

Baseline

issue no. 4

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President's Report

As acting president, I have the pleasure of announcing the birth of Charlie James William Lennon, the first child of our president Nicole Lee and her husband David Lennon. Both Charlie and mum are doing extremely well and Charlie is continuing his adventures around Melbourne, having already travelled to Puerto Rico, Cuba, Mexico and the USA in utero.

Other exciting news this month includes our Annual General Meeting (AGM) and Christmas Party on Tuesday the 30th of November. Dr Grace Couchman will open the evening, with a pub discussion on *The Characterisation of the Cognitive by Family Therapies* from 6.30 to 7.30pm. The AGM will then kick off from 7.30 until 8pm and include some feedback from our accreditation committee. At this stage, there is national support from our members for the accreditation of CBT practitioners. However, the best process for implementing accreditation is still unclear and requires your input! All members are invited to our pub discussion/AGM/Christmas Party. Remember pub discussions are now FREE for current AACBT members (non-members are welcome to attend for \$5) and the committee will provide a complimentary first drink (soft drink, wine or beer only) and canapés throughout the evening.

Inside this issue you'll find reviews of recent AACBT events including - MasterClass, the latest in our series of demonstrations of CBT techniques by leading experts in the field, and an intriguing pub discussion. The Workshops Committee have been busy arranging the pub discussion and workshops program for 2005. Dr Richard Eisenmajer an expert on childhood developmental disorders will be lead a pub discussion on *Understanding Autism and Asperger Syndrome and its Behaviour* on March 9 2005.

Professor Alan Marlatt from the University of Washington has also confirmed he will be visiting our shores in early November to present a workshop on his seminal relapse prevention work.

AACBT members who renew for next year by the 31st December 2004, go into the draw for a copy of *Oxford Guide To Behavioural Experiments In Cognitive Therapy* (reviewed in this issue). Finally, our new website should be fully operational within the next few weeks thanks to the efforts of Peter Eide.

On the National front, preparations for the 28th National AACBT Conference being held in Melbourne, April 2005 are well underway thanks to the efforts of the Victorian National Conference Committee. The committee have been designing an exciting scientific and workshop program including national and international keynote speakers and local invited speakers. Professor Mark Williams has confirmed he will provide two workshops to Victorians including an introductory workshop on mindfulness based cognitive therapy as well as an advanced workshop for wannabe mindfulness gurus. Professor Mark Dadds will be presenting his captivating research on child psychopathy and Dr Amanda Baker will be presenting on the latest innovations in the treatment of co-occurring substance use and mental health problems. Last but not least, Professor Nick Tarrier will be presenting his pioneering work on CBT for psychosis. Our sensational social program is progressing well thanks to the research efforts of Kate Hall, and includes a location X conference dinner which should promise a night of intrigue and excitement.

Just a reminder to submit your abstracts for papers, posters, workshops and symposia by Friday, 26th of November. Stay tuned for further announcements of the full scientific and workshops program as well a range of invited speakers, symposia and workshops from more of our Australian counterparts.

Leanne Hides

Acting President

AACBT (Vic) Pub Discussion, Annual General Meeting & Christmas Party!
30 November 2004

6.30 – 7.30pm Pub Discussion,
Dr Grace Couchman – Family Therapy
7.30pm – 8pm AACBT (Vic) Annual General Meeting
8pm till late - AACBT (Vic) Christmas Party
(Further details inside...)

AACBT NATIONAL PRESIDENTS NEWSLETTER, SEPTEMBER 2004

Updates on AACBT from a National Perspective!

Events

Each of the states have continued to be very busy running various events, including several workshops, monthly events and pub discussions. The largest AACBT event in the past few months was the National Conference in May held in Perth, thanks to all members who supported the conference by coming along, the conference was a great success with good numbers in attendance and great evaluations received. You will have already received a flyer for the **28th National AACBT Conference being held from 16th-20th April 2005 in Melbourne. Keynote speakers include Mark Williams, Nick Tarrier, Mark Dadds and Amanda Baker.** The conference looks set to be excellent, covering a wide range of important areas, so get working on your **abstracts due on 26th November!** For information contact Nicole Lee at nicole.lee@turningpoint.org.au, Leanne Hides at lhides@unimelb.edu.au or go to the national website; www.aacbt.org.

Accreditation

All members should have received by now draft documents from the accreditation sub-committee including a draft minimum standards document and a draft accreditation application form, either via post or on your state website. Feedback is sought from members on these documents, please provide your comments to your state president.

For further information on accreditation contact the accreditation sub-committee chair, Shirley Morrissey; S.Morrissey@griffith.edu.au.

Awards

Nominations are now being called for the 2005 AACBT awards. Awards include the Distinguished Career Award and the Tracy Goodall Early Career Award that includes a prize of \$2000, with a requirement for the prize winner to present an address at the 2006 National Conference. Applications are due by 28th February 2005, and the awards will be presented at the 2005 National Conference in Melbourne. For award application forms please contact Kathy Ahern; k.ahern@staff.uqj.uq.edu.au or go to the national website; www.aacbt.org.

World Congress of CBT

The World Congress of Behavioural and Cognitive Therapies was held in July in Kobe, Japan, and it was great to see a strong representation of Australians at the conference. The next conference date has been announced and will be from 11th-15th July, 2007 in Barcelona, Spain.

Sarah Egan
AACBT National President

FROM THE AACBT (VIC BRANCH) ACCREDITATION COMMITTEE

The accreditation committee are seeking feedback on the draft minimum standards and draft application form. Feedback will be sought at the AGM in November.

Members can obtain copies of documents to review prior to the meeting by contacting Georgina Swinburne at gswinburne@berrystreet.org.au

BOOK REVIEW

Oxford guide to behavioural experiments in cognitive therapy.

Bennett-Levy, J., Butler, G., Fennell, M., Hackman, A., Mueller, M., Westbrook, D. (2004) Oxford: Oxford University Press.

Available Now

Costs around \$100 (paperback), \$240 (hardback)

The well-known team at the Oxford Cognitive Therapy Centre have put together a unique guide to behavioural experiments. They are a fundamental part of CBT but very little is written specifically about them, so this book is much needed. As the editors say, it is written by clinicians for clinicians and is a very practical publication.

On the down side some sections are very dense and may be difficult for your average time-strapped clinician to get into in one go. The text in those sections might benefit from more summaries, diagrams and the like, but the writing style is easy to read. On the other hand, it is very comprehensive and cover a range of problems that behavioural experiments are suitable for use with, including the

usual suspects (anxiety, depression, psychosis) but also some less obvious problems such as self injury, acquired brain injury, physical illness, insomnia and interpersonal difficulties. I was a little disappointed to see no section on substance use. Each section is written by an expert in that area and most names would be familiar to cognitive therapists.

The book first covers some historical and conceptual underpinnings and a section on designing effective behavioural experiments, which provide a good background for new clinicians and an excellent brush up for those more experienced. Sets of checklists are useful as are the tips on common pitfalls.

Following this, there are separate sections on most of the anxiety and mood disorders, outlining effective behavioural experiments specific to each. In each section the life like examples are also helpful and easy to follow and areas of potential difficulties are highlighted. Each also has a page called 'tales from the front line' which are amusing anecdotes of true and sometimes a little strange stories of behavioural experiments, and add a lighter touch to the book.

Overall this is an excellent resource, unique in many ways.

Nicole Lee

Earlybirds draw!

Win a copy of Oxford Guide to Behavioural Experiments in Cognitive Therapy

Renewing members, we have a copy of the Oxford Guide to Behavioural Experiments to give away. All members who return their membership renewals before the 31st December will be automatically entered into the draw (multiple year members will also be automatically eligible if not required to renew this year).

AACBT NATIONAL AWARD SCHEME

The AACBT will offer two awards in 2005 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 awards will comprise \$2000 cash to be used to meet research or clinical expenses. The winner of this award will be invited to present at the 2006 AACBT National Conference. Applicants must be members of the AACBT.

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. Entry is by peer nomination.

Presentation of these awards will be made at the 2005 AACBT National Conference in Melbourne.

Closing Date: 28 February 2005

FOR INFORMATION AND APPLICATION FORMS CONTACT:

Kathy Ahern AACBT QLD: k.ahern@staff.uqj.edu.au

Sonja Pohlman AACBT QLD starleopard@uqconnect.net (0402 143 548)

COMMITTEE MEMBER PROFILE

**Sabura Allen, MS & PhD, Clinical Psychology,
Virginia Commonwealth University, USA
AACBT Secretary**

Sabura Allen's training and approach to therapy has been primarily cognitive behavioural and interpersonal in nature. Six years ago she immigrated to Melbourne with her family. She worked as a psychologist in inpatient psychiatry and continuing care for about four years. Three years ago she began to teach a subject at Monash University which evolved into a full-time, continuing academic position in the postgraduate

clinical psychology doctoral program. Cognitive behaviour therapy is a focus of her two-semester series on psychotherapy. She continues a small private practice to satisfy her love of treatment as well as keeping the therapy process real. Her research interests are from an evolutionary psychology perspective. She is interested in the association between psychiatric symptoms and women's approaches to dating and mating. She finds being a committee member rewarding and a way to contribute to how CBT is viewed in Victoria.

AACBT (Vic Branch)

Pub Discussion/AGM/Christmas Party

All current AACBT (Vic) members are invited to attend our Annual General Meeting and Christmas Party.

When: Tuesday 30th November

Where: Birra Bella Boutique Beer Cafe, 152 Lygon St, Carlton

Admission: FREE - Complimentary first drink (soft drink, wine or beer only) & canapés

6.30 – 7.30 pm Pub Discussion – *The Characterisation of the Cognitive by Family Therapies*

Presented by Dr Grace Couchman. Dr. Grace Couchman is a psychologist and family therapist. She is senior family clinician at Inner West Area Mental Health Service, and Project Coordinator of the Lighten Up Depression and Families Project at The Bouverie Centre. She has been involved in the delivery of family sensitive practice in a range of child, adult and family services.

The discussion will focus on the various ways in which family therapies work to bring about changes in thinking and the way this is conceptualised within strategic, solution-focussed and narrative therapy frameworks. (Non-members are welcome to attend for \$5)

7.30 pm – 8.00 pm Annual General Meeting – CBT Accreditation Feedback and Discussion

8.00pm onwards AACBT Christmas Party

Please RSVP to Leanne Hides on lhides@unimelb.edu.au or call the AACBT (Vic) on 0423 184 174 to help us with catering.

Masterclass Review

Professor Grant Devilly - CBT for PTSD

Tony McHugh - Anger Management: A Cognitive Perspective

The AACBT (Vic Branch) hosted another successful Masterclass event on the 17th of September at Swinburne University of Technology. Professor Grant Devilly from Swinburne, a recognised academic and clinical expert on the treatment of PTSD opened the morning. Grant provided a comprehensive overview of the evidence base for the use of CBT in the treatment of PTSD as well as a clinically relevant description of the assessment and treatment of the disorder. Particularly reassuring for the clinicians' in the room was the news that between-session habituation is a greater predictor of outcome than in-session reductions in SUDs. Grant then provided a highly skilled presentation of the process of introducing exposure therapy and the application of exposure techniques to this population, clearly demonstrating his clinical expertise in the area.

Tony McHugh from the PTSD Program at Austin Health then presented his work on the treatment of

problematic anger. Tony first provided an introduction to anger-related problems and their costs which left us all wondering - why don't treat we treat anger more effectively? Tony then presented a thorough overview of his multistage process for the treatment of problematic anger. Also included was an introduction to theoretical models and an overview of recent developments in the assessment and treatment of anger. Scott McConville, a senior psychologist from Austin Health then assisted Tony to demonstrate components of his multistage treatment by playing a "very angry man".

Apart from the background noise from the unscheduled student open day, an enjoyable Masterclass was had by all.

Thanks to Melissa Hasty for organising another successful AACBT Masterclass Event.

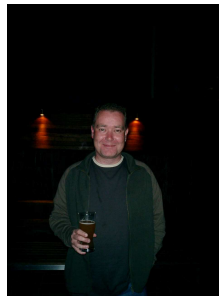
The Joker's Naked (And We're Not Sure About the Emperor) AACBT Pub Discussion Night, 19th of October.

Taking full advantage of the now FREE pub discussion evenings and perhaps intrigued by the title of this talk a group of members attended the latest pub discussion at HolliAva starring Professor Grant Devilly. Grant provided a delightful discussion of what he terms Power Therapies or "a circus of alphabet therapies" which are most often applied to the treatment of PTSD, and frequently pass themselves off as CBT.

Such therapies include:

- Thought Field Therapy (TFT)
- Emotion Freedom Techniques (EFT)
- Tapas Acupressure Technique (TAT)
- Visual-Kinaesthetic Dissociation (VKD)
- Sudotherapy
- And of course - EMDR

Grant provided an intriguing overview of these therapies as well as nine tactics for creating your own power therapy. Such tactics include: creating a phantom or a currently unavailable goal which



might be obtained with the right angle, and establishing a source credibility and sincerity in the form of a guru like leader with special traits (see Pratkanis, 1995 for the other seven tactics).

Applying these tactics to CBT, we find evidence of both phantom (ie., thoughts not events result in emotional and behavioural consequences) and guru (ie., Beck, Ellis and friends) tactics. Thus, whilst CBT appears to be the lesser of power therapy evils it too fails some of the pseudoscience tests.

Thanks to Grant for a very interesting and thought provoking discussion evening and we wish him good luck in getting his paper published!

Incidentally, any AACBT member who can develop their own power therapy using the 9 tactics Grant described before the 15th of November wins \$50 off the next AACBT event of their choice (this excludes you Grant and any member that attended the night).

AACBT COMPETITION

Develop your own Power Therapy using the 9 tactics of highly effective pseudoscientists

Power Therapies will be judged on the following criteria (see Pratkanis, 1995) according to their capacity to:

1. Create a phantom (a currently unavailable goal that might just be obtained with the right angle)
2. Set a rationalisation trap (obtaining incremental commitments to the protocol)
3. Manufacture source credibility and sincerity (creation of a guru-like leader with special traits)
4. Create a 'granfalloon' ("proud and meaningless association of human beings"; Vonnegut, 1974)
5. Use self-generated persuasion (in true Amway fashion, the customer becomes the seller)
6. Resort to vivid appeals (n=1 confirmatory bias)
7. Use pre-persuasion (pseudoscientist sets the stage for what counts as evidence)
8. Take advantage of various human heuristics (simple rules humans frequently use to govern decision making) and commonplaces (widely held beliefs in today's society)
9. Attack critics with innuendo and ad hominem arguments

(Source: Prof Grant Devilly Pub Discussion Evening, 19/10/04)

Please provide us a description of your new power therapy in as few words as possible to lhides@unimelb.edu.au

Prize: \$50 off the next AACBT event of your choice

Closing date: 15th November 2004

Professional Development & Training for AACBT(Vic)Members

LOCAL

6th November
Exploring Grief: Effective techniques and interventions
NorthWestern Mental Health Training & Development Unit
Telephone: 9342 7565
Email: mhtdu@mh.org.au

9th November, Ballaret
Stalking, Dr Rosemary Purcell
Email: s.mclaren@ballarat.edu.au

10th – 11th November
ASIST Applied Suicide Intervention Skills Training
NorthWestern Mental Health Training & Development Unit
Telephone: 9342 7565
Email: mhtdu@mh.org.au

11th November
Relaxation and meditation training
Tel: (03) 9886 0955
Email: tomi@tranx.org.au
Web: www.tranx.org.au

11th November
Better Sleep: Help your clients to understand and improve their sleep.
Tel: (03) 9886 0955
Email: tomi@tranx.org.au
Web: www.tranx.org.au

19th November
Robyn Dwyer, National Drug Research Institute
Fluidity in a street-based drug market
Turning Point Alcohol and drug issues seminar series
Telephone: 8413 8413

26th November
Symposium – Anxiety and Depression
NorthWestern Mental Health Training & Development Unit
Telephone: 9342 7565
Email: mhtdu@mh.org.au

30th November
Dr Andrew Gumley, University of Glasgow
Staying well after psychosis: A cognitive behavioural approach to relapse prevention, NorthWestern Mental Health Training & Development Unit
Telephone: 9342 7565
Email: mhtdu@mh.org.au

30th November
AACBT (Vic) Pub Discussion, Annual General Meeting & Christmas Party
6.30 – 7.30pm Pub Discussion, Dr Grace Couchman – Family Therapy
7.30pm – 8pm AACBT (Vic) Annual General Meeting
8pm till late - AACBT (Vic) Christmas Party
Birra Bella Boutique Beer Cafe, 152 Lygon St, Carlton

21st – 23rd February
Australian Drug Foundation (ADF)
Thinking Drinking 2020 - Conference
Web: www.adf.org.au/events

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

NATIONAL

11th – 12th November, Adelaide
Mindfulness meditation and the path to insight as therapy, Patrick Kearney and Malcolm Huxter
Email: liana@adagepsychology.com.au

12th – 13th November, Canberra
Interpersonal Psychotherapy Workshop, Dr Prasuna Reddy
Tel: (03) 8662 3300
Email: pd@psychsociety.com.au

14th – 17th November, Fremantle
Beyond the Drug
APSAD 2004 National Conference
Tel: (07) 3846 5858
Email: apsad@eventcorp.com.au
Web: www.apsadconference.com.au

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

2nd – 3rd December, Perth
The Australasian Society for Psychiatry Research (ASPR)
Email: vmorgan@cyllene.uwa.edu.au

14th – 17th November, Fremantle
Beyond the Drug
APSAD 2004 National Conference
Tel: (07) 3846 5858
Email: apsad@eventcorp.com.au
Web: www.apsadconference.com.au

2nd – 3rd December, Perth
The Australasian Society for Psychiatry Research (ASPR)
Email: vmorgan@cyllene.uwa.edu.au

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