President’s Report

Dear members

The new year is moving along fast and it is hard to believe that we are at the start of March already.

This year will be a big year for Counsellors Victoria Inc as we will be holding the annual ACA conference in Melbourne. The date looks to be Saturday 12th September at this stage, which is when we would ordinarily hold our AGM meeting. Members would have this noted down already, which makes it easier to fit into your schedule. If you are willing to be on a committee to assist, should there be a need, please be sure to let me know.

The presentations at the CV meetings are booked for the next few months and the February CBD and FTG ones were fantastic. The CBD presentation on Domestic Violence and Intervention Orders was by two members of Victoria Police. They presented on the family violence and the sexual offences perspectives which was very interesting for all present. Questions were answered as well as the officer’s contact details given for follow up or if questions arose in the future. It is great to see Victoria Police so willing to present to us and over the past two years the members have been treated to presentations on cyberbullying, sexual offences against children, domestic violence and the process that the victim of a crime goes through.

The new room on level 3 at Ross House CBD is a lot bigger and quieter than last year’s on level one and the member feedback on this was great to hear at our February meeting. Securing this room for the year was a good move and becoming a member of Ross House this past year allowed us to have the choice of room. Great decision Board members!

The Christmas networking meeting in Ferntree Gully is always a fun time and there was plenty of food and raffle prizes for everyone to enjoy themselves and relax.

Enjoy the year ahead and I look forward to seeing you at the meetings in the coming months.

In the beautiful words of Ben Lee (Australian singer-songwriter) “We’re all in this together”

regards Michael
Equine Assisted Psychotherapy (EAP)

Submitted by Stephanie Milburn. Master of Counselling student. Victoria University.

EAP involves the use of specially trained horses, a mental health professional and a certified equine specialist to co-facilitate a therapeutic process. In the sessions the team addresses mental health treatment goals and issues through activities that aim to reflect real life issues. Clients can also integrate the skills and learning acquired in the sessions into their everyday lives. The ultimate goal for the client is to build skills such as personal responsibility, assertiveness, non-verbal communication, self-confidence, and self-control. EAP contributes positively to cognitive, physical, emotional and social wellbeing of individuals.

EAP doesn't actually involve riding or being a good horseman, instead it focuses on hands on work done from the ground. The specifically designed and structured activities have detailed objectives working towards treatment goals. A lot of the learning is experiential and produces opportunity for discussion and learning, this results in the confidence and communication of the client improving as personal insights are gained.

For many clients working with such a large and intimidating animal such as a horse, can be challenging and engaging in a whole new way. The alternative style of therapy can be less confronting for clients than a more traditional therapy session, providing a space that is conducive to emotional and psychological growth. Horses can also act as an aid by giving clients a companion to care for; things such as grooming can have a calming effect and focuses on developing a relationship between horse and client.

EAP addresses a variety of mental health and human development needs including behavioral issues, attention deficit disorder, PTSD, substance abuse, eating disorders, depression, anxiety, relationship problems and communication needs. The psychological benefits that have been noted are as follows; Increased self confidence, increased self esteem and self image, development of patience, emotional control and self-discipline, socialization and improved interpersonal skills.
Free Apps for Counsellors

3D Brain

By Cold Spring Harbor Laboratory

Use your touch screen to rotate and zoom around 29 interactive structures. Discover how each brain region functions, what happens when it is injured, and how it is involved in mental illness. Each detailed structure comes with information on functions, disorders, brain damage, case studies, and links to modern research.

Created by Vivid Apps and AXS Biomedical Animation Studio for the Cold Spring Harbor Laboratory DNA Learning Center. 3D Brain was produced for the Genes to Cognition (G2C) Online website funded by the Dana Foundation and Hewlett Foundation.

Each section contains information including subsections of the region as well as

- Overview
- Case Study
- Associated functions
- Associated cognitive disorders
- Associated with damage
- Research reviews
- Links

You can also use the touchpad to orientate the brain for a 3D view

Compiled for this bulletin by Adam Emery, Deakin student
Book Review

BEYOND THE MYTH OF SELF-ESTEEM: FINDING FULFILLMENT by Dr John Smith, Acorn Press Ltd

Submitted by Zanne Scott. CV Vice President

This book has come out of many years of varied experiences with people from all walks of life. Decades of speaking to children in Secondary schools, bikie gangs, teaching and preaching in many countries through to his Doctoral research. He combines his knowledge as a well-qualified Social Scientist and Commentator to his daily rubbing shoulders with the homeless, outlaw bikie gangs and other marginalised groups around the world. On the practical side he has established the Values4Life School program and is the founder of the welfare and advocacy group Concern Australia. I have loosely followed his ‘career’ for about 40 years. So when I knew this book was being published a couple of months ago I decided to have a read.

I have to admit my bias in this case as for many years I have been strongly against the idea of Self-Esteem being a thing of benefit or an idea to be pursued in Counselling. I respect the people who can do this but it is not a comfortable fit for me. In John’s words: “I am inviting you to come on a journey to explore a new way of living that liberates us from the confines of an obsession with self and self-esteem.”

The book is a challenge to conventional contemporary thinking with a chapter entitled “Self-esteem, Self-respect or Self-Obsession.” He traces the beginning of self-esteem in the psychology arena in the late 1960’s. It happened around the time of the biggest rise in consumerism, spare time, ample food and an emerging focus on personal happiness and a diminishing sense of connectedness in terms of community.

Where his interests intersect in a big way is resulted from the late 1980’s when the idea moved into the arena of public awareness, USA politics and education. This spread easily across the 1st world countries. Here is an excerpt of this process: “John Vasconsellos, a member of the California State Assembly, proposed that low self-esteem was the cause of crime, teenage pregnancy, drug abuse, school underachievement. He became an influential and successful advocate of a policy aimed at boosting young people’s self-esteem as a ‘social vaccine.’ Vasconsellos also argued that boosting self-esteem would help balance the state’s budget, because those with high self-esteem would earn more money and so pay more tax.”

The book then presents research and statistics which clearly refute the assumptions of this politician. The book leads you to explore mental and social well-being through different cultures and attitudes. The author shares many personal experiences along with the solid research that earned him his PhD. There are other ways for people to be contented and useful members of their society apart from the increase of self-esteem.
**CV CBD MEETINGS**

**Saturday 14th March**
**PRESENTATION** - InTouch
Family Violence Agency presentation.

InTouch is a Multicultural agency against family violence. Mumtaz and Elham will talk about their experience as a family violence case manager and inTake worker.

**Supervision** - Counsellors own case discussion in groups

**Saturday 11th April**
**PRESENTATION** - Liliane Grace

We are very fortunate to have International speaker, Liliane Grace agree to present to us on the importance of reminding our clients to take note of the course of their life and of their ability to take control of their destiny to achieve an inspirational life story. Liliane will be offering anyone who would like to follow up with a full day workshop to consolidate the concepts presented at the Counsellors Victoria Workshop. Liliane will also be offering a discounted price for counsellors who wish to purchase her e learning package.

‘Your Life: A Brilliant Story’ - Making sense of our 'jigsaw-puzzle lives'

We are the script-writer, director and film-editor of our lives. What are we writing?

As young people we often create a vision of how we would like our lives to turn out. We have expectations and dreams. But sometimes our lives don’t quite turn out the way we wanted them to...

We are all shocked by stories of suicide. How bad must things have become for someone to take their own life? And what might their life had been like if they had just ‘hung in there’ a bit longer?

Whether your life is heading in the direction you want or not, this talk will inspire you to see some new possibilities; perhaps even to write a new story for your life...

Liliane Grace is an award-winning author, empowering speaker and teacher of personal development programs and creative writing courses. To learn more about her books and programs, visit [www.themasteryclub.com](http://www.themasteryclub.com) and [www.lilianegrace.com](http://www.lilianegrace.com)

**Supervision** - Counsellors own case discussion in groups

**Saturday 9th May**
**PRESENTATION** - Lea Rose

Supervision - Counsellors own case discussion in groups
CV FERNTREE GULLY MEETINGS

**Saturday 28th March**

PRESENTATION – Liliane Grace

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Liliane Grace is an award-winning author, empowering speaker and teacher of personal development programs and creative writing courses. To learn more about her books and programs, visit www.themasteryclub.com and www.lilianegrace.com

Supervision - Counsellors own case discussion in groups

**Saturday 25th April**

****There will be no April meeting due to Anzac Day

**Saturday 23rd May**

PRESENTATION - Victoria Police Community engagement team

Supervision - Counsellors own case discussion in groups
CV Meetings

Melbourne CBD Meeting

Meets second Saturday monthly (Feb to Nov) at:

Venue: Ross House - Room 3.1
Third Floor, First room
247 Flinders Lane, Melbourne

Outer East (Ferntree Gully)

Meets fourth Saturday monthly (Feb to Nov) at:

Venue: Mountain District Learning Centre
13-15 The Avenue, Ferntree Gully

Agenda for Melbourne CBD and Ferntree Gully are as follows:

- Registration & Networking 12.30 - 1.00pm
- Forum - Networking 1.00 - 1.15pm
- Presentation 1.15 - 2.15pm
- Break 2.15 - 2.30pm
- Supervision 2.30 - 3.30pm

Phone: 0402 251 835 or email: president@fvc.asn.au

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CV Albury/Wodonga Group

Meets second Monday monthly at:

Venue: Mirrambeena Community Centre
19 Martha Mews, Lavington, NSW

Time: 4.15 - 5.30pm

Further information, please contact:

John Borchet 0419 291 820 / (02) 6029 2591
Yvonne Aldred 0439 820 945
What CV Offers You

Support:
Our organisation provides an opportunity to get out of the office and to talk with others.

Connections:
The organisation contains a wealth of experienced business people who are looking to make the right connections with other businesses.

Education:
Business people always want to learn more and the topics we choose for these events have been directly contributed by the members themselves.

Training:
Acquiring new skills is critical for the success of any business. Our training events are offered locally because we appreciate that relationships are built by meeting real people face to face.

Social:
The CV endeavor’s to balance association and individual needs, and provide a forum to meet new friends through social events.

For further information on becoming a financial member visit the CV webpage at www.counsellorsvictoria.asn.au

The CV needs your help! CV need speakers, for all meeting areas, topics need to be counselling related, If you know anyone who you think could be interested, or if you have heard an interesting speaker, or you would like do a presentation yourself, we are interested to hear about it.

Contact: Michael Woolsey at mickrob@exemail.com.au or 0419 545 260
Articles and Advertising

Suitable relevant items and proposed adverts for CV Bulletin can be sent to the CV Secretary by mail to: CV Editor, PO Box 1088, Seaford, Vic, 3198. All material is commonly subject to editorial discretion, approval and proofing.

Advertising Rates
Effective from November 2010 No preferred positions are offered for display advertising all approved advertising will be placed as Run of Newsletter (and may be placed on a page with other ads). Costs for advertisements or classifieds do not vary depending on colour. The newsletter is an electronic format, and there is no loading on the use of colour.

Full page $80 Half Page $40 horizontal only Third Page $25 either horizontal or vertical Classified $10 for single column width x 10 lines of text.

Payment
Full payment is required prior to the deadline for contribution in full. Prior to making payment for advertising, contact CV by email to mickrob@exemail.com.au to confirm the space requirements.

General Conditions
No advertising agency commissions are provided CV is not responsible for instructions or alterations unless confirmed in writing CV reserves the right to omit or decline to run any advertisement, editorial or submission that it deems unsuitable for publication. Cancellations must be received within 7 days of the booking deadline otherwise the advertiser may be required to pay for the space booked.

Advertising Sizes
Full Page Half Page Horizontal 196 x 260 cm (w x d) 196 x 125 cm (w x d) Third Page Horizontal Third Page Vertical 196 x 83 cm (w x d) 60 x 260 cm (w x d)

Material Requirements
The Bulletin is produced as a word document and saved to a locked PDF. All items for submission must be sent in PC compatible format electronically to sirini_ks@yahoo.com.au Advertisements should be sent as a PDF scaled to finished ad size and also as a graphic as a tiff or giff file. All editorial submissions must be supplied typed and spell checked.

EDITORIAL NOTES:
If you have anything you would like to share with your colleagues, a funny story, etc., we would love to receive it. You can send it to sirini_ks@yahoo.com.au

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