



FVC Newsletter



OCTOBER 2012

PRESIDENT REPORT

FVC's 10th Annual General Meeting was held on September 8th and it was a great day. I had a lot of fun and the feedback I received was it was well presented and a very interesting day, and as usual I gave my Vice President John Dunn who has been my right hand person a special award over the years I have given him the wooden spoon, the mallet, a bell, this year he received a Diploma from the University of Bull Crap specializing in Vice President skills and a chocolate heart just to show him he is loved by us all. John stepped down from Vice President but will remain as emeritus vice-president to assist Michael Woolsley adjust to his new role as Vice President. Jennifer Reynolds accepted the role of the secretary and welcome to Anna Atkins to the board.

The speaker Deirdre Rolfe who spoke about hypnotherapy in weight loss was very interesting. I was the volunteer who she hypnotized, as that was the first time I had hypnotherapy I was a little skeptical but I was unaware of the audience and it was good experience.

I would like to thank the board members for organizing the day and thanks to Michael for the show bags full of interesting booklets. Thanks to the representatives from the networking groups (Albury) Yvonne Aldred (Ferntree Gully) Kathy Brennan.

The ACA AGM is being held in Melbourne on November 8th @ the Hilton Hotel we would love to see our FVC members participating.

Regards

Barbara Matheson

Vice President's Report

The 10th FVC AGM on 8th September was a fun day with a healthy attendance. John Dunn's resignation as Vice President resulted in my appointment to that position. Not wanting to see John's time end with FVC after many years, the Board created an Emeritus position for John, to allow him to continue assisting FVC in the future. This was a succession plan move by John and the Board for FVC's future.

Vice President's Report (cont)

The Board also welcomed Anna Atkin to the FVC Board. Anna is a counsellor working with at risk youth and will bring lots of new energy and enthusiasm to her role as General Board member.

At the AGM, Barbara played her usual prank on John by presenting him with a Diploma in Bullcrap, complete with what conditions it exists under and how he may use it now.

The guest speaker was Deirdre Rolfe presenting on a Hypnotherapy approach to weight loss. This was a fascinating presentation which held the audience captivated for the entire hour. Deirdre is a hypnotherapist and clinical counsellor who utilises Neuro-Linguistic Programming (NLP), parts therapy and cognitive behavioural therapy in her work. She discussed how early events can act as triggers to support our addictions to eating in this case.

Barbara volunteered to be a test subject so that Deirdre could show the members how she conducts her treatment and the wording she uses for her hypnotherapy sessions. This was amazing for the members to watch as Barbara was actually in deep trance in front of us. This was a unique opportunity for those present.

All in all, it was a great day with lots of nibbles, raffles and the obligatory show bag of resources from many services important to a counsellor and the counselling profession.

Have a great month everybody.

Michael Woolsey



From Editor's Desk

The AGM was a great success and understand from those present having Barbara under hypnosis was the highlight of their day. Unfortunately I was unable to attend the AGM as I had earlier in the year booked to attend "The Happiness Trap" workshop presented by Dr Russ Harris. Fabulous weekend, there was more than 150 people attending, it was a very moving experience and I learnt a lot. It is an ongoing presentation as we received checkin emails every week for the next ten weeks to see how we are getting on and reminding us to be mindful and to follow our values. If you ever get the opportunity to attend one of Russ Harris seminars grab it with both hands he is an inspirational speaker.

Can I please have some feedback on the newsletter. If you can send me a quick email at m_andrew@optusnet.com.au and let me know - What your main interest in the newsletter are eg articles or finding out when the next meeting is or who is speaking etc. Are there different types of articles you would like to have more of. If anyone is keen to contribute, either articles and book reviews to the newsletter that would be fabulous.

A big thank you to the Ferntree Gully network who were a great participants in the mindful meditation presentation.

The Federation of Victorian Counsellors—2012-2013

Executive Board members

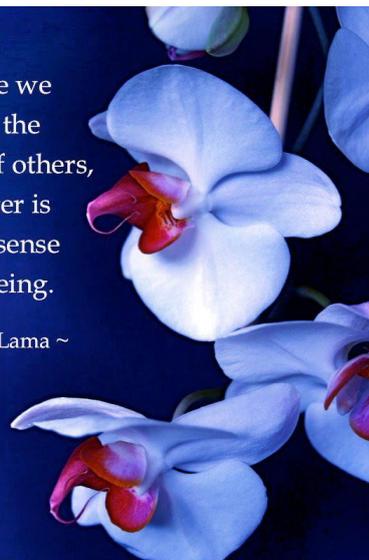
President : Barbara Matheson
 Vice President: Michael Woolsey
 Secretary: Jennifer Reynolds
 Treasurer: Ken Scott

Board Members

Stuart Steinberg
 John Dunn
 Sheelagh Heagity
 Anna Atkin
 Lyn Crooks
 Marilyn Andrew

The more we
 care for the
 happiness of others,
 the greater is
 our own sense
 of well being.

~ The Dalai Lama ~



Albury Wodonga FVC Networking Group



Albury Wodonga Networking Group meets on the 2nd Monday of each month beginning at 4:15 pm.

This group consists of counsellors from varying fields of practice meeting together for mutual support and encouragement, plus supervision and professional development for ACA logbook accreditation.

The next meeting will be held at Mirrambeena Community Centre, 19 Martha Mews, Lavington NSW 12th November. This will be the final meeting for the 2012 Year followed by a dinner at a local restaurant. For further information about these meetings you can contact John on 60292591.

What is the difference between talking to a psychotherapist an pouring your heart out to a good friend? We could say that your friend won't charge you for their listening ear(although they probably will want something back for it even if it is just that you return the favour for them one day). But the real difference is that the therapist won't take anything you say personally an they may be able to help you hear yourself better. In hoping that someone will understand you entirely now you may be hoping for a lot.

.Does High Self-Esteem Cause Better Performance, Interpersonal Success, Happiness, or Healthier Lifestyles?

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Abstract

Self-esteem has become a household word. Teachers, parents, therapists, and others have focused efforts on boosting self-esteem, on the assumption that high self-esteem will cause many positive outcomes and benefits—an assumption that is critically evaluated in this review.

Appraisal of the effects of self-esteem is complicated by several factors. Because many people with high self-esteem exaggerate their successes and good traits, we emphasize objective measures of outcomes. High self-esteem is also a heterogeneous category, encompassing people who frankly accept their good qualities along with narcissistic, defensive, and conceited individuals.

The modest correlations between self-esteem and school performance do not indicate that high self-esteem leads to good performance. Instead, high self-esteem is partly the result of good school performance. Efforts to boost the self-esteem of pupils have not been shown to improve academic performance and may sometimes be counterproductive. Job performance in adults is sometimes related to self-esteem, although the correlations vary widely, and the direction of causality has not been established. Occupational success may boost self-esteem rather than the reverse. Alternatively, self-esteem may be helpful only in some job contexts. Laboratory studies have generally failed to find that self-esteem causes good task performance, with the important exception that high self-esteem facilitates persistence after failure.

People high in self-esteem claim to be more likable and attractive, to have better relationships, and to make better impressions on others than people with low self-esteem, but objective measures disconfirm most of these beliefs. Narcissists are charming at first but tend to alienate others eventually. Self-esteem has not been shown to predict the quality or duration of relationships.

High self-esteem makes people more willing to speak up in groups and to criticize the group's approach. Leadership does not stem directly from self-esteem, but self-esteem may have indirect effects. Relative to people with low self-esteem, those with high self-esteem show stronger in-group favoritism, which may increase prejudice and discrimination.

Life is spelt HASSLE

Albert Ellis

“Everything can be taken away from a man but one thing: the last of the human freedom — to choose one’s attitude in any given set of circumstances, to choose one’s own way”.

Viktor Frankl

Neither high nor low self-esteem is a direct cause of violence. Narcissism leads to increased aggression in retaliation for wounded pride. Low self-esteem may contribute to externalizing behaviour and delinquency, although some studies have found that there are no effects or that the effect of self-esteem vanishes when other variables are controlled. The highest and lowest rates of cheating and bullying are found in different subcategories of high self-esteem.

Self-esteem has a strong relation to happiness. Although the research has not clearly established causation, we are persuaded that high self-esteem does lead to greater happiness. Low self-esteem is more likely than high to lead to depression under some circumstances. Some studies support the buffer hypothesis, which is that high self-esteem mitigates the effects of stress, but other studies come to the opposite conclusion, indicating that the negative effects of low self-esteem are mainly felt in good times. Still others find that high self-esteem leads to happier outcomes regardless of stress or other circumstances.

High self-esteem does not prevent children from smoking, drinking, taking drugs, or engaging in early sex. If anything, high self-esteem fosters experimentation, which may increase early sexual activity or drinking, but in general effects of self-esteem are negligible. One important exception is that high self-esteem reduces the chances of bulimia in females.

Overall, the benefits of high self-esteem fall into two categories: enhanced initiative and pleasant feelings. We have not found evidence that boosting self-esteem (by therapeutic interventions or school programs) causes benefits. Our findings do not support continued widespread efforts to boost self-esteem in the hope that it will by itself foster improved outcomes. In view of the heterogeneity of high self-esteem, indiscriminate praise might just as easily promote narcissism, with its less desirable consequences. Instead, we recommend using praise to boost self-esteem as a reward for socially desirable behaviour and self-improvement.

Source: Sage Journals <http://psi.sagepub.com/content/4/1/1.short>



FVC Meetings in October

FVC CBD MEETING **Saturday 13th October 2012**

Speaker: Victoria Police SOCIT unit – Child Sexual offences investigation
An open discussion with SOCIT detectives around the operation of the child sexual offences team and where counsellors can play a part.

Supervision - Counsellor's Boundaries



FVC FERNTREE GULLY MEETING

27th October 2012

Speaker: Victoria Police SOCIT unit – Child Sexual offences investigation
An open discussion with SOCIT detectives around the operation of the child sexual offences team and where counsellors can play a part.

Supervision: Multi cultural case scenario

Thinking outside the box!



Stress, Tension & Trauma Release Exercises

(also known as Core Release Exercises)

Australian workshops with Dr David Bercei

[Melbourne 1 day intro & 3 day workshop - Nov 17-19](#)

[Sydney 1 day intro & 3 day workshop - Nov 24-26](#)

(early bird registration before November 3rd)

For an efficient understanding of TRE, please view the 8 minute documentary - "[Tremors](#)" based on Dr Bercei and the use of TRE after the earthquake in Christchurch, New Zealand

The body responds to stress & trauma – regardless of the external cause:

Regardless of whether stress or trauma is physical, emotional or psychological in origin, our body responds by automatically creating 'defensive states' consisting of physical tension including tight back, shoulder, neck and jaw muscles that must be physically released in order to return to a calm and relaxed homeostatic state. It is normal and healthy for the body to enter defensive states in order to cope with stressful situations or traumatic events. Such responses only become a problem when they are not released from the body afterwards, creating chronic stress and trauma patterns that lead to reduced cognitive function and performance, increased emotional reactivity and reduced physical health and wellbeing.

Involuntary shaking and tremoring is an innate reflex to release stress and trauma:

One of the primary reflexes to release the underlying neurophysiological states of stress and unresolved trauma in the body involves the natural shaking and tremoring frequently experienced after traumatic events such as a car accident or giving birth or during stressful situations such as presenting or public speaking. This tremor release mechanism can be deliberately activated in a safe and controlled way through a series of simple exercises (TRE) that can be performed without needing to talk about or recall specific situations and without requiring the ongoing assistance of a therapist for the vast majority of people.

TRE returns the body & mind to a calm state:

As the habitual defensive states in response to the stress and unresolved trauma are released, the body and mind naturally begin to reflect reduced stress and anxiety, more balanced emotions, more efficient cognitive process such as concentration, learning, memory and creativity, deeper and more restful sleep and enhanced physical health and wellbeing.

How does TRE assist talk based therapies?

TRE is an extremely valuable resource for talk based therapists as it provides a bottom up treatment approach to concurrently address the underlying neuro-physiological states of flight/fight/freeze without requiring lengthy training in other forms of hands on body work.

TRE is also an extremely efficient occupational stress and trauma resource as it is easily taught in large groups and once learnt provides ongoing free access to physically release the effects of occupational stress and vicarious trauma for the rest of our life.

Through the ongoing use of TRE, staff and therapists tend to experience greater resiliency in the face of daily work stresses, enhanced efficiency and creativity and a more centred and grounded presence as they begin to operate from more a more calm and relaxed baseline state.

More information:

Follow this link for full [workshop details](#) and [online registration](#) or for more information about TRE including interviews, video explanations and examples of neurogenic tremors please visit: www.treaustralia.com.au

City September meeting presentation:

Deirdre Rolfe – The Mind / Emotional approach to weight loss

Deirdre is a Clinical Hypnotherapist and Clinical Counsellor with decades of experience. She discussed bad experiences in childhood playing a large part in the over eating and weight problems many people face today.

Deirdre discussed her own struggles with weight from a child and the triggers for that. Then described how the use of parts therapy, NLP, CBT and hypnosis assist her in her work with clients presenting with weight issues.

Deirdre operates a Hypnotherapy and Counselling practice in Frankston and finds that the mind is the largest part of any change that is to be made.

Barbara volunteered to be hypnotised briefly so as to show the members how Deirdre's treatment works. This was very interesting to watch as Barb slumped down in her chair and appeared totally hypnotised.

This was a fantastic presentation as it allowed members to watch a session in practice, something quite rare.

Ferntree Gully September meeting presentation :

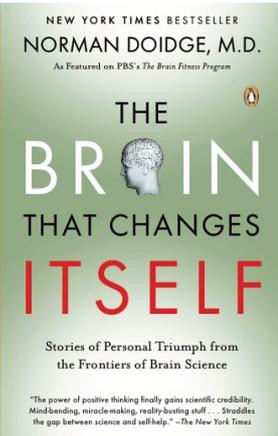
Marilyn Andrew – Mindful Meditation

Marilyn discussed Mindfulness-Based Stillness Meditation as another tool for the practitioner's toolbox. She is a counsellor and Board member of FVC who has completed the Gawler Foundation's Mindful Meditation Model 8 week course. Mindful meditation is flexible to integrate into daily life (ie. as little as 5 min exercises) and its benefits are – seeing things with greater clarity, centering, stillness, open undistracted environment, back to a more balanced mind/body response, emotional, safety.

Marilyn stated that recent studies have found that brain functions change with meditation and that others can notice positive impacts (eg. walls come down). Meditation is about an individual choice to find a voice that is comfortable. Finding a dedicated, separate, comfortable place and adopting a conducive, relaxing posture. Marilyn showed the members present a range of meditation cushions, stools, etc for mobility.

Mindful meditation is a mastery of the mind – being aware, open and present (those present used their 5 senses with a sultana to simulate mindfulness). It also involves stillness – awareness and spaciousness.

The members then participated in a demonstration of Mindfulness Meditation.



BOOK

REVIEW

The Brain that Changes Itself

by Norman Doidge

“The Brain That Changes Itself: Stories of personal triumph from the frontiers of brain science.” By Norman Doidge, MD. Revised Edition Published by Scribe 2010. An International Bestseller, also available in the National Library of Australia.

Dr Norman Doidge is a Psychiatrist, Psychoanalyst and Researcher

Though I have, probably like most counsellors, listened to lectures on Brain Plasticity, I have learnt so much more and have felt so very encouraged both in the work that we do and in my own personal life, by this book.

For a book so crammed full of research, this is a fascinating and extremely easy book to read, well illustrated with amazing case study examples.

While writing this book Dr Doidge “travelled around the United States to meet the brilliant scientists championing neuroplasticity, and the people whose lives they’ve transformed—people whose mental limitations or brain damage were previously seen as unalterable, and whose conditions had long been dismissed as hopeless.”

Some of the many cases included, include: “a woman born with half a brain”, another labelled a retarded both regaining a normal, useful life; another with damaged inner ears and unable to stay upright, learning to stand upright: Blind people learning to see: learning disorders cured and IQs raised: aging brains rejuvenated, stroke victims recovering, “children with cerebral palsy learning to move more gracefully; entrenched depression and anxiety disappearing; and lifelong character traits changed.”

“We learn that our thoughts can switch our genes on and off, altering our brain anatomy.” How average intelligence can be improved and muscles strengthened simply by our imaginations. We learn how addictions are formed. We learn how to activate some change and the time investment required, and how culture influences the brain.

Just a few of the many famous Researches and their research who are mentioned: Paul Bach-y-Rite, Sigmund Freud, Michael Merzenich, Jordan Grafman, Eric Kandel, Vilayanur Subramanian Ramachandran , M.R. Rosenzweig

Highly Recommended.

By
Roselyn Crooks



**No Meeting
in December
at
City or
Ferntree
Gully**

FVC Meeting in November

**Melbourne CBD Meeting Dates:
10th November 2012**

Presenter-Irina Ishaq – Understanding Cancer from the holistic point of view

Supervision: Workplace Harrassment

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)

Meeting Date: Saturday 24th November 2012

CHRISTMAS BREAKUP 2012

There will be a Christmas breakup for both CBD and Ferntree Gully at the Ferntree Gully premises on Saturday 24th November. There will be no supervision and no presentation on this day. It is a networking event

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

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





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

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