



Counselling Association of South Australia
Promoting excellence in counselling standards, practice and service



CASA eNews

June 2016

From the President, Pat Bradley



Welcome to the June edition of CASA eNews.

We are now entering into what is a particularly busy time of the year for CASA. Like many of you we are busy preparing for the end of the financial year and processing membership renewals.

Geoff Haynes, our Executive Officer, works tirelessly to try and ensure that our renewal process is as straightforward as possible. If you should encounter any difficulty, please do make contact and we will do our best to help sort it out. (cont. on p 2)

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CASA Professional Development July 30th 2016

Chronicity - Working with chronic illness and survivorship in individuals and families

Liz Worley - Clinical counsellor & supervisor

Liz will present ideas for working with Counselling clients who are affected by chronic disease and cancer. People being treated for cancer or experiencing chronic disease commonly experience stress disorders, traumatic symptoms or PTSD but some improve their resilience and sense of hope. Both PTSD and post-traumatic growth are experiences we observe in our illness-affected clients.



Seeing clients impacted by cancer and other diseases can be challenging as professional due to our personal experiences of illness and also our clients' traumatic symptoms. System dynamics, relationship quality, pre-existing mental health co-morbidities and history of trauma can predict how clients negotiate their illness and the health care system. (cont. on p 3)

SAVE THE DATE!

CASA AGM

Wed August 3rd 2016

6:00 pm

**Education
Development
Centre,
Hindmarsh**

From the President, Pat Bradley (cont.)

In addition we have the AGM coming up and preparations are well underway for that. The AGM will be held at the EDC on 3rd August 2016 and we hope you can spare some time to come along and share not only the formalities but a light supper and some good company. As usual the current Executive will stand down and a new Executive will be voted in.

I know we will be saying farewell to some Executive members so if you feel you have the inclination, passion, energy and commitment to be part of this hardworking and supportive team please get in touch and let us know.

It has been a busy and at times a difficult year maintaining our own equilibrium within CASA whilst in principal supporting the PACFA restructure and ensuring our members have been kept informed of their choices.

The Executive team has continued to work hard throughout the year researching and organising PD events, attending training institutions to address new students as well as processing and supporting the membership applications and responding to queries.



CASA Annual General Meeting

3rd of August @ 6pm

Please make every effort to attend the AGM on Wed August 3rd, being held at the Education Development Centre, Hindmarsh. All positions on the Executive Committee will be declared vacant and a new Committee elected. The Executive is a dynamic working committee and we encourage you to consider your involvement.

Please contact Pat Bradley on 0421 929 692 if you would like to discuss joining the committee.

CASA Membership Renewal is due by 30th June



Your membership renewal is a very simple process that can be completed online in a matter of minutes, including the delivery* of your membership certificate in PDF form.

Simply log into the Members Area of the CASA web site and click on the link "Online Membership Renewal". No paperwork needs to be submitted and you can choose to pay by Visa/Mastercard, BPay, direct deposit or cheque/money order.

You will need your Member ID which you will find on your current membership certificate.

Please ensure that you complete your renewal by June 30th to maintain continuity of membership.

* Delivery is immediate for payment via debit/credit card. Certificates are sent after receipt of payment via BPay, Direct Deposit or cheque/money order.



Innovation in Therapeutic Approaches with Children, Young People & Families.

International Childhood Trauma Conference; Melbourne, June 6-10, 2016

Tracing new developments in relational, body-oriented and brain-based approaches to recovery and change.

This was the Second Biennial Childhood Trauma Conference organised and run by the Australian Childhood Foundation. Over 2,500 delegates gathered to hear high calibre speakers present on the neurobiology of trauma and attachment in therapeutic work with children, individuals and families. Seminal thinkers, scientists, practitioners and authors such as Allan Schore, Ed Tronick, Dan Siegel, Dan Hughes, Pat Ogden, Steve Porges, Sue Carter, Marilyn Davillier, Judy Schore, Judy Atkinson, Vittorio Gallese Michael Yellow Bird, Russell Meares Jon Baylin Martin Teicher presented over 5 days.

Three members of the Executive were fortunate to attend the conference, immersing themselves in thought provoking seminars and conversations with practitioners from around Australia and overseas. Nicola Trenorden was accepted to present a workshop on her work, *Cross cultural trauma-informed expressive arts therapy with young former refugees*.

July 30 Professional Development (cont. from page 1)

Liz will establish a theoretical framework for this work, discuss trauma counselling options, counsellor clinical supervision issues including vicarious trauma and counsellor self-care. Using theories and approaches such as Attachment Theory, Couple and Family Therapy and CBT, Liz will help you develop a deeper understanding of the client's experience. Liz will offer exercises for counsellors to develop ideas for their own practice, clinical supervision and self-care.

Using a holistic approach, Liz understands that wellbeing involves an interconnection between developmental histories, lifestyle, body, mind and relationships and the systemic interactions of these are tested in chronic illness and cancer. Liz has a background in registered nursing, adult and community education. She is a tertiary lecturer in family therapy, psychology and group dynamics. She conducts her own private counselling practice, is a family counsellor in a children's disability service and a counselor with a cancer organisation. Liz is married to Paul and has 4 children and 3 grandchildren and they are her greatest teachers.

Your Professional Portfolio

Renewal time is also the opportune time to assemble your **Professional Portfolio** in readiness for the audit of your documentation, with your audit occurring once every three years.

In your portfolio it is recommended that you include your Membership Certificate, Professional Indemnity Insurance paper work, evidence of client and supervision hours and evidence of continuing professional development.

Please access from the Downloadable Forms section in the website Member Area - Summary Logs for Client, Supervision and PD, and the Audit Guidelines.



Advertisement

Second hand counselling books for sale

Contact Jocelyne Randabel-Williamson: Phone 0402 341 071

(Please note that Jocelyne will be away until the end of August)

Title	Authors	Condition	Online price	My price
Counselling children 2 nd edition	Kathryn & David Geldard	Some pages underlined	\$62	\$25
Adolescence, Continuity, Change and Diversity	Nancy J. Cobb	As new	\$95	\$30
Cognitive Therapy: Basics and Beyond	Judith S. Beck	Some pages highlighted	\$67	\$25
Cognitive Therapy of Anxiety Disorders	Adrian Wells	Some pages highlighted	\$60	\$25
The Body Remembers: Trauma Treatment	Babette Rothschild	Some pages highlighted	\$40	\$20
The Body Remembers Casebook	Babette Rothschild	Some pages highlighted	\$25	\$15
Doing Couple Therapy; Theory and Practice	Tony Bobes and Barbara Rothman	Some pages highlighted	\$25	\$15
The Marriage Clinic	John Gottman	Some pages highlighted	\$51	\$25
Cognitive Therapy for Challenging Problems	Judith S Beck	Some pages highlighted	\$40	\$20
Psychology 2 nd edition	Kosslyn & Rosenberg	As new	\$110	\$50
Groups, Process & Practice	Marianne & Gerald Corey	Some pages highlighted	\$109	\$35
Human Relating Skills 3 rd edition	Richard Nelson-Jones	Some pages highlighted	\$80	\$35
Intentional Interviewing and Counselling	Allen E Ivey & Mary Bradford Ivey	Some pages highlighted	\$110	\$50
An Introduction to Counselling	John McLeod	Some pages highlighted	\$61	\$25
NLP: New Technology of Achievement	Andreas & Faulkner	As new	\$30	\$15
Learning to Counsel	Sutton & Stewart	Some pages highlighted	\$34	\$15

Business Tip - An Easy Way to Accept Card Payments in Your Practice

Setting up a credit card facility in your practice can be complicated and expensive, requiring a merchant account with your bank, EFTPOS machine rental and minimum monthly fees. However, it is possible to accept credit card payments without the hassle of setting up a merchant account. You can use your smart phone or tablet as an EFTPOS terminal and pay transaction fees only when using the facility. Being able to offer credit/debit card payment can actually grow your practice as it offers a convenience factor to your clients.

For more information, contact our Executive Officer, Geoff Haynes (exec.officer@casa.asn.au)

Disclaimer

CASA does not necessarily endorse advertising content in this publication and reserves the right to reject content submitted for inclusion

Using Your CASA Post Nominal

If you are a current Honorary, Clinical, Professional or Intern member you are free to use the CASA post nominal on your printed stationery and electronic advertising.

Twelve months ago we amended the post nominal from a standard MCASA to indicate *Member of CASA*, to a Membership-Category-Specific post nominal, as follows:

CASA(Honorary)

CASA(Clinical)

CASA(Professional)

CASA(Intern)

Please check that you have adjusted your post nominal where it is easy to do so particularly with your signature on your email accounts. With regard to your printed materials, please amend when you next undertake an update of your advertising.

By a way of a reminder, it is convention that the listing of a professional membership post nominal follows the listing of academic post nominals.



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CASA is

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

Keep your contact details current!

To be sure you receive all notifications from CASA, please take the time to check and update your contact details.

You can do this online by going to www.casa.asn.au and clicking on the "Member Login" link at the top right of the page.

Log in using your email address and Member ID (which you'll find on your membership certificate).