



FVC Newsletter

FEBRUARY 2012

INSIDE THIS ISSUE:

President's Report 1

Vice President Report 2

Advertisement 3

Board Vacancy 4

Advertisement 5

Goal Setting Tips 5

Bio of CBD Speaker 6

FVC INFO 8

President's Report

Hi Everyone,

A late Happy New Year wish to all, It seems like no time when we were all celebrating Xmas and the holiday season. The combined FVC xmas party at Ferntree Gully was fantastic good food, good wine, an good company we had a lot of fun check out the photo's. Over the festive session I spend two weeks in sunny Queensland at Gladstone enjoying my family, sun, surf, just loafing around, unfortunately one needs to get back to the grind stone an plan goals for 2012.

FVC board held a Strategic Planning Meeting on January 14. It was a great day with lots of ideas for the future of FVC. It was decided that it was time to hold a General Meeting

We would like to invite you all to attend a General Meeting that is scheduled to be held on Saturday February 11th at the normal meeting day at Ross House, 247 Flinders Lane , Melbourne. We would appreciate members input so please if you could contact the membership coordinator LYN CROOKS on 0402 251 835 of your attendance it would be appreciated.

The ACA conference. In October 2011 was well represented by FVC members an our standing in the Counselling field was acknowledged as the Vice President John Dunn and I shared the registration table with the ACA Representative.

Ferntree Gully monthly meeting has a new meeting place starting on February 25th ...Mountain District Learning Centre 13-15 The Avenue Fern-tree Gully (near Ferntree Gully station) First meeting is on Saturday 25th February.

I look forward to seeing you at the General Meeting on Saturday February 11 in Melbourne The professional development presenter Feb 11th is Dr. Angela Lewis, PhD, HACA, she has been the IT advisor to the ACA for the past 12 years and a regular contributor of articles in the realm of technology, sociology and sexuality. She has twice been awarded the Exceptional Services to the Counselling Industry award by the ACA and last year published the compendium of alternative sexual practices, My Other Self.

Warmest Regards

Barbara Matheson

FFVC, MACA, NALAG.
President.



**Our greatest weakness lies in giving up. The most certain way to succeed is to always try just one more time
(Thomas Edison)**

Vice President's Report January 2012

Hi Everyone

The Board met in January to provide ongoing planning for the FVC in the near and more distant future.

The ACA conference in Melbourne was generally rated as a good success. Barbara and I did much to promote the FVC as well as attending various Presentations on a wide range of topics along with some of our other members. The State Chapter meetings saw a much closer cohesion with upcoming sharing of information and activities between states.

More specifically to our counsellors causes are two items. The first is that the ACA will be delivering a new web interface and through this counsellors will be able to have their own profile page.

The second is that the Conference was opened by the Hon Mary Wooldridge, Minister for Mental Health. She was most impressed by the conference and became much more aware of the role that Counsellors could play in the community. The President of the ACA, Philip and myself are to have a meeting with her at a date yet to be fixed.

On a more local note, you should have received a message regarding Board member Michael Woolsey will undertake to role of Secretary following your confirmation at the next CBD meeting at Ross House on February 11th at 1.00 pm. This is good for you as we now have a stronger board panel again. Our thanks must also go to Ken Scott. Failing to elect a new Treasurer at the AGM saw Ken step up and take on this role in an honorary capacity until this year's AGM when we will see if we can encourage him to stand for election.

Cheers

John Dunn

FFVC, MACA, CMAHA.
FVC Vice President.

**SATURDAY 10th MARCH CITY
PLEASE NOTE THAT THERE WILL BE NO MARCH CITY
MEETING DUE TO LABOUR DAY LONG WEEKEND.**

Supervision Time Table for Barbara Matheson

<p>NEW GROUP First week month: Monday 7pm-9pm 30 Tinks Road Narre Warren 3805 Cost: \$40.00</p>	<p>First week month: Tuesday 7pm-9pm Mordialloc Neighborhood House 457 Main Street Mordialloc Cost \$40.00</p>
<p>5 March 2 April 7 May 4 June 2 July 6 August 3 September 1 October 5 November</p>	<p>7 February 6 March 3 April 1 May 5 June 3 July 7 August 4 September 2 October 6 November</p>
<p>First week month: Wednesday 7pm-9pm 30 Tinks Road Narre Warren 3805 Cost \$40.00</p>	<p>First week month: Thursday 7pm-9pm 69 Stonebridge Way Attwood Cost \$40.00</p>
<p>1 February 7 March 4 April 2 May 6 June 4 July 1 August 5 September 3 October 7 November</p>	<p>2 February 1 March 5 April 3 May 7 June 5 July 2 August 6 September 4 October 8 November</p>
<p>First week month: FRIDAY 10.30am - 12.30pm Day Spring Training Centre 17Alpine Street Ferntree Gully Cost \$40.00</p>	<p>Monday bi-monthly 9.30am -12pm Maffra (Gippsland) Foster Street Café Foster Street Maffra Cost \$40.00</p>
<p>3 February 2 March 6 April EASTER no supervision 4 May 1 June 6 July 3 August 7 September 5 October 2 November</p>	<p>6 February 26 March 28 May 30 July 24 September 26 November</p> <p style="color: red; text-align: center;">For further supervision information Individual face to face or phone/Skype Ring 03 9703 2920 Mob 0400 032 920 Discount Package for FVC member</p>

Executive Board Vacancy



Dear FVC Member

Following our unfilled vacancy for a Secretary at the last AGM, Michael Woolsey has volunteered to stand in this position. Following the Board meeting on Saturday 14 January, I have accepted the nomination and now Move that Michael Woolsey be made Secretary. Unless there is any other nomination or objection then this motion will be put at the next meeting as an extraordinary meeting of the FVC Membership on the 11th February at Ross House at 1.00 pm.

Bearing in mind that a person to be nominated for an Executive position on the Board must have been a Board member for 12 months, should there be any member who has either an alternative nomination or an objection please notify me in writing by email or letter to be received by the close of business Friday 3rd February in which case the motion will be stayed until proper procedure will be followed for that situation.

John Dunn

Vice President

fvcjohndunn@hotmail.com

PO Box 396
Colac VIC 3250

Melbourne Meeting 11th February 2012

Speaker: Dr. Angela Lewis, PhD, HACA,

Angela has been the IT advisor to the ACA for the past 12 years and a regular contributor of articles in the realm of technology, sociology and sexuality. She has twice been awarded the Exceptional Services to the Counselling Industry award by the ACA and last year published the compendium of alternative sexual practices, My Other Self.

**FVC— Ferntree Gully Meeting
Meeting Date: 25th February, 2012**

***Please note the change of address for the meeting**

**Mountain District Learning Centre
13-15 The Avenue Fern-tree Gully
(near Ferntree Gully station)**

Advertisement

Change your
thoughts and
change your world
(Norman Vincent Peale)



Advertisement

Supervision -Michael Woolsey

It is a recommendation and requirement of the Australian Counselling Association (ACA) that Counsellors undergo regular supervision.

In response to this, the following supervision sessions are being offered with registered ACA supervisor Michael Woolsey.

Venue: Seaford, on the Mornington Peninsula

Group Supervision: Held monthly on third Tuesday Evening

Time 7pm to 9pm. Cost \$40.00. Please confirm attendance 97868006 mob 0419545260

Group Supervision Held monthly on the fourth Thursday night

Time 7pm to 9pm. Cost \$40.00. Please confirm attendance 97868006 mob 0419545260

Group Supervision Held monthly on the third Sunday morning

Time 10.30 to 12.30 cost \$40.00 Please confirm attendance 97868006 mob 0419545260

Goal Setting Strategies for 2012

To gain a sense of accomplishment for 2012 why not set some goals.

Yes, I know we all tend to have our New Year resolutions which in the main we fail to fulfil. So here are some strategies to turn that around and make 2012 the year you did achieve your goals.

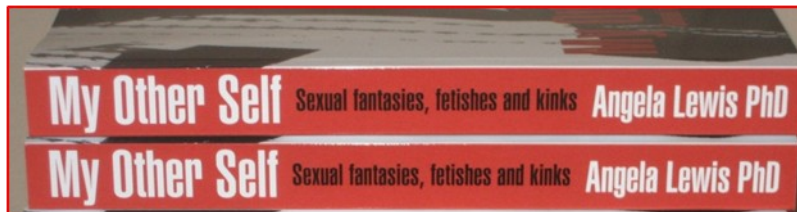
Tips:

- Goals can be highly motivational but they need to be realistic and achievable. Realistic in regard to resources and control
- They need to be outcome based
- **Specific** enough to drive action
- Challenging and substantive
- Sustainable over a reasonable time period
- Flexible without being wishy washy
- Congruent with your values
- Need to set a reasonable timeframe for completion

FEDERATION OF VICTORIAN COUNSELLORS
SATURDAY 11th FEBRUARY CITY

PRESENTATION - Domination and Submission: the pleasures of power play and transgressing social taboos

By Angela Lewis who you may know from her IT column and many articles on technology, sociology and sexuality will be our guest speaker in February. She wrote the book MY OTHER SELF, a compendium of alternative sexual practices informed by interviews with people from all walks of life. The book is intended to help those outside of these communities gain some understanding and insight into how many people enjoy their erotic interests, and comes highly recommended by counsellors and health care practitioners. She will be giving an overview of her work and then presenting a live interview session with Mistress Mynx, a professional Australian Dominatrix. This will give counsellors a better understanding of how erotic power play is enacted between couples, with a particular emphasis on the experiences of a professional service provider in this field.



Angela Lewis will be signing copies of the book and selling them at this event for the special price of \$15 each. There will be a small number of slightly imperfect copies also available for \$10, but this is on a first in best dressed option. (cash only).

I believe My Other Self to be a book that should be compulsory reading for every professional working in this field.

-Ronald Bentick, Clinical Hypnotherapist, life member Academy of Hypnotic Science, member ACA

If you want some understanding of the things people do when it comes to sexual fetishes this book has it all, while treating this delicate and unusual subject matter with care and respect. I highly recommend it to lay people, health care workers and medical professionals.

- Freida D. Scott, RN and Registered Counsellor

Biographies

Dr. Angela Lewis, PhD, HACA, is the IT advisor to the ACA for the past 12 years and a regular contributor of articles in the realm of technology, sociology and sexuality. She has twice been awarded the Exceptional Services to the Counselling Industry award by the ACA and last year published the compendium of alternative sexual practices, My Other Self.



Mistress Mynx is a professional Mistress/dominatrix working in licensed premises. She provides specific services based on exchanges of power and satisfying an individual's, kinks and fetishes. She has been actively involved in the BDSM community for many years and made the move to being professional based on her personal enjoyment of power relationships. She has previously worked in the disability sector organising educational and leisure activities for people with high support needs, has been a dancer and performance artist and is currently employed in the fitness industry.

SUPERVISION- OPEN FORUM (GENERAL MEMBERS MEETING)

What the FVC 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 FVC 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 FVC webpage at www.fvc.asn.au

The FVC needs your help! FVC 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 Michael@fvc.asn or 0419 545 260



FVC Meeting Dates:

**Melbourne CBD Meeting - next meeting
11th February, 2012**

Meets second Saturday monthly at:

Ross House, 247 Flinders Lane, 1st floor, Room 3.

Costs - FVC members: \$5.00, Non-FVC members: \$20.00, Students:
\$5.00,

Non-FVC Students: \$5.00.

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

Registration & Networking 12.30 - 1.00pm

Presentation 1.00 - 2.00pm

Break 2.00 - 2.30pm

Supervision 2.30 - 3.30pm

**Outer East (Ferntree Gully)
Next meeting: 25th February 2012**

Meets fourth Saturday monthly at

Mountain District Learning Centre 13-15 The Avenue Ferntree Gully
(near Ferntree Gully railway station).

Costs - FVC members: \$5.00, Non-FVC members: \$20.00, Students:
\$5.00,

Non-FVC Students: \$5.00.

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

Registration & Networking 12.30 - 1.00pm

Presentation 1.00 - 2.00pm

Breaking News

**New Venue for Ferntree Gully Group
for 2012**

**Mountain District Learning Centre
13-15 The Avenue Fern-tree Gully
(near Ferntree Gully station)**

Outer Eastern Group

FEDERATION OF VICTORIAN COUNSELLORS

SATURDAY 25th FEBRUARY FERNTREE GULLY

PLEASE NOTE THE NEW VENUE ADDRESS OF:

**Mountain District Learning Centre
13 - 15 The Avenue
Ferntree Gully
Near Ferntree Gully railway station**

PRESENTATION: Anti- Oppressive Practice

presented by PENNY ARMSTRONG



I am excited to present AOP (Anti-oppressive Practice) in the counselling arena; as this is an excellent tool for Professional Counsellors to adopt during their therapy sessions with difficult clients. It is also a framework to use to protect ourselves, when our own issues may surface during sessions.

Although AOP is mainly used in social work practice, I have found it very useful when I have been facilitating group counselling workshops and my dealings with vulnerable people.

AOP is based on the principal that the term “anti-oppressive practice” is generally understood as an umbrella term that encompasses a variety of practice approaches including, but not limited to, radical, structural, feminist, anti-racist, critical, and liberatory frameworks. This practice approach can be seen to add perspective towards practice. This workshop will be based on Dalrymple and Burke’s (1995) framework.

SUPERVISION – OPEN FORUM

Members are encouraged to discuss cases of their own which they would like feedback from the members on.



SATURDAY 24TH MARCH FERNTREE GULLY**PRESENTATION - A NARRATIVE APPROACH TO LOSS AND GRIEF by MARK GORDON**

The presentation will provide a brief introduction to the theory and practice of a narrative approach to loss and grief, (as developed by Michael White and David Epston). Focusing mainly on therapeutic work with individuals of all ages and families. Attention will be given to the kinds of questions we ask, how we support the 'scaffolding' of conversations and how our 'position' as therapist / consultant influences our work.

SUPERVISION – DOMESTIC VIOLENCE OF A CLIENT SCENARIO**Template for Smarter Goal Setting**

Specific Goal:	
How the goal will be measured	
The reason the goal is important to me	
Actions required to achieve goal 1. 2. 3. 4. 5.	Time-line for each action item 1. 2. 3. 4. 5.
Is it <input type="checkbox"/> Enjoyable <input type="checkbox"/> Exciting <input type="checkbox"/> Ethical	
Resources Required	

Articles and Advertising

Suitable relevant items and proposed adverts for FVC Bulletin can be sent to the FVC secretary by mail to: FVC Editor, 30 Tinks Road Narre Warren Vic 3805 All material is commonly subject to editorial discretion, approval and proofing. Closing date for the following month is the 15th of the previous month, e.g., April 15th for the May issue

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 FVC by email to secretary@fvc.asn.au to confirm the space requirements.

General Conditions

- No advertising agency commissions are provided FVC is not responsible for instructions or alterations unless confirmed in writing FVC 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

president@fvc.asn.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 president@fvc.asn.au

DISCLAIMER:

Opinions of contributors and advertisers in this newsletter are not necessarily those of the publisher. The Federation of Victorian Counsellors Inc. makes no representation or warranty that information contained in articles or advertisements are accurate, nor accepts liability or responsibility for any action arising out of information contained in this newsletter.