



## Edition Two

We hope you enjoyed edition one of the Psychology Clinic Newsletter.

On Friday April 15<sup>th</sup> the Psychology Clinic celebrated its 21<sup>st</sup> Birthday and opening of the new premises. The night was very successful and a great time was had by all – read on for more information.

The clinic will be closed for the Easter Break from Friday 22<sup>nd</sup> April and will reopen on Thursday 28<sup>th</sup> April. We hope you have a relaxing Easter Break.

*Until next time,  
Lauren Rossi*

## Unavoidable Laws of Life...

- A door will snap shut only when you have left the keys inside.
- When ones hands are covered with oil, grease, or glue, your nose will start to itch.
- Your insurance will cover everything but what has happened.
- When things seem easy to do, it's because you haven't followed all the instructions.
- If you keep your cool when everyone else is losing his, it's probably because you have not realized the seriousness of the problem.
- Most problems are not created nor solved, they only change appearances.
- You will run to answer the telephone just as the party hangs up on you.
- If there are only two programs on TV that are worth your time, they will always be at the same time.
- The cost is always higher than one budgets for, and it is exactly 3.14 times higher, hence the importance of pi.
- The probability that one will spill food on one's clothes is directly proportional to the need to be clean.

- Wind velocity will increase proportionally to the cost of one's hairdo.
- After discarding something not used for years, you will need it one week later.
- Arriving early for an appointment will cause the receptionist to be absent, and if one arrives late, everyone else has arrived before you.
- When one wishes to unlock a door but has only has one hand free, the keys are in the opposite pocket.

## Group Therapy Update

We have several groups beginning in May and June. These include:

- Social Anxiety Group
- Mindful Moderate Eating Group
- Compulsive Hoarding and Acquiring Group

If you, or some one you know would like to participate in any of our Group Therapy Program please contact Lauren Rossi on 9214 5528 or [psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au)

## Workshops and PsychKIT 2011

Attached to this newsletter you will find the flyer for the Professional Development Workshops & Psychological Assessment Training for Provisional Psychologists (Psych-KIT) timetable for 2011.

To pre enrol for any or all of these workshops please send an email to [psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au) with your name, contact number and which workshop/s you are interested in attending. This will automatically place you on the waiting list and you will receive more information when it becomes available.

## Caring and Coping

Would you be interested in participating in a research project about how carers of people with dementia cope? Here is the link to the website where you can find the information: <http://www.dementiacaring.net>

## Net Negotiations Training

*Attention all parents of pre-teens and adolescents:*

Are you concerned about your child's cyber safety? Cyber risks (i.e. cyber bullying, sexting, and sleep loss due to excessive use) are a growing concern among parents and can negatively impact an adolescent's wellbeing. Equip yourself to better manage these risks in our upcoming cyber safety course - **Net Negotiations**.

Whether you're Internet savvy or not, this course will improve your ability to manage one of the most topical issues faced by families today. By the end of the course you will:

- Learn the benefits of adolescent Internet and Smartphone use
- Understand the genuine cyber risks to adolescent wellbeing (not the media hype) and how to address these with young people and parents
- Learn a balanced parenting approach to effectively prevent and respond to risky cyber use (bullying, sexting etc)
- Know how to hold constructive 'tough conversations' to address risky cyber use

The course will be running in August at the Swinburne Psychology Clinic. It will be conducted by a registered psychologist, specialising in cyber safety and a provisional psychologist with an interest in the area.

If you are interested please register your expression of interest for you and/or your partner to [lorossi@swin.edu.au](mailto:lorossi@swin.edu.au). Places are limited, first come, first served.

To read more about Cyber Bullying, visit [http://raisingchildren.net.au/articles/cyberbullying\\_teenagers.html/context/1109](http://raisingchildren.net.au/articles/cyberbullying_teenagers.html/context/1109)

## The Psychology Clinic Turns 21!

On Friday, 15<sup>th</sup> April the Psychology Clinic celebrated its 21<sup>st</sup> birthday in its new premises. The evening was made special by the presence of the Clinic's patron, Professor Allan Fels as we celebrated the growing success of the clinic in the past 2 decades. Past staff members, current and past students and supervisors were all in attendance to mark this special day. The Dean of the Faculty, Professor Russell Crawford was also in attendance as a show of support.

And as you can see, we enjoyed a wonderful cake and cupcakes thanks to Cupcake Central in Hawthorn.



## Online treatment for OCD

Individuals with Obsessive Compulsive Disorder (OCD) will be able to access free online treatment as part of a National Health and Medical Research Council funded trial at Swinburne University.

The trial will provide free treatment for over 200 OCD sufferers throughout Australia and will be delivered through Anxiety Online, an online assessment and treatment clinic run by Swinburne's National e-Therapy Centre (NeTC).

Over the last two years, researchers at the NeTC have shown that online treatment for a range of anxiety disorders, including social anxiety and Post Traumatic Stress Disorder, can be equally as effective as face-to-face therapy.

Participants in the trial will be randomly assigned to one of two groups, either a cognitive behavioural treatment program called Systematic Treatment of Obsessive Compulsive Phenomena (OCD STOP), or a Progressive Relaxation Training program (PRT Online).

They will be given a unique login and password and after an initial online assessment will be able to access a free 12-week program supported by a trained 'e-Therapist' who will communicate with the participants on a weekly basis.

Individuals are able to self-refer directly by visiting the Anxiety Online website:  
[www.anxietyonline.org.au](http://www.anxietyonline.org.au)

For further information, please contact the trial coordinator Sam Mancuso  
[smancuso@swin.edu.au](mailto:smancuso@swin.edu.au) or (03) 9214 4628

## **Support the Psychology Clinic: Poster and Pamphlet Packs for your Workplace**

There are many different ways that you can support the Psychology Clinic. One way is by obtaining a poster and pamphlet pack for your workplace. Poster and Pamphlet packs 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](mailto:psychprojects@swin.edu.au)

## **Diary Date**

**Schizophrenia Awareness Week**  
**16 May 2011 to 22 May 2011**  
<http://www.mifellowship.org/>

Schizophrenia Awareness Week is an annual event held in May. It provides an opportunity to raise community awareness of schizophrenia and mental illness in general. We do this through a range of activities, including information displays and events across Australia, a Symposium, and media coverage. We have organised a range of activities for

Schizophrenia Awareness Week designed to engage different sections of the community.

## **Get Laughing!**

We hope you have enjoyed this edition of the Psychology Clinic's newsletter. Here is a little Easter joke:

*What is the difference between a crazy bunny and a counterfeit banknote?*

*One is bad money and the other is a mad bunny!*

If there is a seasonal or psychology-related joke or motto that has made you smile, please share it with us by submitting it to:

[psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au).

## **Clinic Information**

To find out more information about the Psychology Clinic, please visit our website. To make an appointment or enquire about our services, please call reception during open hours.

## **Contact the Clinic**

Telephone: (03) 9214 8653

Fax: (03) 9819 6857

Email: [psychclinic@swin.edu.au](mailto:psychclinic@swin.edu.au)

Web: [www.swin.edu.au/clinic](http://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. If there is a topic, query or segment you would like to see in future editions please send an email to:

[psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au). To unsubscribe, send an email to: [psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au)



## Opportunities to Participate in Research

### Memory Study

The purpose of the study is to gain a deeper understanding of the relationship between certain early memory themes and intrusive imagery that may occur in current social situations. It is anticipated that the results of this study will prove beneficial to social anxiety sufferers, by identifying particular issues which can be targeted in later treatment and therapies. Participation in this study involves the completion of a questionnaire, which will take approximately 30 minutes. The questionnaire requires you to recall an instance where you have felt anxious in a social setting and describe any images that you may have visualised in your mind at the time. It also requires that you recall an early memory which represents the themes present in the visual images. It also consists of various statements requiring you to circle a number to indicate your preferred response. Please answer all questions as honestly as possible, as there are no right or wrong answers.

Anyone who is over 18 years old can participate by logging onto: <http://opinio.online.swin.edu.au/s?s=9431>

If there are any questions related to the study, please contact the researchers:  
Davina Howell [ihowell@swin.edu.au](mailto:ihowell@swin.edu.au) or Dr Janet Dickson [jdickson@swin.edu.au](mailto:jdickson@swin.edu.au)

### Grandparenting Study

As part of ongoing research I am conducting a study that aims to explore the relationship between grandparents and their grandchildren.

To participate you need to have at least one grandchild aged 16 years of age, as some of the questions are not applicable to a younger grandchild.

The questionnaire takes approximately 20 minutes to complete. It can be accessed online at <http://opinio.online.swin.edu.au/s?s=9664>

Alternatively please contact the student researcher Yvonne Daly on 0410457551 or [y.daly@hotmail.com](mailto:y.daly@hotmail.com) to arrange for a hard copy of the questionnaire and a postage paid return envelope to be sent to you.

Thank you for your interest in my research.