional Development Committee members

PACFA is calling for new members of the Professional Development Committee (PDC). The Committee is chaired by Rob Salmon and currently Nathan Beel from QCA and Kim Smythe, PACFA Operations Manager, are also members.

The role of the PDC is to guide and support PACFA's professional development activities.

PACFA's role delivering professional development has changed and grown significantly since the PACFA restructure. PD activities are now principally delivered through PACFA's Branches and Colleges.

PACFA wishes to re-form the Committee to include representatives of Colleges and Branches.

Qualified members of PACFA's Branches and Colleges, with interest and experience in professional development, are encouraged to consider joining the Committee.

To express interest in joining the PDC, please email maria.brett@pacfa.org.au.



CALL FOR
**EXPRESSIONS OF
INTEREST**

PACFA OCCASIONAL RESEARCH
PAPER SERIES

**THE PACFA RESEARCH COMMITTEE RECENTLY
PUBLISHED THE FIRST IN A SERIES OF OCCASIONAL
PAPERS**

**YOU ARE INVITED TO SUBMIT A PAPER ON THE
EVIDENCE BASE OF COUNSELLING AND/OR
PSYCHOTHERAPY FOR PUBLICATION**

TO BE PUBLISHED ON THE PACFA WEBSITE WWW.PACFA.ORG.AU

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



GUIDELINES FOR SUBMISSION OF OCCASIONAL PAPERS

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

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

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

ABSTRACTS ARE TO BE NO LONGER THAN 300 WORDS

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

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

Membership Matters



PACFA AGM and Council meeting - 7 to 8 October 2017

The 2017 Annual General Meeting will take place on 7 October from 10am to 12.30pm at ACAP, Level 10, 123 Lonsdale Street, Melbourne.

All individual members of PACFA and members of PACFA Member Associations in Provisional and Clinical membership categories are eligible to attend and vote at the meeting.

The meeting will include a report on PACFA's activities in the last 12 months, incorporating reports from the PACFA President and CEO, and the Chairs of all PACFA Committees. The Treasurer will present the audited Financial Statement for the 2016/17 financial year. We will then consult members on some important issues including changes to the PACFA By-laws and Constitution.

To attend, please complete and return the RSVP Form which has been distributed to eligible members.

The AGM will be followed by the PACFA Council Meeting which takes place over the rest of the weekend. Council will debate important policy matters including a draft Position Statement on the health benefits of marriage for LGBTIQ people, reviews of the PACFA Code of Ethics and of the PACFA Training Standards.

The PACFA Board looks forward to seeing members and Council Delegates at both meetings.

How to make the most of your Therapist Profile

We have noticed that quite a few of our Clinical Provisional and Intern members have not completed a Therapist Profile?

You may be aware that the PACFA website has a 'Find A Therapist' search engine which allows all PACFA Registrants to display information about their practice. This is an important marketing tool that helps members of the public identify who you are and what services you offer. This information is available both via the [PACFA website](#) and the [ARCAP website](#).

To update your Therapist Profile, log in to the [Counselling and Psychotherapy Portal](#) and click on "My Details" in the navigation bar and then on the Therapist Profile tab. You can update your profile at any time. For more information, download the [Therapist Profile Instructions](#).

Below is an example of the information contained in the Therapist Profile. Most of it can be edited by you with a few exceptions that are added by PACFA (e.g. your qualifications and registration categories).

Your Name	
Qualifications:	M Couns; Grad Dip Couns; BA Soc
Registration Number:	20000
Registration Category:	Clinical
Other Registrations:	Accredited Supervisor
Registration Status:	Active
Practice:	1 Smith St, Smithville 3000 (<i>more than one practice address possible</i>)
Practice Opening Hours:	9am - 5pm weekdays
Phone:	03 9999 9999
Mobile:	0499 999 999
Website:	www.therapy.com.au
Therapy Practice Details:	<i>Your name</i> currently works in private practice as a psychotherapist and counsellor with adults, adolescents and children. She is a clinical supervisor (PACFA) for counsellors and psychotherapists and offers supervision for individuals and groups as well as professional development and training
Therapy Modalities:	Couples therapy Emotion-Focussed Therapy (EFT) Existential psychotherapy Mindfulness-based therapies Narrative Therapy
Areas of Specialisation:	Childhood or adolescent issues Anger Anxiety Communication issues Depression Family/parenting Grief and loss Postnatal depression
Affiliations:	PACFA, AASW
Languages Spoken:	<i>If applicable</i>
Publications:	<i>If applicable</i>

College of Psychotherapy - New Entry Requirements launched

The College of Psychotherapy Working Party has developed new Entry Requirements for the College. Download [College of Psychotherapy Entry Requirements](#).

Thank you to members of the Working Party for undertaking this important piece of work for the College.



Working Party Members:

- Tara Green - Chair (ATEP and PACFA Board)
- Nick Tabley (AABCAP)
- Rob Brodie (AANZPA)
- Christine Butera (ASCP)
- Tim Johnson-Newell (Somatic Psychotherapy modality – formerly represented ASPA)
- Valerie Redman (ATAA)
- Greer White (Gestalt Psychotherapy modality – formerly represented GANZ)

There are specific requirements for the practising membership categories of the College. Members of PACFA or PACFA Member Associations who don't meet the specific training requirements of the College can still belong to the College as Affiliate members.

The College of Psychotherapy now has 634 members which is a great number of practitioners who are either practising as psychotherapists, or who are interested in psychotherapy.

Members who have chosen the College of Psychotherapy as their preferred College will be having their training and supervised practice as a psychotherapist assessed in the coming months to ensure they are allocated to the appropriate College membership category.

The Leadership Group has now been elected for the College. We look forward to new activities being undertaken by the Leadership Group to advance psychotherapy both within PACFA and throughout Australia.

College of Psychotherapy Leadership Group:

- Tara Green (Convenor)
- Trisha Stratford (Deputy Convenor)
- Robert Brodie
- Christine Butera
- Jelena Zeleskov Djoric
- Madeline Fogarty
- Anna McKie
- Valerie Redman



*Tara Green, Convenor,
College of Psychotherapy*

Introducing PACFA's Leadership Groups

eNews is running a series of articles introducing the Leadership Groups for the new PACFA Branches and Colleges. In this edition, we are pleased to feature the Leadership Groups for another PACFA Branch.

Leadership Group Members – South Australian Branch



Pat Bradley (Convenor) M.Sc. Thr Coun, PG Dip Coun, Dip Primary Care Coun, Dip Sup., Cert CBT, runs a private practice in Adelaide offering counselling and supervision to individuals and EAPs. Pat is from the UK where she was a Senior Counsellor and Supervisor with the National Health Service as well as running a private practice. She began her career as a Primary Care Counsellor working in a GP surgery. She then joined a mixed team of Counsellors, Psychologists, CBT therapists and wellbeing practitioners in a stepped care program, delivering time-limited interventions. Pat is Convenor of the SA Branch and of the College of Counselling and is the Counselling Representative on the PACFA Board.



Patrick Moloney has a Masters in Counselling from the University of South Australia. He is also trained in mediation and hypnosis. His clients tend to be couples with relationship difficulties and individuals with personal issues including stress and anxiety. His business degree is useful in assisting many of his clients who run their own businesses. Mindfulness, meditation and hypnosis are employed by Patrick on a regular basis though his practice is person centred and emotionally focused.



Alison Kirk has a varied working career ranging from nursing, accounting, health services and education. She is currently teaching diploma students at the Australian College of Applied Psychology, runs a developing private practice and is a volunteer Bereavement Counsellor for the Central Adelaide Palliative Care Services at the Queen Elizabeth Hospital. Alison is passionate about Counsellors being recognised by government agencies, health providers and the general community. Alison has joined the PACFA SA to support and contribute to the professional development of fellow counsellors.



Gia Pylis is a counsellor and remedial massage therapist. She holds a Masters in Social Science (Counselling Studies) from Uni S.A and a Diploma in Remedial Massage. Prior to becoming a therapist, Gia worked as a primary school teacher and curriculum writer for the Department of Children's Services SA. In her work as a counsellor, Gia is experienced in the areas of grief and loss, anxiety and depression, personal development, self-esteem issues and stress management. In her counselling and somatic therapies, she also provides support for those experiencing cancer and their loved ones.



Bev Pope, BCouns; PostGradCertMediation; BSocSci(HumServ) has counselling experience working with children, families, seniors, individuals, couples and groups. Prior to training as a counsellor, Bev had more than 25 years' experience as a leadership and management consultant, coach, trainer and mentor. Bev enjoys working with people of all ages and is a strong advocate for working towards the best possible opportunities and outcomes for children.

ACCAPE's first year – the continuing story of SCAPE as ACCAPE turns one



It is easy to lose sight of the achievements made by an entity over time, and yet it is important to occasionally pause and celebrate our progress. The following shows the continuing story of SCAPE (Society of Counselling and Psychotherapy Educators), one year on from transitioning from an Incorporated Association to a College of PACFA.

- At its lowest point, SCAPE had 31 members. This membership cycle, ACCAPE has 142 members. Thank you to our members, new and old, and others who have supported us!
- A year ago SCAPE / ACCAPE was involved in the planning and design of the 2016 PACFA Conference. Whilst this event was well received amongst many of our members, ACCAPE have decided that more intimate professional development will enable our members to connect with one another. Our 2017/2018 Professional Development schedule is aimed at fostering dialogue, promoting an exchange of ideas and progressing psychotherapy and counselling education.
- SCAPE survived by running one main professional development per year in the form of a mini-conference or workshop. This membership cycle, we are in a position to not only to run a workshop, but also a suite of webinars designed to promote conversations about counsellor and psychotherapy education. We hope this will attract members from across Australia and provide low cost professional development opportunities nation-wide.
- SCAPE tended to focus its energies on the practice of teaching, whereas ACCAPE has expanded the focus on psychotherapy and counselling education. With this in mind, ACCAPE has lobbied to expand our membership base so it includes researchers and leaders in counselling and psychotherapy who may have training that is relevant to their roles as researchers and leaders. Our professional development program will recognise the interests of our teaching communities, as well as researchers and program/course leaders.
- The SCAPE Code of Ethics has been reworked and updated to reflect psychotherapy and counselling education as it currently stands. This information has now been contributed to the PACFA Code of Ethics which is under review.
- ACCAPE are periodically asked to forward the names of educational professionals who are suitable to participate in PACFA Course Accreditation Panels. If you are a member of ACCAPE and would like to be considered for this important role, please make contact with us accape@pacfa.org.au

We would like to thank Jenny Coburn for her fabulous leadership throughout this transition. Jenny was Convenor from June 2015. It was a mammoth effort to get this coordinated and she did it with inclusive patience and grace. Her skill, vision and dedication are much appreciated and will be missed.



Jenny Coburn, founding Convenor of ACCAPE

PACFA CPD and Networking Calendar 2017

PACFA now has an annual calendar of continuing professional development (CPD) and professional networking events.

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

Dates	Event	Location
4 October 2017 7.30pm – 9pm AEST	Clinical Hypnotherapy Webinar Integrating Hypnotherapy into Clinical Practice Book online at the PACFA Portal	Online Webinar
6 October 2017 2.30pm to 4.30pm	Melbourne Research Forum The Leading Edge Book online at the PACFA Portal	Melbourne, CBD
8 October 2017 6.30pm	Australian College of Relationship Counsellors Networking Dinner Book online at the PACFA Portal	Carlton, Melbourne
10 October 2017 6.30pm – 9pm	PACFA NSW PD event The Benefits of a Horizontal Perspective Book online at the PACFA Portal	Crows Nest, Sydney
20 – 21 October 2017 5.30pm – 9pm 9am – 5pm	PACFA TAS and CCAA TAS PD event Sex in the System Book online at the PACFA Portal	Sandy Bay, Hobart
21 October 2017 1pm – 5pm	PACFA Canberra and Region PD event Book online at the PACFA Portal	Canberra CBD
26 October 2017 7pm – 9pm	PACFA VIC PD event Psychoanalytic Perspective: Trauma Book online at the PACFA Portal	Melbourne, CBD
27 October 2017	Somatic Psychotherapy Modality Professional Development Event SAVE THE DATE	Sydney, NSW
13 – 24 November 2017	Practical Ethics for Counsellors & Psychotherapists Book online at the PACFA Portal	Online
13 November 2017 6:30pm – 8:00pm EST	ACCAPE Webinar Counselling & Psychotherapy Educators' Contribution to Defining our Profession Book online at the PACFA Portal	Online

Dates	Event	Location
18 November 2017	PACFA West PD event Sexuality and its Diversity Book online at the PACFA Portal	Wollaston, Perth
18 November 2017 9.30am—4.30pm	Australian College of Relationship Counsellors PD Mindfulness in Couples Therapy Book online at the PACFA Portal	Parkville, VIC
25 November 2017	Perth Research Forum SAVE THE DATE	Wollaston, Perth and online
27 November 2017	PACFA TAS and CCAA TAS PD event Self-Care with Creativity and Community SAVE THE DATE	Sandy Bay, Hobart

REFUND POLICY:

- Cancellations made **5 or less working days** prior to the course commencement date are 100% no-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 13 to 24 November (6 hours CPD)

This online course was developed by PACFA in partnership with the Cairnmillar Institute. The course includes four interactive sessions that are usually run during the week in the middle of the day. The key themes are:

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

Members: \$180 (inc. GST) Non-members \$235 (inc. GST)

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

Research Forum – Melbourne 6 October (2 hours CPD)

The Research Committee is hosting a FREE Research Forum in Melbourne on the day before the 2017 Annual General Meeting. The topic for the forum is The Leading Edge: Panel presentations by authors published in PACFA's 2016 book: *Counselling and Psychotherapy: Reflections on Practice*. Ruth Thorne, Michelle Morris, Maggie Broome and Susan Mullane will present as chapters authors.

Research Forum – Perth 25 November (2 hours CPD)

The Research Committee is collaborating with PACFA West to put on a FREE Research Forum in Perth. The focus of the forum will be Dr Ben Mulling's [Literature review of the evidence for the effectiveness of Experiential Psychotherapies](#), which was commissioned by PACFA.

Surveying members on PACFA conference 2019

The working title for the 2019 conference is **Working with Trauma**. The conference will take place in Sydney from 1 to 3 March 2019.

The Conference Committee has developed a survey to gather information from potential conference participants. This is your opportunity to provide feedback to the Conference Committee on what you would like to see happen at the 2019 conference.

The following link will take participants to the survey: bit.ly/PACFA2019



Working with Trauma, PACFA Conference, Sydney March 1-3, 2019 will explore key aspects of trauma practice and research with an emphasis on culturally informed approaches to promoting trauma recovery in Australia today.

We will invite practitioners from different modalities to present key aspects of their work and research with trauma.

We will call for papers and workshops dealing with any aspects of trauma across the life span: trauma recovery, community engagement, complex care teams, transgenerational trauma, family system responses to complex trauma and dissociation, post traumatic stress and post traumatic growth.

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

Canberra and Region Branch PD event

By David Jeffcoat

Canberra & Region Branch held another successful PD event in August on three topics: Grief and Loss; Receiving: Adapted Techniques from Psychodrama; and Body Work in Psychotherapy.

Grief and Loss Presented by the Canberra Grief Centre – Mandy Cox and Sonia Fenwick

Oscillating from hearts in our mouths watching transfixed by trapeze artists swinging through the air to Danaan Parry's song 'The parable of the trapeze' through to contemplating our own feelings of loss and its consort, transformation. Such were some of the responses to Mandy and Sonia's outstanding presentation on grief and loss at the recent PACFA Canberra and Region Branch PD Event. Taking us from Kubler-Ross's five stage model, Worden's tasks of mourning through to Stroebe and Schut's dual process model, Mandy and Sonia postulated that, amongst these well-respected models and their own extensive counselling experiences in this field, movement was the common, and indeed the dominant theme.

They also presented their own model of transience, transition and transformation – the three Ts. The concept of the liminal space which Richard Rohr described as “...that graced time when we are not certain or in control, when something generally new can happen...” where “It seems we need some antistructure to give depth and purpose to our regular structure” was also introduced to describe transformational periods amidst many people’s experiences of grief and loss. It seemed like a new vista had been opened up on our thinking about grief and loss. We, the audience, were privileged to be led into this new vista by such able and experienced practitioners in this field.

Receiving: Adapted Techniques from Psychodrama – Willi Boettcher



Each of us, sitting around a long table filled with the kind of small objects you would find in a child’s toy box, experienced perhaps one of our more confronting experiences; the act of wholeheartedly receiving a gift given for no other reason other than that expressed by the giver. Adapting the techniques of psychodrama and its founder, Dr Jacob Moreno, Willi Boettcher led us all in the simple acts of

choosing an object for ourselves and giving an object to another person. However, the stories and reflections of each person around that table associated with such simple acts and simple objects were certainly not simple or mundane. Instead, with each act of choosing and giving there were stories and reflections filled with warmth, caring and deep personal insights. Dr Moreno’s belief we are all a creative genius was truly on display in this session ably and sensitively led by Willi Boettcher.

Body Work in Psychotherapy – a Metavision Approach – Dr Christina Nielsen (Ch Med)

From flirting inside our bodies through to working in pairs on respective body symptoms, deep cognitive insights were unveiled when Dr Nielsen took us all on a journey demonstrating the constant interactions of our mind, body and emotions. These inner experiences complimented Dr Nielsen’s presentation on Metavision which she defined as a “...holistic way of perceiving that sees the whole as more than the sum of its parts.” Dr Nielsen is the founder and Director of the Metavision Institute. Originating from the work of Arnold Mindell, Dr Nielsen also introduced us to a person’s parallel worlds of consensus reality, non-consensus reality and deep dreaming. We were fortunate to have been given such a skilful, practical, and intimate demonstration of this type of holistic therapy by both an experienced practitioner and educator in this field.



Correction Notice: The Editor apologises that the article in the July eNews from Canberra and Region was not attributed to David Jeffcoat.

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.



ACCREDITED

WORLD CLASS TRAINING IN CHILDREN'S PLAY THERAPY

COURSE 1  9 Sep 2017 SYDNEY, AUSTRALIA INTRODUCTION TO PLAY THERAPY \$250 AUD	COURSE 2  1 to 15 Dec 2017 SYDNEY, AUSTRALIA 3 to 17 January 2018 HAMILTON, NZ CERTIFICATE IN THERAPEUTIC PLAY SKILLS \$7000 AUD
COURSE 3  16 to 19 Dec 2017 SYDNEY, AUSTRALIA CERTIFICATE IN FILIAL PLAY COACHING / MENTORING \$900 EARLY BIRD* AUD	COURSE 4  2 to 8 Jan 2018 SYDNEY, AUSTRALIA CERTIFICATE IN SUPERVISION FOR PLAY / CREATIVE ARTS THERAPISTS \$1500 EARLY BIRD* AUD

*For 28 page e-brochure, and/or more information shazsooz@gmail.com

playtherapy.org.au



FREE!
JOIN NOW

Changes in Family Law?


FAMILY LAW IS CONSTANTLY CHANGING

Find out what's happening for FREE!


Visit mfl.com.au and JOIN the more than 5,000 other readers who subscribe to our free fortnightly e-newsletter, *The Family Flyer*.

Michael Lynch Family Lawyers has the most Accredited Family Law Specialists in Queensland and we are here to help.

Let us keep you and your clients up to date!



MICHAEL LYNCH
FAMILY LAWYERS



Phone 07 3221 4300

For client testimonials and much more visit www.mfl.com.au



Psychotherapy and Counselling Federation of Australia

Clinical Hypnotherapy Webinar

Integrating Hypnotherapy into Clinical Practice

This webinar, presented by Dr. Leon Cowen aims to provide an arena for clinical hypnotherapy to be explained in relation to the practice of psychotherapy and counselling.

Date: Wednesday 4 October 2017
Time: 7:30pm - 9:00pm AEST

PACFA Members \$20 (inc. GST)
 Non-members \$30 (inc. GST)
 All students: \$10 (inc. GST)

This event counts as 1.5 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: clinicalhypnotherapy@pacfa.org.au



Research Forum

**The Leading Edge:
Panel Discussion with Published Authors**

Melbourne Research Forum

PACFA is hosting a Research Forum covering topics included in Psychotherapy and Counselling: Reflections on Practice. Presented by Lone Lewis, PACFA Research Chair and accompanied by chapter authors; Ruth Thorn, Michelle Morris, Maggie Broom and Susan Mullane.

Date: 6 October 2017
Time: 2:30pm - 4:30pm
Venue: ACAP: Level 9, 123 Lonsdale Street, Melbourne
Registration: Free

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: admin@pacfa.org.au

Workshops from **CBT australia**

COGNITIVE BEHAVIOUR THERAPY AUSTRALIA

The Certificate in CBT workshop focusing on working with children and adolescents will be offered again in Melbourne and Adelaide in 2018.

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.

Melbourne	5 - 8 October 2017	Albert Park 3206
Adelaide	21 - 24 February 2018	Hindmarsh 5007
Melbourne	21 - 24 March 2018	Holmesglen 3148

For information on venue, presenters and registration:

www.cbtaustralia.com.au

training@cbtaustralia.com.au or call 03 9705 2216

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. Dates for upcoming workshops are:

Melbourne	12 - 15 October 2017	Holmesglen 3148
Sydney	26 - 29 October 2017	Camperdown 2050
Brisbane	2 - 5 November 2017	Boondall 4034

AND 2018 workshops currently scheduled are:

Melbourne	8 - 11 March 2018	Holmesglen 3148
Townsville	14 - 17 March 2018	Rydges 4810

Other locations will include Perth, Sydney, Adelaide and Singapore. Check website for updated schedule.

COST all workshops: \$1416 (GST incl)

Early bird and student discounts offered - refer to website.



Psychotherapy and Counselling
Federation of Australia

New South Wales Branch PD event

The Benefits of a Horizontal (sibling) Perspective in Psychotherapy and Counselling

Dr Servaas van Beekum

In this workshop, van Beekum presents an overview into the vertical paradigm, central to Freud's theoretical framework. He gives insight in the reasons why it has become the dominant perspective before moving to the emerging insights in the horizontal (sibling) perspective and the reasons why it has recently gained traction. The presentation also highlights an exercise and practical work for the professional interested in applying these new insights.

Date: Tuesday 10 October 2017

Time: 6.30pm - 9:00pm

Venue: Johnson Hall, Crows Nest Centre, 2 Earnest Place, Crows Nest NSW 2065

Members: \$15 (inc. GST)

Students: \$10 (inc. GST)

Non-members: \$20 (inc. GST)

Coffee and tea included

This event counts as 2.5 hours (5 points) 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: newsouthwalesbranch@pacfa.org.au



Psychotherapy and Counselling
Federation of Australia

PACFA West PD event

Sexuality and it's Diversity

In this changing world where sexuality has become a part of the national political debate, how can we best serve our clients, provide a more inclusive and informed framework and know where best to refer them on?

Date: 18th October 2017

Time: 9:00am—4:30pm

Members: \$100 (inc. GST) **Student Members:** \$80 (incl.GST)

Non-members: \$125 (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: pacfawest@pacfa.org.au



family therapy & social

JUSTICE
collapsing the divisions of inequality

annual conference

Australian Association of Family Therapy

Featuring leading international and national practitioners this conference will motivate and inspire professionals.

Date: October 19+20, 2017

Venue: Mercure Grosvenor Hotel Adelaide Sth Australia

CONFERENCE WEBSITE AFT.ASN.AU

Download [Conference Flyer](#)

Sessional consulting rooms available Bondi Junction / Woollahra



No contract, monthly basis for as little as four hours a week. Or 6 month / 12 month contracts if you prefer. After hours and weekends also available. Choice of four quite different, special purpose rooms. Wifi, waiting room, bathroom, off-street parking (some days). It would suit practitioners who want a very neat, well-groomed presentation.

For photos and details re rooms and current availability, please see our webpage:

www.parksclinic.com/rooms



Professional Development

Facilitating Post Traumatic-Growth using Therapy Skills

The impact of Trauma, Abuse and Neglect has profound and serious impact upon the individual

Presenter: Alan Richardson

Date: Saturday 21 October 9.15am to 10.45am followed by the AGM

Location: Emmanuel Uniting Church Hall 92 Laurel Street Enoggera

Booking: www.trybooking.com/302747

Counselling considerations when working with people who identify as deaf or hard of hearing

Deaf people are likely to enter therapy with the same problems as their hearing counterparts, although historically the Deaf community has experienced the effects of oppression similar to that of other minorities

Presenter: Rebecca Reedman

Date: Friday 27 October 5.30pm to 7pm

Location: Relationships Australia 159 St Pauls Terrace Spring Hill

Booking: www.trybooking.com/299478

Contact: Ros Turner

Email: gca@qca.asn.au

www.qca.asn.au



Psychotherapy and Counselling
Federation of Australia

Canberra and Region Branch PD Event

Tuning into Trauma and On-going Loss

This PD will be offering two presentations and a facilitated conversation inviting members to review the work of the Branch over this year.

TRE (Tension Stress Trauma Release) training presented by Suzanne Butz. This 2 hour workshop will provide an overview of current trauma theory and practical ways to work with trauma.

'Listening to Stories of On-going Loss: Case studies from younger people with dementia.' presented by Elizabeth Yuile drawing on her recent research.

Date: 21 October 2017

Time: 1:00pm—5:00pm

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

PACFA Members \$75 (inc. GST)

Student: \$45 (inc. GST)

Non-Members: \$110 (inc. GST)

Light Refreshments Included.

This event counts as 3 hours of category A CPD for PACFA's membership

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

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



Psychotherapy and Counselling
Federation of Australia

Tasmanian Branch PD Event

Sex in the System: Season 1 Presented by: Dr Sue Gilchrist

At one time or another all counsellors encounter clients with problems where sex is a contributory or main factor in the concern for which they are seeking help. Working with sexual issues requires specific knowledge and skills. This experiential workshop aims to introduce participants to the foundations of sex therapy so that they will be able to provide basic assistance to their clients and feel more comfortable and competent in addressing sexual concerns.

Some explicit material will be included in this workshop.

Date/Time: Friday 20th October 2017 5:30pm - 9:00pm (for a 6:00pm start)
Saturday 21st October 2017 9:00am - 5:00pm

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

Members \$170 (inc. GST)

Non-members \$220 (inc. GST)

All students: \$100 (inc. GST)

Refreshments provided

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



Psychotherapy and Counselling
Federation of Australia
13th - 24th November 2017

This is a six-hour online course which covers all key areas of Ethical practice including:

- * A Personal Inventory of Ethical understanding
- * Foundations of Ethical Practice - Morals, Values and Ethics
- * Stages of Ethical Decision Making - including common ethical traps
- * Record Keeping including record keeping for social media connections
- * Dual Relationships including Boundary Crossing and Self Reflection
- * Confidentiality including circumstances when it is OK to break confidentiality
- * Cultural Sensitivity - strategies for responding to multicultural practice issues

For PACFA Registrants, the course counts as 12 points of Category A CPD (Continuing Professional Development).

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

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



Psychotherapy and Counselling
Federation of Australia

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 18 November 2017

Time: 9:30am—4:30pm

Venue: Carroll Room, Treacy Centre, 126 The Avenue, Parkville VIC

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

Somatics, Effort/Shape, Self Psychology and Supervision: The Underpinnings of Dance Movement Therapy

Saturday 21 October 2017. 9.30 am – 5.30 pm with Sandra Lauffenburger
Community Room, Edinburgh Gardens, Brunswick St, Fitzroy North

Bookings: www.trybooking.com/RMQY

Information: <http://dtaa.org.au/>

Contact: admin@dtaa.org.au

Dance-Movement Therapy Association of Australia

Body as Voice: Restorative Movement Psychotherapy for Survivors of Trauma

Dec Friday 01st to Dec Monday 04th 9.30am – 5:00pm with Amber Gray
Melbourne, Venue TBC

Bookings: www.trybooking.com/RUQK

Information: <http://dtaa.org.au/>

Contact: admin@dtaa.org.au

Let's Talk About Sex! When Sex Comes into the Therapy Space

2 day experiential workshop
presented by international guest

Niki D



CENTRE
for
EXISTENTIAL
PRACTICE
cep

Associate with Pink Therapy UK,
Clinical Supervisor to Metropolitan Police Service
Counsellor, Existential Psychotherapist & Supervisor
in private practice

INTERNATIONAL GUEST EVENT

Build your confidence around working with sexuality and diversity in therapy. Experiential exercises, case studies and therapy role play will bring to life the topics explored

SYDNEY 23 & 24 November 2017

details and registration here

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

What Works in Therapy: One-Day Workshop

1 December 2017 | Melbourne CBD
Presented by Scott D Miller, PhD

Discover practical,
empirically-supported
therapeutic skills
that will efficiently
and effectively
resolve your clients'
problems.

Scott is a U.S. counselling
psychologist, author,
and co-founder of the
International Center for
Clinical Excellence.



Relationships Australia
VICTORIA

(03) 9261 8702

www.rav.org.au/WhatWorksTherapy

ONLINE LEARNING

Self-care for psychologists

The APS Institute is happy to provide members with a new online resource which focuses on the self-care of psychologists.

The *Self-care for psychologists* online training course will provide you with information to help you achieve a positive and sustainable work-life balance. The training will also help you:

- Assess your self-care and wellbeing needs
- Record a personalised self-care plan
- Evaluate your progress in achieving your goals

This resource has been developed to help support your ongoing self-care as a psychologist.

APS members enrol for **FREE**

\$150 for non-APS members



Find out more at: apsinstitute.org.au



Learn Hypnosis A New Career – Helping Others

Courses for those entering the profession and existing health professionals

- Certificate in Hypnosis
- Certificate in Clinical Hypnotherapy
- Diploma of Clinical Hypnotherapy
- Advanced Diploma of Clinical Hypnotherapy

Online training designed for regional, rural and remote areas

Free online course – Introduction to Hypnosis available from www.aah.edu.au/student-centre

“The true specialists in clinical hypnotherapy training”

Consultations and supervision available

Dr Leon W. Cowen

AdvDipCH, PhD (Clinical Hypnotherapy) Executive Director

02 9415 6500

admin@aah.edu.au

www.aah.edu.au



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



AABCAP

Narcissism.. is Buddhism a treatment?



with Louise Fisher

Narcissism is a prevalent theme in contemporary society and of increasing clinical interest. Louise will present findings from her master's thesis on narcissism. She will also discuss how aspects of Buddhism are a treatment for narcissism.

Event Day/time: 1st November 6.30pm - 8.30pm

Event venue: Crows Nest Community Centre [2 Ernest Street Crows Nest](#)

Costs: Standard Ticket: \$25.00 AABCAP Members: \$15.00

Refreshments: Tea and Coffee supplied

CPD points: 1.5 CPD Hours

WEBSITE www.aabcap.org/event/

Deborah Edwards m:0402 623 375



**Psychotherapy and Counselling
Federation of Australia**

Contributing to Defining our Profession

This Online Webinar will be presented by Dr Denis O'Hara.

Date: 13 November 2017

Time: 6:00pm - 7:30pm EDT

5:30pm - 7:00pm CST

5:00pm - 6:30pm EST

3:00pm - 4:30pm WST

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: accape@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

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

Format for Classified Listings

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

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

Dimensions and booking details 2017		
FORMAT	SPECIFICATIONS	PRICE
Full Page	(19 cm W x 27.5 cm H)	\$530 (Includes GST)
Full Page + 2 month web listing		\$570 (Includes GST)
Half Page Horizontal	(19 cm W x 13.5 cm H)	\$330 (Includes GST)
Half Page + 2 month web listing		\$380 (Includes GST)
Half Page Vertical	(9 cm W x 27.5 cm H)	\$330 (Includes GST)
Quarter Page	(9 cm W x 13.5 cm H)	\$150 (Includes GST)
Quarter Page + 2 month web		\$210 (Includes GST)
Eighth Page	(9 cm W x 6.75 cm H)	\$110 (Includes GST)
Eight Page + 2 month web		\$180 (Includes GST)
Classified Advertisements	Line item up to three rows	\$55 (Includes GST)
PD Website listing one month		\$70 (Includes GST)
each additional month		\$40 (Includes GST)
ISSUE	BOOKING AND PAYMENT	DISTRIBUTION
January	Friday, 13 January	Each issue of eNews is scheduled for distribution by the end of the month of publication. Please make a note of this if your advertisement includes dates.
March	Friday, 17 March	
May	Friday, 12 May	
July	Friday, 14 July	
September	Friday, 15 September	
November	Friday, 17 November	

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

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

For full Advertising Guidelines please see the PACFA [website](#) or email enews@pacfa.org.au

Submission of News and Articles

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