

Baseline

issue no. 1

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President's Report

Welcome to the first edition of Baseline for 2004. We have a new Editor, Kate Ebsworth. Please make her feel welcome by sending lots of articles for the newsletter!! If you would like to contribute but are not sure how, contact Kate for assistance.

Thanks to our previous Baseline editor, Raelene, who is now assisting Ric with the task of looking at our accreditation options. Just to remind you, the Accreditation Working Party is a subcommittee of the AACBT National Executive. Its brief was to review options for accreditation and the setting of minimum standards. They have been busily working away at this and have been liaising with members and other stakeholders, including the Commonwealth Government and the Australian Psychological Society. I urge you to participate as much as you can in this process as it has the potential to change the face of the AACBT and will affect all members.

Still on the National scene, a reminder that the AACBT National Conference will be held this year 15th-19th May. You should find a registration form with this mailout. Workshops especially fill fast, so get your registration form in quickly. The program also promises to be a varied and interesting one with several high profile invited speakers.

Back at the local level, we have increased our membership significantly last year, mainly through our ever progressing workshops program. Our workshops committee have been working hard and have planned an exciting program of professional development this year. For the first time we will have 'Pub Discussions' at HolliAva in Richmond, where you can come and hear our own local 'superstars' of CBT

And of course have a beer or wine while you are entertained. Thai snacks are included and we have kept the price to a minimum.

We have also planned two of the ever-popular MasterClasses. This year, based on member feedback, we have varied the program, with new speakers, and extended the time to allow for greater discussion. For our March MasterClass, among our local masters, we are lucky enough to have Emeritus Professor Dom di Mattia, former director of the Albert Ellis Institute in the USA who is visiting Australia for a short time.

We are also lucky enough to have two major international speakers presenting one day workshops – Steven Hayes on acceptance and commitment therapy, and Adrian Wells on CBT for social phobia and Generalised Anxiety Disorder. A brochure was sent out last month, so if you didn't receive yours or you know colleagues who would like to attend, it is up on the website (www.aacbt.org - go to state branches). Stay tuned for even more exciting workshops and activities later in the year.

That's about it from me. Settle back and enjoy reading this year's Baseline!

Nicole Lee

Practitioner's List 2004

This searchable database is undergoing construction and should be up & running by the start of April 2004. Members who have paid to be part of this List will get 12 months from the date it goes live on the website.

Thank you for your patience.

AACBT Masterclass Workshop & Annual State Conference

Another successful MasterClass Workshop and Annual State Conference was held by the Victorian branch of the AACBT at the Australian Catholic University, on Friday the 28th of November, 2003.

The MasterClass session saw A/Prof Nick Allen (University of Melbourne) demonstrate cognitive behavioural management of depressive relapse; Dr. Monica O'Kelly, (Monash University) illustrate CBT for panic disorder; and Prof Mike Kyrios (University of Melbourne) exemplify cognitive behaviour therapy for obsessive compulsive disorder. These practical demonstrations gave an insightful overview of how CBT interventions function in practice.

Feedback was very positive. Participants reported they gained new knowledge and skills and found the workshop highly relevant to their work:

'Demonstrations and didactic presentations excellent'

'Particularly enjoyed the combination of a short presentation and a role play'

'Modelling and presentation is a great way to learn'

'Excellent pragmatic focus makes it more worthwhile for clinicians'

After a well catered for lunch and poster session, two parallel research presentation sessions were held. The first was a symposium chaired by Dr Brendan Murphy: **Beyond case management: The delivery of specialised psychological therapies by case managers in early intervention.** Presentations were given by staff at ORYGEN Youth Health, Early Psychosis Prevention and Intervention Centre (EPPIC), revealing some of the innovative programs implemented by this centre for dealing with persistent positive symptoms, problematic cannabis use and clients with high-risk issues. An encouraging take home message was the success with which clinical practice and research has been combined by this service.

In the parallel session a various research was presented. Topics included

- Explaining adolescent depression (Jessica Murphy);
- Depression across the adolescent transition (Sean MacDermott);
- Self-concept, self-conscious emotions and depression in young people (Shaun Watson)
- Job related age stereotyping of older workers (Sean MacDermott)
- Psychological treatment for chronic PTSD associated with motor vehicle accidents (Chris Mackey)
- Vulnerability and resilience in daily rhythms of mood and behaviour (Greg Murra)
- The effects of exercise on sleep mood and locus of control in older adults (Tammy Goldberg)
- The effectiveness of a multidisciplinary pain management program (Natasha Dean)

Following afternoon tea Professor Henry Jackson provided a keynote address entitled "CBT for psychosis: Status, underpinnings and directions". With his relaxed presentation style, sense of humour and depth of knowledge Professor Henry Jackson managed to fully engage his fired audience with fascinating insights into the current clinical literature and potential avenues for future research in CBT for psychosis.

Finally, student and practitioner awards for the best paper presentations were then presented to Antonia Stuart from the ORYGEN Research Centre for the best practitioner presentation for her paper entitled "Psychological Treatment of Negative Symptoms in First Episode Psychosis" and to Sean MacDermott from Monash University for the best student presentation for his paper entitled "Depression across the adolescent transition: Self-conscious emotions, emotion regulation, and the development of depressive symptomatology". Sean also won the award for the best poster presentation (see over for the printed abstracts).

Both Antonia and Sean received a framed certificate and a return economy airfare to 27th National AACBT Conference in Perth from the 15th to 19th of May, 2004 on acceptance of the paper for presentation at that conference. Sean MacDermott also received a framed certificate and \$100 cheque for the for the best poster presentation.

Tarni Jennings & Leanne Hides

Cognitive Behaviour Therapy Training

Certificate in Cognitive Behaviour Therapy – Level 1

Presented by Dr Dom Di Mattia and Dr Monica O'Kelly
March 27 to March 30, 2004

Student Welfare Certificate in Cognitive Behaviour Therapy

Presented by Dr Dom Di Mattia
Wednesday 24 March, 31 March, 21 April & 28 April

For more information

www.ccbt.com.au

or phone 9882 4414 or 9796 9300

Abstracts for winning paper presentations at the AACBT Victorian Branch Annual State Conference: 28 November, 2003

Psychological treatment of negative symptoms in first-episode psychosis

Psychological and biological treatments for individuals with psychotic disorders have focused almost exclusively on the positive symptoms of psychosis. To date, the treatment of negative symptoms has been a neglected clinical and research concern due to the perceived lack of effective treatments. The availability of atypical antipsychotic medications has boosted optimism that improvements in the severity of patients' negative symptoms can be obtained. However, there have been few attempts to develop and implement psychological treatments for individuals with psychotic disorders with prominent negative symptoms. This paper will provide a brief historical and conceptual overview of negative symptoms in psychosis, with a view to highlighting the need to develop innovative treatment approaches for patients with early psychosis who are experiencing ongoing negative symptoms. The development of a psychological treatment for negative symptoms at EPPIC will be described.

Antonia Stuart
Senior Research Assistant
Orygen Research Centre
35 Poplar Rd
Parkville, 3052
Victoria, Australia
Telephone: 03 9342 2800
Antonia.Stuart@mh.org.au

Depression across the adolescent transition: Self-conscious emotions, emotion regulation, and the development of depressive symptomatology

Although the prevalence of depression in pre-pubescent boys and girls is roughly equal, by the age of 15, girls are twice as likely to be diagnosed with depression – a trend which continues into adulthood. Among the several factors that have been proposed to account for these gender differences are the role and regulation of the self-conscious emotions (empathy, shame and guilt). This three-year longitudinal study will examine links between self-conscious emotions, emotion regulation, and depressive symptomatology in a group of 750 children and adolescents aged from 9 to 16. Comparison between an individualistic and a collectivistic culture will be facilitated through the inclusion of 250 participants from a Vietnamese background. The major prediction is that the trajectory of these relationships will be different for boys and girls and that the differences will become apparent during the middle adolescent years. Specifically, it is proposed that females who reveal high empathy and low emotion regulation will be most likely to reveal sub-clinical or clinical levels of depression at follow-up assessments. The expected outcomes of the proposed project will lead to a more sophisticated understanding of the development of depression leading to improved prevention and intervention programs.

Seán MacDermott, Shaun Watson, Professor Bruce Tonge, Associate Professor Neville King, Associate Professor, Eleonora Gullone

Seán MacDermott.
Department of Psychology,
Monash University, 3800.
sean.macdermott@med.monash.edu.au
03 9905 4581

FRIENDS: A Schools Program For the Detection and Treatment of Anxiety and Depression in Children

This article examines a program designed by Dr Paula Barrett, Clinical Psychologist and Director of Pathways Health and Research Centre in Brisbane. Dr Barrett is A/Prof at Griffith University, Brisbane.

The Friends program stands for:

- F**eeling worried?
- R**elax
- I**nnner thought
- E**xplore plans
- N**ice work, reward
- D**on't forget to practice
- S**tay calm

And is designed for children aged 7-11 years and 12-16 years to promote psychological resilience. The program targets children in schools and aims to detect and treat worry, anxiety disorders, and avoidance in school age children. The longer term view is to reduce risk for later anxiety and depression.

Barrett and the Friends program claim that up to 80% of children's anxiety problems have resolved on completion of the program.

The program is a 12 session CBT intervention and teaches coping and problem solving skills, body awareness and relaxation. The program incorporates graded exposure and rewards, and uses cognitive techniques to assist children to identify and manage feelings of worry, anxiety and avoidance. Barrett's research has found intervention of Friends conducted by a psychologist or teacher in the classroom lead to a reduction in anxiety symptoms when compared with a standard curriculum.

In a recent article in Time Magazine - Online Edition Barrett reported that the aim of going into schools with the program is to address the problem of low detection and treatment rates of children with anxiety. The Friends program has been used overseas in New Zealand, South Africa, the USA, and Europe, while Canadian schools will soon start a trial of the program.

Barrett and colleagues are now looking to develop a program to target pre-school aged children.

Visit www.friendsinfo.net to read more about the program and to review related research.

Visit www.time.com/time/pacific/magazine/

THE AACBT NATIONAL AWARD SCHEME



The Australian Association for Cognitive and Behaviour Therapy will offer two awards in 2004 to support excellence in behaviour research and therapy innovation.

The **Tracy Goodall Early Career Award** aims to provide encouragement for recent graduates through recognition of outstanding innovations in behaviour research and therapy in Australia. The award comprises \$2000 cash to be used to meet research or clinical expenses. The winner of this award will be announced at the 2004 National Conference in Perth and invited to present at the 2005 AACBT National Conference in Melbourne. Applicants must be members of the AACBT. Entry is by self-nomination.

The **Distinguished Career Award** aims to provide recognition for researchers and clinicians whose total career achievements have made an outstanding contribution to the field of behaviour research and therapy. The award consists of an engraved plaque and certificate. The winner will be announced at the 2004 National Conference in Perth. Entry is by peer nomination.

CLOSING DATE: 31ST MARCH 2004

FOR INFORMATION AND APPLICATION FORMS CONTACT:

**RACHEL PHILLIPS AACBT QLD (RESOURCE OFFICER): RACHEL_PHILLIPS@HEALTH.QLD.GOV.AU OR
SONJA POHLMAN AACBT QLD (PRESIDENT): 0402 143 548, SONJA_POHLMAN@HEALTH.QLD.GOV.AU**

Professional Development and Training for ACBT(Vic)Members

LOCAL

13 March 2004, Traralgon

Advanced CBT Workshop: 1 day training for experienced CBT therapists.
Email: cbtpd@psychsociety.communiversity.au

20 March 2004

Dr Martin M Antony: Practical strategies for assessing and treating anxiety disorders.
Tel: 1800 636 748
Web: www.writtenword.community.au

20-24 April 2004

Call for papers until 31 October. 15th International Conference on the Reduction of Drug Related Harm.
Website: www.ihra.net

12 May 2004

AACBT (Vic) Presents: Steven Hayes Acceptance and Commitment Therapy with Difficult Clients, Melbourne Museum
Web: www.rmit.edu.au/departments/ps/aacbt/workshop.htm

22 May 2004

AACBT (Vic) presents: Adrian Wells Cognitive Therapy for Social Phobia and GAD, National Gallery Victoria (NGV) International.
Web: www.rmit.edu.au/departments/ps/aacbt/workshop.htm

26 March 2004

Youth Dual Diagnosis Substance Use & Mental Illness Treatment Team (SUMMIT)
Tel: 8345 6682

28th – 29th July

Borderline personality disorder: Successes in treatment
Spectrum Personality Disorder Service
Telephone: (03) 9871 3900
Email: spectrum.conference@maroon.dah.org.au

16 – 17 August 2004

Cannabis and Mental Illness Conference, The Royal Melbourne Hospital.
Web: www.mh.org.au/MentalHealth/MHTDU/Cannabis_conf.htm

24 – 25 August 2004

Violent, Suicidal, & Self-Harming Adolescents: A Collaborative Solution-Oriented Brief Family Therapy Approach
Tel: 1800 636 748
Web: www.writtenword.com.au

NATIONAL

24 – 25 April, Melbourne

Ancient Wisdom, Modern Practice Mindfulness & Meditation in Therapy 2004 National Conference
Tel: 0415 914 214 or 0416 312 528
Email: cheyne@deakin.edu.au
Web: www.psychology.org.au/units/interest_groups/buddhism/events.asp

15 – 19 May, Perth

27th National Conference of the Australian Association for Cognitive and Behaviour Therapy (AACBT)
Tel: (08) 9266 3436, Sarah Egan
Email: s.egan@exchange.curtin.edu.au
Web: www.aacbt.org

24th – 26th Sept, Sunshine Coast, Qld

Addictions 2004, Crossing Boundaries: Implications of Advances in Basic Sciences for the Management of Addiction
Tel: (07) 83774696
Email: addiction-conference@elsevier.com
Web: www.addiction-conference.elsevier.com

29 Sept – 3 Oct, Sydney

39th APS Annual Conference
Tel: (03) 8662 3300
Email: conference@psychsociety.com.au

INTERNATIONAL

16 – 18 April, Dunedin, NZ

31st Australasian Experimental Psychology Conference (EPC'04)
E-mail: epc_AT_psy.otago.ac.nz
Web: <http://psy.otago.ac.nz/epc/>

20 – 24 April 2004, Melbourne

15th International Conference on the Reduction of Drug Related Harm. Web: www.ihra.net

26 – 30 April, Melbourne

18th World Conference on Health Promotion and Education
Web: www.health2004.com.au

7 – 10 July

Australian Society for the Study of Brain Impairment (ASSBI) & International Neuro-psychological Society (INS) Annual Meeting
Web: www.tourhosts.com.au/neuropsych

20 – 21 August, Melbourne

Psychotherapy and Counselling Federation of Australia Conference
Email: mschofi2_AT_pobox.une.edu.au
Web: www.pacfa.org.au

31 Aug – 3 Sept, Gold Coast, QLD

The Mental Health Services (TheMHS) 14TH Annual Conference
Tel: (02) 9810 8700
Email: info@themhs.org
Web: www.themhs.org

7 - 11 September, UK

British and European Association for Behavioural and Cognitive Therapies Annual Conference
Web: <http://www.babcp.org.uk/>

15th September, Auckland, NZ

Promotion of Mental Health and Prevention of Mental and Behavioural Disorders: The Third World Conference
Email: conference_AT_mentalhealth.org.nz
Web: www.mentalhealth.org.nz

19 – 22 September, Brisbane Qld

15th International Congress on Child Abuse and Neglect
Tel: (07) 3844 1138
Email: ispcan2004@icms.com.au
Web: www.congress2004.com

28 Sept – 1 Oct, Canada

4th International Conference on Early Psychosis (IEPA)
Tel: (03) 9342 2837
Email: secretariat@iepa.org.au
Web: www.venuewest.com/2004/iepa/