

# Joanna Salomone COUNSELLING

B.Psych. M.Psych.(Counselling). Cert. Gestalt Psychology. MAPS. MACP.

REGISTERED PSYCHOLOGIST

Psychology Board of Australia  
GPO Box 9958  
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1/3/2016

Dear Psychology Board members,

**Re: Public consultation paper 26: Area of practice endorsements**

I wish to declare my support for the revised Counselling Psychology competency statements submitted to the Board by the *Association of Counselling Psychologists (ACP)* and the *Australian Psychological Society (APS) College of Counselling Psychologists*.

The revised statement is a more accurate description of the nature of training, research, and practice in the field of Counselling Psychology than the existing description, and I seek your endorsement of the revised statement.

Counselling Psychologists undertake assessment, case formulation, diagnosis and psychotherapy across the lifespan, work with couples, individuals and groups, record and collate clinical data, undertake outcome measurement, and research.

Counselling Psychologists collaborate with GPs, psychiatrists and other professional colleagues to ensure high level care for their clients, and apply their knowledge of psychopathology and psychopharmacology in their daily practice.

Counselling Psychologists provide psychological care to clients experiencing a range of issues, from 'issues of living' through to complex, severe, and chronic mental health conditions.

The caseloads of Counselling Psychologists, in a broad range of settings, including government and community service agencies, rehabilitation and EAP providers, community health settings and in private practice, include, for example:

- Individuals, couples, families and groups
- those with complex trauma and PTSD
- co-morbid drug and alcohol problems
- emotional dysregulation and personality disorders, bipolar disorders, dissociative disorder, psychosis and schizophrenia etc
- those with depression, anxiety and panic disorders

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- survivors of sexual abuse and torture
- those with attachment injuries
- clients experiencing parenting issues, family breakdown, anger issues and violence
- young people with eating disorders
- those with gender dysphoria and same sex preference
- those seeking assistance with skills development
- clients experiencing issues in the workplace, facing redundancy, retirement and other life transitions, or requiring injury rehabilitation assistance
- clients experiencing grief and loss, and adjustment disorder
- clients from culturally and linguistically diverse and Aboriginal backgrounds
- clients experiencing social isolation and exclusion
- vulnerable clients transitioning out of hospital-based psychiatric care
- those with a history of self harm and at risk of suicide

among a truly diverse range of other issues.

Counselling Psychologists are trained in and apply a variety of evidence-based psychotherapeutic modalities according to the needs of their clients, and undertake regular professional development to maintain their skills to the highest level.

The inclusion of competency statements relating to mental health assessment, case-formulation, and appropriate evidence-based care (including couple therapy), far better reflects the postgraduate training and reality of clinical practice of Counselling Psychologists.

I wish to draw your attention to inaccuracies in the existing competency statement that confounds Counselling Psychology with Community Psychology, and request that this be revised; and commend to you, the revised competency statement submitted on behalf of Counselling Psychologists by the ACP and APS.

Yours sincerely,

Joanna Salomone

Counselling Psychology Registrar

