

Baseline

issue no. 2

In this second issue you will find:

- President's Report
- Web Site Review
- Review of AACBT Masterclasses & Pub Discussion
- Accreditation Survey
- Committee Member Profile
- Professional development and training

President's Report

The committee have had a very busy couple of months since the last Baseline! Workshops, pub discussions, accreditation, conference preparation...

We were lucky enough to have two international speakers in May available to us from the National Conference. The very engaging Steven Hayes gave us the low down on Acceptance and Commitment Therapy (ACT), a mindfulness cognitive therapy. And Adrian Wells from the UK offered a cognitive view of anxiety disorders, based on his theory of meta-cognitions. Reviews of both these workshops appear in this issue of Baseline.

Locally we had our very successful first pub discussion with the delightful Nick Allen, who kept 40 of us enthralled over drinks and nibbles with tales of mindfulness therapy. Our next pub discussion will be held in June with Craig McNeil on the role of CBT in the treatment bipolar disorder.

We have also been extending our reach across Tasmania. We assisted the APS in North Tasmania to set up one of our famed MasterClasses there. By all accounts it was a very successful event. Tasmanian CBT practitioners are presently covered by the AACBT Victorian Branch and since late last year we have been making an effort to engage our Tassie members more actively. I hope in the future we will have enough members for a Tasmanian branch of the AACBT. As part of our strategy, we have been offering Tasmanian members cost price attendance at all our workshops and plan to hold some workshops in Tasmania next year.

Our new Vice President, Leanne, has returned from the National Conference in Perth with the news that the Victorian Branch has the most members.

We are currently running at over 300 members! Thanks to all members who continue to support the AACBT and

You will find more news from the accreditation working party with this edition, including a survey for members. Please take the time to complete it and return to us. We need to hear your views.

The National Conference was another successful event. Congratulations to WA Branch. Next year it is our turn! We have a conference committee established and looking to expand at the moment in preparation for a busy period. If you would like to join us to help organise the conference for next year, please let me know!

Many will be pleased to hear that we have confirmed Professor Nick Tarrow, pioneer in CBT for psychosis, and Professor Mark Williams, one of the famous Teasdale, Williams and Segal trio who began the Mindfulness Based Cognitive Therapy movement, for the National Conference in Melbourne April 2005. Our local keynote speakers are Dr Amanda Baker on innovations in comorbidity and Professor Mark Dadds on innovations in Youth CBT. There will also be an interesting program of invited speakers, symposia and posters, and a series of workshops. You will find a call for abstracts in with this edition of Baseline, so put your evidence-based hats firmly on and get submitting!

That's it from me. Put your feet up and enjoy this edition of Baseline!

Nicole Lee
President

Web Site Review

www.cci.health.wa.gov.au

The Centre for Clinical Interventions is a WA mental health service with a focus on research and training. Their web site is a simple and easy to use resource for clinicians working with complex anxiety and mood disorders.

The site contains information and resources for clinicians and consumers. Examples of articles include:

Social skills training for severe mental disorders

Social anxiety in schizophrenia: A cognitive behavioural group therapy program

AACBT MASTERCLASS WORKSHOPS & PUB DISCUSSION

A review of the highly successful AACBT events in April and May 2004

Masterclass 1. Acceptance And Commitment Therapy (ACT) With Difficult Clients

Professor Steven Hayes, Department of Psychology, University of Nevada

Book: Acceptance and Commitment Therapy: An experiential approach to behaviour change. Hayes, Strosahl & Wilson (2004).

"Most therapists and clients believe that a more vital life can be attained by overcoming negative thoughts and feelings. Yet despite efforts to achieve this goal, many individuals continue to suffer with behaviour disorders, adjustment difficulties, and low life satisfaction. This volume presents a unique psychotherapeutic approach that addresses the problem of psychological suffering by altering the very ground on which rational change strategies rest. ACT focuses in particular on the ways clients understand and perpetuate their difficulties through language. Providing a comprehensive overview of the approach and detailed guidelines for practice, this book shows how interventions based on metaphor, paradox, and experiential exercises can enable clients to break free of language traps, overcome common behavioural problems, and enhance general life satisfaction."

The Book is available from Readings 9347 6633

More information on ACT can be found at www.acceptanceandcommitmenttherapy.com.

The dynamic presentation by Professor Hayes encapsulated the essence of ACT; the aim of which he explained was to encourage greater psychological flexibility for the most difficult clients via acceptance and mindfulness processes with a commitment to change in alignment with personal values.



Steven Hayes presents at the Melbourne Museum

The presentation was supported by extensive research findings and Professor Hayes registered excitement in the current innovative MHRI project exploring the effectiveness of ACT and mindfulness for treatment resistant auditory hallucinations. More details about this project can be obtained at www.mhri.edu.au.

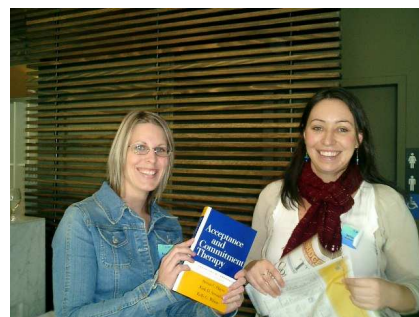
The Treetop restaurant which sits atop the Melbourne Museum provided an amazing venue, relaxed and conducive to participant interaction. There was a broad mix of participants from varying disciplines and levels of clinical experience which contributed to interesting discussion.

Robyn Dwyer, AACBT Member

Hayes was both energetic and passionate about his work, and his immense compassion for his clients was inspirational.

The goal of ACT is to help clients choose to act effectively in the presence of difficult or interfering private events. It includes aspects of acceptance, mindfulness, cognitive defusion, values, and committed action. The core concept of ACT is that psychological suffering is usually caused by experiential avoidance, cognitive entanglement, and the resulting failure to take needed behavioural steps in accord with core values. Furthermore, ACT teaches clients how to alter the way difficult private experiences function mentally rather than having to eliminate them from occurring at all.

This workshop was somewhat challenging to those who practice traditional cognitive-behavioural therapy, as he argued that, at least for treatment-resistant clients, that the challenging of difficult thoughts and feelings as a means of coping may, in fact, be



Enthusiastic AACBT committee members

counter-productive.

Hayes emphasised that experiential aspects of therapy can act as powerful learning tools for both the client and therapist, and hence much of the day involved a high level of experiential participation. Whilst an opportunity to explore the museum was available during lunch, an opportunity to observe Hayes in action was far more inviting...

Georgina Swinburne, AACBT Committee Member

Masterclass 2. Cognitive Therapy for Generalised Anxiety Disorder and Social Phobia

Professor Adrian Wells, University of Manchester, United Kingdom.

Social phobia and generalised anxiety disorder (GAD) are common, highly disabling conditions. The workshop focussed on new developments in understanding these disorders and presented cognitive models developed by Clark and Wells (1995) and Wells (1995; 2000). Treatments based on these models were presented with an emphasis on developing idiosyncratic case-formulations and accounts of the strategies that are most effective in producing cognitive-emotional change. These treatments require therapists to address metacognitions (factors that appraise and control thinking) rather than challenging worry content.



Professor Wells speaks with AACBT Members

Another successful Masterclass... Wells depth of knowledge and wealth of clinical experience was clearly reflected throughout the workshop.

Wells' approach differs from traditional cognitive-behavioural therapy, which focuses more upon identifying and challenging the content of one's worries and underlying core beliefs. Wells' cognitive model of social phobia highlighted the patient's view of himself or herself as a social object and emphasised the role of safety behaviours.

Wells' general approach of developing a case formation in collaboration with the client, as a guiding tool for therapy, was both clearly explained and clinically insightful. The core strategies within his therapeutic interventions were well grounded in theory and video footage demonstrating the application of such strategies in real clinical settings definitely increased the great learning experience.

Georgina Swinburne, AACBT Committee Member

A 40-strong crowd of members attended Dr Adrian Wells' one-day workshop, the enthusiasm of Dr Wells and his audience belied its early-Saturday-morning start.

Dr Wells helpfully used video demonstrations of therapy sessions and practical exercises as adjuncts to his discussion. In all, the workshop was an effective, lively communication of relatively novel concepts, set within a pretty nifty environment, leaving attendees with questions and interest galore.

Catherine McNab, AACBT Member



The Venue: National Gallery of Victoria

Pub Discussion 1. CBT, Mindfulness And Other Forms Of Basket Weaving

Associate Professor Nick Allen, University of Melbourne

The First AACBT Pub Discussion evening was well attended and pleasantly whetted the appetite for more such evenings. A healthy debate and discussion was generated by the diversity within the group, which included local and international students, academics, research clinicians and therapists of varying levels of experience and expertise.

It was generally concluded that mindfulness and compassion techniques could be integrated into CBT without compromising its tenets and were an especially useful modification to prevent relapse in depression. Advocates of a more stringent REBT approach were more sceptical and added a different perspective, while a note of caution as to the manner in which mindfulness/compassion were incorporated as an intervention was raised by clinicians who had experience with such techniques.

The evening was well worth negotiating the peak hour traffic, which was quickly forgotten anyway on entering the ambience of the funky candlelit venue (HolliAva – sort of a bohemian feel). It was great to meet with old and new acquaintances in such a relaxed and friendly atmosphere.

Robyn Dwyer, AACBT Member

**MINIMUM STANDARDS AND ACCREDITATION SURVEY
(VICTORIAN STATE BRANCH)**

Currently, the AACBT committee (representation from all states) are working on a minimum standards document for national accreditation of CBT practitioners. We are interested to hear your thoughts, and would be very appreciative if you could complete the following survey by **JUNE 20** and:

1. fax directly to Ric Pawsey on (03) 9416-7122. All faxes are received securely and in confidence, or

2. request an electronic copy from Dr. Raelene de Ross and **email your response** (Raelene.deross@southernhealth.org.au)

Please circle your response.

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- | | | | |
|---|-----|----|----|
| 1. Are you a current member of AACBT? | yes | no | dk |
| 2. Do you practise CBT? | yes | no | dk |
| 3. Would you describe yourself a Cognitive-Behaviour Therapist? | yes | no | dk |
| 4. Are you aware that the UK, USA and European countries have strict minimum standards to accredit Cognitive-Behaviour Therapists? | yes | no | dk |
| 5. Do you agree with the proposal to accredit therapists who state they practice CBT? | yes | no | dk |
| 6. Do you believe there will be benefits to practitioners if accreditation occurred? | yes | no | dk |
| 7. Is there a place for accrediting CBT practitioners to generate a referral list for GPs and the Better Outcomes for Mental Health Projects? | yes | no | dk |
| 8. If you are not currently a member, would you consider becoming one given accreditation of CBT? | yes | no | dk |
| 9. Do you agree with the accreditation of CBT courses? | yes | no | dk |
| 10. Would you like to see CBT supervisors accredited? | yes | no | dk |
| 11. If AACBT established an accreditation standard, would you be confident that it could be effectively maintained and monitored? | yes | no | dk |
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Other comments:

COMMITTEE MEMBER PROFILE

Leanne Hides, Vice President

Leanne is the Clinical Research Coordinator of the Substance Use Research and Recovery Focused (SURRE) Program at the ORYGEN Research Centre, University of Melbourne. This program aims to conduct clinical, neurobiological and neuropsychological research to identify young people who are vulnerable to substance use disorders, and implement evidence based early intervention strategies for primary and comorbid substance use disorders. Leanne completed her PhD examining the relationship between cannabis and other drug use and psychotic relapse in early psychosis in 2003 at Griffith University, Brisbane. Originally from Townsville, Leanne moved to

Melbourne from Queensland in 2003. Leanne was the Resource Officer of the Queensland Branch of the AACBT from 1997 to 2002 before taking up a role first as workshops coordinator and then Vice President of the Victorian Branch in 2004.

Andrew Chown - Multidisciplinary Liaison and PR

Andrew is a registered nurse, working as an Outpatient Clinician at Orygen Youth Health. Before moving to Australia from England in 1997, he was working as a day program coordinator with a community mental health team in Oxfordshire. Since arriving in Australia, he has been working in day program settings in Sydney and Brisbane. He moved to Melbourne in December 2003.

COGNITIVE THERAPY WITH CHALLENGING CLIENTS



The Centre for Cognitive Behaviour Therapy is delighted to be sponsoring the visit to Australia of eminent therapist **DR JUDITH BECK**.



Judith Beck, Ph.D. is the Director of the Beck Institute for Cognitive Therapy and Research in Philadelphia, which she co-founded in 1994 with her father Aaron T. Beck, M.D. She also is Clinical Associate Professor of Psychology in Psychiatry at the University of Pennsylvania.

Dr Beck is a clinician, a teacher and a researcher. She has been involved in training and supervising cognitive therapists for the last 20 years. Research interests include studies of personality disorders, panic disorders, and bipolar disorder. Dr Beck writes in a logical, sequential style that reflects the underlying concepts of cognitive therapy. She is co-author of *Cognitive Therapy of Personality Disorder* (Guilford, 2003), and has authored a basic text, *Cognitive Therapy: Basics and Beyond* (Guilford, 1995) which has

been translated into 12 languages.

Dr Beck is an acclaimed speaker. Her common sense approach in workshops is characterised by pertinent clinical examples, role play therapy demonstrations and illustrative videos.

Workshop focus

This workshop focuses on helping the clients that we all find difficult. Judith S. Beck, Ph.D, and Aaron T. Beck, M.D., along with their colleagues have worked for many years developing specialised treatment strategies for challenging patients with difficult disorders. This workshop will address problems common to the range of difficult patients.

Dr Beck's teaching style is practical and engaging. She will cover cognitive conceptualisation with identification of characteristic dysfunctional beliefs, therapeutic alliance, counter-transference, goal setting, structuring the therapy setting, modifying automatic thoughts and images, enhancing homework compliance, identifying and modifying core beliefs and reducing self harming behaviour. Hands-on participation is encouraged with role-plays of difficult clients, imaginal exercises, videotapes, and discussion of conceptualisation worksheets.

Workshop Dates	Costs: (include GST)
Brisbane, 27th September 2004	Early bird registration up to 1st August 2004 \$275

Sydney, 29th September 2004	Registration after 1st August 2004	\$330
Melbourne, 1st October 2004		

For more information and a registration form, refer to: www.ccbt.com.au

or Phone: 03 9882 4414 or 03 9796 9300

Professional Development & Training for AACBT(Vic)Members

LOCAL

5th June, Bendigo & 19th June Warrnambool, Advanced CBT Workshop 2004 - 1 day Training for Experienced CBT Therapists
Email:

cbtpd@psychsociety.com.au

Web:www.psychsociety.com.au/pd/pd_activities/default.asp

8th June, ABI Behaviour Consultancy - Acquired Brain Injury and Advanced Behaviour Management

Email: info@abibehaviour.org.au

9th June, Victorian APS Forensic College: "Adding Insult to Injury" Presenter: Felicity Jane Dunne - University of Melbourne
Tel: (03) 9495 9207

19th June, Children's Court Clinic - "Psychological Assessment & Report Writing for the Children's Court"
Tel: (03) 8601 6750

22nd June, AACBT (Vic) Pub Discussion: Dr Craig MacNeil: Bipolar Disorder. Tel: 0423 184 174, Web:www.aacbt.org

8th July, APS - Objective Personality Assessment: Its Use & Misuse in Forensic Settings
Presenter: Dr Don Strassberg
Tel: (03) 8662 3300
Email: pd@psychsociety.com.au
Web:www.psychsociety.com.au/pd/pd_activities/default.aspppsychsociety.com.au

27th July, APS - Neuropsychotherapy & Community Integration: Brain Disability, Emotions & Behaviour
Speaker: Tedd Judd PhD
Tel: (03) 8662 3300
Email: pd@psychsociety.com.au
Web:www.psychsociety.com.au/pd/pd_activities/default.asp

28th - 29th July, Borderline personality disorder: Successes in treatment, Spectrum Personality Disorder Service, Tel: (03) 9871 3900
Email:spectrum.conference@maroonidah.org.au

10th Aug, AACBT (Vic) Pub Discussion. Dr Andrew Chanen: Cognitive Analytic Therapy (CAT) for Personality Disorders, Tel: 0423 184 174 Email:

13th & 14th Aug, Interpersonal Psychotherapy Workshops 2004: Intensive workshop for psychologists, overview of the theory, structure and evidence base for IPT.
Dr Prasuna Reddy MAPS, Melb Uni Tel: (03) 8662 3300

16th - 17th Aug, Cannabis & Mental Illness Conference, RMH
Web:www.mh.org.au/MentalHealth/MHTDU/Cannabis_conf.htm

24th - 25th Aug, Violent, Suicidal, & Self-Harming Adolescents: A Collaborative Solution-Oriented Brief Family Therapy Approach.
Matthew Selekman MSW, LCSW
Tel: 1800 636 748
Web: www.writtenword.com.au

17th Sept, AACBT(Vic) Masterclass: A Series of Practical Demonstrations of CBT in Action. Speakers TBA, Swinburne University Tel: 0423 184 174
Web:www.aacbt.org

19th Oct, AACBT (Vic) Pub Discussion Dr. Grant Devilly: Pseudoscience and Alphabet Therapies Tel: 0423 184 174
Web:www.aacbt.org

NATIONAL

4th - 5th Sept, Brisbane. Society for Psychotherapy Research, Researching Individual Psychotherapy Process: Family and Group Interaction (07) 3365 5143 Email: robertk@psychiatry.uq.edu.au

24th - 26th Sept, QLD. Addictions 2004, Crossing Boundaries: Implications of Advances in Basic Sciences for the Management of Addiction
Tel: (07) 83774696
Web:www.addiction-conference.elsevier.com

29th September - 3rd October, Sydney: 39th APS Annual Conference. Tel: (03) 8662 3300
Email:conference@psychsociety.com.au

7th - 10th July, QLD, 3rd Neuropsychological Society & the Australian Society for the Study of Brain Impairment AGM.

Tel: (02) 9248 0800
Web:www.tourhosts.com.au/neuropsych/abstracts.asp

20th - 21st August, Melbourne, Psychotherapy and Counselling Federation of Australia Conference
Web: www.pacfa.org.au

31st Aug - 3rd Sept, Gold Coast The Mental Health Services 14TH Annual Conference
Tel: (02) 9810 8700
Email: mailto:info@themhs.org
Web: www.themhs.org

22nd- 24th September 2004, QLD 8th Biennial Australasian Schizophrenia Conference. Email: asc2004@icms.com.au
Web:www.icms.com.au/asc2004

Dec 2004, Perth. The Australasian Society for Psychiatry Research
Email: vmorgan@cyllene.uwa.edu.au

INTERNATIONAL

7th - 10th July, Australian Society for the Study of Brain Impairment (ASSBI) & International Neuropsychological Society (INS) Annual Meeting Web:

www.tourhosts.com.au/neuropsych

20th - 24th July, Tokyo, World Congress of Behavioral and Cognitive Therapies, Behavioral and Cognitive Therapies - Towards a Global Standard
Web:www.congre.co.jp/WCBCT2004/

7th - 11th Sept, British and European Association for Behavioural and Cognitive Therapies Annual Conference, Manchester, United Kingdom
Web:<http://www.babcp.org.uk/>

15th Sept, Auckland, NZ. Promotion of Mental Health and Prevention of Mental and Behavioural Disorders: The Third World Conference
Web:www.mentalhealth.org.nz

19th - 22nd Sept, Qld 15th International Congress on Child Abuse and Neglect
Tel: (07) 3844 1138
Email: ispcan2004@icms.com.au
Web: www.congress2004.com

28th Sept - 1st Oct, Vancouver, Canada. 4th International Conference on Early Psychosis Tel: