



# CASA eNews

## August 2016

PROMOTING EXCELLENCE IN COUNSELLING STANDARDS, PRACTICE AND SERVICE

IN THIS ISSUE

## From our President

**Pat Bradley**

I am delighted to report that we have a newly elected Executive Committee. Patrick Moloney (Treasurer), Pamela Brear (Secretary), two general members Sandy Haynes and Bev Pope, and myself as President.

Thank you to those of you who were able to come along or send proxy votes to the Association's AGM on 3rd August. This ensured that we were able to meet our constitutional requirements and elect a new Executive Committee.

It was a busy meeting, where we said a fond farewell to Rob Bullock after many years of dedicated service on the Executive Committee. He will be sadly missed, not only for his considerable contributions over the years, but for his clarity of thinking, his sense of humour, and his ability to communicate in a very real way. Thank you Rob for all you have done, and we wish you well.

We also said farewell to Karen Paglia (Events) and Nicola Trenorden (Publications). Both Karen and Nicola have other commitments which meant they could no longer serve on the Committee, so did not seek re-election. I acknowledge and am grateful for each of their contributions to our Association, and wish

them well on their life journeys. Although this left a gap to fill on the Executive Committee, I am confident that our newly elected members will bring their particular set of skills and energy to the Association.

### **New Executive Team**

I am truly looking forward to working again with Pamela, Patrick and Geoff, who bring with them a wealth of experience, as well as to working anew with Sandy and Bev who I know also bring their own treasure trove of experience and skills. Once again, I am struck by the common bond in us all, that binds us and drives us to see counselling gain validation and respect for the highly trained and regulated profession that it is.

### **PACFA**

As the new structure of PACFA continues to grow and evolve, I think it is important that we continue to build strong relationships with PACFA and with this in mind, I have agreed to be nominated for the PACFA Board at the PACFA AGM in October this year.

**Pat Bradley**  
*President*

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Patrick Moloney recaps on his experience of the July PD event

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# PD in Review

by Patrick Moloney

**Chronicity: Working with Chronic Illness & Survivorship in Individuals & Adults**  
Presenter – Liz Worley

Our PD on the 30<sup>th</sup> July began with Liz explaining the pervasive nature of chronic illness in Australia, and we were presented with numerous statistics about chronic disease in our country. For example, 20% of Australians have multiple chronic diseases, and 50% of males and 33% of females will be diagnosed with some form of cancer before they reach the age of 85. Liz also discussed the high rates of various diseases in aboriginal and prisoner populations.

Throughout the PD, we gained a greater awareness, not only of the particular needs of individuals affected by chronic disease, but also the needs of support personnel, relatives and friends of those affected.

Psychosocial, education, discrimination and relationship issues were also topics raised by Liz. She explained that distress and suffering are complex and that the individuals affected have their own unique issues.



Furthermore, there are occasions when mistreatment can occur, and Liz gave one such example of when partners of recently deceased people are automatically put on anti-depressants.

Also, statements such as, "just be positive," are ill advised, and border on abuse.

According to Liz, distancing is the red flag that counsellors need to look for in those experiencing chronic illness.

Another major theme of the PD was the topic of trauma and the effects, including nightmares, unwanted thoughts, fear, guilt, hopelessness and a loss of interest in enjoyable activities.

Liz's presentation increased the participants' understanding of many of the related effects of chronic disease, and will be helpful in our approach as counsellors, in supporting those confronted with chronic diseases.

## Have You Renewed Your CASA Membership?



If you haven't renewed your membership by August 31<sup>st</sup>, it will automatically lapse and you will lose your benefits. Reinstatement involves paying an extra fee and possibly having to re-apply for membership. If you do not meet the current training and practicum requirements

Visit [www.casa.asn.au/login.asp?renew=y](http://www.casa.asn.au/login.asp?renew=y) to renew online.

If you have any concerns, please email us at [membership@casa.asn.au](mailto:membership@casa.asn.au)

# Meet the New Committee

The following people were voted onto the CASA Committee at the Annual General Meeting on 3<sup>rd</sup> August:



**President**  
Pat Bradley



**Secretary**  
Pamela Brear



**Treasurer**  
Patrick Moloney



**General Member**  
Bev Pope



**General Member**  
Sandy Haynes

Following these appointments, Bev has kindly agreed to take on the role of Secretary, reducing the load on Pamela who is always busy with membership and policy matters. Our new committee members, Bev and Sandy, have provided a little information about themselves.

## Bev Pope

Qualifications: B Social Science (Human Services) Child Care, Cert IV TAA, Grad Cert Mediation (Family), B Counselling.



I am currently employed part-time as a Senior Management Consultant and also manage a small private counselling practice part time. My counselling practice draws on an eclectic mix of theoretical learning and has, at its core, person-centred counselling. Over the years, my consultancy work has included but is not limited to, small business management support, workplace relations, HR, counselling, mediation, training and development, project development and resource development. For 16 years I have also been fortunate to work with Aboriginal children's services across SA - an inspiring journey of personal learning.

My work history includes parenting support group development and facilitation, part time instructor roles at TAFE SA and private tertiary institutions, children's services positions and commercial leadership roles. I very much enjoy working with people of all ages - teaching, learning, sharing skills, knowledge and experience. A key personal goal is to actively contribute to the provision of the best possible opportunities and outcomes for children and adults.

## Sandy Haynes

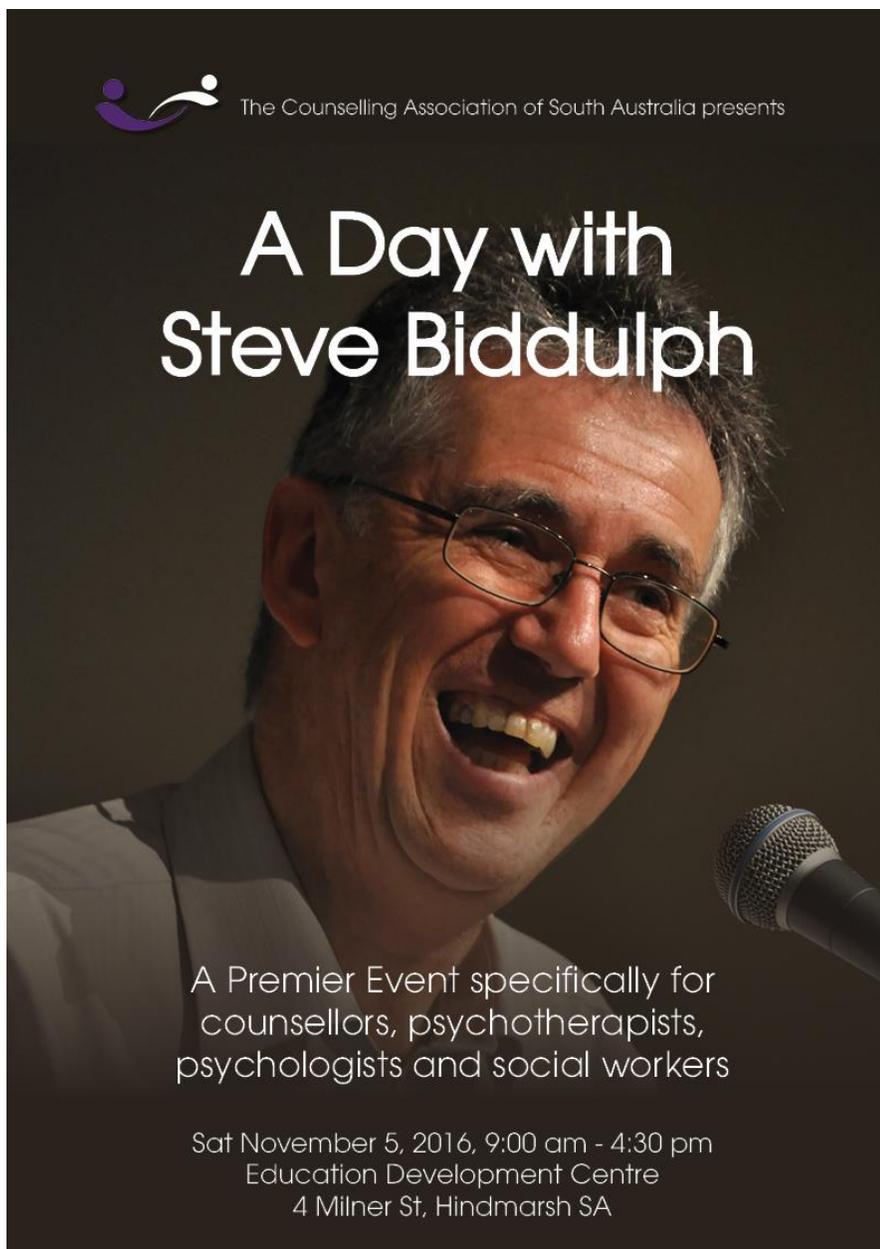
Qualifications: B App Social Science (Counselling), Diploma of Counselling, Cert IV Celebrancy



I began my career in administration, and worked for a number of years in both national and multi-national companies as a Receptionist, Secretary, Administration Manager and Events Co-Coordinator. After volunteering overseas with the Samaritans, I loved the work so much, I decided to change my career path and retrain as a counsellor. I studied part-time with the Australian College of Applied Psychology, and received my Diploma in 2007 and my Degree in 2010. I have been a private practice counsellor for nearly ten years now, developing my skills especially in couples counselling and most recently in the model of Emotionally Focused Couples Therapy. I also regularly see clients on an individual basis with a wide range of concerns.

In between working in private practice, I have also worked for Guide Dogs SA/NT and Family Services in Uniting Communities. From time to time, I have supported CASA on the events sub-committee. In 2012, I became a registered civil celebrant and love the balance this different role gives me in my work.

# Launch of CASA Annual Conference 2016



 The Counselling Association of South Australia presents

## A Day with Steve Biddulph

A Premier Event specifically for  
counsellors, psychotherapists,  
psychologists and social workers

Sat November 5, 2016, 9:00 am - 4:30 pm  
Education Development Centre  
4 Milner St, Hindmarsh SA

It isn't very often that you get the opportunity to spend a day with a man who is recognized as one of the world's best authorities on the issues faced by young men and women as they mature into adulthood. We are privileged to bring Steve Biddulph to Adelaide and share his knowledge in a highly interactive full day event.

Steve has worked as a family psychologist for 25 years and since 2001 he has been educating, writing and speaking about parenting and childhood.

His books, including *Raising Boys* and *Manhood* are world best sellers, and have influenced the way many of us look at childhood, especially in the development of boys and men.

Unlike many of his events, this CASA conference is a unique opportunity to come and listen to Steve speak to us from a therapeutic perspective about engaging with boys and men, and addressing the related issues so often faced by the therapist.

His powerful stories, honesty, humour and clear and helpful insights promise to make this a special day that you cannot afford to miss.

For full details of the conference program, visit [www.casa.asn.au/conference2016](http://www.casa.asn.au/conference2016)

Registration is now open. Early Bird rates available.

## Part Time Teaching Opportunity

Our sponsor ACAP is currently seeking applications from those interested in taking up a part time teaching position at its Adelaide campus.

They are looking for part time teachers for Trimester 3, 2016 (19 September to 16 December) with current industry experience in the field of counselling, for on campus delivery in Adelaide.

Teaching and assessment experience in the delivery of the Community Services Training Package CHC is desirable. If you are interested in finding out about the course structures for both qualifications, please refer to the ACAP website – [www.acap.edu.au](http://www.acap.edu.au).

Successful applicants are engaged on a sessional fixed term (12 weeks) basis with the College. ACAP classes on campus are three to four hours per week per subject, with classes running Tuesday to Thursday each week. The college will provide support and assistance with course readings, curriculum and teaching support.

For more information, visit [www.seek.com.au/Job/31564568](http://www.seek.com.au/Job/31564568)



## Welcome to Our New Members



We extend a warm welcome to **Marie** (Student), **Khaing** (Student), **Roisin** (Intern), **Rachel** (Professional), **Nadia** (Intern) and **Attila** (Intern) who have joined CASA recently. We look forward to your involvement with CASA.

### Sandy Haynes

Publications Convener

[publications@casa.asn.au](mailto:publications@casa.asn.au)

[www.casa.asn.au](http://www.casa.asn.au)

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### CASA is

an avenue for ongoing professional standards | a place of belonging through membership | a time for gathering