

Baseline

issue no. 1

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President's Report

Welcome to the first Baseline of 2005 and my last as branch president. In April, after the national conference, I will be stepping down to take up the role of National President and Dr Leanne Hides will carry the mantle of branch president. In the national president role I will be focusing on building relationships – particularly with the APS, but also with other like-minded organisations.

Reflecting on my 15 year association with the AACBT, and 7 years serving on its various committees, I notice some significant and interesting changes in the AACBT and in CBT. The first is that the organisation itself has increasingly moved from the interest group model to one that is more representative of the practice and research of CBT. I hope into the future we will be the organisation that governments and media turn to when they require advice about CBT. I believe our serious moves over the past 4-5 years toward a system of minimum standards and accreditation will assist us with that aim. At the beginning of the process which produced the first report into accreditation several years ago, I was not particularly in favour of the move, but the more I speak to members and others and balance up the pros and cons, the more enthusiastic I become.

The second significant change I have seen is the rapid expansion of CBT into areas that are not traditional for the field. This year's conference theme reflects that move: *Integration, Innovation, Inspiration*. Personally I am pleased to see CBT extend itself and try new things – and move with the times. I heard one famous international researcher complaining about all these new fangled add ons to CBT (ACT, Mindfulness etc), but I'm sure that at one stage CBT wasn't 'evidence based', certainly not in the way it is now. I

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believe we need to maintain our commitment to creating that evidence base in all its forms, but we also need to extend and expand our knowledge of therapy within that framework. Back at the branch level, though, over the last few years we have concentrated on building up the professional development activities we offer. We have had a fantastic team of workshops coordinators who have brought you a full program of workshops, seminars, masterclasses and conferences. It is an enormous effort to organise a workshop and the committee all serve on the AACBT as part of their professional activities, pro bono. This year we have temporarily reduced the number of workshops because of the conference in April, but will continue to offer professional development activities for CBT practitioners and researchers.

We have also tried to cater for our Tassie neighbours by offering them cost price entry to all our events. By doing this we hope to increase Tasmanian membership enough for our southern friends to start their own branch eventually. I hope we can continue to support this effort by continuing discounted workshop attendance, at some stage offering workshops in Tasmania then culminating in a new branch. As my term comes to an end, I'd like to thank the committee over the past few years and particularly the current committee, for their incredibly hard work and commitment to the AACBT and to CBT. We have a vibrant active branch that will continue to move us forward into the future.

We are in for another exciting year – conference, workshops, seminars and accreditation. Look forward to sharing it with you!

Nicole Lee

President

28th AACBT National Conference

Online registration at
www.aacbtvic.org.au

EARLYBIRD REGISTRATION EXTENDED TWO WEEKS!!!

Winner of Earlybird Renewals Draw!

Congratulations to Ms Penny Koutsouradis, who receives a copy of *Oxford Guide to Behavioural Experiments in Cognitive Therapy*.

AACBT Vic Annual General Meeting 2004 Review

The AGM was held on the 30 November 2004 late last year and was well attended. The venue was the Birra Bella Boutique Beer Café and it followed Grace Coughlan's pub discussion (reviewed elsewhere in this issue). Nicole Lee gave the President's Report to the general membership which highlighted the activities of the Branch Committee, its sub-committees, and general members. Our progress and growth in 2004 included increased membership, development of a practitioner's list, development of a website, and the support of CBT as the current trend of "empirically-based treatment" and "stepped-care" continued. Professional development opportunities were a focus of 2004 with workshops and pub discussions. Although the combination of AGM and State Conference did not take place this year, it will return. However, the lost opportunities for our clinicians and students will hopefully be provided by the National Conference being organised by the Victorian Branch Committee and will take place in April 05 (highlighted elsewhere in this issue). These efforts have resulted in the attraction of excellent international and national keynote and workshop speakers, as well as broad range of symposia, papers and posters extremely relevant to the practice of CBT.

A special report by Raelene de Ross and Georgina Swinburne of Accreditation Sub-Committee of the Victorian Branch provided an update of the current status of accreditation. The current exploration by the AACBT into accreditation draws upon standards and processes developed in others systems, such as the UK. Such systems have found accreditation to be of benefit.

Members of all states have been provided an opportunity to give feedback regarding the proposed minimum standards and application documentation. The minimum standards were developed to provide both consumers and referrers an understanding of what denotes an actual cognitive-behaviour practitioner. Based on our member responses, there is a concern regarding the feasibility of AACBT, a volunteer organisation, to manage accreditation. A response from the National Committee is expected back regarding this concern and how other AACBT branches responded to the survey. The National Committee on Accreditation is expected to provide an update and further information at the National Conference in April.

The Treasurer's report by Lisa Wong revealed a profit that will be used to support the activities of the AACBT Victorian Branch, including the new website and continued publishing of Behaviour Change. Finally, the election of officer bearers was held. The nominations were seconded and all unanimously accepted. See the confirmation of office bearers included in the President's Report in this issue of Baseline.

After the holding of the AGM, a party was held. The relaxed and informal atmosphere of the AGM continued with many members staying for a drink and conversation with both old friends and new acquaintances. Hope to see you all at the next AGM!

**Sabura Allen, MS & PhD, Clinical Psychology
AACBT Vic Secretary**

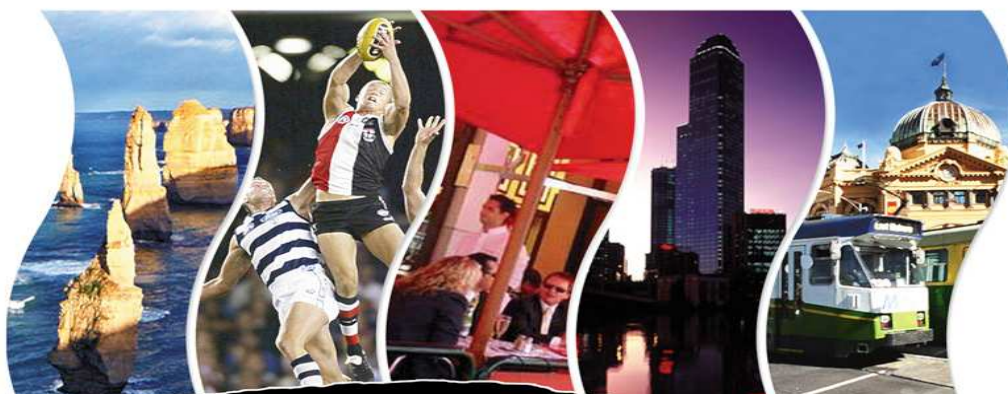
Pub Discussion Review

Dr Grace Couchman

The Characterisation of the Cognitive by Family Therapies

Many thanks must go to Dr Couchman for her interesting and thought provoking discussion. Drawing upon her extensive experience facilitating family practice in child, adolescent and adult mental health services Dr Couchman talked about both understanding cognitive aspects in family systems and the role of different family therapies (eg solution focused versus narrative therapy) in altering thinking and outcomes within the family setting. The ensuing stimulating discussion and, no doubt, the generation of "a few more" research questions by the audience, were testimony to Dr Couchman's interesting presentation.

Sophie Read



MELBOURNE 2005

16TH-20TH APRIL, RYDGES HOTEL
 AUSTRALIAN ASSOCIATION FOR COGNITIVE AND BEHAVIOUR THERAPY
28TH NATIONAL CONFERENCE

Integration • Innovation • Inspiration

Integration...Innovation...Inspiration...

The AACBT 28th National Conference, held in Melbourne April 15-20th is pleased to present **15 targeted workshops**

Workshop 1: Introduction to Mindfulness-Based Cognitive Therapy for depression: A new approach to preventing relapse. Professor Mark Williams - University of Oxford, Department of Psychiatry, Warneford Hospital, Oxford, UK. **Level:** Beginner, no experience of mindfulness needed. **Length:** Full Day.

Mindfulness-Based Cognitive Therapy (MBCT) combines Jon Kabat Zinn's Stress Reduction program with techniques from cognitive therapy in an eight week 'class' format. It aims to teach participants how to become aware of early warning signs of relapse, and to reduce tendencies to avoid these early signs.

Workshop 2: Cognitive behaviour therapy in the treatment of schizophrenia.

Professor Nick Tarrier - School of Psychological Sciences, Faculty of Medical and Human Sciences, University of Manchester. **Level:** Intermediate - Advanced. **Length:** Full Day

There is an increasing evidence base that CBT provides clinical benefit in the treatment of those suffering from schizophrenia and psychotic disorders. This workshop will briefly review the evidence base for CBT for psychosis, basic assessment and treatment methods, describe some of the complex problems encountered in clinical work with patients suffering from psychosis and introduce methods of assessing and intervening with these complex problems.

Workshop 3: Acceptance and Commitment Therapy (ACT) with anxiety disorders.

Dr Russell Harris - Private Practitioner. **Level:** Beginner - Intermediate. **Length:** Half Day (Morning)

This workshop will include a brief overview of the ACT theory. The bulk of the workshop will be taken up with experiential exercises to demonstrate techniques using these six core principles – with a particular focus on cognitive defusion and experiential acceptance. Participants will be encouraged to work with a personal anxiety issue during these demonstrations.

Workshop 4: Safe smoking cessation for smokers with a mental illness

Sharon Turner & Stavroula Zandes - Quit Victoria. **Level:** Beginner. **Length:** Half Day (Afternoon)

There is evidence that even brief advice given by a health professional can help smokers to successfully quit or manage their smoking during smoke free times or when desired. Mental health practitioners are ideally placed to deliver safe smoking cessation advice to their clients. This workshop will focus on providing practitioners with the knowledge, skills and confidence needed to provide effective safe smoking cessation advice to clients.

Workshop 5: A psychoeducational approach to basic cognitive therapy.

Dr Michael Free - School of Psychology, Griffith University. **Level:** Beginner - Intermediate. **Length:** Full Day.

This workshop presents a psychoeducational approach to cognitive therapy and incorporates recent developments in the approach, based on Dr. Free's popular book Cognitive Therapy in Groups. They include increased focus on logical errors/cognitive distortions, early maladaptive schemas, implicational meaning, and metacognition as well as increased attention to anxiety disorders and personality disorders.

Workshop 6: CBT for obesity in children and adults.

Dr Sue Byrne & Leah Brennan - University of Western Australia and Royal Melbourne Institute of Technology.

Level: Beginner - Intermediate. **Length:** Full Day.

This workshop will present two novel cognitive behavioural treatment programs that have been developed for use with overweight and obese children, adolescents and adults. The first half of the workshop will focus on the treatment of childhood obesity. In the second half of this workshop, a new cognitive-behavioural approach to the management of adult obesity will be presented.

Workshop 8: Innovations in the treatment of coexisting mental health and drug and alcohol problems. Dr Amanda Baker and Frances Kay-Lambkin - University of Newcastle. Level: Beginner. Length: Full Day.

This is an interactive workshop aimed primarily at clinicians who have had limited experience treating people with coexisting drug and alcohol problems. Literature on the assessment and treatment of coexisting problems will be briefly reviewed. Small group exercises will be conducted to guide participants through some of the decision-making processes involved in assessing and treating people with coexisting problems. Cognitive behaviour therapy for various presentations of coexisting mental health and drug and alcohol problems will be described and video demonstrations shown.

Workshop 9: Mindfulness based cognitive therapy: Going further.

Professor Mark Williams - University Department of Psychiatry, Warneford Hospital, Oxford, UK. Level:

Intermediate - Advanced*. **Length:** Full Day.

*Attendance at one of the introductory workshops by Mark Williams on mindfulness or equivalent is recommended.

This workshop aims to give participants opportunity for further experience of mindfulness practice, and more opportunity to discuss the use of the mindfulness approach in clinical practice.

Workshop 10: How to create successful behavioural experiments.

James Bennett-Levy & Helen Perry - Oxford Cognitive Therapy Centre, Oxford UK. Level: Beginner - Advanced.

Length: Full Day.

Based on the Oxford Guide to Behavioural Experiments in Cognitive Therapy (Bennett-Levy et al., 2004), this workshop will provide an A to Z of behavioural experiments: how to design and set them up; how to carry them out; how to observe the results without distortion; and how to reflect on the meaning of the experience so that the patient may gain maximum benefit. The style of the workshop will be practical and experiential – and a few laughs can be expected along the way!

Workshop 11: Using psychodynamic models and strategies in the cognitive therapy for psychosis. Simon Jakes & John Rhodes - Macarthur Mental Health Service. Level: Intermediate - Advanced. Length: Half Day (Morning)

This workshop aims to introduce some ideas and strategies inspired by more psychodynamic models to therapists who are carrying out CBT with psychotic clients. The aim is not to train therapists to do psychodynamic therapy but rather to help CBT therapists use these ideas to enhance their CBT. The importance of contextualising the client's symptoms using ideas from schema therapy will similarly be illustrated.

Workshop 12: Creative responses to chronic pain: Working effectively with chronic pain patients. Dr Phillipa Francis & Kaye Frankcom - Austin and Repatriation Medical Centre. Level: Beginner - Advanced. Length: Half Day (Afternoon)

Level: Beginner - Advanced. **Length:** Half Day (Afternoon)

This workshop explores the experience of people with chronic pain and highlights the need for flexibility and creativity in the therapeutic response. The workshop will provide case presentations and experiential practice of therapeutic ideas from mindfulness-based CBT approaches, narrative therapy as well as other outcome based and CBT approaches.

Workshop 13: The nature and treatment of anxiety disorders in children and adolescents.

Professor Ronald M. Rapee - Dept of Psychology, Macquarie University. Level: Beginner - Intermediate. **Length:**

Full Day.

Based on the 10-session Cool Kids program, this workshop we will discuss the identification, nature, and treatment of child and adolescent anxiety disorders. The major part of the workshop will focus on the application and methods for delivering treatment strategies.

Workshop 14: e-therapy: Internet-based disease management systems. Dr Lucy Robertson, Dr

Holly Exeter-Kent & Dr Dennis Tannenbaum - Sentiens Global. Level: Beginner - Advanced. **Length:** Half Day

(Morning)

This workshop will introduce the concepts of internet-based disease management systems, providing clinicians with a toolset to increase the efficiency of treatment delivery, and providing a convenient and secure communication system around the patient. To illustrate the concepts, an e-therapy system for depression will be demonstrated.

Workshop 15: CBT in the Workplace.

Dr Dom DiMattia & Dr Monica O'Kelly- University of Bridgeport and Co-Director of the Centre for CBT . Level: Beginner - Intermediate **Length:** Full Day.

This innovative workshop expands the use of cognitive behaviour therapy to the non-clinical population and explores its application in the workplace. Two areas will be focussed on; the relationship between cognitive behaviour therapy and emotional intelligence and the application of cognitive behaviour therapy in coaching. The presenters will demonstrate how CBT can be used as a practical and effective technology of human change in these areas using terminology to that promotes psychological growth without pathologising issues.

Workshop 16: Innovations in Behavioural Family Intervention.

Prof Matt Sanders - Department of Psychology, University of Queensland

Level: Beginner-Intermediate **Length:** Full Day

This workshop provides an overview of recent developments in the delivery of behavioural family interventions using the Triple P system of parenting and family support. Triple P is a unique multilevel, population-based system of parenting interventions for parents of children from birth to age 16. It incorporates 5 levels of intervention on a tiered continuum of interventions of increasing intensity and narrowing population reach.

Visit www.aacbtvic.org.au for further details and to register!!!

The AACBT 28th National Conference has put together a cutting-edge scientific program. Full scientific program is now available through www.aacbt.org.au

Also, an exciting line-up of invited speakers, **live CBT demonstrations**, panel discussions, and a **stellar social program!** Follow the links for further information and to register: www.aacbtvic.org.au

For more information contact AACBT on telephone: 0423 184 174 or email: president@aacbtvic.org.au

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To register call **1300 365 411**
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Executive Committee Members 2005

AACBT Vic

Nicole Lee	President Behaviour Change Committee
Leanne Hides	Vice President
J Sabura Allen	Secretary Public Officer
Lisa Wong	Treasurer
Ruth Brown	Ordinary
Felicity Cronan	Pub Discussions
Robyn Dwyer	Interim Baseline Editor
Kate Ebsworth	Baseline Editor
Peter Eide	Website
Melissa Hasty	Workshops
Mervyn Jackson	Ordinary
Nellie Lucas	Public Relations
Greg Murphy	Ordinary
Belinda Newman	Assistant Treasurer
Georgina Swinburne	Accreditation Public Relations
Mini Yazdag	Practitioner List Memberships

COMMITTEE MEMBER PROFILE

**Nellie Lucas Bpsy (hons), Probationary
Psychologist, ORYGEN Youth Health**

Nellie is completing her clinical doctorate in psychology (child specialisation) at the University of Melbourne and works part time as a research assistant at ORYGEN Youth Health within a First Episode Mania Research Clinic. She completed a Bachelor of Psychology with Honours and then worked

in various roles in Sydney including adult mental health case management and occupational rehabilitation counselling, before moving to Melbourne to complete postgraduate study. Nellie attended the AACBT pub discussions in Sydney and enjoyed them so much that she joined the AACBT (Vic) to get the Pub Discussions happening in Melbourne.

**Mr. Peter Eide
AACBT - website manager**

Peter is a clinician at Turning Point Alcohol and Drug Centre. He joined AACBT to enhance his workplace knowledge of CBT. He is responsible for

creating the new website www.aacbtvic.org.au for which he has done an outstanding job. Favourite book on CBT - Cognitive Therapy for Delusions, Voices and Paranoia- Chadwick et al.

Professional Development & Training for AACBT(Vic)Members

LOCAL

4th – 5th March Warrnambool - 18 – 19th March Traralgon
 Interpersonal Psychotherapy Workshop -
 Dr Prasuna Reddy MAPS ,
 University of Melbourne
 Tel: (03) 9662 0244
 Email: events@psychology.org.au

6th March
 Don't Panic - one day intensive workshop
 Dr Sallee McLaren, Clinical Psychologist
 Web: adavic@adavic.org.

9th March
 Counselling skills using Cognitive Behavioural Therapy for anxiety and depression: Difficulties and solutions
 Cath Walker, Psychologist
 Tel: (03) 9886 0955
 Email: annie@tranx.org.au
 Web: www.tranx.org.au

15th March, AACBT (Vic) Pub Discussion
The AACBT (Vic) present Dr Richard Eisenmajor 'Understanding Asperger's Syndrome', Birra Bella Boutique Beer Cafe . See www.aacbtvic.org.au for details.

30th March
 Treating Depression in Adolescents
 Michael Carr-Gregg Adolescent Psychologist, Albert Road Centre for Health
 Tel (03) 9886 9400
 E-mail info@pada.org.au
 Web: www.pada.org.au

16th – 20th April, 2005
28th National AACBT Conference - Integration, Innovation, Inspiration 2-Day Workshop and 3-Day Scientific Program
Keynote speakers: Prof Mark J Williams, Prof Nick Tarrier, Prof Mark Dadds, Dr Amanda Baker

9th May
Essential Psycho-Education For Anxiety Disorders and Depression
 Joe Bolza, Clinical Psychologist, Senior Consultant to PADA
 Tel (03) 9886 9400
 E-mail info@pada.org.au
 Web: www.pada.org.au

13th May
 Patterns of Memory Dysfunction in Current and 2-Year Abstinent MDMA (Ecstasy) Users
 Dr Kate Hall, Clinical Psychologist, Turning Point Drug & Alcohol Centre
 Tel: (03) 8413 8413

7th June AACBT (Vic) Pub Discussion
The AACBT (Vic) present Dr Janice Sabura Allen: "Evolutionary Psychology (dating and mating)" Birra Bella Boutique Beer Café, See www.aacbtvic.org.au for details

16th June
 Building Resilience in Children and Families
 Associate Professor Paula Barrett, Pathways Health and Research Centre Griffith University
 Tel (03) 9886 9400
 E-mail info@pada.org.au
 Web: www.pada.org.au

5th August 2005, AACBT Workshop Changing Client Lifetraps: Schema focused Cognitive Therapy for Personality Disorders
Christopher Lee, Clinical Psychologist, Lecturer, Murdoch University.

28th September – 2nd October
 40th Australian Psychological Society Conference
 Past Reflections, Future Directions
 Tel: (03) 8662 3300
 Email: conference@psychsociety.com.au
 Web: www.apsconference.com.au

6th – 9th November
 APSAD: Science, practice, experience
 Tel: (07) 3846 5858 Web: www.apsad.org.au

NATIONAL

16th – 20th April, 2005
28th National AACBT Conference - Integration, Innovation, Inspiration 2-Day Workshop and 3-Day Scientific Program
Keynote speakers: Prof Mark J Williams, Prof Nick Tarrier, Prof Mark Dadds, Dr Amanda Baker

22nd – 26th May 2005, Sydney
 The Royal Australian & New Zealand College of Psychiatrists (RANZP) 40th Congress: Psychiatry in a Changing World
 Tel: (03) 9662 0244
 Email: ranzcp2005@icms.com.au
 Web: www.ranzcp.org

4th – 7th July, Brisbane
 Australian Winter School Conference
 Tel: (07) 3834 0211
 Email: winterschool@adfg.org
 Web: www.winterschool.info