



*Dr. Melissa Harte*  
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Psychology Board of Australia  
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Melbourne VIC 3001  
[psychconsultation@ahpra.gov.au](mailto:psychconsultation@ahpra.gov.au)

Re: Public consultation paper 26: Area of practice endorsements

Dear Board members,

Thank you for the opportunity to provide comment on the definition of Counselling Psychology.

I support the revised competency statements provided to you by the National APS College of Counselling Psychologists and the Association of Counselling Psychologists WA (see attachment).

Having read their updated description and list of competency statements it is clear to me that this revision accurately reflects the nature of the training, research, and practice in the specialised domain of Counselling Psychology.

As a private practitioner whose expertise lies in working primarily with clients presenting with complex trauma for nearly a decade, I can confidently state that seeing people with complex, severe, and chronic mental health problems, are an everyday part of my therapeutic work. My work involves keeping people with complex mental health issues out of psychiatric hospitals by providing them with evidenced based strategies and opportunities to work through their trauma to gain adaptive functioning and wellbeing. I also deal with people whose family system has broken down, domestic violence, and co-morbid drug and alcohol problems. Many people I work with have diagnoses such as, PTSD, bipolar disorder, major depression, and/or personality disorders.

Whilst I don't personally work with couples there are many of my colleagues who do. Couple and family work are very integral parts of practise in Counselling Psychology.

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.

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

Yours sincerely

A handwritten signature in black ink, appearing to read 'Melissa Harte', written in a cursive style.

Dr Melissa Harte  
Counselling Psycholgist

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B. Sci. (Hons) Psych, D Psych (Counselling), M. Psych (Clinical) candidate