

WESTERN SYDNEY CHAPTER NEWS

Editors: Pam Hoy & Ian Brown

WELCOME



Written by Counsellors for Counsellors.

Welcome

This edition is dedicated to the memory of Christine and Tina - Two beautiful people who will be sadly missed.

Hi everyone and welcome to a very late September edition. Due to some very sad and unforeseen circumstances, my co editor Ian was unable to assist with the publication of this edition until now, so we would like to apologise for the delay.

Well almost another year is over and done. Spring is back again and the sun is shining. I hope the sun is also shining on your private practices and any other endeavors you may be undertaking.

2008 has been a great year for the chapter and I am sure that most would agree that the quality of presenters and topics has been outstanding.

This Saturday is proving to be another very promising meeting, with the guest speaker Heide McConkey presenting on the topic of sex therapy and interventions. There is a complete profile relating to Heide later in the newsletter.

We have also received quite a number of submissions this month so thank you to everyone who helped us out. Keep them coming as we really appreciate your support and assistance.

Until Next Month...Enjoy

Pam.

Western Sydney Chapter Happenings



Ian Brown was the Speaker at the last meeting back in July with his presentation 'Working with Symbols'.

Ian has received quite a number of enquiries relating to the seminar he has developed however hasn't booked a venue yet due to recent events.

Ian assures me that the seminar is to happen in the near future and all of those who emailed will be receiving an information brochure via email very shortly.

If there are any others who would like to receive the brochure please email Ian at innovativecounselling@bigpond.com or check out the web site at www.innovativecounselling.com and go to the contact us page.



As always **Brigitte Madeiski** who is the resident ACA accredited supervisor was extremely informative and helpful and did a wonderful job.

Brigitte respects all questions asked and all scenarios presented during this time. She brings a wealth of knowledge to the arena and incorporates all members' input.

All we ask is a donation of \$5:00 to cover room hire, tea, coffee etc. This is a wonderful way of gaining supervision and OPD points.

The Chapter meetings are a great opportunity to catch up with other counsellors, to ask questions, to have your questions answered and perhaps help others answer their questions.

There is a core of very regular members who attend each meeting now and we would love to see the numbers continuing to increase.

The meetings are held the last Saturday every 2nd month and if you put the dates in your diary it is easy to allocate the time needed to attend. The next meeting is September 27th, then November 29th and January 25th 2009.

As always every one is welcome!



Western Sydney Chapter Guest Speaker Profile Saturday September 27th 2008

Heide McConkey

Heide is a sex therapist and she has been a member of the ACA for some time. Please put the date in your diary now so you won't miss the opportunity to hear Heide.

Affirmotive is the vision of Heide McConkey; A professional counsellor, supervisor, presenter and therapist who has been practicing since 1998 and specialises in the therapeutic intervention and treatment of sexual health issues, including sexual behaviours, sex addictions, and compulsions.

Heide's impressive resume is quite extensive and includes too many achievements to list however recent years have seen Heide present her self-authored treatment model 'Voice Dialogue in Sex Therapy' for the treatment of sex addictions and compulsions, at the ACA National Conference in Brisbane in 2004.

Heide incorporates Voice Dialogue facilitation in her treatment programs. Heide is an experienced senior Voice Dialogue facilitator. She holds the advanced certificate of the Psychology of the Selves, the Psychology of the Aware Ego, and Voice Dialogue. Heide presented 'How Sex Therapy Can Heal Relationships' at the Natural Healthcare Expo in 2006 and is a contributor of health and sexual relationships articles for various magazines, such as New Woman and Health Smart Magazine.

Heide offers face-to-face and / or online supervision for counsellors and students who might want to use this service. People can book full sessions or part time options.

Heide can obtain green books from Philip Armstrong and record the points, and send them out to counsellors on request. Heide's supervisor registration number with the ACA is 1050.

Further details are outlined on www.affirmotive.com/corporate/supervision

Heide is a preferred service provider to South Pacific Private Hospital, Australia's leading treatment Centre for the treatment of addictions, depression and mood disorders. Heide may suggest referrals, and also accept patients for Relapse Prevention treatments.

For more information about Heide you can visit her website at www.affirmotive.com

Elements of a Professional Supervisor

Article by Graham Smith - (Hunter Chair)

Goldberg (1985) believes that any chosen method of supervision should be based on "the immediate learning needs of the supervisee and that supervisors need to avoid fixed styles in their supervision." Keeping this in mind I have chosen process notes as one means of achieving this outcome. Process notes are less directive or active forms of supervision. They can provide a means of controlling the type of information offered in supervision. The sought of information provided may include:

Session goals, what happen in the session to impact on these goals, was any difficulty en-counted and resolved? It presents the major theme of the session, provides a description of interpersonal dynamics between supervisee and client. It can identify individual differences between client/supervisee and impacts. Indicates how successful a session was. Shows whether initial goals were achieved and what was learnt. It identifies plans and goals for the next session. It can provide questions for the supervisor regarding work with the client.

There are **many advantages** of using process notes for both the supervisor and supervisee. From the outset they are the supervisee's written explanation of the content of their therapy session, they can become a the supervisee's permanent record of events arising out of a session, they describe the communication processes which occurred between counsellor and client, they describe the counsellors feelings about their client, and provide a rationale and manner for the intervention used.

They also give a wealth of information which can be used in the supervisory session and, therefore, allow the supervisor/supervisee an opportunity in hindsight to track the cognitive processes which occurred in ways that more active forms (live or video) of supervision do not. Goldberg (1985) also noted that the use of media could be distracting while process notes gave worthwhile information on the modelling of therapeutic conditions to the supervisee.

However, Goldberg also **saw limitations**. He felt that the use of process notes by themselves was more appropriate for the advanced supervisee not a novice. Another limitation in the use of process notes is the type/amount of information recorded. Muslin, Singer, Meusea, and Leahy (1968) compared process notes based on therapy sessions with actual recordings of the sessions and found "gross distortions and deletions of information at a variety of levels". Therefore, process notes may well compromise the accuracy of information being presented if used singularly.

References

Bernard, J & Goodyear, R. (2003) *Fundamentals of Clinical Supervision*-; 2nd edition.

Member Profile

Good Luck Gary



Councillor Gary Green with wife Joujou

Councillor Gary Green (a counselling Councillor) was elected in 2004 and has officially declared his intention not to rerun as a Rockdale City Councillor in the next upcoming elections.

Gary is a member of the Theosophical Society (TS), Clinical Member/Supervisor with the Australian Counselling Association (CMACA) and Clinical Member of the Counsellors And Psychotherapists Association (CMCAPA).

For over four years Gary has worked tirelessly for the City and the community. Gary was instrumental in many projects and programs within Council, including the implementation of the Destinations Rockdale vision, chairing the Rockdale Traffic Committee and helping to re-establish the Brighton Le Sands Chamber of Commerce.

Gary recently married his fiancé JouJou and he's looking forward to commencing the next stage of his life as a married man. Councillor Green leaves Council with a heavy heart, knowing all too well that he will miss being a Rockdale Councillor.

"I'm delighted with some of the great benefits delivered to our community over the past four years, and having been offered number one on the Liberal ticket for third Ward, it saddened me to decline," said Councillor Green.

Along with his colleagues support, Gary includes amongst his greatest civic achievements the Crystal Marina design, Cooks Cove development, the Residential Amenities Improvement Strategy, improved road safety (increased parking) and heritage reforms.

The Society of Heritage Owners recently honoured Gary as a "Heritage Hero" for his heritage reform work which interestingly, have now largely been endorsed by both the Australian Productivity Commission and the Independent Expert Panel's heritage reports.

Additionally the ABC recognised Gary with a "Local Achiever" accolade for his novel and successful idea to removed Hashems Hoons with Barry Manelow's music rather than with force.

The majority of Gary's council wages/travel expenses during his 4 year term were donated to local charities and Gary stated that he "feels extremely honoured to have served his community so well."



Free Talks For Parents Who Want The Best For Their Children

Is Your Child In Their First Year Of High School?

or Going To High School Next Year?

The first year of High School can be a challenging and stressful time.

There are things you can do to help your child have the best year possible.

Learn How To:

- ✓ Take the stress out of your life
- ✓ Have more energy and time to enjoy with your family
- ✓ Give your children the support they need to be happy and successful

Where: North Sydney Community Centre – Choice of two sessions:

When: Friday 17th October 12.30 - 1pm & Saturday 18th Oct 12.30 - 1pm

Follow- up Workshop: Saturday Oct 25th – phone for details

Your Speaker: Donald Marmara, MGBI(UK). MFPhys(UK), CMACA

Donald's approach is encouraging and supportive. He says

“the more I work with children and teenagers, the more I realise how vital it is for parents to get the support they need so they can be and do the best for their children”.

Donald has worked internationally with adults and children in various settings for over 30 years, and has presented at various national and international conferences. His experience includes childcare with Primary School children, mentoring High School students, & counselling and coaching adults. He currently maintains a private practice in Sydney.

If you want your children to be happier and more Successful, do not miss these talks.

To learn more about Donald's unique approach, visit www.coredevelopment.com.au

If you want less stress and more energy and the best for your children,

Information and Bookings Call (02) 9413 9794 or 0412 178 234

WORKSHOPS – Thank you to Counsellor Carolyn Stormer for submitting this information.

We invite you to distribute through your networks where appropriate

You are cordially invited to register your expression of interest for proposed workshops to be presented by Ricky Hunter in NSW in the months of November 2008 on the subject of Domestic Violence.

Who should attend? Health professionals including, counsellors, psychologists, social workers, family support workers, University students, telephone counsellors, workers and advocates in the field of domestic violence and sexual assault.

Dates/Location

Eastern Sydney Rose Bay Monday November 3rd 9am – 4pm

Eastern Sydney Rose Bay Wednesday November 5th 9am – 4pm

Woy Woy Friday November 7th 8.30am – 3.30pm

Sydney Central Monday November 10th 9am – 4pm

Cost Early Bird: \$85.00 per person for any of the above workshops.

Email your expression of interest by 15th September 2008 to rickyhunter@virginbroadband.com.au

CHAPTERS

SYDNEY CHAPTER

Next meeting will be held on the 11th of October 2008.

Time: 12:30 for a 1pm start

Venue: Ryde Eastwood Leagues Club, 117 Rydale Road, West Ryde

Cost: \$10 including refreshments

CENTRAL COAST CHAPTER

For those of you on the Central Coast (Gosford Area) and those in Sydney looking for further group supervision and professional development opportunities, the **Central Coast Chapter will be starting soon**. If you would like to be involved in the Chapter or to attend the chapter meetings please contact Cliff Parker on cliffp@tpg.com.au With the advent of the M7 and M2 it is just over one hour from Sydney now and could still offer a cost effective way of gathering Supervision and Ongoing Professional Development Points.

HUNTER CHAPTER

For information please about the Hunter Chapter please contact Stephen Tsousis at stevtsousis@hotmail.com



HUMOROUS ANTIDOTES.

Man struck by lightning faces battery charge.

War dims hope for peace.

Couple slain, police suspect homicide.

If corn oil comes from corn, where does baby oil come from?

QUOTES OF THE MONTH

Praise to a child is like water to a thirsty plant.

Charity is cooking for the church fete; Compassion is buying it back.



MONTHLY HEALTH AWARENESS – September

Spina Bifida www.asbha.org.au

Prostate Cancer www.prostate.org.au

National Dyspraxia www.dyspraxia.com.au

LINKS OF INTEREST

Affordable Website Design and Hosting – www.unlimitedspace.com.au

Business Enterprise Centres – www.beca.org.au for Business Advice and Mentoring



Final Note:

Well we finally did it!!

Once again allow us to apologise for the lateness of this edition and to those who submitted articles and advertisements but didn't get published due to time constraints, please send us your events for October and we will make sure they make it in.

For those who are attending the meeting on Saturday we are sure it is going to be a great afternoon and please feel free to bring along colleagues, counsellors and students, as all are welcome.

Stay Safe and We'll see you on Saturday!!

Pam and Ian