



Australian Association for
Cognitive & Behaviour Therapy
Victoria Branch



Winter (June) issue No. 2 for 2006.

Baseline

www.aacbtvic.org.au

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In this Second issue for 2006 you will find:

- Victorian President's Report
- AACBT Pub Discussion Review
- Workshop Reviews: Seligman & Byrne
- AACBT National Award Nominations
- AACBT Vic Committee for 2006
- Committee Member Profile
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Victorian President's Report

As the dreaded Melbourne winter moves in, the relaxed and comfortable atmosphere of the AACBT Pub Discussions, which combine a glass of red wine and a comfy couch with the opportunity to be challenged, stimulated and inspired, has become more and more inviting. AACBT have held two invigorating Pub Discussions during the last quarter. Wendy Crouch entertained us during her lively discussion of attachment style and its ramifications for therapeutic engagement and progress. For all those who missed it, a full review of her perspective on attachment is included in this edition of Baseline. At the May Pub Discussion, Warrick Brewer, stepped up to the bar to discuss "Putting the Psychology back into Cognition". His fascinating perspective on clinical treatment models of neuropsychotherapy left all of us with an appreciation of the exciting developments occurring within areas of clinical neuropsychology, and certainly challenged us to think outside the square. We are looking forward to Terry Bowles stepping up to the bar in September.

On other news from the committee, the Victorian Branch of the AACBT has been establishing links with our neighbours south of the Tasman, in order to support Tasmanian members of the AACBT in building opportunities for professional development on their own soil. The expansion of AACBT activities to Tasmania is an exciting opportunity and we are eager to host workshops in Tasmania in the near future.

Finally, the AACBT Vic committee is thrilled to host Sue Luty, in our upcoming workshop on Interpersonal Psychotherapy (IPT). We look forward to her insights about comparing IPT to CBT.

Leanne

Leanne Hides
National President

FOR YOUR WINTER DIARY

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

Associate Professor Sue Luty

From the Department of Psychological
Medicine at the Christchurch School of
Medicine and Health Sciences

Introduction to Interpersonal Psychotherapy (IPT) A comparison with CBT

Friday 11th August
Venue TBA

For further details and registration,
please check www.aacbtvic.org.au



AACBT PUB DISCUSSION
September 2006

Stepping up to the bar in September is

Dr. Terry Bowles, who will be waxing lyrical about Relationship Counselling. Dr Bowles hails from the Australian Catholic University, and is a Senior Lecturer, in the School of Psychology.

Birra Bella Boutique Beer Cafe
152 Lygon St, Carlton.

Date of Pub Discussion to be posted at
www.aacbtvic.org.au

Baseline



Review of the first AACBT PUB DISCUSSION for 2006

An Attachment Perspective on Engagement and Progress in Therapy

Wendy Crouch
21st March, 2006

Wendy introduced her theme, that a client's attachment style will have ramifications for the clinical relationship, by creatively beginning with three broad literary quotes. The first, so simply from "Winnie the Pooh", nicely summed up the proposition that when we are feeling afraid, social support is invaluable. The remaining two quotes, one from Shakespeare, the other from a 16th century poet, highlighted the different approaches that people have to the need to expressing their feelings.

Wendy argued that we must consider a person's attachment style in therapy because this will influence the manner in which they express their feelings, tell their story and relate in therapy. One depressed person may have the same symptoms as another depressed individual, but it may be problematic if we treat each of our depressed clients in the same manner. Each client brings to therapy a different history of interaction patterns and their reaction to us will be different. Attachment theory provides us with a framework for better understanding our clients

Wendy briefly outlined attachment theory, and then provided clinical examples to illustrate how different attachment patterns will effect how clients present, and how they will respond to any disruptions in the relationship (e.g. therapist going on holiday). She then gave us a thumbnail sketch of how each of the different styles is likely to present:

The securely attached (SA) person will be able to form a collaborative relationship as they will be confident that adult figures will be there, and will be able to assist. The narrative that the secure person will provide will be coherent and logical. The SA is likely to present with a discrete problem.

The avoidant attachment (AA) style, which originally develops to defend against inconsistent and rejecting parenting, will have difficulty working out how close they can get, and tend to present as being compulsively self reliant, have an unelaborated narrative, and 'down regulate' their affect.

The anxious insecure (AI) style becomes over dependent, tends to 'up-regulate' their emotional response and they can become panicky at the thought of ending the therapeutic relationship. The AI will be easily overwhelmed by his feelings, the narrative is disjointed, with many unresolved past issues and the past pain will still be present.

Wendy argued that as therapists we need to look at the individual's primary patterns of attachment and develop with them, new ways of relating, as well as developing their ability to think about their thinking. It was evident that Attachment theory has a lot to contribute to the understanding of the clinical relationship. Wendy concluded her very lively presentation, which had been well illustrated with clinical examples, by exhorting us to pay attention to how a person responds to us, as this will give us some insight into their attachment patterns.

Felicity Cronin – AACBT Executive Committee Member.



WORKSHOP REVIEWS

Positive Psychology.

The new science of emotion, engagement and peak performance.

A Morning with Professor Martin Seligman

Results Coaching Systems



Professor Martin Seligman instantly captured our attention (& that of the 500 other delegates!) at his half day workshop on Positive Psychology, with his highly charismatic and enigmatic speaking style and obvious passion and belief in his work. The self confessed "depressive pessimist" began the morning by telling us a story about how he discovered optimism and developed the idea of positive psychology.

Dr Seligman then provided an overview of positive psychology's model of happiness, which includes 3 *Happy Lives* consisting of the pleasant life (positive emotion and pleasure), the engaged life (being in the moment) and the meaningful (belonging to or serving something bigger than you) as the key to overall life satisfaction. Whilst the theoretical basis for the therapy presented had a high level of face validity the empirical evidence is a bit flimsy. Nonetheless we admitted to ourselves that the approach has compelling face validity and the positive psychology exercises appeared as having a high level of clinical utility.

The therapy focuses on enhancing capabilities rather than focusing on deficits of personality. A range of positive psychology strategies are used to build a more pleasant, meaningful and engaged life. A defining strategy is identifying individuals' strengths using a Signature Strengths Test and amplifying them. The good news is that whilst optimistic extraverted people live 8 to 9 years longer and earn more than the rest of us, those of us without the 'Goldie Hawn smile' of the pleasant life can have as much overall life satisfaction having an engaged and/or meaningful life.

Although Professor Seligman envisions positive psychology becoming basic to all therapeutic approaches, he supports current empirically-validated therapies for individuals suffering from psychopathology. However, positive psychology strategies can become adjuncts to traditional strategies. There are only a few clinical trials using positive psychology and the evidence base for the therapy is lacking. Further, the quotation of the results of an online positive psychology exercise indicating a 92% increase in happiness and 94% decrease in depression as evidence for the validity of the therapy seems a little dubious to the scientist practitioners in us. Yet, don't take our word for it. Please judge for yourself by reading the latest review by Seligman and his colleagues as well as their article about using positive psychology in clinical practice.

Seligman, Steen, Park, & Peterson (2005). Positive psychology progress: Empirical validation of interventions, *American Psychologist*, 60, 410-421.

Duckworth, Steen, & Seligman (2005). Positive psychology in clinical practice in *Annual Review of Clinical Psychology*, 1, 629-651.

For further information on Positive Psychology visit www.reflectivehappiness.com

Dr. Leanne Hides & Dr. J. Sabura Allen



Cognitive Behavioural Treatment Of Adult Obesity
Dr Sue Byrne
School of Psychology, University of Western Australia
28 April, 2006

Dr Byrne presented a dynamic, highly practical summary of information and up-to-date treatment of adult obesity to a packed seminar room at Whitely College. The increase of adult obesity is alarming; in Australia it has tripled since 1980 and doubled in the last decade, and currently 20% of adults are obese! The health risks of obesity are numerous and serious. Therefore, this is an area we all need to know about: it appears to be the problem of the future! Dr Byrne receives most of her referrals from surgeons planning to undertake gastric banding on patients, who understand that physiological treatment must be coupled with psychological treatment to ensure long term success.

Dr Byrne has been trialing a new cognitive-behavioural treatment of obesity in group format, which she developed when she was part of Professor Fairburn's team at Oxford University from 1997 - 2002. Prior treatment of obesity had been behavioural, and although it resulted in weight loss it was unable to achieve long term weight maintenance. Long term results (5 year follow-up) should be available soon from Professor Fairburn's research project, and initial results show successful weight loss.

Dr Byrne instructed us in all the details of the content of the group program, which includes three components: assessment, weight loss, and weight maintenance. She provided important qualitative illustration of the therapy by showing excerpts from both individual and group program therapy. I was surprised to discover that the behavioural components focused to a large extent on detailed monitoring and calorie counting. Dr Byrne contrasted calorie counting with dieting, stating clients will probably need to use the former for the rest of their lives to prevent future weight gain.

New treatment additions are cognitive interventions relating to body image, which are similar to those used in cognitive therapy of eating disorders. An important goal of the cognitive component is to encourage clients to appreciate themselves despite their weight, and to reduce the importance of weight loss and of their appearance in relation to all the other areas of their life. In addition, several sessions are spent in a realistic appraisal of their probable weight loss in the light of research (uniformly people appear to be able to lose no more than 10% of their previous weight) and in encouraging acceptance of a future of working on weight maintenance. A full summary of this treatment program can be found in the book by Cooper, Fairburn & Hawker (2003): Cognitive-behavioural treatment of Obesity.

Rosie Bickel, AACBT Member (Tasmania)

THE AUSTRALIAN ASSOCIATION FOR COGNITIVE AND BEHAVIOUR THERAPY NATIONAL AWARD NOMINATIONS

The Australian Association for Cognitive and Behaviour Therapy will offer two awards in 2006 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 invited to present at the 2007 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 2006 AACBT National Conference in Sydney.

CLOSING DATE: 30 June 2006

For Information And Application Forms Contact:
Ailie Perich AACBT (Resource Officer) email: Ailie_Perich@Health.qld.gov.au

or

Heather Green AACBT Qld (President) Ph. 07 5552 9086 or email: H.Green@Griffith.edu.au



If you have recently (or even not so recently!) read a good CBT related book, published a research paper/book, or have an issue you would like raised that you think would be of interest to other AACBT members please contact the Editor at robyn.dwyer@mh.org.au.

Hear ye Hear ye! - AGAIN – THE IMPORTANT NOTE

AACBT memberships – DID YOU RENEW?

Online at our secure website (www.aacbtvic.org.au)

Executive Committee Members 2006

AACBT Vic

Leanne Hides	President
Kate Hall	Vice President
J Sabura Allen	Secretary / Public Officer
Lisa Wong	Treasurer
Tania Gibbie	Multi role support
Felicity Cronan	Pub Discussions
Robyn Dwyer	Interim Baseline Editor
Kate Ebsworth	Baseline Editor (on leave)
Peter Eide	Website
Melissa Hasty	Workshops
Nellie Lucas	Public Relations
Georgina Swinburne	Accreditation / Public Relations
Mini Yazdag	Practitioner List/Memberships

Committee Member Profile

Mini Yazdag

Memberships and Practitioner List Co-coordinator



Mini Yazdag commenced studies in psychology at Victoria University where she obtained an Honours degree. From here she completed a Master of Clinical Psychology degree at Deakin University. Mini has worked in the areas of domestic violence, substance use, adult mental health and child/adolescent mental health. Mini's interest in the area of substance use treatment has led to two major research projects; one project evaluating an inpatient versus outpatient substance use treatment program and another project investigating the association of negative affect in co morbid substance use and disordered eating behaviours. Mini's interest in substance use research led to her working within the drug and alcohol sector for 6 years. Mini currently works as a psychologist with the Department of Education and Training in both primary and secondary school settings. Mini finds being an AACBT committee member a rewarding experience as she enjoys liaising with members and being part of a dynamic team of individuals who aim to provide a professional service to practitioners of CBT and members of the association.



Professional Development & Training Opportunities

LOCAL

13th – 14th June, 2006

Dr Leslie Sokol

Advanced Training in CBT
Day 1 – CBT for Personality Disorders.
Day 2 – CBT for Psychosis
Tel: 03 9796 9300
www.cbtaustralia.com.au

29th - 30th June, 2006

Dr Tracy Westerman

Managing Director of Indigenous Psychological Services
Venue to be advised.
'Mental Health and Psychological Assessment of At Risk Aboriginal clients'.
Tel: 08 9362 2036
www.indigenouspsychservices.com.au

18th July, 2006

Gwenda Cannard

Director, TRANX/PADA
Beyond Benzodiazepines
Tel: 03 9853 8089
www.adavic.org.au

26th July, 2006

Introduction to CBT for anxiety disorders, including Obsessive Compulsive Disorder, Social Phobia and Panic Disorder.
Tel. 03 9886 9400
E-mail info@pada.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

Cognitive Behavioural Therapy and Interpersonal Therapy as integral elements of a comprehensive treatment program for depression.
Tel. 03 9886 9400
E-mail info@pada.org.au

WE WELCOME YOUR SUGGESTIONS – WHO and/or WHAT WOULD YOU LIKE TO SEE, HEAR OR LEARN ABOUT in 2006?

Email: workshops@aacbtvic.org.au



29th AACBT NATIONAL CONFERENCE

Sydney

18th - 22nd October 2006

www.aacbt.org.au/conference

Key Note Speakers

Jeffrey Young

David M. Clark

Anke Ehlers

Peter Lovibond

Gordon Parker

Patrick McGorry



Vic AACBT Winter WORKSHOP!

11th August, 2006

Assoc. Professor Sue Luty

Introduction to Interpersonal Psychotherapy (IPT):
A comparison with CBT
Venue to be announced

For further details and registration, please check www.aacbtvic.org.au



*Warm Winter wishes from
AACBT Executive Committee*

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

REGIONAL

21 Oct 2006

Dr Janet Hall, Clinical Psychologist and Hypnotherapist
Sex Based Therapy
Bendigo
Tel: 03 5441 5512
resolutions@iinet.net.au

NATIONAL

**29th AACBT National Conference
18th - 22nd October, 2006**

www.aacbt.org.au/conference

INTERNATIONAL

APS in Auckland 2006!

Psychology Bridging the Tasman: Science, culture and practice.

41st APS Annual Conference 2006
Auckland, New Zealand
26th - 30th September
Web: www.apsconference.com.au

AACBT PUB DISCUSSION

**September, 2006
Check our website.
Date to be announced!**

Dr. Terry Bowles

Senior Lecturer
School of Psychology, ACU.
Relationship Counselling

See our website for the details
www.aacbtvic.org.au