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Dear Board members

Re: Public consultation paper 26: Area of practice endorsements

I write to indicate my support for the revised competency statements provided to you by the Association of Counselling Psychologists and the APS College of Counselling Psychologists (please see attached).

As a counselling psychologist working in private practice, I believe the revised document is a truer and more accurate description of what I do as part of my everyday work. My therapeutic work includes working with adults and adolescents with substance use disorders, complex trauma, PTSD, mood disorders including depression and bipolar disorder, various anxiety issues, chronic pain, and with histories of family and domestic violence.

Having received excellent training in the Counselling Psychology program in group therapy I have led therapeutic groups for a number of years and have run training programs on delivering group therapy. The inclusion of specific interventions such as group therapy, family therapy and couple therapy reflects the training I received and what I do in my work. The proposed revisions also provide more accurate and specific information to members of the public on what counselling psychologists are trained to do.

Thank you for your consideration of the above points.

Yours faithfully

Gemma Barter
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Clinical and Counselling Psychologist