



Australian Association for  
Cognitive & Behaviour Therapy  
Victoria Branch



Spring (September) Issue No. 3 for 2006.

Baseline

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In this third issue for 2006 you will find:

- Victorian President's Report
- AACBT Pub Discussion Review
- ABA Conference – Atlanta
- Psycheck Project
- AACBT Vic Committee for 2006
- Committee Member Profile
- Professional Development Calendar

### Victorian President's Report

Welcome to the spring edition of Baseline! Inside this issue, you'll find reviews of Warrick Brewer's fascinating pub discussion on neuropsychotherapy and the recent ABA Convention (our American counterpart) in Atlanta Georgia.

We are also pleased to announce that James Bennett Levy will be presenting a workshop on *Behavioural Experiments* for us in November. James presented a similar workshop at the 2005 National conference that was well attended and received excellent feedback. Participants reported enjoying the practical aspects of the workshop, particularly the behavioural experiment that had them navigating the CBD. Dr David Stokes from the APS will be unravelling the mystery that is psychology and medicare at our final pub discussion and AGM on the 14<sup>th</sup> of November. A/Prof Sue Luty presented an excellent workshop on IPT on the 11<sup>th</sup> of August and Dr Terry Bowles presented an intriguing pub discussion on intimacy on the 5<sup>th</sup> of September. Stay tuned for reviews of these great events in the next edition of Baseline if you missed them.

Nationally, its full steam ahead on the accreditation front, with the launch of the initiative planned for the conference in October this year. The AACBT are also in the process of bidding to host the 2013 World Congress of Behavioural and Cognitive Therapies (WCBC). This is one of the largest and most prestigious CBT conferences in the world, attended by the likes of Christine Padesky, Edna Foa, Mark Williams, Paul Salkovskis, Adrian Wells and Melanie Fennell. It would be a definite coo for the AACBT and Australia if our bid is successful.

Don't forget to register for the 29<sup>th</sup> National Conference in Sydney. I'd strongly recommend the 3-day Schema Focused Therapy by Prof Jeffrey Young. I attended a 2 day workshop by Jeff in 1997 and found it a most informative and enlightening experience which still has an impact on my clinical work today.

*Leanne Hides*

*President AACBT Victoria*

## FOR YOUR SPRING DIARY

AACBT Vic Branch are Pleased to Present  
a ONE DAY WORKSHOP  
With

### James Bennett Levy

James Bennett Levy is a Consultant Clinical Psychologist with Oxford Cognitive Therapy Centre. His particular interest is in the role of experiential learning and self-reflection in human development. This is exemplified both in his research on cognitive therapy training, and in his approach to cognitive therapy, where he has recently co-edited *The Oxford Guide to Behavioural Experiments in Cognitive Therapy* (Bennett-Levy, Butler, Fennell, Hackmann, Mueller & Westbrook, Oxford University Press, 2004).

**"Behavioural Experiments"**  
**Monday 13th November**  
**Venue: Hotel Y**

For further details and registration,  
please check [www.aacbtvic.org.au](http://www.aacbtvic.org.au)



AND...

**AGM & AACBT PUB DISCUSSION**  
**14<sup>th</sup> November 2006**

FREE DRINKS AND NIBBLIES FOR MEMBERS!!

Stepping up to the bar is

**Dr David Stokes**, from the Australian Psychological Society, will be speaking on  
**Psychologists and Medicare.**

Time 6-30 pm - 7-30pm.

You can register by contacting Felicity Cronan at [fcronan@optusnet.com.au](mailto:fcronan@optusnet.com.au)

Birra Bella Boutique Beer Cafe  
152 Lygon St, Carlton.

[www.aacbtvic.org.au](http://www.aacbtvic.org.au)



## AACBT PUB DISCUSSION REVIEW

### Putting the Psychology Back Into Cognition Clinical Treatment Models of Neuropsychotherapy

**Associate Professor Warrick Brewer**

Associate Professor Warrick Brewer, a clinical neuropsychologist, presented an interesting talk highlighting the importance of a neuropsychotherapeutic approach to assessment and treatment of individuals with mental health issues. In a relaxed and anecdotal fashion, Associate Professor Brewer outlined the neuropsychotherapeutic approach, which emphasises consideration of an individual's developmental history, environmental factors, emotions, cognition and personality style, and the way in which such factors interact and develop across the lifespan to produce an individual's idiosyncratic perspective of the world. The neuropsychotherapeutic model promotes an interdisciplinary approach to clinical treatment in which the different factors contributing to an individual's mental health should be considered not in isolation but together as an integrated whole. This entails determining the relative contribution of structural/neural integrity, cognition, personality and environment to inform diagnostic formulation and management. The presentation had a lot to offer both psychologists and neuropsychologists in terms of teaching clinicians to consider individuals within a broader unique multifactorial context. The pub discussion format was a bit limiting for the breadth of A.P Brewer's presentation. The material would have benefited from more time and the use of visual aids. I found that the information presented lingered on and, over the next few days, would find myself reflecting on key ideas. I wish I had asked more questions about how this individual approach impacts on treatment planning and the process of cognitive behavioural therapy itself.

**Karen Scally, Doctorate of Clinical Neuropsychology Candidate (Monash University).**



## **AACBT RECOGNITION AT INTERNATIONAL CONFERENCE**

### **Association for Behavior Analysis Convention, Atlanta, Georgia, May 2006**

This year, the Association for Behavior Analysis (ABA) invited the AACBT to present a poster on our activities at the 32<sup>nd</sup> Annual ABA Convention. It would be a great opportunity for networking with other affiliate organisation and to look at ways in which to focus some of the AACBT's activities towards behavioural research and interventions, which has been waning in recent years. Poster in hand off I set on the 24 hour flight.

Considering I was a little jetlagged, Saturday started well with a meeting of affiliated chapters to hear about issues of the various groups. There was a strong parallel with some of AACBT's current issues, including maintaining standards and accreditation, educational opportunities, membership and growth of the organisation and dissemination, publication and promotion.

The ABA is a member organisation with 23 special interest groups and 57 affiliated 'chapters' both in the US and Internationally. Affiliated chapters, of which AACBT is one, are independent associations and groups encompassing behaviour analysis/therapy that have a relationship with the ABA. The ABA was established to promote the experimental, theoretical and applied analysis of behaviour. The AACBT is one of the larger affiliated chapters. The International affiliates are represented on the ABA council by Simon Dymond from Swansea.

Brunch next at the International Development Brunch where I chatted the Jay Birnbrauer from Murdoch University and the outgoing ABA President, Fran McSweeney. Jay is a well known member of the WA branch of the AACBT and a founding member of the ABMA. SABA International Development Grant recipients were announced. The Society for the

# Baseline

SPRING/SEPTEMBER 2006

Advancement of Behavior Analysis is the fundraising arm of the ABA and provides grants for international projects in need of support in the area of research, education, practice, publication or networking. Three grants of up to \$1000 are awarded each year to ABA members and the deadline for this year is 29 September.

In the evening, the 'Behavioural Bash', run by the Student ABA, filled up a couple of hours making fun of facilitated communication, conference attendees and famous faces in BA. A fire-eater topped off an entertaining evening.

Sunday was a day of complex theoretical argument. What I learnt most was how much I had forgotten of the language of behaviour theory after so many years in applied research and it was a good reminder of the benefits of theory driven, well-conceptualised research. There was a complex theoretical presentation by Howard Rachlin on self control and social cooperation. A presentation on the theory, operationalisation and measurement of mindfulness by Ruth Baer was very interesting, especially given the most recent AACBT Conference in Melbourne, if not a little incongruous in the purist behaviour analysis context. Then an overview of an extensive program of research dating back to the 1980s on the reinforcing properties of drugs, again back to theoretical concepts of how behavioural variables moderate choice to use drugs.

In the evening at the ABA Expo poster session, the AACBT poster drew much attention, if not only because it (and I) travelled such a long way. There were quite a few Australians there, including Daryl Cooper and Jura Lender from WA, well known early members of the ABMA/AACBT, and Mike Mathews from Sydney a relative newcomer originally from the US. And an admirable number of young Americans wanting to lead the crusade to resurrect BA in Australia. To end a fruitful evening, I won a coveted 'ICE ABA' t-shirt from the Icelandic ABA featuring a fetching drawing of BF Skinner. I'm traditionally more of a Pavlov gal myself, but it will be an attractive addition to my wardrobe.

Highlights from Monday included a controversial session highlighting the lack of evidence for biomedical and pharmacological treatments and a session on contingency management in substance use disorders that demonstrated the use of basic science in applied research and the translation of research into practice. It also emphasised for me some of the limits of behavioural therapies and the ways in which the 'softer sciences', as one conference attendee put it to me, can contribute to the effectiveness of behavioural interventions.

The final day and one of the highlights, Victor deNoble, the fast talking scientist who once ran a secret lab for the cigarette company Phillip Morris, told the story of those days up to 1994 when during the senate hearings his confidentiality clause was lifted. His mission was to find an additive to cigarettes to replace nicotine that was addictive but didn't have the cardiovascular risks. In the end, he did find this secret component but the company shelved the idea after legal advice. Since they'd been claiming that cigarettes were safe, they couldn't market a product that implied that they had been lying all these years. It was a 'lay' presentation with some scientific licence taken in the description of highly technical processes, which upset a few of the more hard nosed in the audience.

Many people associate behaviour analysis primarily with autism treatment and disabilities, and certainly the large proportion of the conference dealt with these topics, but behaviour analysis covers a wide range of basic science and clinical applications, including substance abuse, parenting, Parkinson's, teacher training, general skill development in adults and children and organisational behaviour management. There were even sessions on acceptance and commitment therapy, values, consciousness and terrorism.

One particularly interesting aspect to the conference was the deliberate consumer participation. There was a special category for parents/consumers to attend the conference and a specific session for parents and professionals to discuss the conference and common issues in autism. Consumer participation is often uncomfortable for researchers and clinicians, but can improve service provision, funding and policy by increasing community understanding about health options and resulting in a consumer driven push for services. This is evident in the US in the area of autism treatment where consumers have apparently been central in increasing the demand for behavioural therapy services, creating a large and thriving public and private industry in the area.

It was a huge conference, with an estimated 5,000 registrants, over 40 concurrent sessions each day, upwards of 450 papers and symposia, close to 100 workshops and nearly 800 posters. The 33<sup>rd</sup> ABA convention in San Diego is in May 2007 and there is an ABA International conference in August 2007 in Sydney. Check the ABA website for details ([www.abainternational.org](http://www.abainternational.org)).

**Nicole Lee**  
**National President**



## Mental health screening and intervention in the AOD setting:

### The PsyCheck Project

It is now recognised that mental health conditions among clients in alcohol and drug treatment is the norm, not the exception. And most of these clients with a 'dual diagnosis' have one of the high prevalence disorders: Depression, anxiety or somatic problems. Most research and professional development, however, is focused on managing the low prevalence psychotic disorders, leaving a potential skill gap, especially where alcohol and drug clinicians do not have a background in mental health treatment.

The PsyCheck project, funded by the Australian Government Department of Health and Ageing, Illicit Drugs Branch under the National Comorbidity Initiative, was an implementation trial designed to up skill alcohol and drug workers and offer them support to identify and intervene with clients who have a dual diagnosis. Five agencies across three states (Victoria, NSW & Qld) participated in the trial project, spanning both rural and metropolitan areas and including counselling services, pharmacotherapy services and community health centres.

A clinical psychologist was placed at each site to provide training, clinical supervision and support. Managers and supervisors were consulted about the implementation into their service. Clinicians at each site were invited to participate in the study. They were trained in how to use the screening tool, the intervention, and also offered group or individual weekly supervision.

The PsyCheck screening tool was developed and validated in an earlier study and comprised a World Health Organization developed mental health screen (the Self Reporting Questionnaire), a suicide risk assessment, a brief mental health history and some mental health probes.

The intervention was based on a cognitive behavioural model and centred around four 'sessions' that could be tailored to meet the individual client's needs. The cognitive behavioural model was chosen as an ideal vehicle to integrate mental health and substance use treatment, given that it is best practice in both areas.

In depth interviews were conducted with clinicians, managers and the clinical psychologist supervisors. Random file audits were also conducted before and after the trial to examine rates of detection and reporting. The evaluation showed that clinicians felt more confident in using screening and assessment instruments, in detecting mental health problems in their clients and in providing a basic integrated mental health and substance use intervention. Managers also reported a noticeable change in the confidence and screening and intervention rates of their staff.

The file audit examined randomly selected files from each of the participating clinicians and checked for a formulation and treatment plan. File audits showed detection rates doubled in most cases.

Clinical supervision was found to be central to the success of the project, and improvements in practice were best where management support was greatest, making these two aspects critical to future implementation.

A toolkit was produced for the study and further developed as a result of the feedback from the trial. It contains the validated screening tool ('the PsyCheck') and users guide, comprehensive clinical guidelines for clinicians that is centred on a four-session program with extension material and worksheets, guidelines for managers on how to implement such a program into a service, training guidelines for supervisors/managers/trainers to up skill new staff. The toolkit is currently being prepared for publication and a best practice dissemination strategy is underway, which will take a workforce development approach to training the AOD workforce.

**Dr Nicole Lee**

**Program Leader, Clinical Research**

**TURNING POINT ALCOHOL AND DRUG CENTER**



## Executive Committee Members 2006

### AACBT Vic

<b>Leanne Hides</b>	President
<b>Kate Hall</b>	Vice President
<b>J Sabura Allen</b>	Secretary / Public Officer
<b>Lisa Wong</b>	Treasurer
<b>Tania Gibbie</b>	Workshops
<b>Felicity Cronan</b>	Pub Discussions
<b>Robyn Dwyer</b>	Baseline Editor
<b>Nicki Dowling</b>	Practitioners List
<b>Peter Eide</b>	Website
<b>Melissa Hasty</b>	Workshops
<b>Nellie Lucas</b>	Public Relations
<b>Georgina Swinburne</b>	Accreditation
<b>Mini Yazdag</b>	Memberships

### Committee Member Profile



**Dr. Nicki Dowling (PhD)**  
**Practitioner List Coordinator**

Nicki Dowling is a registered psychologist who has recently joined the AACBT as the coordinator of the Practitioner List. Nicki completed a combined degree comprising the Master of Psychology (Clinical) and PhD at RMIT University and has been employed as a lecturer in psychology for 8 years. She is currently employed as a lecturer in the School of Psychology, Psychiatry and Psychology at Monash University, where she teaches into the postgraduate clinical psychology doctoral program. She has also been employed as a problem gambling counsellor at the Gamblers Help City service for nearly 4 years. Nicki's PhD involved the development, implementation, and evaluation of a cognitive-behavioural intervention for female pathological gamblers and her therapeutic orientation is strongly aligned with the cognitive-behavioural approach. While she predominantly conducts research in the area of problem gambling, her research interests have expanded to include other 'addictive' behaviours (e.g., internet dependence, substance dependence, workaholism). She is looking forward to a long and productive relationship with the friendly and dynamic AACBT team.



## Professional Development & Training Opportunities

### LOCAL

**8 September, 2006**

Dr Nicole Lee

Turning Point Alcohol and Drug Centre  
Mental Health Screening And Intervention In Alcohol And Other Drugs: The Psycheck Project  
seminarseries@turningpoint.org.au

**12 September, 2006**

Dr Amanda Johnson

Snr Clinical Psychologist, Spectrum Advanced DBT  
Tel: 03 9871 3900  
www.spectrum-bpd.com

**20th October, 2006**

Tomi Redman

Psychologist  
Psychological treatment of depression: Cognitive Behavioural Therapy and Interpersonal Therapy as integral elements of a comprehensive treatment program.  
www.tranx.org.au

**23rd November, 2006**

Counselling skills using Cognitive Behavioural Therapy (CBT) for anxiety and depression: Difficulties and solutions.  
Tel. 03 9886 9400  
E-mail info@pada.org.au

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14<sup>th</sup> November 2006  
FREE DRINKS AND NIBBLIES FOR MEMBERS!!

Stepping up to the bar is

Dr David Stokes, from the Australian Psychological Society, will be speaking on **Psychologists and Medicare.**  
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People can register by contacting Felicity Cronan on the website or at [fcronan@optusnet.com.au](mailto:fcronan@optusnet.com.au)  
Birra Bella Boutique Beer Cafe  
152 Lygon St, Carlton.  
[www.aacbtvic.org.au](http://www.aacbtvic.org.au)

**WE WELCOME YOUR SUGGESTIONS – WHO AND WHAT WOULD YOU LIKE TO SEE, HEAR OR LEARN ABOUT IN 2006?**

Email: [workshops@aacbtvic.org.au](mailto:workshops@aacbtvic.org.au)



### **29th AACBT NATIONAL CONFERENCE**

**Sydney**

**18th – 23rd October 2006**

[www.aacbt.org.au/conference](http://www.aacbt.org.au/conference)

*Key Note Speakers*

**Jeffrey Young**

**David M. Clark**

**Anke Ehlers**

**Peter Lovibond**

**Gordon Parker**

**Patrick McGorry**



### **Vic AACBT SPRING WORKSHOP!**

**Monday 13th November**

**James Bennett Levy**

**"Behavioural Experiments"**

For further details and registration, please check [www.aacbtvic.org.au](http://www.aacbtvic.org.au)



*Fresh Spring wishes from AACBT Executive Committee*

### REGIONAL

**5 October, 2006**

Anthony M. Cichello

Clinical Psychologist  
CBT: Back to Basics  
Warrnambool  
events@psychology.org.au

### NATIONAL

Have YOU registered yet!?!  
SYD06 - 29<sup>th</sup> AACBT National Conference  
18<sup>th</sup> - 23<sup>rd</sup> October 2006.

[www.AACBT.org.au/conference](http://www.AACBT.org.au/conference)

17th World Congress of the International Association for Child and Adolescent Psychiatry and Allied Professions

10 – 14 September, Melbourne.  
[www.iacapap2006.com](http://www.iacapap2006.com)

### INTERNATIONAL

**APS in Auckland 2006!**

Psychology Bridging the Tasman: Science, culture and practice.

41st APS Annual Conference 2006  
Auckland, New Zealand  
26th - 30th September  
[www.apsconference.com.au](http://www.apsconference.com.au)

Second International Conference on Interpersonal Psychotherapy: Extending the Reach of IPT  
November 12-14, 2006 Toronto  
[www.utpsychiatry.ca/conference](http://www.utpsychiatry.ca/conference)

European Association of Behavioural and Cognitive Therapies (EABCT)  
20 - 23 September 2006  
Maison de la Chimie, Paris, UK

Association for Behavioral and Cognitive Therapies  
16 - 19 November 2006  
Chicago, USA

World Congress of Cognitive and Behaviour Therapy  
11 - 14 July 2007  
Barcelona, Spain