



## Edition Four

Welcome to the second last newsletter for the year which is a reminder just how close 2012 really is. At the clinic we are busier than ever, celebrating a very successful quarter.

We have a few exciting projects being rolled out in the next few months including Net Negotiations and the Anger Management Group. We are also starting to develop a general 'Stress Management and Wellbeing' Group which we hope will make its way into our growing repertoire of group therapy offerings in 2012.

As I write this, the sun is shining through my office window and reminding us that winter is on its way out to make room for some much needed warmer weather!

*Until next time,  
Lauren Rossi*

## What Movies Have Taught Us...

- All bombs are fitted with electronic timing devices, which have large red read-outs to tell you exactly when it will go off.
- Should you need to pass yourself off as a German officer it will not be necessary to speak the language, a convincing accent will do.
- All apartments in Paris overlook the Eiffel tower.
- Most lap top computers are powerful enough to override a bank security system or the communication system of an invading alien civilization.
- Every single person in martial arts film has a black belt in karate.
- 1 man shooting at 20 men has more chance of hitting them than 20 men shooting at 1 man if he is the hero.

- Large studio-type apartments in big cities are affordable by single people with a low wage.
- The entire British population lives in London.
- It doesn't matter if you are heavily outnumbered in a martial arts fight; your enemies will attack you one at a time while the others dance around you menacingly.
- In musicals everyone you meet in the street will know all the words to the songs and the steps to the dances.
- When captured by an evil international terrorist, guns are not necessary to defeat them, sarcasm and wisecracks are your best weapons.

## Workshops and PsychKIT 2011

We are still running a few more workshops before the year is out, following the very successful WAIS – IV and MMPI - 2 workshops, as well as 2 of the 4 part CBT course run by Dr. Sunil Bhar. We are offering the following workshops for the remainder of this year:

- CBT for Suicide - **September 10<sup>th</sup>**
- WISC IV - **September 17<sup>th</sup>**
- WMS IV - **October 29<sup>th</sup>**
- CBT for Schizophrenia – **November 26<sup>th</sup>**

To enrol for any or all of the remaining 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.

## Group Therapy Update

We have several groups beginning in September, October and November. These include:

- Social Anxiety Group
- Bipolar Group
- Mindful Moderate Eating Group
- Compulsive Hoarding & Acquiring Group
- STOP Therapy for Obsessive Compulsive Disorder

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)

## Anger Management Group

The Anger Management Group Therapy (AMGT) Program is in its final stages of completion and will be ready to start early 2012. We are currently recruiting for male participants to join our first group.

The AMGT Program is designed to assist people having difficulty with regulating and managing their anger. The program is delivered over ten weekly evening sessions, with an initial intake assessment session and two follow-up booster sessions. The treatment represents a cognitive behaviour therapy (CBT) approach to anger management and aims to:

- Help participants identify triggers that precipitate their anger
- Provide practical skills for participants to manage their anger
- Provide opportunities to practise these skills in a safe environment

If you would like more information about the program or have a client you'd like to refer, please contact Lauren Rossi at the Psychology Clinic on 9214 5528 or [psychprojects@swin.edu.au](mailto:psychprojects@swin.edu.au)

## 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 Swinburne Psychology Clinic's upcoming cyber safety course - **Net Negotiations**.

The course will be running in **October** at the Swinburne Psychology Clinic. Please see

attached flyer for specific details. Places are limited.

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)

## Resources for Psychologists

I've been searching for some really useful resource websites for psychologists to use. A student friend passed these onto me recently and I'd like to share them with you.

- <http://comicwa.org/> - "**Children of Mentally Ill Consumers**"  
The Family to Family series in the Resources section is full of fabulous advice for families in which someone has a psychological disorder.
- <http://www.cci.health.wa.gov.au/resources/mhp.cfm> - "**Centre for Clinical Interventions**" - the link here is to the Mental Health Practitioners' resources which includes treatment programmes that can be really useful for group therapy.

## Free 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.

Individuals will be able to access a free 12-week program supported by a clinical psychologist who will communicate with the participants via email 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 [semancuso@swin.edu.au](mailto:semancuso@swin.edu.au) or (03) 9214 4628.

## Researching the Well-being of Mothers

A Swinburne student is currently researching various factors that contribute to the well-being of mothers with school aged children (or children who have already left school) as part of her Masters Degree in Psychology at Swinburne University.

Whether you are currently doing well or not, if all your children are at school (or have left school) you are invited to complete this anonymous survey on-line at the following link between the 18th of August and the 18th of October:

<http://opinio.online.swin.edu.au/s?s=10823>

If you have any questions about this survey, feel free to contact Nandi on [nandih@bigpond.com](mailto:nandih@bigpond.com). This survey will take less than 30 minutes to complete.

## Psychology goes Mobile!

I had such a great response to this segment in the last issue that I have decided to rate a few more psychology related apps for the iPhone and iPad this month.

- **TraxItAll** (\$3.99). This useful application is focused on one thing: giving you a simple way to track and set goals for anything that matters to you on a daily basis. Once you set a goal, TraxItAll makes you accountable to yourself for what you said you were going to do, showing you exactly how you're doing in relation to that goal.
- **CitePsych** (\$2.99). This application is a practical resource that shows you how to format Psychology references into APA style. Essential for Psychology students!
- **Best Sigmund Freud Quotes** (Free). For fun, this application gives you the top quotes from the famous founder of the psychoanalytic school of therapy.

## Get Laughing!

Smiles are the same in every language!

*Q: How do two psychiatrists greet each other?*

*A: You are fine, how am I?*

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).

## Support the Psychology Clinic: Poster and Pamphlet Packs

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. These 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

### **Body Image and Eating Disorders Week 5<sup>th</sup> – 11<sup>th</sup> September 2011**

This event is held annually around Australia with the aim of raising awareness about the seriousness of Eating Disorders and Negative Body Image. The Butterfly Foundation will again be working with Sportsgirl to develop the Hope Week calendar to highlight the positive and inspiring events being held around the country. The Butterfly Foundation will be running events in Melbourne and Sydney. Please visit <http://thebutterflyfoundation.org.au> for more information.

## Clinic Information

Please visit our website for more information. To make an appointment or enquire about our services, please call reception during opening 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 700 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)

# Psychology Clinic

E-Newsletter



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## Opportunities to Participate in Research

### Violence Risk Assessment Practices of Australian Psychologists

We are inviting registered and provisionally registered psychologists to participate in an online survey about recognising and assessing risks of client violence toward others. This survey explores the attitudes, experiences, practices and training of Australian psychologists concerning client violence risk and the assessment of client violence risk. As we seek to understand how members of the psychological profession approach this issue, we are interested in your opinions even if you have never conducted a formal assessment of violence risk or worked with a high-risk client.

This survey will take approximately 15-30 minutes to complete. Participation in this research is completely anonymous and you will not be asked to provide your name, or identify your specific place of employment.

If you wish to view additional participant information or participate in this research, please visit:

<http://opinio.online.swin.edu.au/s?s=9671>

Enquiries about this research may be directed to: Damien Khaw ([dkhaw@groupwise.swin.edu.au](mailto:dkhaw@groupwise.swin.edu.au)) or A/Prof. Ann Knowles ([aknowles@swin.edu.au](mailto:aknowles@swin.edu.au)). This research has received ethical approval from the Swinburne University Human Research Ethics Committee (2010/278).

### **Pre- Nuptial Agreement Study**

There has been limited research on the psychological factors that influence the decision to formulate a prenuptial agreement in a romantic relationship. Researchers have suggested that adverse psychological outcomes can be the result of receiving a suggestion for a pre-nup. Previous research argues that these agreements may undermine a relationship and raise issues of trust, power and sharing. The purpose of this study is to examine what factors influence a person to make a decision to formulate a pre-nuptial agreement in a romantic relationship. I am looking specifically at attachment issues, relationship satisfaction, personality factors, trust issues and quality of relationship factors.

This study is open to individuals, over the age of 18 years, who have been involved in a romantic relationship for at least 6 months. This study is an online survey, composed over various questionnaires and individual details. It will take approximately 25 minutes to complete, and is accessed via the following weblink: <http://opinio.online.swin.edu.au/s?s=10666>

Thanks in advance for your participation - Leanne Livingston (Masters of Counselling Psychology)

### **The Kava Anxiety – Lowering Medication (KALM) Study**

The Centre for Human Psychopharmacology at Swinburne University of Technology is currently investigating the effects of an Anti-Anxiety Herbal Medicine: Kava (Piper methysticum)

We are currently seeking people experiencing anxiety who are willing to participate in this clinical trial!

#### **You may be eligible if you are:**

Healthy and aged between 18 and 65 years  
Currently experiencing chronic moderate to severe anxiety

#### **You will NOT be eligible if you:**

Are currently taking medications such as antidepressants  
Are currently suffering from depression  
Have liver disease  
Have used Kava or benzodiazepines (e.g. Valium) regularly in the last 12 months  
Have current regular high alcohol or substance use

Participation involves 6 testing sessions over the course of 8 weeks. Sessions will take 20 to 90 minutes each. All testing will take place at Swinburne University (Hawthorn Campus). **\*Final enrolment date for study: NOV 18th 2011**

If you or someone you know are interested in taking part in this clinical trial and would like further information, please contact Tasha Wahid (Clinical Trial Coordinator):

Phone: (03)9214-4924 Mobile: 0413-502-068

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

You will be reimbursed \$100 at the end of the trial and have the option of receiving 2 free bottles of kava tablets.