

Psychology Board of Australia

5 February 2016

Dear colleagues,

### **Guidelines on area of practice endorsements for Counselling Psychology**

I was recently afforded the opportunity to read and comment on the competencies document that the College of Counselling Psychologists has prepared for the Psychology Board of Australia consultation process, in which they define counselling psychology as follows:

*Counselling psychologists use their knowledge and understanding of psychology, psychotherapy, and mental health to treat a wide range of psychological issues, problems, and mental health disorders. They provide assessment, formulation, diagnosis and psychotherapy for individuals, couples, families, and groups across the lifespan. They use evidence-based therapies and evidence-based therapy relationships to assist clients to resolve mental health disorders or psychological problems and move toward greater psychological health. They research, evaluate, and develop new methods for improving psychological health and therapeutic interventions for psychological problems and disorders.*

*Consumers of the services of counselling psychologists are persons, groups, and organisations, including:*

- *Members of the public, couples, families, and carers*
- *Medical, specialists and health practitioners*
- *Health departments, hospitals and community practices*
- *Community groups*
- *National, state or local government or non-government organisations and*
- *Welfare agencies, educational institutions, justice services, victims of crime, and community services*

*Specific services of counselling psychologists include assessment and provision of psychological therapy for a wide range of issues and disorders including anxiety, depression, post-traumatic stress disorder, grief and loss, relationship difficulties, domestic violence, sexual abuse and trauma, career development, substance use disorders, eating disorders, and personality disorders.*

The document goes on to describe eight areas of competency, including knowledge of the discipline; ethical, legal and professional matters; psychological assessment and measurement; intervention strategies; research and evaluation; communication and interpersonal relationships; working within a cross-cultural context; and practice across the lifespan.

I have read the submission carefully and fully support the revised definition of counselling psychology, which accurately captures modern counselling psychology practice and is well aligned with the various definitions of counselling psychology around the world.

Yours sincerely,



**Charles Young**

MA (CounsPsych) (Natal), DCounsPsych (Essex), DipCounsPsych (BPS), CPsychol

Associate Professor & Counselling Psychologist

Chartered Counselling Psychologist (BPS)

Programme Coordinator: Professional Training in Counselling Psychology, Department of Psychology, Rhodes University

Member of the Professional Board for Psychology of the Health Professions Council of South Africa (HPCSA)