



# FVC Newsletter



JUNE 2012

## FROM THE ACTING PRESIDENT'S DESK

Well we are now officially at the middle of the year. A busy time for everyone. Not only is tax time just around the corner, but it is also a time when Counsellors need to look over their green log book to ensure they have their 10 hours of supervision and 25 hours professional development points. The recent ACA online seminars was a welcome chance to top up the professional development points for some.

One thing very worth considering are interstate seminars and building a holiday around these events. Something such as the 2012 Trauma Conference held by the Federation of Psychotherapists and Counsellors of Queensland in Brisbane later this month. These events equate to about 7 PD points per day of attendance.

Being members of the Federation of Victorian Counsellors allows for the ability to obtain supervision and professional development points at each meeting for at least ten months of the year in the CBD and another ten months at our Fern-tree Gully network group meetings. With some ACA state counselling bodies holding either supervision or professional development per month, we are certainly at an advantage as members of the FVC in regard to providing the most for your membership fee and the most for your counselling future professionally.

I know I speak on behalf of the FVC board when I say that we look forward to working with you in the future as we grow together as counsellors to provide best practice counselling to our clients.

Warmest Regards

*Michael Woolsey*

Acting President

## City Meeting

Saturday 9th June 2012

There will be **NO** meeting on this date due

to the Queen's Birthday long

weekend.





"One's philosophy is not best expressed in words; it is expressed in the choices one makes.

In the long run, we shape our lives and we shape ourselves.

The process never ends until we die. And, the choices we make are ultimately our own responsibility."

Eleanor Roosevelt

## Acceptance and Commitment Therapy or ACT

Typically pronounced as a word, not as separate initials - an acronym, not an initialism) is a cognitive-behavioral model of psychotherapy. It is an empirically-based psychological intervention that uses acceptance and mindfulness strategies mixed in different ways with commitment and behavior-change strategies, to increase psychological flexibility. The approach was originally called *comprehensive distancing*. It was developed by Steven C. Hayes, Kelly Wilson, and Kirk Strosahl.

### **Basics**

ACT is developed within a pragmatic philosophy called functional contextualism. ACT is based on Relational Frame Theory (RFT), a comprehensive theory of language and cognition that is framed as an offshoot of behavior analysis. ACT differs from traditional cognitive behavioral therapy (CBT) in that rather than trying to teach people to better control their thoughts, feelings, sensations, memories and other private events, ACT teaches them to "just notice," accept, and embrace their private events, especially previously unwanted ones. ACT helps the individual get in contact with a transcendent sense of self known as "self-as-context"—the you that is always there observing and experiencing and yet distinct from one's thoughts, feelings, sensations, and memories. ACT aims to help the individual clarify their personal values and to take action on them, bringing more vitality and meaning to their life in the process, increasing their psychological flexibility.

While Western psychology has typically operated under the "healthy normality" assumption which states that by their nature, humans are psychologically healthy, ACT assumes, rather, that psychological processes of a normal human mind are often destructive. The core conception of ACT is that psychological suffering is usually caused by experiential avoidance, cognitive entanglement, and resulting psychological rigidity that leads to a failure to take needed behavioral steps in accord with core values. As a simple way to summarize the model, ACT views the core of many problems to be due to the concepts represented in the acronym,

FEAR:

- Fusion with your thoughts
- Evaluation of experience
- Avoidance of your experience
- Reason-giving for your behavior

And the healthy alternative is to ACT:

- Accept your reactions and be present
- Choose a valued direction
- Take action

(advertisement)

## **SUPERVISION - Ros Wilson**

We as Counsellors under the Australian Counselling Association (ACA) all need regular Supervision. Come and join me and others

### **MONTHLY**

19<sup>th</sup> May, 16<sup>th</sup> June, 21<sup>st</sup> July, 18<sup>th</sup> August  
Monthly meetings every 3<sup>rd</sup> Saturday of the Month  
12-2pm \$40.00

Knoxfield area - phone 03 9763 0772 mobile  
0422120114 to confirm attendance

### **FORTNIGHTLY "New"**

Fortnightly meetings Tuesday evenings 7pm until 9  
pm \$40.00

Knoxfield area - phone 03 9763 0772 mobile  
0422120114 to confirm attendance

(8<sup>th</sup> May, 22<sup>nd</sup> May, 5<sup>th</sup> June, 19<sup>th</sup> June, 3<sup>rd</sup> July,  
17<sup>th</sup> July)

**“Individual Supervision is also available face  
to face or by phone”**

# Boundaries

**When to Say Yes, When to Say No, To take Control of Your Life**

**By: Dr. Henry Cloud and Dr. John Townsend** Strand Publishing Sydney 1<sup>st</sup> published 1996

Dr. Cloud and Dr. Townsend are both Clinical Psychologists who co-ordinate the Minirth Meier New Life Clinics, Newport Beach, California, and are award-winning authors and popular speakers.

“Having clear Boundaries is essential to a healthy, balanced lifestyle. A boundary is described as a personal property line that marks those things for which we are responsible. Boundaries define who we are and who we are not. Boundaries affect all areas of our lives”: Physical, mental, emotional and spiritual.

From experience, lack of adequate Boundaries is an Issue that requires attention with the majority of clients that attend counselling for a number of Issues, particularly depression, self-esteem, relationships and abuse related trauma recovery.

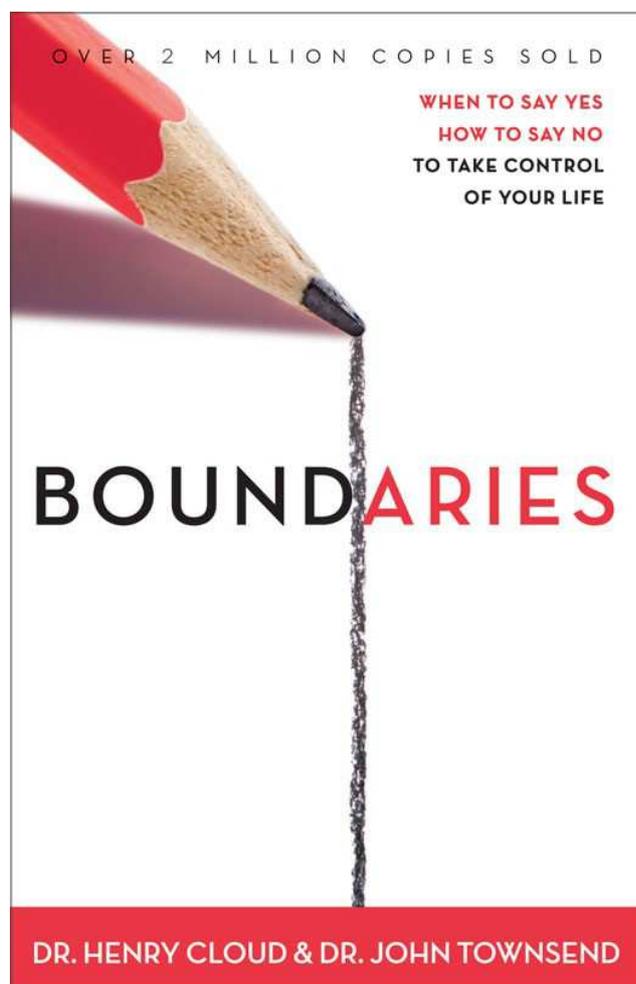
This book is very easy to read with lots of examples given throughout. Starting with an example of life without Boundaries, it continues by explaining what a Boundary looks like. It covers Boundary problems, how Boundaries are developed, gives ten Boundary laws, common Boundary Myths and then covers different aspects of life, including family, Spouse, friends, children, work and self. Resistance to Boundaries is also addressed. The book ends with an example of a day with Boundaries.

Though this is a Biblically based Christian book, I have frequently loaned it to non Christian clients who have found it extremely helpful. Dr's. Cloud and Townsend have also written Boundaries with Kids, Boundaries in Marriage and Boundaries with Teens.

Available from Word Bookstores or [www.word.com.au](http://www.word.com.au) for \$14.95.

*This is an easy book to read, and a must have for the “To Loan section of a Counsellors Book Shelf”.*

By: **Lyn Crooks**





Someone beautifully said, "Sympathy sees and says, 'I'm sorry.'

Compassion sees and says, 'I'll help.'"

When we learn the difference, we will make a difference.

## FVC CBD MEETING

**Saturday 9<sup>th</sup> June - NO MEETING DUE TO LONG WEEKEND!**

**Saturday 14th July 2012**

Presenter – Graeme Riley - TBA  
More information and details on Graeme and his presentation will be in the July Newsletter.

## **SUPERVISION** **DOMESTIC VIOLENCE CASE SCENARIO**



**Acceptance  
Commitment  
Therapy  
ACT (cont)**



### **Core principles**

ACT commonly employs six core principles to help clients develop psychological flexibility:

**Cognitive defusion:** Learning methods to reduce the tendency to reify thoughts, images, emotions, and memories

**Acceptance:** Allowing them to come and go without struggling with them.

**Contact with the present moment:** Awareness of the here and now, experienced with openness, interest, and receptiveness.

**Observing the self:** Accessing a transcendent sense of self, a continuity of consciousness which is unchanging.

**Values:** Discovering what is most important to one's true self.

**Committed action:** Setting goals according to values and carrying them out responsibly.

## **FVC FERNTREE GULLY MEETING**

### **VENUE :**

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

### **SATURDAY 23rd June 2012**

**Presenter – Angela Lewis**

**Topic: Domination and Submission: the pleasures of power play and transgressing social taboos**

Angela 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)

#### **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—Relationship Counselling Case Scenario**

## Acceptance Commitment Therapy (ACT) continued



### Evidence

ACT had, as of October 2006, been evaluated in about 30 controlled time series studies or randomized clinical trials for a variety of client problems. As of 2011 that number has about doubled and new controlled studies are now appearing very regularly. Overall, when compared to other treatments designed to be helpful, the effect size for ACT is a Cohen's  $d$  of around 0.6 which is considered a medium effect size. In some studies ACT has exceeded the performance of gold standard treatments, in others it has been equally effective, and in one or two studies with minor problems it has not done as well. As compared to treatments that are already known to be effective, the effect size so far is about .3, which is small. Across the whole empirical clinical psychology literature the average effect size for such comparisons approaches zero. All of these comparison and their effect sizes need to be viewed with caution, because many of the trials are unfunded and are based on a relatively small number of patients; some might be contaminated by the allegiance effect.

In recent years larger trials have begun to appear and the number of areas to which it has been successfully applied is growing. ACT is considered an empirically validated treatment by the American Psychological Association, with the status of "Modest Research Support" in depression and "Strong Research Support" in chronic pain, with several others specific areas such as psychosis and work site stress currently under review. ACT is also listed as evidence-based by the Substance Abuse and Mental Health Services Administration of the United States federal government which has examined randomized trials for ACT in the areas of psychosis, work site stress, and obsessive compulsive disorder, including depression outcomes.

ACT is still relatively new in the development of its research base with the randomized trials beginning in earnest only after the 1999 publication of the original book on ACT. ACT has shown preliminary research evidence of effectiveness in randomized trials for a variety of problems including chronic pain, addictions, smoking cessation, depression, anxiety, psychosis, workplace stress, diabetes management, weight management, epilepsy control, self-harm, body dissatisfaction, eating disorders, burn out, and several other areas. ACT has more recently been applied to children and adolescents, with good results.

Meditational analyses have provided evidence for the possible causal role of key ACT processes, including acceptance, defusion, and values, in producing beneficial clinical outcomes. Correlational evidence has also found that absence of these processes predicts many forms of psychopathology. A recent meta-analysis showed that ACT processes, on average, account for 16–29% of the variance in psychopathology (general mental health, depression, anxiety) at baseline, depending on the measure, using correlational methods [see Hayes et al., 2006, pp. 12–13, and Table 1].

*This information was sourced through Wikipedia.*

**What we resist  
persists**

*Wise old catch  
phrase*

**NO CBD  
Meeting  
in June  
2012  
Due to the  
Queen's  
Birthday  
long  
weekend**

## **FVC Meeting Dates:**

### **Melbourne CBD Meeting - *next meeting* 14th July, 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](mailto: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:**

Meets fourth Saturday monthly at:

**Mountain District Learning Centre  
13-15 The Avenue Fern-tree Gully  
( near Ferntree Gully 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](mailto:president@fvc.asn.au)

Registration & Networking	12.30 - 1.00pm
Presentation	1.00 - 2.00pm

# Schizophrenia

## Innovations in Diagnosis and Treatment

By: Dr. Colin A. Ross, MD

The Haworth Maltreatment and Trauma Press, an imprint of The Haworth Press, Inc 2004

I was interested to read this book after our recent CBD April presentation by **Sue Belmore**, on the Topic of: **Working towards Recovery with People Who Hear Voices**. Sue had said that people who hear voices are often given the diagnosis of Schizophrenia and that people who hear voices frequently have a history of trauma with medication rarely resolving the problem.

**Included** in his distinguished career as a Psychiatrist, Dr. Ross has supervised an inpatient program for psychological trauma in Dallas since 1991, He consults to and supervises trauma programs at hospitals in Texas, California and Michigan and is a past President of the International Society for the study of Dissociation. He is also widely published and a speaker on trauma related topics.

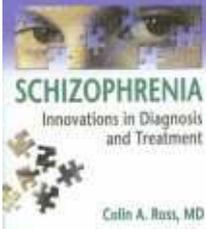
This book was written by Dr. Ross in order to address the Medical model of Psychiatry thinking towards Schizophrenia, in which Schizophrenia is viewed as being a purely biological brain disease. The Medical model believes Schizophrenia is only treatable by medication and does not take into account pre-existing trauma. Though Dr. Ross agrees that some Schizophrenia is biological

in nature, he proposes that there is a Dissociative subtype of Schizophrenia related to historical trauma and treatable by Psychotherapy. Dr. Ross's theory is substantially supported by his clinical experience of success in his Trauma Clinics, his research and the large body of other research he includes in this book. His hope is that this book will engender further research into the causes and subtypes of Schizophrenia and ultimately persuade his colleagues to introduce a new category into the future DSM-V, along the schizophrenia – dissociative continuum. His agenda is to also educate all those professionals involved in the treatment and recovery of trauma, Dissociation, DID and Schizophrenia.

Because of the huge amount of research quoted, scientific terminology and the language used, this is not an easy book to read. However, it was worth persisting with as it offers an important, compassionate, historical perspective into the Mental Health field and particularly into the causes and experiences of many who are unfortunate enough to suffer trauma and schizophrenia in its many different forms. Because of its terminology and research I do not generally agree that it is suitable for those "people with schizophrenia and their families" to read, as stated on the back cover.

*Highly recommended for those working with Trauma and Mental Health Issues.*

By: **Lyn Crooks**



W  
e  
i  
v  
e  
R  
e  
c  
o  
o  
k  
B

## 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](http://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](mailto: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](mailto: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](mailto: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](mailto:president@fvc.asn.au)

## DISCLAIMER: