

Bart Wszola Counselling Psychologist – B.Sc. (Psych), M. Psych.

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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 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 (attached) 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 with over a decade of experience, I work with a wide range of clients ranging from individuals simply wanting to develop better coping skills to clients who are experiencing significant mental health difficulties. My typical work week includes carrying out therapeutic work with clients within the criminal justice system, facilitating therapy groups at a private psychiatric hospital, and seeing a variety of individual clients as well as couples in my private practice. My current clients include individuals diagnosed with paranoid schizophrenia, bipolar disorder, PTSD, and various personality disorders, such as antisocial and borderline personality disorders. Over the last seven years I have also written over 500 psychological assessment reports for the Magistrate, District and Supreme courts in Western Australia. I specialize in assessing the risk of generalist and violent offending as well as working with individuals who engage in such problem behaviours, including various forms of addiction. In addition over the last five years I have had the opportunity to carry out various psychological assessments with Indigenous clients across the Kimberley, Pilbara, Gascoyne and the Goldfields regions of Western Australia.

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

Kind regards

Bart Wszola
Counselling Psychologist
27 February 2016



About the author:

My previous work experience includes community drug and alcohol agencies (2002), the Department of Community Development (2002) and more recently the Department of Corrective Services (2003-2008). I am currently contracted to the Department of Corrective Services to carry out psychological assessment and treatment, work in my own private practice and at a private psychiatric hospital. I am an affiliate member of the Australian Psychological Society (APS) College of Forensic Psychologists, a full member of the APS and a member of the Australia and New Zealand Association of Psychiatry, Psychology and Law.

