In this issue of Contact:

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Tim Nunan reports on a number of important developments including updates to PD, the QCA website and the PACFA restructure.

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♦ **Support for Supervisors**
Jean Tulloch writes about Elisabeth Shaw’s forthcoming visit to Brisbane in June.

♦ **Transformative Mindfulness**
Ruth Donnelly shares her passion for mindfulness.

♦ **The Analyst**
Last but not least, The Analyst, a poem by Stefanie Harper, contributed and introduced by Susan De Campo.

♦ **Membership roundup**

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President’s Report

by Tim Nunan

First of all I would like to welcome Shirley Hicks onto the committee. Shirley is filling the casual vacancy as a result of Paul Scully’s resignation. Shirley’s main area of interest is in how people carry the story of their life in their body - to this end she works primarily as a somatic psychotherapist. Shirley has a particular interest in how people deal with traumatic events in their life and how for some it can become an ongoing physical and emotional experience long after the traumatic event has passed. With the sensitive application of yoga and other somatic principles, Shirley works with clients to help bring all aspects of their being back into alignment. Shirley has a private clinic based in Varsity Lakes on the Gold Coast and has been in private practice for 20 years. She is the co-founder of Trauma Sensitive Yoga Australia. She is also a lecturer at ACAP in Brisbane.

Professional Development Update
One of our important tasks as a committee is to continue with the excellent Professional Development program that Neil Wiseman and his committee conducted for many years. Fortunately Shirley has been able to put together a timetable of events that we will circulate as soon as all the dates and speakers are confirmed. Once again, some Sunshine Coast QCA members have arranged for some Professional Development workshops to be held on the Sunshine Coast over the next few months. I would like to thank Nan Cameron and her helpers who have been behind this effort and are making it happen.

We would also like to get some feedback from the members about how you view the PD events that are available.

We have put together a survey to ask for your responses about the QCA PD, so when you have a spare moment, please complete it and give us your feedback. Follow the link below or copy and paste it into your web browser.

https://www.surveymonkey.com/s/LCWQHH3

PACFA Restructure Update
Instead of me trying to give you an explanation of where this is at I have attached the link to the PACFA web site to allow you to visit there and inform yourself as to the recent developments.


At this stage QCA have informed PACFA that as a member association we are not changing our current relationship with PACFA. In effect nothing has altered since I last reported on this in the December Contact.

On behalf of the Committee, QCA’s secretary, Nathan Beel has approached PACFA to ask them to participate in a recorded interview to provide an overview of the PACFA restructure so that it can be explained in a manner that is more readily
understood by our members. We will keep you updated as to how that is progressing.

I will be attending the PACFA Council meeting with my co-delegate Nathan Beel on 18-19 April 2015 in Sydney. We will have an update on that meeting for the next edition of Contact.

**QCA new web site**

As this edition of Contact goes to press I am hoping to be able to say that the new web site is up and running. As is common with most IT applications there have been some teething problems that have been identified and as these are being addressed it has put back the launch date. Once Ros and Florence have received the required training I understand the changeover from the old site to the new site will take place. This may mean that the QCA site may be down for 1 - 2 days while the transition takes place. So please don’t panic if you can’t access the site at the moment.

**Fee increase for Clinical and Provisional Members**

Each year our fees are reviewed in line with PACFA affiliation fee increase, which is based on the annual CPI percentage increase. This year it has seen an increase of 1.7%. Consequently, as was approved at the 2012 AGM the QCA Clinical and Provisional membership fees will increase by the same amount for membership in 2015-2016. The actual amount to be paid is to be determined by the committee. You will be informed as to what the new membership fee for those membership categories will be.

Tim Nunan, President QCA

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**DATES ON THE CALENDAR ARE CLOSER THAN THEY APPEAR! ARE YOU PREPARED FOR END OF YEAR RENEWALS?**

The end of year renewal period starts in May and you will be required to renew your membership by 30 June 2015. Are you on track with your client numbers, supervision hours and professional development points? You must also have a current supervision contract and professional indemnity insurance. Although you won’t be asked to submit evidence with your renewal you must make a declaration that you have met the requirements and keep a portfolio containing all your evidence for future audit purposes.

Your folio should contain the following information for a period of 3 years:

- Client contact hours
- CPD documentation.
- Supervision documentation.
- Proof of MA membership.
- Proof of professional indemnity insurance.
- Details of any ethical breaches or other ethics issues that may have arisen.

As with last year, renewals will be done through the Counselling and Psychotherapy portal. All members will receive a renewal notice in early May.

Now might be a good time to review how you are travelling and make arrangements to remedy any possible shortfalls.

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**Registrar’s Rundown**

by Paul Neumann

**Associate, Provisional and Clinical** members need to have a minimum of:
- 100 client contact hours
- 10 hours of related supervision (or 15 if you have seen more than 400 clients)
- at least 40 points of professional development.
Support for Supervisors

by Jean Tulloch
jeantulloch@thompsett.com.au
Accredited supervisor QCA, PACFA
AAOS Board Member for Queensland

Good news to follow up on my last article in the December 2014 Contact, about local support for supervisors and the responsibility they carry for the profession as a whole! And thank you to the QCA management committee for suggesting a follow up article on AAOS (Australian Association for Supervision).

Elisabeth Shaw will be known to many of you for the column in ‘Psychotherapy in Australia’ entitled Sacred Cows and Sleeping Dogs that she wrote for many years. Elisabeth Shaw is a clinical and counselling psychologist, supervisor and trainer in private practice in Drummoyne, NSW. She was previously a Manager and Director of Relationships Australia NSW. She teaches at postgraduate level, is co-editor of Couple Therapy in Australia, Issues Emerging from Practice (2007, Melb.:Psychoz) and, in conjunction with supervision guru, Michael Carroll, co-authored Ethical Maturity in the Helping Professions, Making Difficult Life and Work Decisions (2012, Melb.:Psychoz; 2013 JKP:UK).

AAOS has been lucky to secure Elisabeth as guest speaker for its inaugural professional development day in Queensland – so make sure you keep Sat 13th June free- you’ll be in for a treat! Elisabeth will focus on the important role that supervisors play in the profession, as well as how supervisors can “lead by example (modelling, mentoring, influencing) such that supervisees stay ethically robust in their work, fostering practice wisdom and ethical maturity”.

AAOS is a multidisciplinary, not-for-profit organisation that provides growth opportunities and enrichment activities for supervisors with the aim of both supporting and challenging personal practice in an inclusive environment. It provides a register of accredited members and support to trainee supervisors as well as those who fulfil the requirements for full membership. Full members are authorised to use the logo. For more information follow the link in the paragraph below.

Special offer for non-members

AAOS is keen to promote the Association around Australia. Paying participants of this PD Day are offered the opportunity to become members of the Association for the current membership year ending April 1, 2016 at the cost of the PD Day. To benefit from this offer, the required documentation should be downloaded from the website: www.supervision.org.au and the receipt for the PD Day attached. This offer will be valid until July 31st, 2015. Full financial members are entitled to receive free PD Days. Only when International speakers are engaged might a small contribution be requested to cover costs.

ETHICS AND CLINICAL GOVERNANCE: THE POINTY END OF SUPERVISION PRACTICE
PRESENTED BY ELISABETH SHAW

For a more detailed description, follow the link below or paste into your web browser.

http://www.supervision.org.au/events/

Cost: $200 early bird rate non-members. $250 after 1st May 2015
Free for full AAOS members. Special offer for non-members – see right.
Mindfulness has become a popular word in counselling in the past few years. Prompted by the work of Jon Kabat-Zinn and the MBSR program - Mindfulness Based Stress Reduction (see www.umassmed.edu/cfm/stress-reduction and www.youtube.com/watch?v=3nwKbM_vJc).

Mindfulness in therapy took off when MBSR was integrated with cognitive behavioural therapy to develop the MBCT program (see www.bangor.ac.uk/mindfulness).

I came to the life-changing benefits of mindfulness through my involvement with Tibetan Buddhism and by reading Jon Kabat-Zinn’s book “Full Catastrophe Living” in 2002, at a time when full catastrophe seemed to say it all. I later embraced the approach of Thich Nhat Hanh to mindfulness, warm hearted to complement the more clinical approach of MBSR (see http://plumvillage.org).

As one of my teachers said, mindfulness is subversive, it gets you back in touch with who you are, your own truth, your own present moment, and away from the rules and stories we live by. Connecting with here and now, with awareness and a warm heart, all of life’s challenges and joys are lived with a greater sense of lightness and vitality.

I love to share good things of life with others, so I taught a few MBSR style groups, and integrated mindfulness into my life.
Mindfulness practice requires commitment and brings an overall improvement into the quality of our lives. MBSR is a powerful program, training people how to help themselves, rather than a counselling method. Our clients may not be willing or able to commit to a practice of mindfulness to bring the changes they need. Direct intervention using the benefits of mindfulness is also valuable. Transformative Mindfulness is such a method of intervention “using the power of your mind for better health and wellbeing” (see http://lamponthepath.org/node/134).

Transformative Mindfulness (TMM) integrates the focus and awareness of mindfulness with receptive visualisation and expressive drawing to bring insight and change to a chosen situation in life, quite simply and powerfully. It is a simple process for the therapist to learn, and for the client to work with. It fits well into a counselling situation - following an initial discussion the therapist facilitates the meditative / drawing process. After this the client shares their insights and how to integrate the change into their life.

The approach can be used to help with emotional or physical issues, with children, young people and adults. The foundation exercise brings healing change to a ‘problem’. Other exercises bring greater insight and perspective to issues, build strengths and transform outer or inner conflict. Profound change can occur as a deep understanding of the causes of issues is accessed in a compassionate way. Mindful acceptance then supports transformation.

Part of the change process involves calling on a source of help, of wisdom and compassion, of healing, of light, angels, guides, whatever words the client needs to access a source of help, from outside or from within. Maybe we can see this as archetypal or transpersonal or simply the client’s higher self, the part of them that knows what is best! This invitation to support, to beneficial change and the letting go and allowing that comes with it, this seems to bring a depth of change ‘beyond reason’.

TMM has been developed by Dekyi-Lee Oldershaw over 20 years, integrating ancient wisdom of the mind from Buddhism with a modern therapeutic approach. TMM is embraced by Universal Education to help people develop ‘a good heart’ (see www.compassionandwisdom.org) and has partnered with Toronto University to provide clinical training (see www.transformativemindfulness.com).

TMM can be offered as ‘self healing’, teaching clients to use the exercises for themselves at home. Often this is done in group workshops. This self-care approach is also very relevant to ourselves as therapists, whether caring for the challenges we face in our work, or in our personal lives.
THE ANALYST

“Stefanie Harper is a young Queensland author, playwright, poet, teacher, vocalist and all round lovely person. Her edgy new play, Slammed, will be performed at Brisbane’s Powerhouse between July 23 and August 1. The play addresses major themes such as life choices, education, family, finding your voice, youth violence, mental health, sexuality, drug use, divorce and bullying. It will encourage general audiences to think, feel and reflect but will particularly speak to the youth like no other contemporary convergent play.

I recommend it, and other works of Stef’s, warmly and without reservation.”

Susan De Campo. FQCA

In the corner of a complex mind
Amidst darker shades of self
Serpent smiles
And happy girls who exhale hurt
My head houses
The analyst

Born of criticism and confusion
And brief affairs with fear
Gifted to me by an unloved child
The analyst looks through my eyes, speaks in my voice
And operates my foolish hands

With obsession for profession
And great attention to detail
The analyst sits
On the same shelf to be left on
And taints me truth
Of failure to reflect on

Feasts on fault
Finds mine in all situations
Reminds me I’m the constant in negative equations
And despite people’s best persuasions
On a number of occasions
The analyst
Assures that I am nothing

Insistent on order
Places what I don’t deserve
Next to reasons I don’t deserve it
Measures what I haven’t earned
And weighs up why I haven’t earned it
Scours for my worth
To declare the search just wasn’t worth it
Buries doubt in my bones
Lays blame in my lap
And reports that the forecast
Is lonely

The analyst is the reason
I make collections
Of blurred recollections
Resurrect them
To inspect them
Then dissect them
Until I wreck them
Burn for the correction
To make no connection
And leave myself half real

Together we both know
That’s how I’m better

Continued overleaf
And when shards of the oldest words
Sit in my skin like glass
Stillness the only refuge
From fire that couldn’t last
The analyst reminds me
The proof was in the past

And robs me of my surprise

There was a day I got told to think
Like they had never even met me
Never seen the tired eyes

Was it under the guise
Of introduction to thinking
You decided hands should shake?

For sanity’s sake
Don’t talk to me about thinking
I’ve spent my life sinking in thinking
Drinking in doubt to work out
What I amount to
I’ve been connecting dots to numbers you can’t even
count to

You want to tell me to think?
Then when my heart falls from my chest
Rolls on the floor
And lands at your feet
I expect you to blink

But in the mess I digress
And even with pointed points connected
Rage is readily redirected
When all is said and done
The analyst will do the sum
And inform me politely
Wrongly or rightly
The number to count to
Is one

And in this solitude
The analyst cements
Sentiments clearer
Than the actual words
And I sit with them
Until it doesn’t really hurt

And if tears roll
Or emotion should evoke
The analyst will always know
Exactly when to joke

Did you hear the one about the girl who
thought that things could change?

And what’s so strange
Is that even with all I know
A willingness to grow
And this analyst exposed
Thoughts
Are so hard to rearrange

The Analyst by Stefanie Brooke Harper

Poetry is what in a poem makes you laugh, cry, prickle, be silent,
makes your toe nails twinkle, makes you want to do this or that or
nothing, makes you know that you are alone in the unknown world,
that your bliss and suffering is forever shared and forever all your
own.

~ Dylan Thomas
Welcome to new and returning members

QCA welcomes the following new members and extends warm congratulations to members who have upgraded. We look forward to seeing you at QCA functions.

<table>
<thead>
<tr>
<th>Category</th>
<th>Members</th>
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</thead>
<tbody>
<tr>
<td>Clinical</td>
<td>Jane D’Arcy, Alan Richardson, Cheryl Smith</td>
</tr>
<tr>
<td>Provisional</td>
<td>Jonathon Ray, Prina Scot, Anne Thistleton, Paul Toon, Todd Wehr, Jonathan Wills</td>
</tr>
<tr>
<td>Associate</td>
<td>Rochelle Cameron, Michele Coint-Bavarot, Matthew Dahlitz, Joe Hegedus, Janene Warren</td>
</tr>
<tr>
<td>Affiliate</td>
<td>Jasmine Faraone, Jessie Farnell, Sarah Gilmour, Elizabeth Haffey, Tara Hamilton, Linda Starke</td>
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We wish to thank Relationships Australia at Spring Hill for generously allowing QCA to use their rooms for training and Professional Development Meetings.
A relationship counsellor’s survival guide to family law.

Relationship counsellors need to have the counselling skill-set but also an understanding of Family Law. This FIRST TIME seminar will update you on the practical skills you need as a relationship counsellor and provide an insight into the challenges faced by relationship counsellors:

• How does mediation work?
• When does the court get involved?
• How are children’s arrangements determined?
• How is property division determined?
• and much more!

This is a presentation YOU don’t want to miss. A unique opportunity to get a clear understanding of the real-life Family Law issues that you are likely to encounter and how best to navigate around the traps and pitfalls.

Presenter: Michael Lynch is an Accredited Family Law Specialist and Principal at Michael Lynch Family Lawyers. Michael has practiced exclusively in Family and de facto relationship law for 25 years and has extensive experience in all facets of family law. Michael is renowned for taking a practical approach to navigating the complex Family Law environment.

Venue: 6 – 8 pm | Tuesday 5 May 2015
Broncos Leagues Club, 98 Fulcher Road, Red Hill
Fee: $40 (payable at door)

BOOK NOW as places are strictly limited!
Phone (07) 3221 4300 or email us at law@mlynch.com.au.
For more information from others that have attended our previous seminars visit:

www.mlfl.com.au
Neuropsychotherapy

Recent findings in Neuroscience demonstrated the unique role of talking therapies as enriched environment to facilitate changes in the brain. Neuropsychotherapy is the “language” used in the interaction between the clinician and the client to guide the client in the process of restructuring the brain towards higher levels of functioning and well-being. It uses information from neurosciences to assist clients suffering from a wide range of biological, psychological and social challenges to apply strategies to down regulate unhelpful neural stress responses and up regulate neural activation towards neural change. Understanding the neurophysiology of these disorders and activation patterns of neural pathways as well as discussing practical applications, assist clinicians greatly to apply more effective strategies to treat depression, anxiety and trauma.

Workshops

The Adolescent Brain - Utilizing Neurobiological Information to Enhance Mental Health and Learning.
Continuing Professional Development Hours – 12 hours specialised training
Brisbane 27 & 28 August 2015
RWH Hospital, Herston Rd, Herston, Brisbane
Sydney 10 & 11 Sept 2015
Portside Centre, Level 5, 207 Kent Street, Sydney
Melbourne 16 & 17 Oct 2015
Royal Melbourne Hospital, Grattan Street, Parkville
Perth 23 & 24 November 2015
St Catherine’s College, Uni WA, Nedlands

The Developing Brain & the Neuroscience of Memory and Trauma
Continuing Professional Development Hours – 12 hours specialised training
Melbourne 23 & 24 April 2015
Royal Melbourne Hospital, Grattan Street, Parkville

The Social Brain & the Neuroscience of Relationships
Continuing Professional Development Hours – 12 hours specialised training
Brisbane 28 & 29 May 2015
RWH Hospital, Herston Rd, Herston, Brisbane

The Ageing Brain & Neuropsychotherapy
Continuing Professional Development Hours – 6 hours specialised training
Sydney 20 November 2015
Portside Centre, Level 5, 207 Kent Street, Sydney
Melbourne 5 December 2015
Royal Melbourne Hospital, Grattan Street, Parkville

The Brain & Anxiety: Neurobiological information as Psychotherapeutic Tool
Continuing Professional Development Hours – 12 hours specialised training
Sydney 30 April & 1 May 2015
Portside Centre, Level 5, 207 Kent Street, Sydney

The Neuroscience of Depression: New opportunities for Effective Treatment
Continuing Professional Development Hours – 12 hours specialised training
Melbourne 31 Jul & 1 Aug 2015
Royal Melbourne Hospital, Grattan Street, Parkville

Master Class – Applied Strategies for the Treatment of Anxiety
Continuing Professional Development Hours – 6 hours specialised training
Brisbane 27 November 2015
RWH Hospital, Herston Rd, Herston, Brisbane

About the Presenter

DR PIETER J. ROSSOUW
MAPS, MCClin; QCA.

Pieter is the Director of the Mediros Unit for Neuropsychotherapy – a company that provides training in Neurobiology and Neuropsychotherapy. He also teaches at the University of Queensland in the School of Psychology and the School of Social Work and Human Services. Currently he is involved in full time teaching and research in the fields of neurobiology and neuropsychotherapy as well as clinical training for clinicians, psychologists and general practitioners.

Pieter is a member of the Australian Psychological Society and the APS College of Clinical Psychologists. Pieter was a Professor in Clinical Psychology at in South Africa and also taught at Universities in Canada and Holland. He also spearheaded a Psycho-Therapeutic Assistance Program to support people being exposed to trauma. He provided Mental Health training for GPs for the Royal Australian College of General Practitioners. In Sydney (1999 - 2010) he worked as Senior Clinical Psychologist - Department of Health and he was the Clinical Director of both St John of God Psychiatric Hospitals (Burwood and Richmond).

Pieter specialises in Neuropsychotherapy and is an expert in anxiety and mood disorders. He has published 7 Scientific Books and 60 scientific articles. He has been involved in research in extensive clinical trials and presented research papers at 50 International Conferences worldwide.

Pieter’s latest book – Neuropsychotherapy. Theoretical underpinnings and clinical applications, was published in November 2014. He is passionate about teaching – and was the recipient of The University of Queensland Faculty of Behavioural Sciences prestigious award for Excellence in Teaching. He provides global leadership in counselling and is invited on regular basis as keynote speaker at leading international conferences.

He is a member of the Global Association for Interpersonal Neurobiology Studies, the International Society for Traumatic Stress Studies, the International Association for Family Therapy and the Professional Association for Drug and Alcohol Workers; the Australasian Cognitive Neuroscience Society; and the Board of the Neuropsychotherapist with fellow researchers Allan Shore, Louis Cozolino, Todd Feinberg and Georg Northoff. He is the director of the Institute for Neuropsychotherapy and the chief editor of the International Journal for Neuropsychotherapy and on the editorial board of The Neuropsychotherapist, Journal Psychology and Clinical Psychiatry and Journal of Psychiatry.