



Website www.counsellingtas.org.au

Funded by the Department of Health & Ageing through the Mental Health Council of Australia

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**ALSO INCLUDED IN THIS EDITION ARE
BUSINESS CARDS FROM
NATIONALLY REGISTERED COUNSELLORS**



*Counselling Tasmania
Incorporated*



**AUSTRALIAN
COUNSELLING
ASSOCIATION**

Editor: Ron Cruickshank ron@counsellinghobart.com.au



Pat Ogden

SENSORIMOTOR PSYCHOTHERAPY

Article by Mark Clemens 2011.

Sensorimotor Psychotherapy (SMP) was developed by an American woman called Pat Ogden after working for years with victims of trauma and abuse.

Pat Ogden became intrigued by her clients pervasive disassociation from the body which resulted in a variety of psychological issues.

SMP grew out of Hakomi therapy developed in the 1970's by Ron Kurtz (still going strong today and courses in Australia are possible)

This is a gentle therapy which teaches clients to follow the inherently intelligent processes of the body and mind to promote healing.

Like SMP, Hakomi therapy is particularly helpful in dealing with the effects of trauma and abuse and emotional pain and limiting belief systems.

The main principles of Hakomi are: Unity, organicity, body-mind wholism, non-violence and mindfulness.

Through the use of simple experiments, unconscious attitudes are brought to consciousness where they can be examined, understood and changed (by the client).

The classic phrase for Body psychotherapists is that the body is a 'royal road to the unconscious' and when you stop and think about it, you realise how true that is: the body always "keeps the score" as Babette Rothschild has also stated and it always gives us vital information and content about our client's inner processes.

SMP seeks to make the unconscious conscious.

SMP therapists are wanting to gain the cooperation of the client's unconscious. It is esp. helpful in dealing with traumatised and abused individuals.

SMP therapists always support the client's defenses, not seek to destroy them. The defenses have been enacted by the unconscious to defend against overwhelming threat and need to be worked with. Only the client can alter their own defences. To try and dismantle their defenses would be to do violence against them.

In SMP the body is viewed as a living source of intelligence, information and change. The body its sensations, and direct sensory experience are referenced throughout the therapy process.

SMP proceed slowly, gently, non-violently, an atmosphere of safety is created in which the client's defences can be examined and willingly yielded, rather than confronted and overpowered and new resources, especially somatic resources can be developed.

SMP has been influenced by the great trauma specialists of the 20th Century, including Bessel van der Kolk, Peter Levine, Allan Schore, Onnon van der Hart, as well as by the functioning of the body itself.

The implicit and central notion behind SMP is that the client and the body are where the processing takes place, it is the client's own experience which is validated and worked with, not the therapists own agenda.

More information: <http://www.sensorimotorpsychotherapy.org/home/index.html>

Marks Web Page: <http://www.counsellingtas.org.au/Counsellors/MarkClemens/tabid/94/Default.aspx>

**'Ten things...
you need to know...
about Couple Counselling'**



Presented by Darren Radley © 2011

Counselling Tasmania Inc. PD 25th March, 2011

1. Ground rules

Establish in the first session what the couple have come to counselling for: To work on fixing or better managing the relationship stressors; or splitting up, therefore send the couple to mediation. Establish what type of communication will be expected, and will not be tolerated during counselling.

2. Communication

Start with the basics and work your way up, such as 'I statements', Active listening, Talking stick or

Exercise, Talking Tips, and Fair

Fight for change 10 steps.

3. Body language

Observe subtle and overt body language when couple arrive and during sessions, such as seating location, how they look at or not at each other.

4. Assessment

Ensure a detailed assessment of past incidents and events that may have contributed to current relationship problems is taken. Can be categorised as follows: primary or lifelong issue, secondary or acquired, situational, global or generalised issue.

(Continued next page..)

10 Things you need to know about Couples Counselling (Continued)

5. Assessment tools

Couple measures are extremely useful in obtaining a great deal of information quickly, such as 5 languages love profile, personality test, DASS form, Sternberg's Triangular Love Scale.

6. Home exercises

Assigning 'home exercises' is vitally important for couples to challenge old behaviours by implementing new positive couple behaviours, such as 'Date nights'.

7. Disclosure

In a timely and appropriate manner disclosing to a couple your own relationship triumphs, successes, and challenges greatly assists a couple to see that even counsellors are human and face similar issues that the couple are facing, and which can be overcome.

8. Countertransference

"The process of seeing themselves in their clients, of overidentifying with their clients, or of meeting their needs through their clients." Corey, G. 2005, p. 21.

9. Time keeping

Keep an eye on how the session is progressing, and allow sufficient time to cover important areas that need addressing as sometimes individual partners will hijack the session or avoid topics being discussed by talking about an issue for too long or digressing.

10. Impartiality.

Important that you don't take sides, but work for the relationship.

A more detailed explanation of these ten points was presented on the night, however if you wish to gain more information about any of these points contact Darren either via email (dandjradley@netspace.net.au) or ring 0400 135 353.

Darren's Web Page: <http://www.counsellingtas.org.au/Counsellors/DarrenRadley/tabid/66/Default.aspx>

References:

Corey, G.. 2005, *Theory and Practice of Counselling & Psychotherapy*
7th Ed., Thomson Learning, Inc., Belmont CA.



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Access to Counsellors that are
Nationally Registered and Qualified
Mental & Emotional Health Online Services Search Engine of
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medibank

www.counsellingtas.org.au

MEMBERSHIP RENEWALS

As all of you are aware, Counselling Tasmania Inc. membership is due for renewal at the end of each financial year. In early June we will be in the process of sending membership fee notices for the next financial year to all of our current members. Everyone should keep an eye out on their renewals in their e-mail. Please be sure to send the notice back to us with your cheque/money order or direct debit into our CTI account. so that we can keep your membership up to date. (details for this will be included in your membership reminder)

We hope you all have a fantastic and productive Month!

Treasurer, CTI.



Private packaged cover for Counselling Support:

ACA members may now be registered as Medibank-accredited providers of Counselling Services!

Eligible Medibank members are now able to claim benefits counselling services. You can verify your eligibility by phoning Medibank Private on **132 331**.

Benefits may not be available for services provided to inpatients of public hospitals, or inpatients of private hospitals with whom Medibank have a special benefit arrangement for this treatment. Medibank also don't generally pay benefits for care and accommodation at an Aged Care Facility. Medibank recommends that you call their customer inquiry line on **132 331** to confirm that a particular service is available at an Aged Care Facility.

If you're looking for peace-of-mind and convenience, and you hold the appropriate Medibank Private package of cover, this could be for you. They have combined similar levels of hospital and extras covers so you get the best of both worlds, plus a yearly bonus.

Take the package, get a bonus

If you hold one of Medibank Private's packaged covers you'll be rewarded with a yearly bonus that can help pay for a range of approved membership and health-related expenses, such as counselling support. These are called **PackageBonus**. (**Counselling is no longer included within the NEW package of Medibank Private - please enquire with Medibank Private 132 331**)

This means anyone who **now joins** Medibank Private will not be eligible for rebates for counselling services. Current members of **Medibank Private who have the bonus package will still be eligible to claim rebates** against that package for rebates. "At least 1 million members of Medibank have the bonus package therefore many Medibank private members will still be eligible to claim counselling against their fund package" Manager - Medibank Private (via Phillip Armstrong CEO ACA.)

The Packages have a cover with a PackageBonus, and may cover counselling with a Counsellor who is Registered with the Australian Counselling Association Inc. and holds a current Provider Number with Medibank Private. Please ask your Counselling Tasmania Inc. counsellor to assist you with this option for counselling rebates.

ACA is currently working with two other Private Health funds for provider status. Please keep an eye on future editions for updates as this progresses.

Article by Ron Cruickshank

Ron's CTI Web Page:

<http://www.counsellingtas.org.au/Counsellors/RonCruickshank/tabid/68/Default.aspx>



"Teach only love, for that is who you are."

A Course in Miracles

MEMBER PAGES

Your registered, qualified, professional counsellors:



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Profiles of Professional Counsellors that are
Nationally Registered and Qualified
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www.counsellingtas.org.au



Deborah Townrow

Dip. Prof. Couns. MACA MCTI

Registered Professional Counsellor

Phone: 0427 115 513

Do you need to talk over things happening in your life?
Do you want the freedom to discuss what's truly on your mind?

Web Page: <http://www.counsellingtas.org.au/Counsellors/DeborahTownrow/tabid/69/Default.aspx>

The

EPICentre 6228 5535

The Centre For Early Psychological Intervention & Counselling



Darren Radley

Psychotherapist/Counsellor
BA, Dip Prof Couns., MACA (Qualified), MAIPC

Jeanette Radley

Psychotherapist/Counsellor
BA (Psych), Grad Cert Couns.



Mobile: 0400 135 353

Foster St. Newtown, E: radley1966@live.com.au

- Individuals
- Couples
- Relationships
- Child/Parenting
- Anger Management
- Sex Therapy
- Mindfulness Training (MiCBT)
- Work/study stress
- Self-esteem
- Grief & Loss
- Anxiety
- Depression

WORKSHOPS Enrol now!

- Social Phobia
- Agoraphobia
- Sexual Frustration in Couple Relationships
- Mindfulness (MiCBT)

WEB-CAM COUNSELLING

Can't come to us?
We'll come to you.
Ring to find out more

Prevention is the most effective form of Treatment

Web Page: <http://www.counsellingtas.org.au/Counsellors/DarrenRadley/tabid/66/Default.aspx>

ART

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Learn Create Enjoy

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in a fun, safe, creative
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*No former art experiences
needed.*



TESTIMONIAL:

Doria Loigom says:

“I attended one of Mandy’s workshops last year and found it to be of tremendous value – both for myself and other participants. My experience was one of subtle yet very powerful changes in the way I had been looking at or feeling about events that had occurred in my life. The end result for me was being in a very positive fresh and open place where all wonderful things are possible.

I was also able to see in others huge shifts in the positions they had been in and new directions they were taking their lives. The workshop was run with a very high degree of professionalism and genuine care for all participants. It was also heaps of fun! I can easily recommend Mandy’s workshops and teachings – she is very simply great at what she does.”

WORKSHOPS

by
Mandy Cruickshank

Dip. Prof. Couns. MCTI. MACA

*“Integrating the
essence of
colour & sound,
in the
Soul of Mental Health.”*

I create and run a number of workshops, cognitive based, interlaced with experiential process. They are fun and known to bring about powerful awareness. I adapt these workshops to the need of the clientele.

For more information or next workshop date contact me:

Ph: (03) 6288 1470

Mobile: 0407 447 840

mandy@colourvibrations.com.au

<http://www.colourvibrations.com.au>



What's On with CTI?

Keep an eye on the What's On page at the CTI web site. You will be informed of future meeting dates, events, workshops and training opportunities from CTI and many other recommended providers. **KEEP UP TO DATE WITH CTI!**

Follow this Link:

<http://www.counsellingtas.org.au/CTIInfo/WhatsOn/tabid/106/Default.aspx>

DAVE HAYDEN
ANSWERS AND OPTIONS TASMANIA
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Phone: 0417 581 699

ABN 84 356 652 776

Web Page: <http://www.counsellingtas.org.au/CTICounsellors/DavidHayden/tabid/67/Default.aspx>

Ron Cruickshank Outreach Counselling Service



Web: www.counsellinghobart.com.au

Registered Professional Counsellor
PH: (03) 6288 1470 Mobile: 0400 606 321
Home Visits, Telephone Support, Online Skype.



Karin Freuen Dip. Prof. Couns. MACA MCTI

Graduate member of AIPC and also LCIA

Ph. 0404 904 460

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Web Page: <http://www.counsellingtas.org.au/CTICounsellors/KarinFreuen/tabid/71/Default.aspx>



Jenny Johnston

Dip. Family Therapy, BA (Education), Post Grad. Dip. (Educational Studies)
Post Grad. Cert. (Gifted Education)

Family Therapy
Couples Therapy
Individual Counselling
Child and Adolescent Counselling
Schooling Issues
Counselling for children with special needs & gifted children, and their parents

Ph. 0408 395 870 e-mail opus1@iprimus.com.au

PO Box 616, Sandy Bay Tas 7005

Web Page: <http://www.counsellingtas.org.au/CTICounsellors/JennyJohnson/tabid/64/Default.aspx>



PROCESS: EXPLORING YOUR POSIBILITIES:

1. Write down a decision you need to make.
2. Write alternative possibilities.
3. Ask your Inner Guidance to take you down a path representing each alternative. Notice where each path leads, how it feels and the things you encounter which could give you insight. The form, feeling and circumstances of each path, and where it leads, will symbolise the probable outcome of that choice. Take notes regarding each path so you can make your decision based on a higher perspective.
4. Then ask your Inner Guidance to show you an alternative you haven't considered.



For support with this process and many other processes that will enhance your life contact Ron Cruickshank <http://www.counsellinghobart.com> Ph. 0400 606 321

Reference: Pathways of Light (1994) <http://www.pathwaysoflight.org>



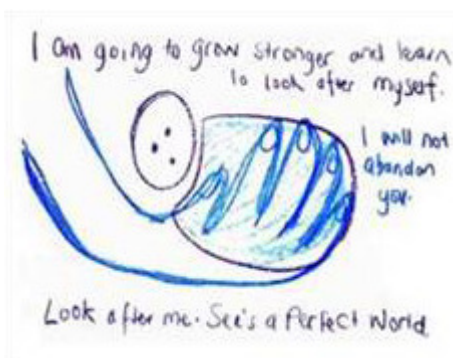
CTI Meeting Dates and Venues

Counselling Tasmania Incorporated business meetings are conducted at 6.00pm on the 4th Friday of the month and are followed at 7pm by Professional Development meetings (an informal get together, for sharing and peer group supervision.) Please phone Darren 0400 135 353 or Ron 0400 606 321 or check the 'What's On' page on the website www.counsellingtas.org.au and confirm the venue and date as this may change from time to time. (Currently at Family Relationship Centre, 178 Macquarie St, Hobart) All members and prospective new members are welcome.

These meetings count as supervision and professional development points towards your membership renewals with the Australian Counselling Association.



INTERACTIVE DRAWING THERAPY Foundation Course



Type of Activity: Course (2x 2-day Units. This is the initial course of the IDT Modality)

Objective: Your starting point for IDT training is the Foundation Course, which consists of two 2-day units (8.30am - 5.00pm). Unit one introduces the basic method and principles and Unit 2 outlines the IDT map of the therapeutic process and additional IDT ways of working. The course is designed for teaching IDT to professionals for use with clients, and is intense, fast-moving and experientially-based.

Outline: Approximate daily time table - 8.30am - 5.00pm. Breaks are, 15 minute morning and afternoon breaks at

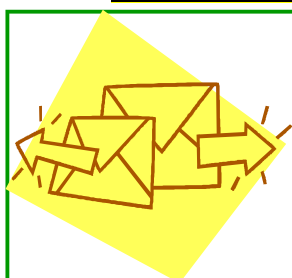
10.00am and 3.00pm, and an hour for lunch at 12.00pm.

Duration: 14 hours per two day unit = 28 Hours over four days

OPD Points: 56 Points (maximum 20 points per year for course work)

More information: www.InteractiveDrawingTherapy.com

COURSE	LOCATION	SUBURB	START DATE	END DATE
IDT Foundation Course - Unit 1	Hobart	To be confirmed	23/09/2011	24/09/2011
IDT Foundation Course - Unit 2	Hobart	To be confirmed	26/09/2011	27/09/2011



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or Phone (03) 6288 1470

Email Ron@counsellinghobart.com



Counselling Tasmania Incorporated

Become a member of COUNSELLING TASMANIA INCORPORATED

Hello Everyone,

Counselling Tasmania Inc. is the Tasmanian Member Branch of the Australian Counselling Association (ACA)

The Counselling Tasmania Inc. state membership fee for full membership is \$45. This is to clarify who are our active members and give you a formal belongingness to the Tasmanian Association. Funds raised are used to further your Association and promote counselling in Tasmania.

Membership is available as a Full Member (practicing) \$45.00, Associate Member (non-practicing) \$30.00, and Student Member \$20.00. Students may join at a reduced fee of \$20, Associate members will not have voting rights at meetings. Full Members are required to be also members of ACA National Peak Body. Application forms can be downloaded from the ACA Website www.theaca.net.au . Associate members are not required to be members of the ACA National Peak Body, but will need to be non practicing counsellors. Students are required to be currently studying in the fields of counselling, psychology, and psychotherapy with a view to becoming Full Members in the future.

Benefits of membership include:

- Inclusion on the email distribution list for information sharing
- Free email e-newsletter
- Participation in Professional Development Monthly Meetings
- Participation in Business Development Monthly Meetings
- Having a voice in Policy Development and the future of your Association
- Inclusion of your Profile Page on the Web Site (full members only).
- Certificate of Membership

The right to use the letters MCTI after your name (full members only).

In order to formalize your membership, we invite you to complete the application form below and forward your cheque or money (order, or contact me for an invoice for electronic funds transfer), to the following page to

Counselling Tasmania Inc., PO Box 204, New Town, Tas, 7008.

A receipt will be returned to you with your certificate of membership.

Thank you, Kind Regards,

Ron Cruickshank.

Treasurer, Counselling Tasmania Inc.

P.O Box 204 New Town TAS 7008
PH: (03) 6288 1470 Mobile: 0400 606 321
Email: admin@counsellingtas.org.au



*Counselling Tasmania
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Membership Application Form

Date: _____

Mr / Mrs / Ms / Dr: _____ **Name:** _____

Address: _____ **Post Code:** _____

Phone: _____ **Mobile:** _____

Email: _____

I enclose cheque / Money order for \$.....:00 being for annual membership of Counselling Tasmania Inc, for the 2009-2011 financial year, and a donation of \$.....:00

I am joining as: (please tick)

- \$45 Full Member (I am a member of ACA Inc. Membership Number)**
- \$30 Associate Member (non Practicing)**
- \$20 Student (I am currently studying in this field)**

I wish to receive: (please tick)

- Email updates and information**
- Promotional material about up coming events**
- E-Newsletter**

Please send me a receipt: Yes / No (circle)

Office use:

Endorsed by committee members:

Name: _____ **Signed:** _____

Name: _____ **Signed:** _____

**Send Membership Form to:
The Treasurer, Counselling Tasmania Inc
PO BOX 204
NEW TOWN TAS 7008**