



Australian Association of Relationship Counsellors  
(AARC) Inc

# QUEENSLAND NEWS

**April 2007**

## A LETTER FROM OUR PRESIDENT

Dear Colleagues,

I trust that everyone has entered this New Year full of enthusiasm for the wonderful job we all do. I am writing this fresh from the Sydney symposium and feeling very enthusiastic and full of energy. It was lovely to see a few familiar faces and hope that all who attended enjoyed the workshops as much as I did. I was particularly taken with Robyn Moore and Paul Gibney because I appreciate people who can clearly get a point across and make me laugh in the process. Robyn was quite inspirational with her stories about the children she has worked with and is a master at evoking an emotional response. I personally think Paul Gibney is a very skilled therapist and would make a great stand up comic.

The QLD branch committee has already been busy this year lining up workshops and planning newsletters. We will be holding 4 workshops this year all aimed at enhancing some area of relationship counselling practice. The first is a two week workshop by Eric Hudson on working with men. Eric did a workshop for us at the end of last year and I can honestly say it was one of the best I have attended in a long time. He is an excellent trainer and a very respectful and skilled therapist. You will not be disappointed if you come along. We are also lining up people who can talk about working with families and the impact of family relationship centres and what they are all about. If you have any ideas or areas of practice you would like to know more about please get in touch.

In conjunction with the Sydney symposium I also attended the national management committee (NMC) meetings. A great deal of discussion went into the impact of the Medicare rebate and what we as an association and PACFA as our peak body have done and will continue to do to lobby for us. You may not be aware that PACFA has been lobbying government vigorously over a long period of time on this and other issues and will continue to do so.

The NMC also made several changes to documents that will support and clarify the new pathways to clinical membership. I strongly encourage any associate members who are eligible to move to clinical membership to read up on the alternative pathways. If you have questions then contact the membership secretary, the state rep or me. If you do intend to submit a tape the next CPSC meeting is the 28<sup>th</sup> of April

A final item from the NMC is that the 2009 symposium is to be held in Brisbane, so we will soon be forming an organising committee and going to work on it. The last Brisbane symposium was well received so we hope to make this one just as good if not better. Keep it in mind.

If anyone would like to know more about the association or what the QLD branch is up to feel free to contact me.

Kind regards,  
Sue Eaglesham

### Highlights of News- letter

The next CPSC meet-  
ing is the 28th April

### Workshops

'Working with Men'  
Eric Hudson

### Contents:

- President's Report
- Newsletter  
Guidelines
- Workshop Review
- Symposium Reflec-  
tion
- Qld Rep. Report

## Queensland News – Guidelines for Articles and Reviews

We strongly encourage members to contribute to the Queensland News and would like to offer the following guidelines:

Feature articles need to be between 500 - 1200 words in length. They should be well written (edited for grammatical and spelling errors), thought provoking, challenging and maintain a focus on relationship in some form. We welcome articles that are practice focussed and remind you to get written permission from clients before writing up case studies or anecdotes.

Book reviews focussed on relationships or relationship counselling are also suitable for inclusion and need to be approximately 500 – 750 words. Reviews should consist of: a thorough and fair description of the book structure and content; a short description of the authors; a statement of the apparent aims of the author in writing the book; an evaluation of how well they have achieved these aims; an outline of previous publications and the contributions of these to the field; an assessment of the contribution this book makes to the field; an assessment of who the book would be useful for; and any other relevant comments.

Film reviews will be considered as long as they are relevant to the practice of relationship counselling or help practitioners to think about relationships and their practice.

If you would like to make or discuss making a contribution with me please email me at:

[gppassmore@australiaonline.net.au](mailto:gppassmore@australiaonline.net.au)

Or phone [07] 38498168

Pamela Passmore [Editor]

## National Newsletter – Call for Articles and Reviews

It is my goal to bring a very specific relationship flavour to the AARC Inc. National Newsletter. Any member who would like to contribute an article or book review should be aware of the following guidelines.

Feature articles need to be approximately 1200 words in length and be well written, thought provoking, challenging and maintain a focus on relationship. Shorter pieces will also be considered for inclusion. Articles can be research or practice focussed. Please be sure to obtain written permission from clients before using case examples.

Book reviews of texts focussed on relationships or relationship counselling are also suitable for inclusion and need to be approximately 500 – 750 words. Reviews should consist of: a thorough and fair description of the book structure and content; a short description of the authors; a statement of the apparent aims of the author in writing the book; an evaluation of how well they have achieved these aims; an outline of previous publications and the contributions of these to the field; an assessment of the contribution this book makes to the field; an assessment of who the book would be useful for; and any other relevant comments.

If you would like to make or discuss making a contribution with me please email me at:

[newsletter@aacrc.org.au](mailto:newsletter@aacrc.org.au) or phone (07) 3410-7085.

Sue Eaglesham

**CONTACT AARC Inc.**

[www.aarc.org.au](http://www.aarc.org.au)

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## Reflections on 2007 National Symposium

### Maestros of Magic?

The first piece of magic I discovered was the venue. Right in the heart of North Sydney is Mary MacKillop Place – a beautiful oasis of peace and rest where we were catered for well. I felt it set a great tone for the Symposium itself.

I found the four keynote speakers inspiring. All introduced us to a wide gamut of emotions as they spoke passionately in their presentations. Robyn Moore is certainly a maestro with words and I seesawed from one end of the emotional spectrum to the other as she wove stories that encouraged me to re-evaluate my use of the magic of language in my professional practice.

Michelle Webster encouraged me to think about how I work with couples and individuals within those couples in a way that presents best practice for that particular client. She is a maestro in her practice of emotionally focused therapy. I appreciated her vulnerability in sharing her successes and her not-so-successful work with clients.

The knowing of not knowing was the theme of Doug Sotheren's address. I have had the privilege of watching Doug work and working with him, and he fits the mould of a Maestro of Magic. His address raised some points on the training of counsellors. Paul Gibney's highly entertaining presentation on family systems was insightful and reminded me of the interconnectedness of human beings.

The symposium offered a wide range of workshops – of which I could only attend four. The ones I went to were informative, and I thoroughly enjoyed 'playing' at Interplay. The problem I find with choices is how to decide which ones to attend and which ones to miss.

On Friday evening we enjoyed a pleasant time of Welcome Drinks. A great time for networking in a space of congenial ambience!

All too quickly the symposium was over for another two years! I came away feeling inspired to continue to develop my skills and art so that I can be a maestro of magic! See you in Brisbane in 2009.

Lorelle Parnicott

B.Ed., Dip.Rel.Couns., M. Couns.Program Manager

Queensland Baptist Care Counselling and Training

## Workshop Review of Emotionally Focussed Therapy with Couples

I recently attended Eric Hudson's full day workshop on Emotion-Focussed Therapy which was conducted in Brisbane. As a beginning counsellor trying to bridge the gap between the world of theory and the reality of what happens in the counselling room, I was curious to see how Eric put the principles of EFT into practice.

Drawing on a wealth of clinical wisdom and experience, Eric was able to translate the theoretical elements of EFT into a mock session, demonstrating how the central themes shaped the counselling process and guided his work with couples. We were all encouraged to offer feedback and time was allowed for everyone to practice the skills in small groups.

Eric's relaxed and engaging style helped participants feel comfortable from the outset and each of us was actively involved in the learning process. His enthusiasm for EFT model was infectious and I came away with a set of ideas and skills that I am successfully employing in my work with couples.

If you do get the opportunity to attend Eric's workshops this year I would certainly recommend it as a valuable way to enhance your counselling practice.

Sue Forder, Counsellor

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The very first thing I want to say to the Queensland Membership is check out the AARC website, [www.aarc.org.au](http://www.aarc.org.au) Do it NOW!! **STOP** reading my column and go and check the website out. This is honestly the best way to keep informed on what is happening both in our profession and in our broader industry. I discovered this in an embarrassing way, recently at the National Meetings. I asked a question, and I was told the answer is on the website. I wasn't told unkindly. However I was told. I looked at the website and the answer was there. In a profession that invites people into responsibility taking I need to remind myself and hopefully you as members sometimes the answers to our professional questions are right underneath our noses. However if you are like me I don't think of the obviously places to look or I think it will be easier to ask and someone will tell me. **HAVE YOU LOOKED AT THE WEBSITE YET. WELL GO ON GET TO IT, MOST OF YOUR ANSWERS CAN BE FOUND HERE!**

Yes psychologists and some social workers have received the Medicare rebate. And as a result some counsellors are already feeling the affect of this in the practice. HOWEVER have you checked the [aarc.org.au](http://aarc.org.au) website. Well, go on, go, on. AARC is very aware that this issue is causing some angst specifically for private practitioners, and it is easy to start throwing stones at the professional association and/or PACFA for not doing enough to support the rank and file membership. However I like many of you need to be reminded that psychology and social work have had their professional standing and runs on the board, with Government. The Counselling and Psychotherapeutic industry has been less organised and therefore less established in the eyes of the government. However please do not be deceived our industry has come a long way in the last 10 years under the leadership of PACFA and while with don't fit the full criteria yet for being given Medicare rebate we are well on the way. It is with this and many other ends in mind that AARC National re-affirmed our commitment as a professional association to PACFA and its leadership.

AARC (Inc) re-affirms PACFA in the following ways:

- PACFA has the time and the resources to best strategically lobby Government
- PACFA is the peak body for counselling and psychotherapy
- PACFA has access to evidence-based knowledge and information PACFA has an independent benchmark for standards in our profession.

It is with this intention in mind AARC sees the best way forward for our profession to stay in partnership with PACFA.

By the way have you looked at the website?????

AARC National is also progressing on lots of positive fronts in continuing to develop and extend changes to clinical pathways and supervisory pathways and the strategic plan.

The Sydney Symposium was a fabulously organised two days with some very dynamic and exciting speakers who inspired challenged affirmed and reminded us that counsellors are extraordinary gorgeous people who are essential to society's well being and please don't ever forget that.

If any members wish to discuss anything with me please either email me on [therapy.26@optusnet.com.au](mailto:therapy.26@optusnet.com.au) or ring 0401 220 424.

Yours extraordinarily,

William Diplock, State Representative.

P.S. Don't forget look at the website [www.aarc.org.au](http://www.aarc.org.au)

## Put in your Diary!

### AARC PROUDLY PRESENTS 'MEN IN RELATIONSHIPS' COUNSELLING WORKSHOP

The Presenter : Eric Hudson

When : 26th & 27th April

Venue : Uniting Church Merthyr Centre  
52 Merthyr Rd.  
New Farm

Time : 9.00am—4.00pm both days

Registration : 8.45am

Enquiries : Anne O'Brien Ph. 32628897 or 0412828768

## MEMBERSHIP

**New Members are welcomed by AARC and we ask you direct your enquiries to our membership Secretary, June Lynch Ph. 33560732.**