



ACBT

Australian Association for
Cognitive & Behaviour Therapy
Victoria Branch

baseline

summer 2007

**Special Interest
Articles:**

- CBT for GAD
- Albert Ellis
Obituary

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GAD with a touch of TAD

Advances in the cognitive behavioural treatment and conceptualization of generalized anxiety

Professor Michelle Craske

Jon Visoiu

Private Practitioner & Tasmanian AACBT member

As a Tasmanian, I was surprised and impressed when Professor Craske informed us that she had completed her initial degrees at the UTasmania. She has travelled and progressed far since those days and has now attained the status of a world authority in her field.

Her route has been via ANU, British Columbia, NY State (5 years with David Barlow) and since 1990 at UCLA where she continues on an impressive path of research, publication, teaching and clinical work.

With over 200 publications to her name and as Associate Editor for the *Journal of Abnormal Psychology and Behaviour Research and Therapy* she is certainly a very imposing figure in her field, but presented her workshop in a very approachable manner.

Professor Craske demonstrated great depth in the material she presented and interacted in a comfortable manner encouraging debate with the workshop participants. A number of interesting exchanges took place during the day on a variety of topics, which were informative and added to our opportunity to learn and review in this complex and evolving field of knowledge.

She started with an etiological model of anxiety disorders, from which she expanded and presented current findings relating to broad based vulnerability and then moved onto specific pathways to fear acquisition.



By this time it was morning tea and this also provided an opportunity to attempt some running repairs on the audio-visuals, which were not behaving well. A diagnosis of "Technological Attachment Disorder" (TAD) was confirmed and treatment delivered, unfortunately not successfully at this stage.

Professor Craske continued after the break with a detailed review of the current theory and research around Generalised Anxiety Disorder (GAD): Cognitive features, problem solving, avoidance and physiological features, with a detailed description of her current research identifying different physiological responses between anxious children/youths and controls.

She then presented some interesting material delineating the difference between "worry" as a thought/verbal process and "fear" as a visual process and the implications of this for GAD. This rounded off the theoretical part of the workshop and brought us all up to speed with the current best understanding of GAD.

Professor Craske then introduced treatment processes and answered

some questions before lunch. A very pleasant lunch was held under the tent in the Café de'Oro.

Les Posen, cured the TAD demonstrating in the process that Macs are best, and the afternoon continued with a series of vignettes demonstrating aspects of CBT for GAD. The workshop concluded with an interesting presentation and discussion around the efficacy of treatment approaches comparing what was termed "traditional" CBT to Acceptance & Commitment

"Professor Craske demonstrated great depth in the material she presented and interacted in a comfortable manner encouraging debate with the workshop participants"

Therapy and Mindfulness Based Cognitive Therapy.

This was a very worthwhile workshop and I am sure that all those attending gained valuable insights in this complex and evolving field. It was a great privilege to have someone as eminent as Professor Craske present the workshop and I enjoyed it very much. The venue was pleasant and the organisers of the event are to be congratulated.

coming up...

18th March Pub Discussion: Dr Russ Harris–Acceptance & Commitment Therapy
1st April Workshop (Tasmania): Prof Paul Salkovskis-CBT for OCD

see our website for details

ed space

Thanks for all the fish...

Summer at last! And Christmas here already! Hopefully you will have some down time to enjoy the final AACBT Baseline for 2007.

This is also my last Baseline as Editor. After nearly 10 years on AACBT committees, including stints as National President, state president of the Queensland and Victorian branches and convenor of two AACBT conferences, it is time for me to have a break.

I can truly say that I have thoroughly enjoyed my time on these committees. I have worked with an enormous number of fabulous people all over Australia. It has been fantastic for my own professional development, both in terms of having access to workshops and conferences and meeting International and Australian experts in CBT, and also in developing skills in workshop organisation and in management.

Baseline has been an interesting and rewarding challenge, and has definitely honed my reading, writing and editing skills!

If anyone is thinking about becoming more involved in a professional association, the AACBT is an excellent option. The workshop speakers and topics are always outstanding and the benefits professionally and career wise from the experiences gained from serving on the committee are excellent. Being on the committee also means that you have greater say in the speakers and topics for workshops.

Just contact president@aacbtvic.org.au or one of the AACBT committee members if you have an interest in joining either the Victorian Branch or the Tasmanian sub-branch.

Keep those articles coming in. We would be delighted to receive submissions showcasing your research or other work, or an outline of an interesting conference, workshop or event related to CBT you have been to or a good book you have read that other members would be interested to hear about. Send an email with your submission of less than 350 words to baseline@aacbtvic.org.au

Cheers



Shirley Morrissey, Nick Allen, Leanne Hides, Natasha Davis & Alyna Morrison at the AACBT National Conference Farewell drinks.

pres says

AACBT goes GREEN!!!!

This is officially our last paper mailout! From 2008 all correspondence will be sent electronically. This is great news for the environment as well as the committee who have painstakingly folded flyers and stuffed envelopes for years. Still attached to paper? All forms will be sent electronically and available for download from our website.

AACBT Victoria had a record 361 members in 2007, largely thanks to the fantastic professional development opportunities organised by our workshops committee this year including four workshops and four pub discussions.

Remember that AACBT membership expires on the 31/12/07. Renew using the enclosed membership form or online at www.aacbtvic.org.au by the 31st January 2008 and receive a \$20 voucher towards the cost of attending an AACBT Victoria event in 2008 as well as going into the draw for several Readings vouchers. Please note in 2008 if you don't renew by the 1st of July 2008 you will have to join as a new member.

I recently attended the 30th AACBT National Conference on the Gold Coast. Apart from the beautiful storms every afternoon, highlights included keynote addresses from Michelle Craske, Robert Leahy, Nick Allen, Susan Mineka and Paul Gilbert. The workshop program did not fail to impress with workshops by Nick Allen (mindfulness), Paul Gilbert (compassionate mind training) and Bob Leahy (worry).

This conference heralded 30 years of our National Conference, which was acknowledged with celebratory drinks for our foundation members. The great debate did not fail to impress this year, with AACBT NSW's president Natasha Davis taking a few cheap shots at the other state presidents drinking behaviours. Please note the photo below featuring two state presidents including Natasha and Alyna (QLD) clearly drinking and your Victorian president absolutely drink free. Planning for the 2008 conference in Adelaide is well underway with keynotes including Chris Martell (behavioral activation), Paul Chadwick (psychosis), William Yule (PTSD) and Allison Harvey (sleep).

2008 will be an exiting year for AACBT Victoria. Unfortunately, Professor Mark Williams, has had to cancel his trip to Australia in February 2008 but Paul Salkovskis will be returning in April 2008 to present workshops in Tassie, Adelaide and Perth for those of you who missed out on seeing him this year. Yet to be confirmed (but highly likely) presenters for next year include Professor Jan Scott (CBT for Affective Disorders) and Professor Alison Harvey (Sleep).

Planning for the professional development program is well underway, with Dr Russ Harris already 'committed' to present a pub discussion on Acceptance and Commitment Therapy (ACT) on the 18th of March. We will also have to start planning for the 2010 National Conference so any suggestions from members for keynote speakers would be greatly appreciated.

On behalf of the AACBT, I'd like to wish you all a happy Christmas and prosperous new year and thank you for your support, commitment and input to

tassie corner

Managing my own anxiety...

The Tassie sub-branch is moving ahead in leaps and bounds! On 7 December Prof. Ron Rapee presented the inaugural Tasmanian AACBT workshop. It was an excellent workshop on treatment of social phobia held in Launceston and a resounding success with 30 people from all over Tasmania (and even some from Victoria!) attending. This is a great achievement for a first workshop in such a small community so close to Christmas.

I have been on a steep learning curve with workshop organisation. There are only a few AACBT members living in Tasmania so our current members list was insufficient to get the message across to all interested people. So I had to develop a special workshops email list which turned out to be a big job.

The second dilemma was knowing where to hold the workshop. Hobart is larger but Launceston is more central. We had a number of registrations from Hobart and quite a bit of enthusiasm, although many were unable to attend because of the distance. For future workshops we hope to vary workshop locations between Launceston and Hobart (and maybe other locations). I hope some Hobart members interested in taking on workshop organisation will emerge from the next two workshops!

I have had great, prompt and helpful advice and support from Nicole Lee, but also from Leanne Hides and other relevant committee members. From knowing little to nothing about organising workshops, I am now starting to understand how a professional workshop is run. There is a lot involved. I was embarrassed when Ron asked me whether he could use our computer for the presentation. I didn't even know you can play videos on any modern computer and asked him what software I would need for it! Thankfully he was patient with me. I'm confident that everything will be much easier next time, but I am sure I have much more to learn.

And the next time is coming up soon: in the shape of eminent Prof. Mark Williams, international mindfulness expert from Oxford University, on 29 February. He has the good sense to want to visit Tasmania (doesn't everyone?) as part of his Australia workshop tour. We are looking forward to welcoming him here and showing him beautiful Tasmania. This workshop will surely attract even more Tasmanians to become members and thus further consolidate the future of the sub-branch.

Rosie Bickel
Tasmanian Liaison

the AACBT over the past year. I'd also like to thank the members of the AACBT executive committee, who are all volunteers, for all of their hard work, commitment and enthusiasm this year.

Leanne Hides
President, Victorian Branch

release your research

Role of Private & Public Self-Consciousness in Adolescent Depressive Symptomatology

Cynthia Borg

School of Psychology, Psychiatry and Psychological Medicine, Monash University

Self-consciousness is an enduring trait characterised by a focusing of attention on one-self. There is a distinction between focus on private self-consciousness (such as thinking, emotions and behaviours) and public self-consciousness (such as one's appearance). A strong relationship exists between self-consciousness and adult depression, but little research links the two in adolescents.

This research examined the role of self-consciousness, in the broader context of suboptimal parenting and family environment, in 375 secondary school adolescent aged between 12 and 16 years.

Findings indicated that sub-optimal parental (over-protection or lack of care) and family conflict, in conjunction with private or public self-consciousness, predicted higher levels of depressive symptoms. However,

only private self-consciousness fully mediated the relationship between parental overprotection and depressive symptoms.

Public self-consciousness was related to family conflict and mild depressive symptoms. Private self-consciousness was related to family conflict.

This study draws attention to the important constructs of private and public self-consciousness in the aetiology of adolescent

depressive symptomatology, and the identification. The targeting of private self-consciousness and associated negative self-statements in prevention and treatment programs, whilst concurrently working within the family context, may constitute an area of intervention.

For more information about this study contact Cynthia on Cynthia.Borg@med.monash.edu.au

Obituary

The passing of one of the great names in CBT

Taken with minor amendments from: www.albertellis.org/albert_ellis_notice.html

July 24, 2007, New York City – It is with deep sadness that the Albert Ellis Institute announces the death of Albert Ellis, Ph.D. today. Dr. Ellis, who was 93 years old, died of natural causes. At the time of his death, he was President Emeritus of the Albert Ellis Institute in New York City.

Dr. Ellis was born in Pittsburgh in 1913, grew up in New York City, and received a master's degree and doctorate in clinical psychology from Columbia University.

As a practicing psychoanalyst from 1947 to 1953, Dr. Ellis grew increasingly doubtful about the efficacy of that form of

psychotherapy, concerned that no amount of talk would help his clients if they failed to take action against their habitual thoughts, feelings, and behaviours. By late 1953, he had stopped calling himself a psychoanalyst and begun developing Rational Emotive Behaviour Therapy (REBT), an action-oriented therapy aimed at making emotional and behavioural change through challenging self-defeating thoughts.

REBT is today widely acclaimed as a pioneering approach to psychotherapy and the foundation of all modern cognitive behaviour therapies. In 2003, the American Psychological Association named

Dr. Ellis the second most influential psychologist of the 20th century, second only to Carl Rogers. In 2005, Dr. Ellis's 78th book, *The Myth of Self Esteem*, was published.

In 1960, Dr. Ellis established a nonprofit institute known today as the Albert Ellis Institute (AEI). Since its founding, AEI has provided educational programs and psychotherapy to hundreds of thousands of professionals, individuals and families.

"We all owe a great debt to Dr. Ellis," said Robert O'Connell, Executive Director of AEI. "His students and clients will



remember him for his tremendous insight and dedication as a psychotherapist. His innovations in the field will continue to influence the practice of psychotherapy for decades to come, and the institute he founded will continue to provide outstanding professional education programs and treatment based on the principles of REBT which he originated".

the who's who...

Rosie Bickel Tasmanian Liaison

Rosie Bickel is the first Tasmanian committee member of AACBT Victoria.

She lives in Launceston and trained in Hobart (a six hour round trip each week). Combine that with three children, a job, and a half finished house, she is clearly a person of determination! She started working as a psychologist in 1997, first in parent/adolescent mediation, in Child and Adolescent Mental Health and then later to Adult Mental Health and completed her Masters in Clinical Psychology in 2002.

She has worked in both public and private practice moving into full time private practice five years ago. Her main interest is in evidence based treatment of adult and adolescent mental health problems. She also has an interest in family and couples therapy and runs a fortnightly family therapy clinic for the local Adult Mental Health Service.

"There is a real need for more CBT workshops in Tasmania. I am really enjoying making a practical contribution to Tasmanian CBT practice", says Rosie. "I have been a "virtual" committee member – a new experience, and great for me as I prefer to be doing things rather than sitting in meetings!"

Toni Scaffidi Treasurer

Toni joined the AACBT 4 months ago to fill in for Lisa Catania who is currently on maternity leave.

She is responsible for managing all payments for workshops memberships etc and of course to pay the bills!

Toni is a research assistant and has 6 years experience in this role. She is currently working on the substance use team at ORYGEN Youth Health, but has previously coordinated studies in women's mental health, psychosis and mania.

Toni is completing her fourth year

studies in psychology and hopes to continue in clinical training in the near future.

Her interests are varied and include personality, trauma and grief/loss.

"Joining the AACBT committee has been a great experience for me. Not only do I get to learn a new skill (bookkeeping) it is also a great opportunity to network with a range of professionals," says Toni, "I also have the opportunity to attend workshops that I would not have been able to attend otherwise and which have been very informative and enjoyable"

what's on in cbt

AACBT Victorian Branch

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We're on the Web!

See us at:

www.aacbtvic.org.au

victoria

18th March AACBT Victoria Pub Discussion: Dr Russ Harris – Acceptance and Commitment Therapy

2008 Turning Point Alcohol and Drug Centre Training Calendar out now:
<http://www.turningpoint.org.au/e&t/calendar/index.htm>

national

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

1st April AACBT Victoria Workshop: Professor Paul Salkovskis (Tasmania) – CBT for OCD

11 Feb **Introduction to Scheme Therapy** Chris Lee Adelaide www.ppledication.com.au

12 Feb **Advanced Schema Therapy** Chris Lee Melbourne www.ppledication.com.au

13 Feb **Advanced Schema Therapy** Chris Lee Brisbane www.ppledication.com.au

3-4 April 3rd **Biennial National Conference on Anxiety and Depression** Melbourne www.reconnexions.org.au

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

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

international

2010 World Congress of Behavioural and Cognitive Therapies Boston USA check WCBCT website for updates

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

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

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

14-17 March **Integrative approaches to Affective Disorders** Cape Town, South Africa www.isad.elsevier.com

27-29 March **International Conference on e-Education** Bangkok, www.e-case.org/e-Education2008

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

14-19 June **College on Problems of Drug Dependence Annual Meeting** San Juan, Puerto Rico www.cpdd.vcu.edu

19-22 June 6th Intl Congress of Cognitive Psychotherapy Rome www.iccp2008.com

25-28 June **1st Biennial International Evidence-Based Nursing Conference** Malaysia www.fmhs.unimas.my/EBNC08

20 July 2008 **XXIX International Congress of Psychology** Berlin, Germany www.icp2008.de/

3-5 Sept 2008 **Heart and Mind Conference** Prato, Italy www.heartandmind.prato2008.com

24-26 October **First International Symposium on Online Learning: Toward the Globalization of Higher Education** Atlanta www.uofa.edu

22-26 May 2009 **ABA International convention** Phoenix, Arizona www.abainternational.org

28 May- 1 June 2010 **ABA International convention** San Antonio Texas www.abainternational.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

AACBT is going green – all correspondence from 2008 to members will be electronic

Remember that your AACBT membership expires on the 31st December – renew early for a workshop voucher and chance to win prizes

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

get yourself out there with the practitioners list 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 us on 0423 184 174.

relive your workshop experience with the aacbt dvd library!

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 Behavioural Experiments workshop by James Bennett-Levy.