

**Date:** 4/3/2016

**To:** 'psychconsultation@ahpra.gov.au' <psychconsultation@ahpra.gov.au>

**Subject:** Definition and Competencies of Counselling Psychologists

Dear Sir/Madam

I would like to formally register my support for the Counselling Psychologist's College's revised definition and associated competencies (see attached). After a thorough read I believe that this document more accurately reflects the training and practice of the discipline of Counselling Psychology in Australia.

As you can see from my title (below) I train and place provisional psychologists in a Counselling Psychology specialist program. I have organised and supervised placements for these students over many years in a wide range of settings (hospitals [inpatient psychiatric, oncology units, nephrology units, drug & alcohol units], community health services, tertiary counselling services, primary and secondary schools, clinics [psychology, IVF], EAP services, domestic violence centres, and child & family services. All of these students have been successful in their placements and received high praise from their supervisors as to their delivery of competent psychological services (assessment, diagnosis, treatment), psychological knowledge, breadth of EBP modality experience, and therapeutically aligned presence with highly diverse clients/patients/consumers (CALD, SES, diagnoses). The clients/patients/consumers, that these counselling psychologists-in-training provide psychological services to, experience a wide range of mental illnesses including Autism, Conduct Disorder, Schizophrenia, Depression, Anxiety, Bipolar, Personality disorders, PTSD, Interpersonal Trauma, Addictions, and Eating Disorders as well as interpersonal family and relationship issues.

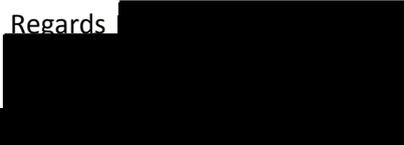
These students also routinely conduct supervised assessments, formulations and interventions for these populations as well as routinely liaising with the psychiatrists, GPs to discuss medication reviews/options and work closely with multidisciplinary teams for the benefit of the clients/patients/consumers.

In my private practice psychology work, I also routinely and with competency, have provided psychological services to these same clinical and sub-clinical populations experiencing a wide range of mental and emotional health issues as well as providing couples' therapy. Because of my breadth of experience as a counselling psychologist in Australia and in the United States, I have been employed and worked in tertiary education lecturing to and supervising the clinical work of both counselling and clinical psychologists in training, worked in hospitals [military and drug & alcohol units], community health services, tertiary counselling services, primary and secondary schools, child & family (and couples) services, justice systems (First time offenders), and run group therapy programs (Eating Disorders, Depression, Anxiety Disorders, Trauma related, parents of children with Eating Disorders) and worked in psychological assessment test publishing.

The document attached has an amended definition of counselling psychology and associated competencies, which I believe most accurately reflects the teaching and practice of counselling psychology in Australia and is aligned with recognised international standards for counselling psychology.

Please accept this registration of support of the Counselling Psychologist's College's revised definition and associated competencies.

Regards,

  
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