

4 March 2016

Psychology Board of Australia
GPO Box 9958
Melbourne VIC 3001
psychconsultation@ahpra.gov.au

Re: Public consultation paper 26: Area of practice endorsements

Dear Members of the Board,

Thank you for this opportunity to provide input on the definition of counselling psychology. I consider this to be a significant issue in the practise of my profession.

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 practioner in a university setting working alongside Clinical Psychology counterparts (doing EXACTLY the same work) and with over 8 years of experience, 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. Many people I work with have diagnoses such as schizophrenia, bipolar disorder, PTSD, and/or personality disorders. Anxiety and Depression focus strongly at the core of my work.

The inclusion of competency statements relating to mental health assessment, case-formulation, and appropriate evidence-based care 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.

Thank-you for your time and consideration,

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