



**Special Interest
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- WCBCT Report

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positive hype

assessment and management of chronic self harm and suicide in young people

Dr Louise McCutcheon and Steve Halperin

Dr Steve Carroll
ORYGEN Youth Health

Dr Louise McCutcheon and Steve Halperin of the Helping Young People Early (HYPE) Clinic brought their extensive experience to this practical workshop on managing clients with chronic suicidal and self-harming behaviour. Louise was instrumental in the establishment of the HYPE Clinic for young people with emerging borderline personality disorder in 2000. Steve is currently a senior clinician in the HYPE clinic, and worked for a number of years in suicide prevention in Western Australia prior to this.

The chronic risk workshop provided a practical approach to the assessment and management of suicidal and self-harming behaviour. The material presented was well tailored to the audience and group activities provided a good opportunity to incorporate the skills into clinical practice. Steve and Louise's high level of clinical expertise was exemplified by their ability to assist audience members to develop new strategies for assessing and managing chronic risk.



Louise McCutcheon & Steve Carroll

Steve commenced the workshop by providing an overview of suicidal and self-harming behaviour and got the audience to reflect on their role in managing risk, as well as organizational responses to chronic risk. The audience was given the opportunity to reflect on their own attitudes towards suicide and self-harm behaviour and how this might impact on their management of risk.

Louise presented a broad overview of risk factors for suicidal behaviour, with a particular focus on chronic risk and how this differs from acute risk. Louise presented information based on best practice and years of clinical expertise, which had good clinical utility in conducting a crisis assessment and managing risk.

The presenters also addressed common obstacles to managing clients with chronic risk. This included not only client behaviour that can impact on therapy but also the clinician's behaviour and attitudes toward the client. Deliberate self-harm was also addressed and an audience member presented a complex case study that identified factors that can interfere with risk assessment. Throughout the workshop there was a good

"The workshop provided a practical approach to the assessment and management of suicidal and self-harming behaviour"

balance between presenting the information and applying strategies outlined in small group activity exercises. Overall, this was a professional and highly practical workshop that gave the audience the opportunity to reflect on their current approach to managing chronic risk.

coming up...

- 18 September Pub Discussion: Dr Cairan Pier - Internet Based Interventions**
- 4 October Workshop: Prof Michelle Craske - CBT for GAD**
- 27 November Workshop: Prof Paul Salkovskis - CBT for OCD**
- 7 December Workshop (Tasmania): Prof Ron Rapee – CBT for social phobia**

see our website for details

ed space

Welcome to the Spring Issue of Baseline. Another full issue with feedback from the World Congress of Behavioural and Cognitive Therapies, a note from our Tasmanian colleagues in the first of a regular column as well as reviews of workshops and research.

As you will read, the **07 WCBCT** was so good, the current WCBCT President, Kim Halford, went as far as to declare it the 'best ever!' I was as impressed as Leanne (see Pres Says) and the other 350+ Australian delegates. The who's who of CBT were there. Not to mention the location – can't get much better than Barcelona!

We continue to expose some great research, especially from postgraduate students. This is an important part of the new look Baseline which gives new and seasoned researchers alike the opportunity to strut their stuff.

Practitioners, don't forget about the **practitioners list**. We get over 2500 hits per month on our website with over 125 of these from the general community looking for a CBT practitioner. The committee also receives many calls each year that are directed to the searchable online list. At only \$25 it is an economical way to reach a greater audience for your practice. You can register for, and search, the database online at our website.

We continue to put on a range of **workshops and other professional development activities** for our members. While nothing beats the real thing, remember that most of these are taped and available to members on **DVD**. All the details are available on our website.

Finally a last minute reminder that the **AACBT National Conference** will be held Oct 6-10 on the Gold Coast. Combine a great conference with a fabulous holiday without leaving Australia.

I'd love to hear from you if you have some research you would like to showcase in Baseline, have been to an interesting conference, workshop or event related to CBT or have read a good book that you would like to tell members about. Send me an email with your submission of less than 350 words to baseline@aacbtvic.org.au

Cheers



pres says

World Congress 07 a resounding success

A whopping 3994 delegates attended the 5th World Congress of Behavioural & Cognitive Therapies (WCBCT; 11th – 14th July) in Barcelona this year. This included 350 Australian delegates, representing the largest contingent of overseas delegates from one country.

The congress program included some of the most eminent and influential cognitive and behaviour therapists in the world.

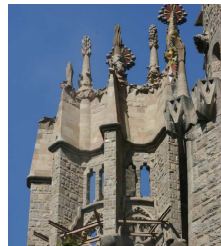
There were 26 pre-congress workshops, and 169 symposia and 51 open papers, 14 full day and 44 half day in congress workshops and 890 posters over a 3 day period. Not to mention the 39 invited addresses and 9 panel debates. I've never seen anything like the conference program, and was truly inspired, attending every session of every day, which I have to admit is a first. The greatest challenge was choosing between the 21 concurrent sessions as well as the 58 in-congress workshops. Imagine choosing between 7 concurrent invited addresses by the likes of Christine Padesky, Edna Foa and Chris Fairburn.

Highlights included Christine Padesky's workshop on Uncovering Strengths and Building Resilience, Edna Foa's keynote address on PTSD and Art Freeman's symposia on humour in psychotherapy - main advice ... humour is a key engagement strategy, but should never be used at the clients expense or if you're not funny!

The congress had a truly international feel with keynotes, symposia, workshops and posters from presenters all over the world, a strength of the congress program guaranteed by the WCBCT committee limiting local content to 20% of the program. Australia was well represented in the congress program, participating in over 30 symposia, an invited address from Kim Halford (the current president of the WCBCT committee) and workshops by Ron Rapee, Paula Barrett and Sue Spence to name a few.

Major themes for the congress included the importance of the therapeutic relationship and interpersonal processes in CBT. Yet, the major theme for the congress was highlighted by one un-named person in a panel debate, who stated (tongue in cheek) that recent innovations in CBT are the emperors new clothes and all you need to develop a new theory or model is an old idea and a charismatic leader!!!

Seriously though, a clear theme for the congress were the benefits for clinicians and researchers of using established models, such as Beck's cognitive model, as the theoretical basis for innovative cognitive-behavioural approaches such as mindfulness.



Sagrada Familia, Barcelona

tassie corner

Professor Ron Rapee kicks off a new era in CBT activity in Tasmania

Unfortunately, CBT professional development activities in Tasmania are few and far between. So far this year we have had only two CBT oriented workshops, both the so called new wave therapies: acceptance and commitment therapy (ACT) and mindfulness based cognitive therapy in Hobart, but no traditional CBT training.

In previous years, Dr Leah Giarratano has come to Hobart to conduct her excellent training in CBT for PTSD, but is not coming in 2007. A/Professor Ross Menzies has come to Hobart over the years for two training sessions in his "DIRT" treatment program of OCD.

We are therefore excited to be initiating the Tasmanian sub-group of the AACBT with the assistance of the AACBT Victorian Branch Executive Committee. We expect this to result two high quality national or international speakers each year.

The objective is to provide basic and advanced training in a range of CBT treatments for specific disorders, and to update Tasmanian practitioners on the latest research in CBT.

We are pleased to be able to announce that Professor Ron Rapee is presenting an intermediate level one day workshop on the 7th December on Social Phobia, and we are excited that Prof. Mark Williams has expressed an interest to come to Tassie early next year. Workshops will take place in Launceston, hoping to attract attendees from all over Tasmania.

We hope that this increase in CBT-specific professional development activity will significantly expand the AACBT membership in Tasmania and that sometime in the near future we may even be able to establish our own branch.

Rosie Bickel

Pres Says Continued...

The 6th world congress will be held in Boston from the 2nd to the 5th of June, 2010. Just a reminder that the AACBT, are members of the WCBCT, making our members eligible for reduced registration to WCBCT events as well as the annual European (EABCT), American (ABCT) and British (BABCP) conferences. The AACBT has formally lodged our intention to bid for the 2013 congress in Sydney, although quite a few on the organising committee would not be too sad if the congress went to our major competitor...Peru as we wouldn't mind a visit to Machu Picchu!

Leanne Hides



release your research

single session exposure therapy for phobias in children

Natalie Flatt

Monash University

CBT is the treatment of choice for childhood phobias. However, increasingly briefer therapies are in demand. A new brief intervention, known as one session exposure therapy, can be delivered in a one-time controlled environment, allowing the child to begin confident practice immediately.

One-session exposure therapy aims to amalgamate CBT

techniques such as modeling, exposure therapy in vivo, cognitive restructuring and contingency management into a single session. This therapy is problem-solving oriented and deals largely with cognitive information processing. It emphasizes in vivo exposure and performance based interventions.

An emerging but limited literature indicates that one-session

exposure therapy can benefit childhood phobias.

The investigation of more efficient and cost-effective ways to treat this disorder is an important advance in the treatment of phobias.

This research examines whether one session exposure and psychoeducation are

effective treatments for childhood phobias.

Participant aged between 8-17 years are needed for this study. If you would like to refer a child with a specific phobia to this study contact Natalie Flatt on 99052958 or 0400 400339, or natalie.flatt@med.monash.edu.au

workshop review

Evidence Based Strategies for Autism Intervention: Dr Gina Green

Matthew Jepsen

AACBT Student Member

Currently autism research is a highly active field that involves a diverse range of treatment strategies.

Dr Green's workshop began with a critical analysis of the scientific quality of autism intervention studies. Her review of the evidence supporting various means made clear the value of Applied Behavioural Analysis (ABA).

With regard to evidence-based practice, Dr Green spoke of the lost opportunity, wasted resources and exploitation of consumers that

results from a lack of appropriate evaluation.

Dr Green then discussed the features of accredited ABA intervention. Its application of scientific principles of behaviour to the improvement of various skills and socially significant behaviour was explored. This included an account of specific learning procedures employed by the approach, and the individualized way that therapists apply them.

A diverse range of people including speech therapists, private practitioners, academics and family

members of people with autism attended the workshop. Dr Green was able to relate the merits of ABA to all. However, review of other supported strategies, or promising non-ABA avenues of research, were largely unexplored over the day.

It is perhaps a truism that no one approach is best for all clients. Whilst I was made aware of ABA's import, as a future clinician I was not greatly enlightened as to which interventions should be employed if ABA is unsuccessful or unsuitable.

Nonetheless, Dr Green's workshop



Dr Gina Green

was a valuable and informative opportunity to learn from a passionate individual, and a leader of her field.

the who's who...

Nellie Lucas
Public Relations

Nellie has been a committee member of the AACBT for approximately three years.

During this time she helped to set up the pub discussions and is currently responsible for public relations.

Nellie has training in clinical psychology with a specialisation in child and adolescent psychology.

She currently works part time in the adult group therapy program at Albert Road Clinic and has a private practice. She also has

continuing links with ORYGEN Youth Health in a research project examining the self concept in Bipolar Disorder.

Clinically her interests are primarily in treating trauma, depression and anxiety.

"Being a member of the committee has been very worthwhile," says Nellie "It provides the opportunity to have input in deciding on presenters and also in attending a number of workshops which means access to many diverse and high quality opportunities for professional development."

Dr Nicole Lee
Baseline Editor

Nicole has been involved with the AACBT in various roles for over 9 years. She served on the Queensland Committee for several years including as President. She has served on the Victorian Committee for 6 years as Workshops Coordinator, Public Relations and Branch President. She was also National President in 2005-6. She is currently Baseline Editor and is assisting the Tasmanian Liaison, Rosie Bickel, to establish a workshops program in Tasmania.

In her day job, Nicole is Head of Clinical Research at Turning

Point Alcohol and Drug Centre and Adjunct Senior Research Fellow at Monash University. She is a registered Psychologist and has a PhD.

Her clinical and research interests are in comorbidity intervention and methamphetamine dependence and treatment.

"I have found my time on the various AACBT committees invaluable for both my professional development and for networking among my CBT peers", says Nicole. "I can genuinely recommend a stint on the committee as a good professional opportunity."

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We're on the Web!

See us at:

www.aacbtvic.org.au

what's on in cbt

victoria

18 September Dr Cairan Pier - Internet Based Interventions www.aacbtvic.org.au

3 October Prof Michelle Craske: Advances in CBT for GAD www.aacbtvic.org.au

27 November Prof Paul Salkovskis: Advanced CBT for OCD www.aacbtvic.org.au

7-8 September Complex Post-Traumatic Stress Disorder and Dissociation www.delphicentre.com.au

21 September Becoming a supervisor www.vu.edu.au/Courses/Short_Courses/index.aspx

16 October Psychopharmacology Workshop For Non-Medical Mental Health Providers Melbourne PPL Education 02 6628 2901

30 October 2007 Introduction to CBT for Depression, Anxiety, Pain & Stress PPL Education 02 6628 2901

national

(includes national and international events held in Melbourne and other parts of Australia)

6-10 Oct 30th AACBT National Conference Gold Coast www.aacbtqld.org.au

4-7 September 17th Annual TheMHS conference Melbourne www.themhs.org

20-21 September Chris Lee Dialectical Behaviour Therapy training www.therapist-training.com.au

20-22 September Australasian Society for Bipolar Disorders Conference, Sydney

20 September Moving Beyond Occupational Stressors to Prevent, Predict and Manage Psychological Injury Adelaide PPL Education 02 6628 2901

25-29 September APS Annual Conference, Brisbane www.apconference.com.au

26-27 September Chronic Pain Assoc of Australia Inaugural National Conference Sydney PPL Education 02 6628 2901

8-12 October Australian College of Mental Health Nurses Conference Cairns www.astmanagement.com.au/anzcmhc7

26 November-1 December CBT-Hypnosis-Relaxation-Guided Imagery Courses Institute of Psychiatry Cumberland Hospital Westmead www.mindperformance.com

13 November Motivational Interviewing for Vocational Rehabilitation Adelaide www.nbassociates.com.au

28 November-2 December 2007 World Psychiatric Assoc International Congress Melbourne wpa2007melbourne.com

16-20 March 2008 3rd International Congress on Women's Mental Health Melbourne www.iawmhcongress2008.com.au

10-12 July 2008 A Climate for Change: An international Summit for Advancing Theory, Research, Policy and Practice in Addiction Melbourne www.pacificcmc.com

international

10-12 September 3rd Annual Meeting of the European Association of Addiction Therapy (EAAT) Vienna www.eaat.org

12-14 September BABCP Annual Conference Sussex www.babcp.com

5-9 October 4th IACM Conference on Cannabinoids & Medicine Germany cannabis-med.org

24-27 October International Conference on Research in Higher Education Institutions Cebu ched.mozcom.com

26 October Impact of Migration, Culture & Spirituality in Treating Mental Illness Toronto www.careconferences.com

26-28 October Cognitive-Behavioural Therapy for Anxiety Disorders Singapore www.imh.com.sg

29 October Schema Therapy Seminars 2007 Singapore www.imh.com.sg/clinical_specialties/schema_index.htm

4-7 November Australian Professional Society on Alcohol and other Drugs Conference Auckland www.APSAD.org.au

22-28 November 3rd International Conference on Gross National Happiness Bangkok www.gnh-movement.org

2-4 April 2008 British Psychological Society Annual Conference Dublin www.bps.org.uk/ac2008

20-25 September 2008 XIV. World Congress of Psychiatry Prague www.wpa-prague2008.cz

7-8 February 2008 American Association of Behavioral and Social Sciences Conference Las Vegas aabss.org

If you would like to list your events here free, please email details of date, title and contact details to editor@aacbtvic.org.au

news & views

Correction – apologies to Lisa Catania who was incorrectly elevated to the dizzying heights of 'psychologist' in the last newsletter. She is still undertaking the registration process and is in fact a provisional psychologist.

To submit news, views and gossip email editor@aacbtvic.org.au

promoting victorian cbt practitioners online

What is the Practitioners List? The AACBT Practitioners List provides a unique service to the Victorian public by assist members of the public to find a CBT practitioner. Practicing members can list their specialty areas and other details on our website. The APS has a similar service to locate a registered psychologist but it is not CBT specific

How much does it cost? AACBT members can join our practitioners' list by paying an annual fee of \$25.

How do I join? You can join the Practitioners' List online by visiting our website. A hard copy of the application form can be requested by calling 0423 184 174.

dvd library up and running

The Victorian DVD library is now up and running. Members can borrow DVDs of major workshops hosted by the AACBT.

"There are also DVDs on workshops hosted by other state branches" says Nicki Dowling who currently coordinates the library.

If you'd like to borrow from the library, check the AACBT website for a list of available DVDs and a library request form. Highlights include workshops by Mark Williams, Nick Tarrier and the recent Behavioral Experiments workshop by James Bennett-Levy.