

Special interest

articles:

- Review of William Yule workshop
- EABCT conference review
- AACBT national conference overview

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Be Prepared

Working with children and adolescents after complex trauma and emergencies

Professor William Yule

Janine Ward

AACBT executive committee member

"What do these dates mean?" asked Professor William Yule, kicking off his one-day workshop, "December 26 2004; December 4 2004; December 26 2003; July 7 2005; July 18 2006 and March 6 1987". Everyone guessed the tsunami, the rest we struggled with to varying degrees of success although the theme was quickly apparent- all were dates of disasters. March 6 1987, marked the date of the cross-channel car ferry sinking in Belgium, and the start of William Yule's long (and esteemed) career of treating and researching PTSD in children and adolescents.

"Not all children exposed to trauma will develop PTSD", he said, "of those who do, many will recover without treatment. But a substantial minority can develop a chronic disorder." At any one point in time, the estimated prevalence of PTSD in children is between .5-1%.

An advisor to UNICEF on psychosocial programs for war-

affected children since 1993; and a member of the Board of the Foundation for Children and War, Yule's presentation was as much a snapshot of how the PTSD field has evolved over the past 20 years, as it was a summary of current best practice. Trauma-focused CBT, and to many participants' surprise, Eye Movement Desensitization and Reprocessing (EMDR) came up the big winners.

Leaving little time for audience participation, Yule's presentation was nonetheless engaging and informative, and coloured with numerous real-world anecdotes and case-studies.

Current conceptualisations of PTSD were discussed, as were the challenges of diagnosing children. Research findings exploring the longitudinal nature of PTSD and treatment efficacy were briefly presented, along with details of Yule's work in war-torn countries.

The critical importance of preparing for the possibility of large-scale emergencies, in particular, contingency planning in schools was also drummed home.



Identifying gaps in the literature, Yule touched on the ambiguity around critical incident stress debriefing and the issue of whether 'to talk or not to talk'. The conclusion? "The 'debriefing debacle has hindered consideration of improving early responses by both lay and professional responders", said Yule. "Evidence is that it is usually good to talk, but people should not be forced to do so in early stages".

For more information about Yule's work, and to access references and resources mentioned in the workshop (including assessment measures) go to:

www.childrenandwar.org
www.uksrilankatrauma.org.uk
www.vivo.org

Coming up...

2nd December 2008 Pub Discussion: Dr Marita McCabe - Sexual Dysfunction

6th March 2009 Workshop: Prof John Walker - Health Anxiety

See www.aacbtvic.org.au

From the editor...



Welcome to the Spring Issue of Baseline!

This is my first issue as the new Editor of the AACBT-Victorian Branch newsletter.

I have recently returned to the committee after a year of maternity leave and I am looking forward to my new role. I am also enjoying my new role as a mum. When I was pregnant, people would tell me how much parenthood would change your life. It is one of those things you can only comprehend once you have become a parent. What an amazing experience. I now find it hard to remember what I did before having my son...although I definitely remember getting more sleep!

I want to say a big thank you to Toni Scaffidi who took over the Treasurer job while I was away. She has done a great job managing this busy position.

In this issue, we have a review of the William Yule workshop. We also have overviews of the National AACBT conference held in Adelaide and the European Association for Behavioural and Cognitive Therapies (EABCT) held in Finland.

We hear about a research project investigating mindfulness-based cognitive therapy in

the treatment of problem gambling. Also find out about our new pub discussion organiser, Tarni Jennings and meet one of our Victorian members.

If you would like to contribute to the newsletter by submitting an article, book review, conference review, an outline of your thesis or research, some news, a letter or anything else relevant to the AACBT membership, please email me:

editor@aacbtvic.org.au

Thanks!
Lisa Catania

Angela Komiti AACBT executive committee member

The 31st AACBT National Conference was held in Adelaide this year from 17-21 September, 2008. Approximately 200 participants attended the scientific program which broadly covered streams on adult, child/adolescent, eating disorders, and other psychological issues including sleep and rumination and worry.

Keynote addresses on the first day were delivered by: Prof. William Yule who reflected on

twenty years of practice in the science and art of treating PTSD in children, and Dr Christopher Martell who spoke on "In the eye of the storm: Controversies and progress in cognitive and behavioural therapies". A/Prof. Allison Harvey delivered an interesting address the following day on "Sleep disturbance as a transdiagnostic process across psychiatric disorders".

The invited address was pre-

sented the same day by A/Prof. James Bennett-Levy on 'The jigsaw of therapist skills training: How are we going?'. The last day of the scientific program included keynote addresses by Prof. Ron Rapee on "Theoretically-based developments in the treatment of social phobia", and Prof. Richard Bryant on "Biological Advances in PTSD: Implications for Cognitive Behaviour Therapy".

AACBT National Conference, Adelaide.

September 2008

Mindfulness-based cognitive therapy in the treatment of problem gambling.

A treatment trial for people who are having problems with their gambling

Release your research...

About the project...

In recent years, mindfulness meditation has been shown to be a useful approach for helping people deal with many chronic medical and psychiatric conditions, including depression.

More recently, mindfulness meditation has also shown promise in helping gamblers learn additional ways to cope with the cognitive distortions that maintain their gambling behaviour. The purpose of this

project is to compare mindfulness-based cognitive therapy with a wait-list control to investigate this more fully.

About the treatment ...

This therapy aims to help people find new ways to deal with their moods and emotions. It includes meditative and cognitive elements designed to promote awareness of gambling related thoughts and feelings in the present moment. It involves groups of 8-12 people

attending one 2 hour session each week for 8 weeks.

About the researchers:

My name is Steve de Lisle and I am completing a doctorate in clinical psychology at Monash University. My research supervisors are Dr. Sabura Allen (Monash University) and Dr. Nicki Dowling (University of Melbourne).

For more information, please contact Steve de Lisle: 0418376104 or steven.delisle@med.monash.edu.au

38th Annual European Association for Behavioural and Cognitive Therapies (EABCT) Conference

10-13 September 2008, Helsinki, Finland

Nellie Lucas

AACBT executive committee member

This year the congress was held in the unique Finnish city of Helsinki. Helsinki certainly lived up to its reputation for incredible architecture (I had Architecture in Helsinki on my Ipod!). It was a mix of the old with beautiful cathedrals and cobblestone streets and modern and unusual buildings such as the conference venue Finlandia Hall with natural colours of wood and marble and streams of light flowing through from windows reaching to the height of the cathedral ceilings. It's a small city and easy to walk around and discover unusual shops and modern art. The trams reminded me of Melbourne. I missed Melbourne's coffee but as there was so much to see at the Congress, it was definitely needed!

The theme was Development and the keynote speeches explored themes such as:



Jeffrey Young

How do we mirror others? What new approaches are surfacing in metacognitive therapy? Are there new advances in schema therapy? What new directions to parenting interventions can be seen in public health? What is acceptance and commitment therapy (ACT)? How can post-traumatic growth be facilitated in clients with complex trauma?

The congress attracted well-known speakers such as Jeffrey Young who gave a workshop on using Schema Modes, which included interesting video examples of this therapy in action. The use of Modes in more detail appears to be the next stage of development in schema therapy. Steve Hayes gave a few presentations on ACT and his enthusiasm attracted a number of delegates. The importance of metacognition or the "third wave therapies" was also a central theme for other speakers such as Adrian Wells, and emerged within many Symposia for the treatment of Anxiety Disorders.

Of particular interest was the role of emotion in the development and treatment of a wide range of conditions. Leslie Greenberg drew attention to the need to evoke emotion in therapy (Toward an Affective Behavioural Cognitive therapy), Jeffrey Young spoke of the importance of emotions within each Mode and Mervin Smucker [Imagery-Based CBT Treatment for Trauma &



"Leslie Greenberg drew attention to the need to evoke emotion in therapy."

PTSD: Imagery Rescripting and Reprocessing Therapy (IRRT)] spoke about the need to determine the type of emotion present in PTSD. Exposure work was indicated for predominant fear and rescripting work indicated for predominant shame and guilt.



Adrian Wells

Who's who...

Tarni Jennings

Pub Discussions

Tarni joined the AACBT a month ago and will be taking over the coordination of pub discussions. She works as a clinical psychologist at the Austin Repatriation Hospital in the Veteran's Psychiatry Unit. The two arms to the service include the PTSD treatment program for Veterans and the Victorian Psychological Trauma Treatment Service. Tarni provides group and individual treatment.

Her clinical interests include the conceptualization and treatment of trauma survivors and she has a particular interest in the impact of and treatment of complex, developmental trauma.

"I joined in order to collaborate with other psychologists who have similar interests and to be involved with continuing education activities for psychologists."

Tarni has recently returned from 8 weeks in India and Nepal. She loves travelling when her budget and annual leave allow! She is currently planning her next trip to Thailand at the end of the year.

**AACBT
VICTORIAN BRANCH**

PO BOX 841
PARKVILLE VIC 3052

PHONE:
0423 184 174

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baseline spring 2008

What's on...

Victoria

8 October...Depression and Anxiety Disorders www.orygen.org.au
20- 22 October...6th International Conference in Early Psychosis, Melbourne www.iepa.org.au
27 October...Practical applications of CBT for improving health behaviours
www.heartresearchcentre.org
23-26 October...Certificate in Cognitive Behaviour Therapy four-day workshops
www.cbtaustralia.com.au
6-7 November...Evidence Based Group Depression Treatment www.psychology.org.au
21 November...Mindfulness Cognitive Behaviour Therapy - adults & adolescents
www.reconnexion.org.au
2 December...AACBT Victoria Pub Discussion, Dr. Marita McCabe - Sexual Dysfunction
www.aacbtvic.org.au
6 March 2009...AACBT Workshop, Prof. John Walker - Health Anxiety www.aacbtvic.org.au

National

23-25 October...Introduction to Mindfulness-integrated Cognitive Behaviour Therapy for
Crisis Intervention and Relapse Prevention, Bruno A. Cayoun, QLD www.fountainhead.com.au
23-26 November...APSA Conference: Evidence, Policy and Practice Sydney, NSW www.apsad.org.au
2-5 December...ASPR Conference: Sea Change in Psychiatry, NSW www.aspr.org.au/conference

International

13-15 October...4th EAAT Conference, Florence, Italy www.eaat.org
13-16 November...ABCT 42nd Annual Convention, Orlando, USA www.abct.org/conv2008
16-18 September 2009...EABCT conference, Dubrovnik, Croatia www.eabct.com

If you would like to list your events here for free, please email details of date, title and contact details to editor@aacbtvic.org.au

Meet the member...

Dr Geraldine Cain

I am a clinical psychologist, having recently obtained my DPsych (Clinical) from Griffith University in Brisbane.

Whilst in Brisbane I was a keen attendee of the AACBT Brisbane branch seminars and workshops which I always found to be interesting, stimulating and clinically relevant.

I relocated to Melbourne in early 2008 and have since been happily renovating my house and enjoying some time off. However, the time has come to return to work!

I am looking forward to the challenges of engaging and working with clients once again. In the past I have worked in the area of early intervention with children

and families. More recently I have developed an interest in the mind-body link through my work in pain management at the Princess Alexandra Hospital in Brisbane.

When not working or renovating, I enjoy keeping fit, learning French, reading and exploring Melbourne.

**We're on the web!
www.aacbtvic.org.au**

News and views...

AACBT is doing its best for the environment - all correspondence to members will be electronic. Remember that your AACBT membership expires on 31st December - renew online via our secure website. Photos in EABCT review courtesy of EABCT.

To submit news and views, email editor@aacbtvic.org.au

DVD library...

The Victorian Branch DVD library is up and running. Members can borrow DVDs of major workshops hosted by the AACBT. "There are also DVDs on workshops hosted by other state branches" says Nicki Dowling who currently coordinates the library. If you'd like to borrow from the library, check the AACBT website for a list of available DVDs and a library request form.