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Psychology Board of Australia
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Re: Public consultation paper 26: Area of practice endorsements

Dear Board members,

Thank you for this opportunity to provide input on the definition of counselling psychology. I am a graduate of the Masters in Counselling Psychology at Curtin University.

I wish to give my support for the revised competency statements provided to you by the Association of Counselling Psychologists and the APS College of Counselling Psychologists.

Having read their updated description and list of competency statements it is my opinion that this revision more accurately reflects the nature of our training, research, and practice in the specialised domain of counselling psychology.

As a private practitioner, I can confidently state that seeing people with complex, severe, and chronic mental health problems, are an everyday part of my therapeutic work. In any given week I will see a number of people who are transitioning out of hospital-based psychiatric care, dealing with homelessness, family breakdown, violence, complex trauma, and co-morbid drug and alcohol problems. I work closely with the private psychiatric hospital Abbotsford and receive a number of referrals via their psychiatrists. Many people I work with have diagnoses such as schizophrenia, bipolar disorder, PTSD, and/or personality disorders.

In addition, each week I also run a 3-hour group providing therapy as part of an outpatient programme at Abbotsford Hospital (a private

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psychiatric facility).

The inclusion of competency statements relating to mental health assessment, case- formulation, and appropriate evidence-based care (including groups and couple therapy), is a far better reflection of both the postgraduate training I received and the clinical reality of my work.

If you have any queries please make contact on the details provided above. Many thanks.

Annabel Hales
Registered Psychologist.