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The Association of
Personal Counsellors is a
constituent member
organisation of



Psychotherapy & Counselling
Federation of Australia



"...this is how I think, this is what I do..."

How would you articulate this statement if you were asked to do so? Have you thought much about the relationship between what you do in the counselling room and who you are as a person? Between what you believe as a Christian and how you practice your skills? Between the way you were trained and how you work, now, in the room? Between the way you think about issues such as conflict and the way your clients do?

APC exists for many reasons, but one is to promote such thinking and to provide opportunities for discussion. PACFA is providing similar opportunities through its Newsletter and through the Annual Conference, inaugurated last year. The issue of Connecting is accompanied by the PACFA Newsletter. This year's conference is about these issues. What a great opportunity to have your thinking and practice stimulated by Australian and international speakers, to meet with other practitioners, to learn more about yourself and what you do. Read about this Professional development occasion and put the dates in your diary, now.

Also included with the PACFA Newsletter is an important survey which is designed to benefit all members of PACFA organisations. Please attend to this ASAP and return it to PACFA as directed. Don't waste this opportunity to contribute to your Profession.

Disclaimer: opinions expressed in this Newsletter are not necessarily those held by APC as a whole or by members of the APC committee, nor does APC offer any guarantee or endorsements regarding advertised products or services.

News

New Membership.

Welcome to Terry Grant who has joined as an Associate Member.

PACFA Registration

Rhonda Andrews and Helen Blake have been accepted for Registration with PACFA.

Retirement

Angela Crawford retired from counselling in 2003. Angela has been a long-term member of APC and worked at Narrabeen in recent years. We wish Angela a happy and healthy retirement.

Missionary Service

Ans van der Swaag has been accepted as a missionary with CMS. She will be training in Melbourne before leaving for Africa where she will be involved in Pastoral Care and teaching counselling skills to Pastors. Ans completed the Anglican Counselling Centre course in 1998 and followed this with a Graduate Diploma in Christian Counselling at Morling College in Sydney. She will be missed here in Sydney but will bring much to her new community. Ans would value prayer from the membership of APC.

Regional Groups

The decentralisation of membership of APC over the past several years has seen the development of networking between members in the areas out of Sydney. The northern NSW members met recently with Nigel Hawken in Tamworth and discussed their needs as an isolated group. It is hoped that they will be able to find way of meeting together in a more deliberate way to assist those who are quite isolated geographically.

The Victorian group are meeting regularly in Melbourne. They are finding this a supportive and stimulating time. Their meetings are a combination of formal and

informal professional input. In response to a request, Helen Blake is presenting a workshop with the group in Melbourne in February.

Professional Development

During 2004 APC has planned workshops to provide members with opportunity to attend inexpensive training opportunities and to meet with other members. As well as these, members are encouraged to seek other opportunities for expending themselves.

Psychotherapy In Australia is a locally produced journal which keeps up to date with developments in counselling in Australia, and also provides articles from therapists of different modalities both Australian and international. Themes such as 'Men and the Changing Face of the Family', 'Depression, 'Supervision and Survival' offer challenging perspectives. (Psychoz Publications, 03 9348 0770) www.psychotherapy.com.au

Christian Counsellors Association (CCA) offer some excellent workshops and conferences. Contact Leanne McLean, 02 45714550 or ccansw@zeta.org.au

APC workshops for 2004

Resolving Difference: Conflict and Us

March 13, 2004. 9.30 am. - 4.30 pm.

Toongabbie. Presenter: Jill Cochrane.

The Counsellor and the Law: being practical. 22 May, 2004. 9.30-4.30.

Southern Sydney, venue to be announced.

Presenters: David Ford and Jeanine Maxwell.

Annual General Meeting: 31 July, 2004.

Topic and presenter to be announced.

Please keep this date free.

Maintaining regular professional development is essential for your membership of APC.

Website

www.apc.org.au is the address of the APC website. Keep an eye on the website for

changes, information about professional development, the newsletter and other matters of interest.

Advertising

An advertisement appears for APC in the Anglican newspaper for Sydney, Southern Cross, every 3 months. We have also advertised in the Uniting Church newspaper. We are interested in advertising APC as a supporter of Christian counsellors, both to attract new members and to provide counsellors for the community. Have members any suggestions about other venues for advertising the services of APC? Please contact APC either through the email or through the telephone numbers provided.

Membership requirements

Members are reminded that, under the APC Rules, they are required to attend supervision and professional development on a regular basis. Currently the requirements state:

Full members undertake at least 4 additional training days per year, and receive regular group and individual supervision.

Associate members: undertake some ongoing training, and receive regular group and individual supervision.

Affiliate member: working towards Associate membership and receiving regular group and individual supervision.

The committee has received a number of requests for clarification of these details. The Rules will be revised and the changes put to the AGM to reflect a more helpful list of requirements. Meanwhile, the guidelines we are offering are based on the minimum requirements suggested by PACFA. This will be asked of you as a

minimum when you submit your application for renewal of membership in June, 2004. You will need certified documentation of these.

Professional Development:

At least 15 hours of professional development, excluding the hours of supervision required.

Supervision:

(At least) 10 hours individual or group supervision

Book Review

Resilience, by Anne Deveson 2003 Allen and Unwin, Sydney.

This is not a book designed for counsellors, but one which provides reflection and insight about the nature of resilience and what it is that enables individuals to rise from despair. Anne Deveson, an Australian journalist who has worked extensively both in the media and organisations promoting justice, interlinks her personal journey with an intelligent and humorous mediation on what it is that makes some people resilient in adversity while others become overwhelmed.

I found that this book promotes the notion that individuals have resources of their own which can help them in their difficulties. An important task for counsellors is to assist clients to identify and strengthen these resources. This book offers much to humble us and to encourage us in our work. A great read.

Reviewed by Helen Blake

CCA National Conference (September, 2003)

I attended the Christian Counsellors of Australia Conference this year in Adelaide. Having attended the first one two years ago which was held in Sydney, I must say the quality and quantity of papers and workshops were second to none.

There were about 100 people attending the conference, with people from most states and territories of Australia.

The keynote speaker, Paul Whelan, an ex youth worker, half way house and D&A worker, now working in the Dept of Psychology at Adelaide University, spoke well on the theme of Living Life to the Full. He spoke of the Politics of Counselling and helped us look to the future of Counselling as it might be, fitting in with the trend to re-think mental health.

I enjoyed the wide range of workshops which were available, (about 25 to choose from) including:

- ❖ working with magnets (using "touristy purchases" as symbols as others might use sand trays)
- ❖ learning how to work with a foam dice, on each side of which is written a feeling word, then asking clients to speak of a time when they remember feeling that feeling (my colleagues bought a bag of dice with a multitude of feeling words to use in group work with our inpatient program at the Hospital).
- ❖ 2 day Marriage counselling pre conference workshop with Doug Southeren - which was helpful but fascinating as the way he worked with people somatically. ("Each body holds history, seeks meaning, is relationship, is living energy")
- ❖ Creative Arts & healing... (a dance workshop...frenetic, but fun).
- ❖ thinking critically about counselling fads
- ❖ Forgiveness - Restoring Hope, Resolving anger.
- ❖ Strengths based Solution Focussed Therapy
- ❖ Laughter: ... Ethics of our use of Humour about our clients.

Having attended many conferences, this one was up there in the way it was run, in its professional presentation, and in the high standards that were held to by all speakers.

I left the conference confident that within an abundance of modalities and expressions of our Christian faith, Christian counselling will continue to flourish in Australia. . The next conference will be in Perth, in 2005, and it would be great if there was more than one person from the APC attending. We have so much to offer, and, I believe we could gain from the event, as well.

Gillian Evans. (Gill works in private practice and in a Psychiatric Hospital.)

Editors Note: Have you attended something you really enjoyed, found helpful, and would like to share with others? Please write to us so it can be offered to others through *Connecting*.