



Connecting *in December 2006*

Newsletter of the Association of Personal Counsellors 0414 595 126

WARMTH FOR THOSE WHO, THIS SIDE OF THE WOMB, HAD NEVER KNOWN IT!

Wrapped with love! Earlier this year, I listened to a radio interview with a woman working for an aid agency in Rumania, the country from which the news of overflowing orphanages sat heavily on our minds. "Policies have changed here", she said, "more children are placed foster care" and yet, in a place where poverty is defined, thousands of babies continue to be abandoned in maternity wards. As they spoke, hundreds of knitters in Australia sat knitting, sewing, creating wraps to send to Rumania and other places of destitution. Warmth for those who, this side of the womb, had never known it!

With client's stories in the back of my mind and sometimes in the front, I wonder if this perhaps, describes our work as counsellors as we bring warmth to the hearts and minds of those who seek our help.

And then there is the relentlessness of war which simply morphs in time, place, people, and magnitude. It will never leave us and will always require somebody with wisdom to bring about some reconciliation.

APC members – who we are defines what we do and how we do it.
Christians – seeking to bring warmth to others with professional integrity.
Counsellors – seeking to honour our God by joining in his work of reconciliation.

APC exists to honour the decision of the members, to remain true to both their Christian and Professional stance. I believe we are to join together in the work of upholding one another in that decision. May you all have a refreshing break over the Christmas New/Year season ready to begin work again in the new year with a new vision of what God has done for us in Christ.

Ruth Speziale

OUR FEEDBACK FORMS FROM CPD EVENTS IN 2006

We had three successful CPD events in 2006. One of the thrills of co-ordinating these events, is that I get to see the Feedback forms. Each event met the needs of 99.5% of participants and it was a thrill to see participants returning for other Professional development events, as well as new people attending each event. It has been great to have an understanding with the Christian Counsellors Association that we reciprocate with a "members' discount" to their members, as they do to our members. As well as this, it has been gratifying to see members of other counselling organisations join us for our Professional Development events. It all broadens our horizons and helps with networking, and mutual encouragement (See Page 4 for details of 2007 Program) (

BOOKS FOR SALE

Helen Bathgate (a former member of APC) has books for sale
If you are interested in purchasing any of the titles listed, please ring her on 0419 168 664

- Handbook of Experiential Psychotherapy - Greenberg, Watson, Lietaer
- The Skilled Helper - Egan
- Trust & Betrayal in the Treatment of Child Abuse - Laurie MacKinnon
- The Practice of Emotionally Focused Marital Therapy - Susan Johnson
- The Heart of Healing - Kottler, Sexton, Whiston
- Introduction to Psychology & Counselling - Meier, Minirth.

BOOK REVIEW

Submitted by Debbie Laphorne, APC (Vic)

Title: **“Reinventing Your Life – The Breakthrough Program to End Negative Behaviour... and Feel Great Again.”**

Authors **Jeffrey E. Young, Ph.D., and Janet S. Klosko, Ph.D.**

Publisher **Plume Publication (Penguin Group), May 1994**



ISBN 0 452 27204 1

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Given that the forward to this book is written by Aaron Beck, M.D., one would be justified in thinking that it approaches therapy from a Cognitive perspective. And, while there is much in this book which aligns itself with this form of therapy, there are significant additions which make it well worth perusing. There are no new revelations or discoveries within the pages of the book, rather a drawing together of many threads, from common and proven therapy modalities, leading to a more integrated and whole-of-life approach not often found in secular counselling.

Young and Klosko espouse Schema Therapy, which they describe as an integrative, unifying treatment, designed to treat a variety of long-standing emotional difficulties. These difficulties are presumed to have their origins in childhood and adolescent development. Schema Therapy combines cognitive, behavioural, attachment, object relations and experiential approaches.

When specific, core childhood needs are not met, maladaptive schemas, coping responses and modes develop. Schemas- which they call Lifetraps- are comprised of memories, bodily sensations, emotions and cognitions. They impact all relationships – with oneself and others, become deeply entrenched patterns, usually self-perpetuating, and are triggered by everyday events related to the schema. Change is achieved by first identifying and educating the client about central life schemas, linking the schemas to presenting life issues and exploring the origins of the schema, and identifying the present dysfunctional styles. The need to bring the client in touch with the emotions surrounding the schemas is integral to this process. Change can then begin through a multimodal approach, directing work in reality testing, cognitive restructuring, experiential exercises, relational development, and behaviour pattern breaking. I was particularly encouraged by the authors’ inclusion of the need to forgive others, as part of the healing process.

Young and Klosko describe eleven Lifetraps, which they believe are common maladaptive patterns which develop due to unmet childhood and adolescent needs. These are Abandonment, Mistrust and Abuse, Emotional deprivation, Social Exclusion, Dependence, Vulnerability, Defectiveness, Failure, Subjugation, Unrelenting Standards, and Entitlement. In this book, written for clients, they give an overview of the impact of each lifetraps and how it is likely to affect everyday activity and actions for the client. Each Lifetraps is then the subject of a separate

chapter, which delves deeper into the maladaptive patterns and develops practical ways of bringing lasting change into the client's life. The general tone of the book is one of encouragement, without de-emphasising the difficulties and challenges associated with changing such deeply embedded patterns. The authors use questionnaires, real life examples, theory, knowledge and characteristic descriptions to develop the clients understanding of themselves, the Lifetrack and the possibilities for change.

I have found this book to be useful with clients. It can be used as an education tool, helping the client to understand their situation, as well as a resource for the therapist. The assessment tasks are simple and easily completed, and the self-contained nature of the chapters is ideal for use in sessions. I think it is worth a look!

Debbie Laphorne.

*MEMORANDUM
VICTORIA
From: Joanne van der Schoor.*

APC has an active members group in Victoria that meets monthly. Our group meets in central Melbourne at the Swanston St. Church of Christ who kindly loan us their premises at minimal cost. It is a handy location as Melbourne Central Station is nearby. This is important as our members come from far and wide, including outer Melbourne, Ballarat, Bendigo, Beechworth and Kyneton.

This year we had two 'country' meetings, with one at Bendigo, where Mark Boyd was the host, showing us the new counselling centre his local Baptist church had recently set up. Our other meeting was hosted by Kingsway Counselling in Geelong, a private practice where Joanne van der Schoor and Mavis Thompson are the principal counsellors. Michael Skewes travels from Ballarat weekly to do part of his counselling here and provides an 'out of town' face, which can be important in a country practice and where it seems everyone has connections all over the place.

We aim to have professional development at most meetings and we invite other counsellors from our communities to attend these sessions. This year we have had training on Re-entry issues for Missionaries, Recognition and Treatment of Disordered Eating,

Working With Children and Adolescents. Members have provided presentations on Genograms, Dissociative Identity Disorder, covered book reviews and given reports on seminars attended. If we have notice of training days, we let others know the details.

We have between 10 and 30 attendees per meeting. Some are beginning counsellors, others are students training to be counsellors, and we also have counsellors with decades of experience. Counsellors, family therapists and school counsellors are the main professions represented. Presenters have included counsellors, a missionary, a family therapist and a psychiatrist.

Personally, I look forward to meeting colleagues and hearing of the triumphs in their work, plus the support that is given when times are tough both personally and professionally. For many of us who work in isolated settings this is one of the vital roles that APC performs. Sue Dangerfield and Michael Skewes have been the driving force behind this growth and for this we thank them.

Joanne

NCOW Central Coast Peer Support Group

About 6 years ago a counsellor friend of mine invited a number of

local Christian counsellors to a meeting to form a group where we could support one another in our work by prayer and by sharing of cases, all over a cup of coffee and a snack lunch.

Ground rules are to bind ourselves to confidentiality and not to use clients names. We generally start with a chat, share any news we have and then invite someone to share a case. Generally they are difficult ones. Others then offer suggestions about ways of working and check out where the counsellor is in the process. We meet for two hours and then pray at the end.

What is most interesting about this group is the variety of training backgrounds. These include a psychologist, Doug Southeren's body model, ACC, St Marks, Tanglewood, Wesley, UNE and several others. Two are GP's who now are counsellors.

We meet twice a month during school term and have maintained our original format. Numbers vary from 4 up to 12. This year we have allocated one meeting a term to professional development using one of our group or an outside person.

Another benefit of the group is having someone to call for help and being able to refer a client to someone else who may have more expertise with a particular problem. At least two of the

members are supervisors and the group functions, in an informal way, as group supervision but without any cost to those who attend. I notice that PACFA has a category of supervision called "Peer Review" and it seems we might fit that category.

I would commend the model to other members of APC as I have found it to be both a great learning experience and an encouragement.

Bevan Walls

bmwalls@bigpond.net.au

Profiting New Committee Members



Hi I'm Ruth Dougall and I am one of the new committee members at APC. I have been a member for two years and have just decided to get involved! I have been married to Robert for 21 years and have a teenage daughter and son and a cute dog called Muffin. I live in the Sutherland Shire and am involved in our local Baptist Church. Originally from Scotland I emigrated downunder in 1987 and spent some time working as a Registered Nurse before I became a stay at home mum. When I decided to return to work, I was drawn to the area of counselling as a result of my own journey and what it means to grow and mature through struggles and difficulties. I also have a real desire to see people change and grow.

I completed a Diploma in Christian Counselling from Tanglewood Ministries in 2000 and a Graduate Diploma in Applied Counselling, UWS 2005

Presently I am working towards a Graduate Diploma in Emotionally Focused Therapy

At present I am privileged to work as part of a great team of counsellors at Southern Community Welfare at Kirrawee.

I look forward to serving you on the committee and to getting to know the APC "family" better.



Odette Smith

Odette brings a wealth of life experience and compassion to her work with people. This has been developed over many years working as a Registered Nurse and Midwife as well as a Church Leader involved in pastoral care. Odette currently works in private practice where she seeks to promote the health and wellbeing of people through the use of individual counselling and group work. Odette's counselling style explores the close connection between the body, mind, emotions and spirit. Clients are valued and respected with a non-judgmental approach which is essential for healing. Odette has a strong interest in loss and grief, management of chronic illness, addressing unwanted behaviours arising from the past and improving motivation to achieve personal goals. Odette is an artist and passionate about using art as a way of self-expression. As an APC Committee Member I bring an enthusiasm to promote the association's values and profile within the community and counselling profession.

*DISCOVERY DISCOVERED 2007
Workshops for 2007*

(DETAILS IN BROCHURE)

24 February, 2007

9.30—4.00pm

Sue Stephenson

**Venue: Salvation Army
Counselling Service:
15-17 Blaxland Road, Rhodes
NSW**

Cost: \$75.00 APC and CCAA members

\$100 non members

18 August, 2007

Annual General Meeting
10am—12 noon

Karlie Carroll Workshop

1pm—4.30pm

**Venue: Concord Community
Anglican Church.**

**Cnr Victoria Street and
Concord Road,
Concord NSW**

Cost: \$50.00 APC and CCAA members

\$65.00 non members

**27 October, 2007 9.30—
4pm**

Michael Corbett Jones:

**Venue: Concord Community
Anglican Church
Cnr Victoria Street and
Concord Road, Concord NSW**

Cost: \$100 APC and CAA members

\$120.00 non members

**BRING YOUR OWN LUNCH
MORNING AND AFTERNOON
TEA PROVIDED**