



FVC Newsletter



SEPTEMBER 2012

PRESIDENT REPORT

This month has been a successful one for FVC. ACA has asked us to host the State President meeting on Friday November 9th 2012 to discuss strategies for the State Associations future development.

ACA is planning to have their AGM at the same time in Melbourne so if you are available to attend the AGM that would be great for FVC, we will be informing members of time and place.

I attended the Sydney State Association chapter meeting on Saturday 11th August where I meet the ACT President and my host the Secretary Lorraine Daily who I had the pleasure of staying with for two nights. We shared ideas and drank a little wine, which helped us make huge membership development plans for the associations, Lorraine is coming down for the Presidents meeting in November and she will be joining us at the FVC meeting on 10th November.

ACA has offered to do a recruitment drive in October to all its members to encourage them to look at joining the State chapters, as they have a lot of members that are not aware or not taking advantage of the State Associations.... How exciting is that.

FVC's AGM is on Saturday September 8th at Ross House I look forward to seeing you there

Regards

Barbara Matheson

From Editor's Desk

Hello everyone,

It's that time of the year again the Federation is celebrating another year by holding it's Annual General Meetings. All members are cordial invited next Saturday to Ross House at 1.00pm to participate in the occasion.

Unfortunately I won't be at the AGM as early this year I booked in for an Acceptance Commitment Therapy workshop..the Happiness Trap run by Dr Russ Harris. If you haven't read any of his books, are a great guide for clients who might be struggling with relationship issues, depression etc. I am really looking forward to the experience so I will fill you in next month.



It's been a busy month for me...apologies as this newsletter is late due to the fact that I have been on Jury Duty which took longer than I thought. I found it a very affirming experience and from a counsellor's point of view a very interesting exercise in people watching. Fascinating!

I am speaking at the next Ferntree Gully meeting on Mindfulness Meditation. I am really looking forward to sharing my experience with them. So come along and join in. It's a wonderful tool for both your own self care and a gift for you to share with your clients.

Ken Scott kindly sent me the moneysmart article for the newsletter it makes for interesting reading. There is an interesting article in 1 Sept 2012 New Scientist Magazine (libraries usually carry copies or local newsagents) about eating your way to dementia..there is a body of evidence to suggest that it is linked with poor sensitivity to Insulin and maybe should be by Type 3 Diabetes. Makes of interesting reading.

MONEYSMART WEEK



Sex and money are the last great taboos of Aussie conversation, with people up to twice as likely to talk with friends about their holidays, jobs or weight than their financial goals or sex-life, a survey has found.

Ahead of the launch of the first MoneySmart Week on Sunday 2 September, a Newspoll survey of over 1200 adult Australians delved into our attitudes to money.¹ It found that in the past month, around half (56%) of Australians had spoken with their friends about their holiday plans, their weight (44%) and their career goals (48%). By comparison, just 31% of Australians spoke with their friends about their financial goals and 26% about their sex-life.

¹ This Newspoll study was conducted by telephone in August 2012 among a representative sample of 1205 adults aged 18 and over nationally.

Behind closed doors, however, money is a hot topic: 77% of married or de facto couples talked to their spouse or partner about their financial goals in the past month, following closely behind talking about household chores (78%).

MoneySmart Week is a national initiative of members of the Australian Government Financial Literacy Board, led by Mr Paul Clitheroe AM. The Week is supported by a committee of volunteers from over 50 organisations in the business, community and government sectors.

According to Paul Clitheroe, "Australians have a clear focus on their financial goals, but aren't always sure how to achieve them.

"There are lots of fantastic resources out there to help you take control of your money, but it can be hard to get started and move from talk to action. In fact, the Newspoll survey suggests that over 3 million Australians spend more time worrying about their financial situation than taking steps to improve it.

During MoneySmart Week, we are calling on Aussies to take the next step in their financial journey by completing a Money Health Check. This online tool takes just five minutes to complete and provides a clear and simple roadmap for sorting out your financial situation.

“Everybody has something they can do to boost their financial wellbeing, and the Money Health Check is the first step in that process,” Mr Clitheroe said.

During MoneySmart Week, community organisations and employers are holding over 100 free events, such as information sessions, morning teas, workshops and seminars that increase understanding of money and provide a forum for Australians to complete a Money Health Check. Go to Moneysmartweek.org.au to find an event near you!

Mr Clitheroe said, “Understanding money helps individuals and families to manage financial stress, work towards meeting their goals and secure their financial wellbeing.

Findings Snapshot:

Couples talking about their financial goals:

77% of married or de facto couples talked to their spouse or partner about their financial goals in the past month. Other conversation topics discussed in the past month included household chores (78%), holiday plans (70%), sex-life (61%), body weight (59%) and job or career goals (56%).

Younger couples were more likely to have discussed financial goals than older couples: 82% of couples aged 18-49 had talked to their spouse or partner about their financial goals in the past month, compared to 69% of couples aged 50 and over.

Australians worrying about their financial situation versus taking action:

When asked if they spend more time worrying about their financial situation or more time taking steps to improve their financial situation, 59% of Australians (10.1 million people) said they spend more time taking action, 19% (3.3 million) said they spend more time worrying, 13% (2.3 million) said they neither worry nor take action and 7% (1.2 million) said they spend equal timing worrying and taking action. The remaining 2% didn't know/refused to answer.

Couples' money secrets:

- 82% of married or de facto couples claimed that they were "always" open with their spouse or partner about what they have bought and how much it cost. A further 16% said they were "sometimes" open, 1% said they were "rarely" open, and 1% said they were "never" open.

Continued:

Couples' money secrets:

- In all, nearly 2 million Australians (1.9 million) were "sometimes", "rarely" or "never" open with their spouse or partner about what they have bought and how much it cost.

- Couples aged 35-49 appeared to be less likely to be open with their spouse/partner than couples aged 50 and over:
 - * 76% of couples aged 35-49 answered "always" compared with 85% of couples aged 50 and over; and
 - * 24% of couples aged 35-49 answered "sometimes", "rarely" or "never" compared to 14% of couples aged 50 and over.

Media inquiries should be directed to:

Melanie Wilson, Buchan Consulting: 02 9237 2800

A/H Evan Diacopoulos, MoneySmart Week Campaign Manager: 0410 329 504

Review of Presentation at the City Meeting—August 2012

Presenter- Stan Korosi – Parental Alienation

Stan has a Master of Counselling and Human Services and a psychodrama facilitator. He will be discussing the issue of parental alienation and how children can become pawns in relationship breakups resulting in some big effects on the children.

I have had the pleasure of hearing Stan speak at the ACA conference in Canberra several years ago. His presentations are always passionate, well researched, vibrant, and interactive. It was obviously a first hand experience for him and he is using his experience to help others. I have done some research on this topic since hearing Stan speak and it seems to well recognized overseas but only recently given acknowledgement here.

The definition of parental Alienation is a set of process and behaviours conducted and enacted by a parent to deliberately and knowingly damage or sever the relationship between a child and the other parent with whom the child enjoyed a prior loving relationship. Where does it thrive—in fear; high conflict hostile aggressive parenting; isolation by demanding parent); relocation or in extreme cases kidnapping; ignorance; poor parenting; poor or inadequate boundaries.

An alienated parents needs to experience that they are supported, understood and validated. They need to develop skills in managing their partner to reduce conflict and understanding the partners personality style. They need to not to retaliate; ignore the problem or engage in a competition with the other parent. When communicating with the child involved letting them know in any possible way that you love them. Break down unsubstantiated and or absurd beliefs and accusations.

This brief outline does not do the topic justice. There has been a steady rise in Parent Alienation over the last 10 years so we have asked Stan to come back next year so please don't miss this opportunity when it arises.

"A ship in harbor is safe, but that is not what ships are built for." ~

William Shedd

"He that will not sail till all dangers are over must never put to sea." ~

Thomas Fuller

FVC Meetings in September

FVC CBD MEETING

Saturday 8th September 2012

ANNUAL GENERAL MEETING

**Speaker: The Mind/Emotional approach to weight loss
By Deirdre Rolfe M.T.C**

Supervision - There is no supervision due to the AGM

FVC FERNTREE GULLY MEETING

Date: 22th September 2012



**PLEASE NOTE THE NEW VENUE
ADDRESS OF:**

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

**PRESENTATION – Marilyn Andrew – Mindfulness Based Stillness
Meditation (MBSM)**

The practice of Mindfulness meditation enables our body to regain its natural state of balance, reactivating the immune system and the body's own healing potential, restoring and sustaining good physical health. By experiencing this meditative state directly, we start to realise who we really are.

Mindfulness Meditation can transform ordinary, everyday existence and survival into something truly meaningful and wonderful. Meditation can help with:

- Peace and clarity of mind;
- Strengthening your immune system;
- Physical, emotional and spiritual wellbeing;
- Self-awareness, self-knowledge and self-esteem;
- Healing your body and mind.

This is an introduction that will benefit both counsellors, their self care as well as working with your clients.

FVC AGM PRESENTER SATURDAY 8TH SEPTEMBER

Deirdre Rolfe M.T.C.

Clinical Hypnotherapist and Clinical Counsellor

The Mind/Emotional approach to weight loss

- CHOICE
- FOCUS
- CONCEPT OF MOTIVATION
- HOW THE MIND WORKS AND THE NATURE OF HABIT
- FORMULA TO REPROGRAM THE MIND
- THE METAPHOR OF WEIGHT
- DENIAL
- ACCOUNTABILITY
-

HYPNOSIS: HOW IT WORKS< WHY IT WORKS <AND HOW TO WORK WITH IT

A volunteer will be chosen for a 15 min induction to conduct an excerpt of a weight loss session utilizing PARTS THERAPY, N.L.P., and HYPNOSIS

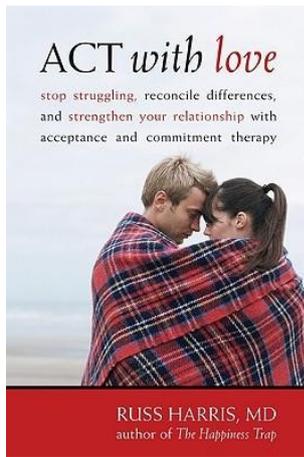
All information and materials will be taken from my weight loss program called Get Psyched. "Get Psyched" is a program I designed (and my 2 year PhD dissertation) which focuses on various therapeutic approaches derived from my work and educational experiences of over 20 years as a Clinical Counsellor and Clinical Hypnotherapist. It's an accumulation of my training in various therapies including, Neuro Linguistic Programming, Parts therapy, Clinical Hypnosis, and Cognitive Behavioral Therapy. Its birth was a direct result of my own experience and struggles and triumph with weight related issues.

It is my belief that although the variables involved for those whom are overweight and/or obese are multifaceted and dependent upon a holistic approach in order to succeed, the largest component of this equation is the mind.

About me: I am originally from Canada having trained and practiced for over 20 years. I have resided in Australia for 6 years, and my first job was running my program Get Psyched in a weight Loss retreat center called The New Me opened by Biggest Loser, Winner (2006) Adro Sranelli. A few years ago I opened my own Hypnotherapy and Counselling Practice in Frankston and I have a second business called BRAWL. Brawl is a fusion of old schools style boxing and Hypnosis, Mind tools/C.B.T. and NLP to teach people how to transcend the discipline and skills of boxing into all areas of their lives.



BOOK REVIEW



ACT with love

by Dr Russ Harris

Stop struggling, reconcile differences and strengthen your relationship with acceptance and commitment therapy.

Not only am I recommending this book to my clients but giving it to my adult children to read. Its a practical workbook to improving your important relationships.

Popular myths about love set us up for a struggle with real life. The inconvenient truth is there's no such thing as a perfect partner, all couples fight, and feelings of love come and go like the weather. But that doesn't mean you can't have a joyful and romantic relationship. Through a simple program based on the revolutionary new mindfulness based acceptance commitment therapy (ACT), you can learn to handle painful thoughts and feelings more effectively and engage fully in the process of living and loving together.

With your partner or alone, you'll learn how to:

- Let go of conflict, open up, live fully in the present
- Use mindfulness to increase intimacy, connection, and understanding
- Resolve painful conflicts and reconcile long standing differences
- Act on your values to build a rich and meaningful relationship.

This is a beautiful and uplifting book that will benefit you whether you are currently in a good or bad partner relationship, or in no relationship at all. Although the book is written for anyone interested in improving partner relationships or getting back into one, it will also help you improve your relationship with the person you are closest to in the most basic and natural way: yourself.

In just about every chapter Russ Harris invites you to do a variety of engaging, practically experiential exercises that will bring the material alive and make it personally meaningful to you.

The book is divided into three parts—Part 1 making a mess, you look at what goes wrong in relationships. Part 2 making a Commitment, you look at whether you should stay or leave your relationship and consider what is required if you truly want to stay and make it work. In part 3 making It Work—you look at what sort of partner you want to be, what thoughts and feelings are getting in the way, and how mindfulness can help you handle them much better. You also cover the inevitability of conflict and pain, and how you can reconcile, your differences more effectively. And finally, you look at ways to actively strengthen and deepen your relationship forevermore.

*Happy Reading,
Marilyn*



FVC Meeting in OCTOBER

**Melbourne CBD Meeting Dates:
13th October 2012**

**Presenter- Steve Giuliani
Supervision: open forum**

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

Word definition:

NEUROTIC

A Neurotic person uses his/her potential to manipulate others, instead of growing up themselves.

Outer East (Ferntree Gully)

Meeting Date: Saturday 27th October 2012

PRESENTATION - Speaker to be confirmed

Supervision - Multicultural case scenario

Meets fourth Saturday monthly at: Mountain District Learning Centre
13-15 The Avenue Ferntree 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
Supervision	2.30 - 3.30pm



Thought for the Day:

*"What day is it?" asked Pooh.
"It's today," squeaked Piglet.*

"My favourite day," said Pooh.



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:

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.