Welcome to the first edition of the clinic newsletter for 2014. Apologies for the lateness of this edition as I have been jet-setting for the better part of the year and have finally returned to face reality. And by reality I mean my final year of Masters of Counselling Psychology and possibly my final year as Project Officer at the clinic. I can see the light at the end of the tunnel, and although it has been a long, 8 year journey, it has been rewarding at every point along the way.

In 2014 the Psychology Clinic will continue to provide low-cost counselling services, specialist group therapy programs and psychological assessments to individuals, couples and families. The Psychology Clinic will also continue to deliver a range of professional development workshops for psychologists, provisional psychologists and other counselling professionals.

We are ready for another big year. Our Group Therapy programs and Professional Development workshops are set for the year. We are very excited to be offering a new workshop in May – Emotion Focused Training (EFT) for Couples. Read on and have a look at the flyer attached for more information.

The newsletter will continue to be published every second month. As usual, I welcome any suggestions for improving the publication. We really do value your commitment to improving services in mental health.

Until next time,
Lauren Rossi

Worrying is like a rocking chair – it gives you something to do but never gets you anywhere…
MLC “Well 4 Twelve” Success – 5th year running!

On Wednesday 5th February, Swinburne University and the Psychology Clinic hosted the fifth annual “Well4Twelve” conference day for VCE students from Methodist Ladies College. The day is designed to provide VCE students with the skills to deal with their final school year in a healthy, sustainable manner. 350 + Year 12 girls enjoyed a day filled with yoga, belly dancing and zumba - as well a seminar on Mindfulness and a discussion on effective sleep for teenagers from our very own Dr. Greg Murray. Overall the day was a tremendous success. A big thank you to Simmone Poulions who assisted at the event in my absence!

Stop hitting the snooze button!

Do you find yourself hitting the snooze button every morning? I know I do. Those extra 15 minutes seem like the best sleep you’ll get all day. But it often ends in me being late, groggy and unprepared for the day – and I’m sure many of you can relate to this. The good news is that there are a few things you can do to combat the battle of the snooze:

- Set your alarm for just 15 minutes earlier than usual. Commit to pushing the time back for just 15 minutes to give your brain a better chance of adapting to the new time.

- Place your alarm clock/phone/cat just out of arm’s reach so that you have to get out of bed to turn it off. This routine will make it much more likely that you will stay up and awake than if you gave yourself the chance to snooze.

- Keep track of your new habit. Better yet, use the wonderful habit app “Lift” and cross off waking up early/on time every day. Lift is designed to keep track of any of your habit-building streaks, and as you put in more and more days without failing to get up on time, the more you won’t want to break the chain.

- Reward yourself by doing something just for you with the extra time – go for a walk, have a cup of tea, meditate, do yoga – anything that will help you start the day off peacefully and mindfully.

Swinburne Psychology Clinic – Older Adults Program

Like other countries, Australia is experiencing a rapid increase in the number of older persons. By 2031, nearly a quarter of the population is projected to be over 65. Older adults, particularly those living in residential care can have difficulties accessing services to help maintain or improve emotional wellbeing. The Psychology Clinic's staff and students have developed specialized counselling programs for older adults living in residential care. Counsellors travel to various residential care settings to provide counselling and psychology services. The program provides residents and their families an opportunity to reflect on life issues, resolve problems and cope with transitions. The aim of this program is to improve the emotional wellbeing of older adults living in residential aged care settings. Referrals to the program are made by completing an online referral form. Residents are typically seen by a counsellor within a week of their initial contact with the Clinic. There are no waitlists for the older adults counselling service, although services may be limited to facilities within a short travel distance from the clinic. For more information, please contact Sunil Bhar on 9214-8371 or sbhar@swin.edu.au

Community and Schools Expo

On 20th May, Swinburne Psychology Clinic will have a stall at the Boroondara Community and Schools Expo Day. The Youth Service's Expo hopes to strengthen relationships between schools and the services that support them. The clinic, along with other local organisations will be showcasing services that we are able to offer to schools, young people and families in Boroondara and Manningham. To find out more or to register your interest in attending, please contact Shaun O'Brien on 9835 7826, or Wendy Ross on 9840 9452. If you wish to attend the details are as follows:

Date: 20th May 2014
Time: 9am – 3pm
Place: Manningham Civic Centre, Level 2, Function Rooms, 699 Doncaster Road, Doncaster

The Psychology Clinic: March/April 2014
Yo
ga Retreat

Mindfulness - Why Attention Matters - Dr. Craig Hassed - CPD opportunity

Satyananda Yoga is holding a Mindfulness retreat in May at their beautiful Ashram in Rocklyn, VIC and hosted by Dr. Craig Hassed. Mindfulness is both a form of meditation as well as a way of living and Essence is an acronym that stands for Education, Stress management, Spirituality, Exercise, Nutrition, Connectedness and Environment. Throughout this retreat we will explore mindfulness and healthy lifestyle from scientific, practical and philosophical perspectives. To find out more, contact the Ashram on 5345 7434 or yogarock@yogavic.com

Group Therapy 2014
We are currently conducting assessment interviews for the following groups that are expected to start between April and May:

- Social Anxiety Group
- Obsessive Compulsive Disorder Group
- Mindful Moderate Eating Group
- Compulsive Hoarding and Acquiring Group
- Anger Management Group
- Stress and Wellbeing Group

If you, or some one you know would like to participate in a Psychology Clinic Group Therapy Program please contact Lauren Rossi on 9214 5528 or psychprojects@swin.edu.au

Workshops and Psych KIT 2014
Our Professional Development and Psychological Assessment Training for Provisional Psychologists (Psych-KIT) timetable for 2014 has been finalised and is attached to this email. We will be offering the following Workshops in 2014:

- Wechsler Adult Intelligence Scale 4th Edition (WAIS-IV)
- Wechsler Intelligence Scale for Children 4th Edition (WISC-IV)
- Wechsler Memory Scale (WMS-IV) 4th Edition
- Minnesota Multiphasic Personality Inventory 2nd Edition (MMPI-2)
- CBT 6 Part Workshop
- Emotion Focused Therapy for Couples Workshop

To pre enroll for any or all of these workshops please send an email to lrossi@swin.edu.au with your name, contact number and which workshop/s you are interested in attending.

Contact the Clinic
Telephone: (03) 9214 8653
Fax: (03) 9819 6857
Email: psychclinic@swin.edu.au
Web: www.swin.edu.au/clinic

About the Newsletter
This newsletter is an initiative of the Psychology Clinic to provide you with the up-to-date information you need and with the activities and services we provide. Currently, over 900 community members, students and health professionals subscribe to this newsletter, which is produced by Project Officer Lauren Rossi. We welcome any feedback and ideas you have about this publication - psychprojects@swin.edu.au

Support the Psychology Clinic: Poster and Pamphlet Packs for your Workplace
You can support the Clinic by obtaining a poster and pamphlet pack for your workplace which contain up-to-date information on all the Clinic’s services. They play an important role in informing the community of the psychological services and treatment options available and allow individuals to make informed decisions about their mental health. If you would like to obtain a Poster and Pamphlet Pack for your workplace, please send an email to: psychprojects@swin.edu.au
Participate In Research

Do you pull out your hair to the point of causing unintended hair loss?
Do you find your hair pulling difficult to control?
Does your hair pulling interfere with your life or cause you emotional distress?

Psychological researchers at Swinburne University are currently developing a measure of thoughts and beliefs associated with Trichotillomania (aka Hair Pulling Disorder). It is hoped that the final measure can be used across Australia and internationally to improve our understanding of this disorder so we can develop more comprehensive, effective, and targeted treatments.

If you think you might have this problem and are aged 18 or older, we need your help!

In order to help us develop this measure you will be required to:

1. Participate in a 30-minute interview about your hair pulling with one of the researchers
2. Complete a series of questionnaires about hair pulling, related thoughts and feelings, and other psychological symptoms

If you think you can participate in this research or would like more information, please do not hesitate to contact either:
Dr Maja Nedeljkovic, Principle Investigator, Ph: (03) 9214 4428, e-mail: mnedeljkovic@swin.edu.au
Imogen Rehm, Student Investigator, Ph: (03) 9214 5553, e-mail: irehm@swin.edu.au

Do you experience work related stress?

The Centre for Human Psychopharmacology at Swinburne University of Technology is currently investigating the effects of Multivitamin and Fish Oil supplementation on workplace stress and other quality of life aspects.

We are seeking adults in full-time employment who can participate in a 3 or 6 month trial.

- You may be eligible if you are:
  - Aged between 30 – 65 years
  - Are in full-time employment
  - Are in a healthy condition
  - Report sometimes feeling stressed in the workplace

You may NOT be eligible if you:

- Regularly take medications or supplements
- Have a history of anxiety, depression or other psychiatric disorders
- Are currently participating in any other trials involving investigational or marketed products

You will be given a 3 month supply of the Healthy Body Vitamin Pack or 6 month supply of Executive B Stress Formula or a placebo for you to consume daily.

Participation involves 2 testing sessions and the completion of monthly online questionnaires over the course of 3 or 6 months. The testing sessions will take 2½ - 3½ hours each, depending on your involvement. Some participants may take part in fMRI (brain scan) investigation. You will be financially reimbursed upon conclusion of the trial for your time and travel expenses. If you or someone you know are interested in taking part in this clinical trial and would like further information, please contact the Centre for Human Psychopharmacology, Hawthorn on:

Phone: (03) 9214 8229 (please leave a message) or email: cbillings@swin.edu.au