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**ACCU: The adolescent cannabis check up**

*Etty Matalon (University of New South Wales, NCPIC)*

Cannabis is the most commonly used illicit drug by adolescents in Australia. In 2004 more than one in four (26%) Australians aged 14-19 reported having used cannabis. There are, however, few interventions developed specifically for this group. This workshop presents the Adolescent Cannabis Check-up (ACCU); a brief (2 or 3 session) motivational and cognitive-behavioural intervention designed for young cannabis users, irrespective of their treatment seeking status. The intervention is based on the findings of a randomised controlled trial conducted by staff from the National Cannabis Information and Prevention Centre (NCPIC). The study showed that participation in the intervention resulted in a significantly greater reduction in the quantity and frequency of cannabis use, and a reduction in the symptoms of dependence and associated problems among young people, compared with a control condition. The intervention is comprised of an individual assessment session followed one week later by a personalised feedback session delivered in a motivational interviewing style. An optional third component is offered which focuses on skills and strategies for making behavioural change. Workshop participants will be taken through the structured ACCU intervention process and familiarised with the various assessment and feedback tools used. They will be provided with copies of the materials used in the delivery of the intervention. The objective of the workshop is to enable participants to implement an evidence-based motivational enhancement intervention with their own client population.



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**A series of four psycho-oncology cases with complex needs will be presented for discussion of assessment and therapeutic management**

*Carolyn Howard (Northern Sydney Central Coast Health Royal North Shore Hospital, Sydney Australia)  
and Kerry Tiller (Prince of Wales Hospital, Sydney Australia)*

There is increasingly recognition of the complex psychosocial needs of cancer patients. Many individuals access psychological support during their treatment for cancer. Some of these will also have pre-existing psychological conditions and co-morbidities that must be managed in conjunction with the ongoing stressor of a cancer diagnosis and treatment. Some treatment and tumour effects can also be similar to, and may be confused with, certain psychological conditions. A series of four psycho-oncology cases with complex needs will be presented for discussion of assessment and therapeutic management. These cases will represent early to advanced disease at different points in the treatment and post-treatment journey. The cases will highlight the issues in working with individuals with cancer in a hospital based setting and the need for accurate assessment and flexibility in the application of therapeutic approaches, such as cognitive behaviour therapy, acceptance and commitment therapy, mindfulness, supportive expressive therapy and supportive counselling. Discussion of practitioner self-care will also take place. Participants can expect to broaden their understanding of working therapeutically with individuals facing the challenge of cancer, and increase their awareness of the importance of practitioner self-care. An interest in psycho-oncology and some experience working with medical patients would be advantageous but not essential. A copy of the case histories and a list of references in psycho-oncology will be provided.



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**Confidentiality: Understanding and managing its legal and ethical limits**

*Neil Woodger and Jeanette Jifkins (Australian Psychological Society)*

The APS Professional Advisory Service receives many calls from psychologists on the subject of responding to requests for information about their clients. The requests may be by way of letters, emails, or phone calls. Insurance companies want information to assist with processing a claim, and may have an interest in opposing the claim. Lawyers may be assisting a client in lodging a compensation claim, or alternatively represent another party opposed to the client's interests. Police may be investigating an alleged offence involving a client, or expressing concern about someone they have in their custody who has previously seen a psychologist. The purpose of the workshop is to discuss the practical application of the APS Code of Ethics, Section A.5: Confidentiality, with a particular focus on the limits to legal and ethical limits to confidentiality. The presentation will include case study examples. Audience involvement will be encouraged.



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**Journal Publishing 101: Getting your articles published**

*Mark Robertson, Simon Crowe, Michael Kyrios, Patrick Heaven, Graham Tyson and Alfred Allan*

What do Editors and reviewers look for when reading through piles of manuscripts? In this session participants will hear about what editors look for when deciding which articles get considered for publication. Panel members will discuss hints and tips for getting your paper through review, and how to avoid common mistakes when writing and submitting papers for publication. In addition, speakers will discuss current publishing trends and publishing biases. A question and answer session will follow the presentations; presentations will be kept short in order to allow plenty of time for lively discussion. This session is aimed at students, post-docs, and early-career psychology researchers, but attendance is open to all.



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### **How to survive your PhD**

*Helen Lindner (Australian Psychological Society), Debra Rickwood and Gery Karantzas (Deakin University)*

This “How to” session is specifically aimed at delegates attending the conference who are currently undertaking, or considering undertaking a further degree which involves a research component. The session will be chaired by Helen Lindner, an academic who has supervised over 100 students, and features Debra Rickwood and Gery Karantzas. The aim of the session is to provide delegates with some tips and tricks to surviving the thesis, and achieving an end product that will support your future career. The session will feature a variety of topics, including:

- Selection of your supervisor and topic
- Scope of topic
- Negotiating with your supervisor
- Conflict identification and resolution
- Student issues and pressures
- Ethics application
- How to write for publication

The session will also feature an extensive Q&A session.



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**Innovative learning, teaching and assessment strategies for psychological literacy**

*Jacquelyn Cranney (University of New South Wales), Dawn Darlaston-Jones, Sabina Kleitman, Michael Wenzel, Janet Bryan and Roger Cook*

First, the concept of psychological literacy is discussed, and operationalised primarily in terms of the graduate attributes acquired during a psychology major program. Second, an introduction will be given to an educator resource repository for the development of psychological literacy. Third, presentations will be given by curriculum innovators, featuring outstanding and sharable teaching, learning and assessment strategies. These curriculum innovators are winners of a competition to locate resources that address some of the less traditional, and seemingly more challenging, aspects of psychological literacy. In summary, undergraduate psychology educators with some prior experience in teaching (a) should acquire a greater understanding of desirable student learning outcomes relevant to APAC Standards and beyond, and (b) will also be introduced to resources that should help in the acquisition of such outcomes. This how-to session is presented under the auspices of the APS Teaching, Learning and Psychology Interest Group, and the Australian Psychology Educators Network, and is supported by the Australian Learning and Teaching Council.



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### **Mindfulness and CBT**

*Michael Anderson and Bob Rich (College of Counselling Psychologists, APS)*

Mindfulness is the current fashionable addition to the therapeutic toolkit, but it has been effective for thousands of years. It is an essential part of several research-based approaches, including Acceptance and Commitment Therapy, Dialectical Behaviour Therapy, Mindfulness-Based Stress Reduction, and Mindfulness-Based Cognitive-Behavioural Therapy. This is a hands-on interactive workshop in which two experienced therapists with many years of Buddhist practice will have a conversation with their audience to show how mindfulness and other Buddhist practices can enhance many standard CBT techniques. We will explore both the obvious and subtle differences between the two approaches, as well as the similarities and points of synthesis. A theoretical understanding of mindfulness will be covered, in addition to giving an opportunity for experiencing its effects.



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**Preparing your post graduate professional program applications**

*Nicholas Voudouris (Australian Psychological Society)*

This How To session is designed for those intending to apply for entry into accredited Australian postgraduate professional programs. The session will offer practical advice on two key aspects of the application process. First, how to prepare a high quality written application, including common errors and omissions to avoid. Second, the session will offer advice on how to be well prepared for the selection interviews typically used by accredited higher education providers to choose candidates for entry into professional Masters and Doctoral programs.



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## **Professional practice business and compliance requirements**

*Bo Li (Australian Psychological Society)*

## **Contracting Arrangements**

*Jeanette Jifkins (Australian Psychological Society)*

Many psychologists enter into arrangements with other psychologists, or multi-practice owners with a view to sharing the costs of setting up on their own, enjoying a collegiate working environment and interaction with other practitioners, and have some of the administrative details handled by someone else. This presentation by small business lawyer and former in-house counsel of the APS, Jeanette Jifkins, will outline some of the guidelines and the pitfalls that can impact on psychologists under these arrangements. There will be opportunity for questions and discussion around these issues and a checklist of key points for consideration to take away.

## **Medicare funded services: The expanding role of psychology**

*David Stokes (Australian Psychological Society)*

A major shift in psychology service provision in Australia occurred in 2006 with the inclusion of psychological services in Medicare under the Better Access to Mental Health Care initiative. This had been preceded by CDM items in 2005 and BOMHC prior to that. Since this time a number of additional Medicare funded programs have been introduced. The framework under which psychology services are provided across the different initiatives varies across a number of domains including the number of available sessions, eligible interventions and eligibility requirements of service providers. An overview of the structure and requirements of each of the initiatives will be presented. The availability of funded psychological services under Medicare has brought both benefits and challenges to the profession of psychology. Some of the key challenges will be discussed.

## **Medicare compliance audits: overview of process and professional obligations**

*Jan Li Chiang and Leanne Tulloch*

As registered providers with Medicare, psychologists are required to comply with the requirements of the Medicare Benefits Schedule when claiming benefits and may at some future point in time be subjected to a compliance audit. This presentation will provide an overview of the compliance audit processes, including an outline of the key claiming errors made by psychologists that have emerged from past compliance audits, and some tips on avoiding such errors. Recent changes to legislation in relation to Medicare compliance audits will be covered briefly, as will be potential actions faced by providers as a result of audit outcomes. This session will be interactive in nature and audience participation will be encouraged in order to make the workshop informative.



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### **Putting E-Health into practice**

*David Stokes and Bo Li (Australian Psychological Society)*

The adoption of electronic and computing components to assist the management of health information is beginning to happen in the Australian community. The important foundations of secure messaging, consumer and provider authentication, and various forms of electronic communication are well under way to creating the possibility of the personally controlled electronic health record (pcehr). This workshop will review the major aspects of e-health by utilising the model health community display provided by the National E-health Transition Authority (NEHTA) as a demonstration of e-health in clinical practice. The focus will then shift to the pcehr and the progress that has been made with regard to its design and implementation. The major ethical and procedural issues will be discussed and demonstrated. Finally, there will be a demonstration of the online workshop developed by the APS which provides extensive and high-quality learning regarding e-health in Australia.



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**Risk, Insurance, claims and your profession**

*Emma Keegan and Peta Oliphant (Aon Risk Services Australia Limited)*

Citing some practical examples, Aon will help to demonstrate how to protect your personal assets and your professional reputation by providing risk minimisation strategies to avoid costly and lengthy legal battles.



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## **Skills for having difficult conversations with young people**

*Lisa Kelly (Headspace)*

As more and more young people access psychological services it is becoming imperative that we develop skills that allow us to respond to the issues they raise and allow us to have difficult conversations with them. Over 25% of young people accessing headspace ACT present with experiences of sexual assault, domestic violence, trauma or extreme family conflict or are struggling with sexuality, engaging in risk taking behaviours or are at risk of criminal behaviour. Being able to raise difficult topics or respond effectively requires skill and the ability to communicate risk and consequences to young people whilst continuing to engage them in therapy. Having difficult conversations can be a challenge for practitioners and can result in us feeling stressed and out of our depth. Combining the skills and experiences of psychologists and youth workers this workshop presents a skills based approach to raising difficult topics and responding to difficult situations. This includes responding to topics that require mandatory reporting, explaining the limitations of confidentiality in a way that young people can understand, and responding in a positive way to disclosures by young people. The workshop will draw on the experiences of headspace ACT and present strategies that have been applied in practice. The workshop will provide an opportunity to discuss and think about difficult conversations and practice responding to these.



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**Taking the mystery out of exposure-based therapy - using engaging multimedia to improve patient compliance and outcomes**

*Les Posen*

Exposure therapies are the treatment of choice when it comes to a variety of anxiety disorders. But despite their published success rates, many psychologists do not employ exposure-based techniques, and potentially limit their patients' successful outcome. In this "How To" session, I will explore this reluctance, and how to maximise patient compliance using fun and readily available videos. I will discuss and demonstrate how best to employ exposure to overcome both psychologist and patient reluctance, and enhance the opportunities for patients to gain significant improvement. I will show and discuss how I use two television shows early in therapy sessions: Cesar Milan's "The Dog Whisperer" which I use to introduce the exposure concept to patients by their seeing how Cesar successfully treats a dog with an unusual phobia. The successful treatment is a metaphor for patient treatment, showing the importance of therapist-patient alliance and trust, how patients come to seek help, how to manage their expectations, and how to deal with setbacks. The second video shows CBT-based exposure in action with a fear of flying patient. This short segment is from the recent PBS three part series, "This Emotional Life" featuring David Barlow and staff from Boston University and how they work intensively with exposure-based treatment. Patients report great enjoyment from watching these downloadable videos and their coming to a new understanding of their anxiety and its treatment.



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## **The diagnosis and management of hoarding problems: An open mini-workshop**

*Michael Kyrios, Richard Moulding & Maja Nedeljkovic (Brain & Psychological Sciences Research Centre, Swinburne University)*

Hoarding refers to the stocking or amassing of possessions, a phenomenon encountered commonly throughout the community, with overseas studies reporting prevalence rates of around 2% to 5%. Hoarding difficulties are commonly encountered by local councils, public and private housing, rental companies, services for the elderly, professional organizers, occupational settings, mental health services, child protection services, and legal and advocacy services. While hoarding behaviours are seen across a spectrum, compulsive hoarding is defined as the acquisition of and failure to discard possessions that are useless or of limited value, resulting in clutter that renders living spaces unusable for their intended purpose, and causing significant distress and impairment. Hoarding Disorder (HD) is currently being proposed as a separate diagnosis in the fifth edition of the American Psychiatric Association's Diagnostic & Statistical Manual for Mental Disorders. HD needs to be differentiated from a range of disorders where hoarding problems present, but also commonly presents with other disorders especially major depression. Etiological models implicate genetic factors, attachment problems emanating from early family issues, and specific cognitions. As a profession, we are underprepared for dealing with hoarding problems as there are very few professional development opportunities and we lack protocols for its management. This open mini-workshop will cover the diagnosis of hoarding problems, presenting a number of typical cases that highlight specific components of HD. We will highlight the current evidence-base, discuss case formulations, present management strategies that can be implemented by psychologists across a range of contexts, and give an overview of potential models of care. Michael Kyrios, Richard Moulding and Maja Nedeljkovic run a research, assessment and treatment program for hoarding at Swinburne University.



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**The therapist's shadow: We all have a dark side**

*Meryem Brown and Jillian Bull*

In Jungian psychology, the shadow is a part of the unconscious mind. It consists of shortcomings, repressed weaknesses and instincts, and is a term used to describe the 'dark aspects of the personality' both the unknown and the harmful. While psychologists often consider dark side schema in working with clients, focusing on dreams and archetypes, there is a rich yet relatively underdeveloped exploration of the concept within professional care-givers themselves. Those authors, such as Page, Cozolino and Sussman who have explored the topic, include in their work the factors that lead people to become therapists, such as motivation and family of origin, and examine the therapist's shadow in terms of the unconscious motivations for taking on the role and remaining in the job. This session will deepen the discussion of the appearance of the shadow in the persona, role and profession of the therapist. Delegates are invited on a journey from shadow theory to therapeutic practice, through investigating mechanisms by which therapists deny the personal shadow in everyday work, to identifying and recognizing the personal and professional effects of an untamed shadow. The goal of this journey is the integration, not condemnation, of the therapist's dark side, and a gentle encounter with the shadow. Key elements of shadow-work will be introduced, with a particular emphasis on self-reflection and the importance of professional/peer supervision as pathways to integration.



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### **Using the EBSCO Psychology and Behavioural Sciences Collection database effectively**

*Olivia Beattie*

Learn how to access and conduct evidence-based literature searching on the new APS members subscription to the EBSCO Psychology & Behavioural Sciences Collection. PBSC is the world's largest full-text psychology database offering full-text coverage for nearly 560 journals. Subjects covered include emotional and behavioral characteristics, psychiatry & psychology, mental processes, anthropology, and observational & experimental methods. Journals include Australasian Psychiatry, Australian Journal of Psychology, British Journal of Psychology, Clinical Psychology and Psychotherapy, International Journal of Behavioral Medicine, International Journal of Psychology, Journal of Clinical Psychology, Journal of General Psychology, Journal of Mental Health and many more. The EBSCOhost platform provides rich search functionality including basic and advanced searching, clusters/facets to narrow results, folders, search alerts, RSS feeds and more. Learn how to use these features to make your psychology research faster and more comprehensive.