

## Sean Roda [Counselling Psychologist]

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Psychology Board of Australia

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### RE: Public consultation paper 26: Area of practice endorsements

Dear board members,

Thank you for the opportunity provided on the definition of counselling psychology.

I wish to give my support to the revised competency statement 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 it is my opinion that this revision more accurately reflects the nature of our training, research, and practice in the specialist domain counselling psychology.

As a private practitioner with a number of years of experience, I can confidently state that I work with people who experience complex, severe, and chronic mental health difficulties. Assessment, formulation, and treatment are an everyday part of my therapeutic work. In any given week I will see number of people who are transitioning out of hospital-based psychiatric care, family breakdown, complex trauma, and comorbid drug and alcohol problems. Many people I work with have will diagnoses such as bipolar disorder, post-traumatic stress disorder, major depression, and/or personality disorders.

In much of my work there is a need to work systematically with families and provide counselling interventions to couples. Often in relation to the issues mentioned above, but also for problems around infidelity, violation of trust, and managing relationships characterised by paranoia, fear, controlling behaviour, and abuse. Being able to offer couple therapy not only assists individuals in their relationship with their own personal issues (which include mental health conditions), but it also helps protect vulnerable others in our society whose lives are deeply affected by their exposure to dysfunctional relationships and conflicted family dynamics.

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 are received in the clinical reality of my work.

Should have any queries please contact me on the details of provided above.

Many thanks,



Sean Roda

Counselling Psychologist

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