



FVC Newsletter



JULY 2012

PRESIDENT REPORT

Barbara has been in Brisbane attending the conference for the Federation of Professional Counsellors Queensland.

The Queensland President has very kindly given her permission to publish the transcript of her opening speech of the conference. So for all of us who unfortunately couldn't attend get a feel for what we missed out on. If you want to know more talk to Barbara. I know she had a wonderful time, and has come back refreshed, energized and motivated with lots of new ideas to benefit FVC.

FPCQ PRESIDENT WELCOME SPEECH AT THE 2012 CONFERENCE

Today we stand on sacred land. It is land marked with a million footprints of people past and present. We acknowledge and pay respect to the ancestor spirits of the Turbull people whose spirits celebrated significant times (like we are doing over the next two days). We give thanks and acknowledge the great richness of tradition they bring to our lives.

As FPCQ President I welcome our International, Interstate, Intrasate and all other participants to this conference on Trauma, which had its beginning in September 2010.

But please let me digress. I am an 8th generation proud Australian – on my maternal grandmother's line - the direct descendant of 2 First Fleeters – 1 convict, James Bradley, and 1 mariner, William Dale. On my paternal grandmother's line I descend from convict Jonathon Locke who was transported with his 2 sons, John and Richard, both of whom married in the fledgling colony.

They say we are all separated by only 6 people – well, I was sceptical until a few months ago.

I first met Chris Burke and the Yarramundi Kids in New Zealand at a conference in October 2010 and heard her story. I was immediately impressed so invited her to consider attending this conference. She said "yes". Boy, was I happy about that.

A few months ago Chris and I touched base by 'phone to dot I's and cross T's for the conference. During that conversation she wondered if she and Doug Burke (same spelling) could be related as she thought he bore some common facial features with her father. My response was "wouldn't that be a huge co-incidence, but I don't think Doug has any

Membership Renewals have been sent and are due to be paid now!! If you haven't received one please let us know.

FPCQ PRESIDENT WELCOME SPEECH AT THE 2012 CONFERENCE Continued

any Aboriginal connection". Then I added, "My only claim to any Aboriginal connection is a brother of my ancestor entered into the 1st recognised legal marriage with a local Aboriginal girl, the daughter of tribal chief Yarramundi, who was thereafter known as Maria Locke". Complete silence from the other end of the 'phone. Well, surprise, surprise – Chris Burke and Gwenda Logan are cousins united by a common ancestor grandfather Jonathon Locke. It was Richard who married Maria.

If you are wondering how this story impacts on our conference – it goes to show how we are all connected in some way or another and Trauma is something everyone either has or will experience in their lives. Trauma can connect people in many different ways. Look at the number it has brought together for this conference.

Little did the FPCQ Board know in September 2010 that Mother Nature would show her fury with the floods and cyclone in early 2011 that devastated most of QLD (to out match the 1974 Brisbane floods).

Trauma – Out of the Blue – Survive and Thrive seemed like providence. Our intention was to acknowledge trauma can exist in all lives and with the right help people can survive and thrive through a healing process. There is no magic formula and everyone's experience is personal, but like the traditional owners of this land, stories shared can prove beneficial in providing resilience and hope.

Our hope is that each of you finds this conference professionally rewarding. Our speakers and presenters are of the highest calibre with the 'father' of Solution Focused Therapy Bill O'Hanlon speaking for 5 hours tomorrow, and today's presenters include seasoned international speakers and distinguished University lecturers.

Gwenda Logan
President FPCQ
M.Couns; B.Soc.Sc (Human Services)
Cert IV Assessment & Training
Justice of the Peace (Com.Dec)

Michael Woolsey



Barbara & Gwenda



Anne Lastman



Stress, tension & trauma release for counselor & client self-care

"Whose problems don't look smaller when we are physically relaxed in our bodies?"

Double points - ACA accredited workshop – 12 pts per day

Melbourne – August 4th – 6th

(1 day introduction & 3 day workshop)

www.treaustralia.com.au

Our bodies know how to release stress & tension:

Regardless of the problems we are facing in life, our bodies respond by creating defensive tension and armoring that leaves us feeling wound up and stressed. Who doesn't feel their neck and shoulders getting stiff, tight and sore when we are under pressure or overwhelmed by life's challenges?

Yet how many of us realize we also possess an innate reflex to release this physical stress and tension through unconscious shaking and trembling – just like a dog in a thunderstorm or a rabbit or guinea pig shakes in our hands when it feels overwhelmed?

We can all activate this natural release mechanism:

Our bodies natural release process can be activated in a safe and controlled way using simple exercises (TRE) to deliberately invoke neurogenic tremors to release chronic stress, muscular tension and unresolved trauma. As the tremors can be stopped at any point we are always in control of the release process resulting in a greater sense of safety, self-mastery and self-empowerment in the face of life's challenges.

TRE benefits counsellors & their clients:

As the process is entirely focused on the physical release of tension without needing to enter into the story or content of the stress or unresolved trauma, once learnt, counselors and their clients are able to use TRE on their own to regularly calm their nervous system for the rest of their lives.

Using TRE between visits helps counseling become more effective with clients in a more relaxed neuro-physiological state as well as assisting counselors to become more grounded, centered and resilient to occupational stress and vicarious trauma.

Costs & Registration: (early bird before July 4th)

1 day introduction - \$176 (early bird) / \$209 (FVC members to quote FVC 1)

3 day workshop - \$515 (early bird) / \$616 (FVC members to quote FVC 3)

For more information, online registration and details on professional training in TRE, please visit

www.treaustralia.com.au

Mind Matters..... 'Drugging our most vulnerable for profit'

Big Pharma is targeting the most vulnerable in our society, our children and elderly, in its never-ending campaign to create sick people. Pharmaceutical companies have been assisted by the loosening of criteria and content of the Diagnostic and Statistical Manual (DSM-IV) and DSM-5, due in 2013. Proposed changes, under consideration in the DSM-5, will create even greater numbers of candidates for medicalising. The removal of the bereavement exclusion in the new DSM-V criteria will provide the green light for clinicians to diagnose major Depression (in a person with normal grief from bereavement) after only 2 weeks of depressive symptoms. Watchful waiting will go, after hours care will be difficult to access and progressively we will queue unsuccessfully, for appointments at super clinics. As patient numbers rise and daily demands escalate for doctors and psychiatrists alike, this will inevitably lead to more prescriptions for antidepressants and antipsychotic medications for bereavement-related depressive symptoms.

The proposed narrowing of the DSM-5 criteria and content will provide the direction and the go ahead to drug companies to look to expand their market for example into younger children with Autism, irritable/ anxious elderly, and anxious/depressed or physically challenged baby boomers. At a time when prescription drugs are causing more overdose deaths than illicit drugs in Victoria. The Coroners prevention unit conducted research in 2010 that revealed drug toxicity caused the deaths of 338 Victorians of which prescription meds contributed to 261 of these deaths. According to Coroner Audrey Jamieson, the most abused drugs were Benzodiazapines - tranquilisers used to treat anxiety and insomnia and opioid prescriptions for pain management. The associated risks with the long term use of drug cocktails, together with the lack of real time prescription monitoring, needs urgent Victorian Government attention. Unless systems are put in place to educate doctors, pharmacists and the community, 'we will see the number of prescription drug deaths increase even further' according to Sam Bionodo the Executive Officer of the Victorian Alcohol and Drug Association.

The DSM has developed from a 130 page collection of disorders to a proposed 900 page long manual. Disorders become qualified for inclusion in the manual by a mere 'show of hands!' Do you think this is a disorder 'yes or no'. The new DSM-V is expected to earn its owners in excess of 100 million dollars. Many believe that greater transparency is required, mandating the taskforce who produce this manual to complete financial disclosure statements, to address concerns over conflict of interest and anti-medication bias. Sixty eight per cent of this taskforce reported ties with the pharmaceutical industry, such as serving on boards, holding stock in pharmaceutical companies, or acting as consultants (according to a letter to the editor, cited in the New England Journal of Medicine, 2009). Psychiatry isn't without its' credibility crisis, with respect to the growing influence of pharmaceutical companies on organised psychiatry. Pharmaceutical company representatives are cultivating GP's to use and over prescribe atypicals, to subdue and tranquillize older individuals with agitation, anxiety and insomnia. One of these drugs is mainly used in patients with schizophrenia. This off label use of these drugs is concerning and could lead to diabetes and obesity in these patients.

The use of powerful psychotropic drugs, to treat vulnerable children with mental health disorders, has become the norm rather than the exception today. This trend,

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Nobody can go back and start a new beginning, but anyone can start today and make a new ending.

Chico Xavier

FVC Meetings in JULY

FVC CBD MEETING

Saturday 14th July 2012

Presenter – Michael Woolsey – The Counsellor’s Toolbox

Michael is a Board member of the Federation of Victorian Counsellors and he will be sharing some of his resources he finds useful for counsellors and counselling.

***Supervision:* DOMESTIC VIOLENCE CASE SCENARIO**



FVC FERNTREE GULLY MEETING

Date: 28th July 2012

**PLEASE NOTE THE NEW VENUE
ADDRESS OF:
Mountain District Learning Centre
13 - 15 The Avenue**



PRESENTATION –
Dr Steve Carey – Hypnotherapy: A taster

Hypnotherapist, Dr Steve Carey will discuss what hypnotherapy is and the basics of it. A presentation all counsellors will find informative..

Supervision - Watch this space —New Strategies

Mind Matters..... 'Drugging our most vulnerable for profit' (Continued)

to medicate normal behavioural problems, stemmed from the thinking of disorders such as ADHD as a chemical imbalance (when there are no tests available for assessing the chemical status of the living persons brain). Rather than being created from social and environmental factors (allergic reactions, or a lack of vitamins, or poor nutrition) within the child's life. In big Pharma's rush to stamp ownership over yet another DSM category, Ritalin was approved for children as young as 6 years of age. In the 1990's nearly a million children in the United States were using Ritalin. Today, it is thought that in excess of 5 million may be on Ritalin.

While Pharmaceutical companies profits have increase rapidly, industry leaders have decreased to approximately 12 corporations, controlling the production of the worlds' drug supply. Drugs today are all about stabilising, reducing, lowering, and about 'control' not 'cure'. Why is this? Why would Big Pharma produce drugs that resulted in patient cure? These organisations profit from controlling a sick society. A concern today is that some Doctors are treating the Diagnostic and Statistical Manual as a substitute for clinical judgement and good diagnostic skills. Rather than identifying that good clinical care first involves doing no harm and intervening with drugs only as a last resort, when scientific evidence shows treatment is actually needed. Forced widespread implementation of the DSM has ensured more and more people, with no serious mental problem, or even any illness at all, are daily being deceived into thinking that even life's 'routine difficulties' can be miraculously dealt with by the latest psychiatric drug fix. I am not saying that mental illness does not exist. There are a great number that suffer with debilitating mental health issues. What I am saying is that as Counsellors we understand that health and illness are as much affected by social, cultural and economic features of our society.

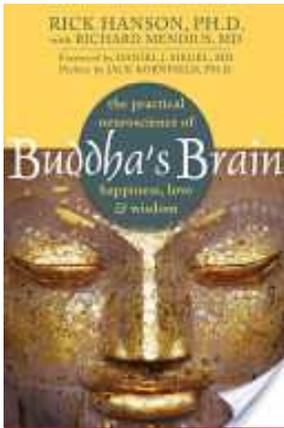
The increased need for a Counselling role within medicine has failed to be developed, despite much rhetoric to the contrary. This has opened up many new opportunities for promoting Life- Health, Life- style, advocacy related Counselling, as we spend a significantly longer time in direct contact with our clients than doctors do. The spiralling costs of medical treatments and the reliance on drugs shows how important it is that counsellors support and develop partnerships with social inclusion programs such as Helpers and Mentors Programs, on behalf of both the mental health and disability users. More Counsellors involved in advocacy counselling will provide a voice for consumers to decision makers on the problems faced just trying to transverse our Mental Health services.

In the next few years, the Government National Disability Insurance scheme will become fully operational. As Counsellors, strengthening ties with the Mental Health and disability sectors, will raise awareness of the rights of people with disabilities and Mental Health issues, protecting those rights and helping to reduce the impact of discrimination felt by many. Mark Butler (Minister for Mental Health and Aging) announced the members of a new, National Mental Health Consumer Organisation, to ensure greater responsiveness and accountability, within the Mental Health system. Mr Butler indicated this role would involve "listening and supporting those who cannot always speak out independently to improve health systems, particularly the safety and the quality of these services and community awareness of the issues." We, as Counsellors, can be part of these important new health reforms by embracing a systematic advocacy role and speak out in forums, committees and community programs on behalf of the more vulnerable consumers, in a shift to a more 'preventative approach' to practise.

Jennifer Reynolds

BBSoc, Dip Counselling

Areas of interest Aged care,* advocacy community support, crisis counselling



we-i-ve R K O O B

Review of Buddha's Brain by Rick Hanson and Richard Mendius, M.D

Don't let the name put you off the book. When I first saw it I thought of it as religious book. It is in fact a brilliant book. One I intend to recommend to many of my clients. Recently, I attended a Mindful Meditation Teacher Training course at the Gawler Foundation in Yarra Junction. Fabulous course and I would do it again in a nanosecond ...vegan food, no coffee or wine and all. An amazing group of people attended and as a consequence my reading list has exploded. This is one of many books recommended by some of the participants it is also one of my favourites.

With the new breakthroughs in neuroscience, combined with insights from thousands of years of contemplative practice, you, too, can shape your own brain for greater happiness, love, and wisdom. It's foreword is by Daniel Siegel, M.D. and a Preface by Jack Kornfield, Ph.D., (another one now on my reading list) joins modern science with ancient teachings to show you how to have greater emotional balance in turbulent times, as well as healthier relationships, more effective actions, and greater peace of mind.

Well-referenced and grounded in science, the book is full of practical tools and skills that you can use in daily life to rewire your brain over time. The brain is the bodily organ that most affects who you are and your experience of living – so learning how to take good care of it, and strengthen and direct it in the ways that will help you the most, is a profound gift to yourself, and to everyone else whose life you touch.

The reader can learn how their brain creates worry or inner strength, heartache or love, anger or peacefulness, confusion or clarity, and suffering or its end – and how to:

- Take in good experiences to feel happier and more confident – defeating the brain's negativity bias, which is like Velcro for bad experiences but Teflon for positive ones
- Train their brain to cool down stress, greed, and hatred – and come home to their natural core of calm and contentment
- Energize the neural networks of compassion, empathy, and love – and clear out resentment, envy, and ill will
- Improve attention for daily life, mindfulness, and meditation
- Feel more at one with the world, and less separate and vulnerable.
- Get the nutrients your brain needs to maintain a good mood, relieve anxiety, sharpen memory, and strengthen concentration

The catch phrase throughout this book is 'If you can change your brain, you can change your life.'

It is a pleasure to read with science and brain chemistry explained in terms everyone can understand. Definitely a book to have on your Bookshelf.



FVC Meeting in August

Melbourne CBD Meeting Dates: 11th August 2012

Presenter- Stan Korosi – Parental Alienation

Supervision - Open forum. Counsellors are encouraged to present their cases which they wish for feedback on.

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

Friendly Reminder

Membership Renewals have been sent and payment is due now!!

Outer East (Ferntree Gully)

Meeting Date: Saturday 25th August 2012



PRESENTATION - Tina Constanzo – Prada Wili Syndrome
Web: www.pws.asn.au

Supervision - Teenagers issues case scenario

Meets fourth Saturday monthly at: Mountain District Learning Centre
13-15 The Avenue Ferntree Gully

Costs - FVC members: \$5.00,
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Being a member of FVC means to 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





Articles and Advertising

Suitable relevant items and proposed adverts for FVC Bulletin can be sent to the FVC secretary by mail to: FVC Editor, PO Box 648, Eltham VIC 3095. 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 gif 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:

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