

Jennifer Halat
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Student Wellbeing
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Psychology Board of Australia

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Statement to the Board:

I wish to state my strong support for the APS College of Counselling Psychologists revised definition and associated competencies (attached) believing this more accurately reflects the training and practice of counselling psychology.

As a Counselling Psychologist, my area of practice over the last 16 years routinely includes the assessment, diagnosis and treatment of acute mental health such as depressive disorders, anxiety disorders, trauma and stress related disorders, personality disorders, and the management of high risk behaviours such as suicide and non-suicidal self-injury in the late adolescent / adult population.

I regularly consult to the University community on understanding, assisting and managing students experiencing mental health crisis and problems affecting both adjustment and learning. I deliver education, training and group interventions in mental health literacy and mental health wellbeing.

Jennifer Halat MAPS MCCOUNP
Counselling Psychologist
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