



Edition Five – Christmas Edition

Welcome to the Christmas Edition of the Swinburne Psychology Clinic Newsletter. You just have to read the year review from our Director to know that it has been another incredibly busy yet successful year at the clinic. I'd like to thank all the readers and friends of the Psychology Clinic for your support during this year; it really is invaluable. I leave you with the promise of a bigger and better 2012!

Until next year, Happy Holidays!
Lauren Rossi

Please note the Psychology Clinic will be closed from Friday 23rd December 2011 and will reopen Tuesday 3rd January 2012.

Looking Back at 2011...

A message from Clinic Director, Roger Cook

This year has been, yet again, the most successful in our history. We have seen more clients in all of our service categories: low-cost counselling, intellectual and psychological assessment as well as our expanding group therapy programs.

We have continued our associations with "The Big Issue" and the older adults well being program with Uniting Aged Care and Kew Gardens. The services offered to the residents in these facilities have been enthusiastically welcomed.

This year we celebrated the 21st birthday of the clinic, graciously hosted by our Patron, Professor Allan Fels, A.O. It seems only a short time ago that we began in a little old house in Park Street, but now after 7 relocations, we are permanently settled in our new premises. In this last year we have fine tuned our operations due in no small part to the indefatigable efforts of the administrative staff, Pip, Lynette and Lauren.

Of course, an ongoing success also has relied on our enthusiastic and diligent trainee therapists and their experienced supervisors.

I would like to make special mention of the successes of our group programs and professional development workshops. They now include the Mindful Moderate Eating Group, Hoarding and Acquiring Group, Social Anxiety Group, Bipolar Group, Obsessive Compulsive Disorder Group and the about to be launched Anger Management Group and Stress Management & Wellbeing Group. The workshops this year have included WAIS-IV, WISC-IV, WMS-IV, MMPI-2 and the Cognitive Behavioural Therapy Workshops. All have exceeded expectations.

So finally, I would like to thank all of our supporters and referrers; our 'in house' supervisors, the trainee therapists and all those who have referred people to us for therapy and help, and to the considerable support provided by our Faculty of Life and Social Science.

I wish all of you a Merry Christmas and a Happy New Year.

Best wishes, Roger Cook, Clinic Director.

What is new for 2012?

2012 promises even bigger things for the Swinburne Psychology Clinic. As well as our usual offerings, we begin two new group therapy programs:

Stress Management & Wellbeing Group: This 6 week short course will cover: Relaxation and education about stress; problem solving; self-talk, activity scheduling, sleep hygiene and assertiveness.

Anger Management Group: Designed to assist people having difficulty with regulating and managing their anger. The program is delivered over ten weekly evening sessions. Read on for more information.

Our Workshop and Professional Development and Psychological Assessment Training for Provisional Psychologists (Psych-KIT) programs have finished for 2011. In 2012 we hope to offer many of the same workshops plus a host of new

and exciting workshops for your professional development – stay tuned!

Group Therapy Update

We are still taking referrals for our Group Therapy Programs which begin early 2012.

- Social Anxiety Group
- Bipolar Group
- Mindful Moderate Eating Group
- Compulsive Hoarding & Acquiring Group
- STOP Therapy for Obsessive Compulsive Disorder
- *NEW* Anger Management Group
- *NEW* Stress Management & Wellbeing 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

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 men 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

A ground-breaking counselling service for older adults

Psychology is barely visible in the delivery of mental health services to older persons in

Australia. Older adults with depression are more likely to be offered biological therapies such as medication, than psychological therapies. Some research has shown that working in aged care is one of the least preferred options for trainee health care professionals, and currently, the majority of Masters level psychology courses offer little, if any training in geropsychology. As a result, in Australia, there are virtually no specialist psychology services for the treatment of high prevalent disorders such as depression in older adults. The lack of such services is alarming, given that by 2031, nearly a quarter of Australia's population is projected to be over 65. The need for counselling and specialist treatment approaches for depression and anxiety amongst the older age group is going to escalate. The financial, social and personal burden related to depression in the elderly will be high over the next few years.

In April 2011, the Swinburne Psychology Clinic and Uniting Aged Care formed a partnership to launch Australia's first outreach counselling program for older adults living in residential care and in the community. Postgraduate psychology students travel to aged care residential facilities and community centres to provide counselling and assessment services. The program has provided a way for counselling services to be delivered to older adults in their place of residence and in aged care day centres within the Uniting Aged Care network. The Swinburne Psychology Clinic has also provided such services to Kew Gardens Aged Care facility. These services operate from a client-centred perspective, where the quality of the relationship between a counsellor and a client is emphasised throughout treatment, and where interventions are tailored to meet the individual needs. A range of interventions are used, including cognitive behaviour therapy, reminiscence therapy and solution focussed therapy. A major focus has been on finding creative ways of engaging with older adults, their families and carers facing change, coping with life transitions, physical health issues and mental health difficulties.

Since the launch of the program, our postgraduate psychology trainees have provided over 200 sessions of counselling to more 60 clients in residential care and in the community. Our students have provided assistance to older individuals with chronic medical ailments, memory problems, end-of-life anxiety, depression, panic attacks and multiple other mental health related issues. The trainees

receive ongoing training and supervision to help them deliver high quality psychological interventions. This program is ground-breaking because it provides older adults with access to counselling services, while simultaneously provides training to provisional psychologists.

Through this initiative, psychology and counselling services are becoming more visible in aged care in Australia. Sunil Bhar and Roger Cook (Swinburne Psychology Clinic) & Mark Silver (Social Worker Uniting Aged Care)

My Road Ahead: Online help to navigate prostate cancer

My Road Ahead (www.myroadahead.org) is an online support program designed to be used by men after treatment for prostate cancer. The program was developed by researchers at the Royal Melbourne Hospital, Swinburne University, Deakin University and the Australian Prostate Cancer Research Centre and is funded by beyondblue and the Prostate Cancer Foundation of Australia.

Men are not routinely offered psychosocial support despite strong evidence that being diagnosed with prostate cancer poses significant quality of life concerns for men and their partners. Lack of psychosocial support is in part due to a lack of available resources and this program aims to provide structured, self-directed psychological support that is accessible and appealing over the internet. The program provides men with assistance in coping with a range of challenges including dealing with the emotional impact of prostate cancer and its treatment, coping with physical changes, and communicating with partners and health professionals.

My Road Ahead is being offered as part of a randomised controlled trial to Australian men who have had prostate cancer treatment in the last 5 years. Men who agree to participate in the program will be randomised into one of three groups: 1) My Road Ahead only, 2) My Road Ahead plus an online moderated bulletin board, or 3) online moderated bulletin board only. Participants will be asked to complete online questionnaires before, immediately after and 12-weeks after commencing the study. Participants in the forum only group will be able to take part in the online intervention after completing the week 12 assessment.

An introductory video can be viewed at: <http://www.myroadahead.org/how-it-works>
For more information contact myroadaheadhelp@gmail.com

Interested in Positive Psychology?

Positive Psychology & Mental Health Workshop: LifeJET Coaching tools for people living with mental illness
<http://www.psychology.org.au/Events/EventView.aspx?ID=8943>

Get Laughing!

Smiles are the same in every language!

Q: Why was Santa's little helper depressed?

A: Because he had low elf esteem.

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.

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

Know someone who would benefit from subscribing to the Psychology Clinic Newsletter? Please direct them to the clinic website for an automated online registration form: www.swin.edu.au/clinic

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

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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 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. To unsubscribe, send an email to: psychprojects@swin.edu.au

From Staff at Swinburne Psychology Clinic – Merry Christmas and have a Happy New Year!



Opportunities to Participate in Research

Social Anxiety and Substance Use

Swinburne University is seeking individuals who experience anxiety in social situations for a study which is investigating the relationship between social anxiety, personality, coping strategies, beliefs about the use of alcohol, and use of substances. We are interested in exploring why some people with social anxiety use alcohol or other substances whilst others don't.

We are interested in people who experience anxiety in social situations who are 18 years old or older. As a participant you will be required to take part in a clinical interview (either in person or by phone) and to complete a questionnaire pack. Answering questions during the interview and completing the self-report questionnaire should take no more than 45 minutes in total.

If you are interested in being a part of this study, please contact Annette Raber (Associate Investigator) via email: annetteraber@gmail.com or by phone: 0459 775 739. If you have any questions or comments about the study, please forward them on to Annette Raber or Professor Michael Kyrios (Principal Investigator) via email: mkyrios@swin.edu.au

The Analysis of Self-Esteem and Social Anxiety on Memory and Depression

Researcher: Felicia Neo

Supervisors: Dr Joseph Ciorciari & Professor Glen Bates

This research project aims to study the relationship between self-esteem and social anxiety and examining its effects on memory and depression. As much of previous research has indicated, self-esteem and social anxiety have a highly significant relationship with one another and this in turn has its effects on other psychological and cognitive variables such as depression and memory. It has been known that very low levels of self-esteem and high levels of social anxiety tend to have a negative impact on memory recall as is also a well-known predictor to depression.

If you are keen to participate, you will be asked to fill in a survey on Opinio which will consist of you answering questions on self-esteem, social desirability, social anxiety, depression as well as some self-defining memories. This survey can be accessed online at <http://opinio.online.swin.edu.au/s?s=10508>. This survey should take about 30 minutes to complete.

We are also conducting an EEG study in this research. Those of you, who have completed the survey, might be selected to participate in this second part of the study. This will consist of you carrying out a computer-based memory task while your EEG brain potentials are being recorded. This should take about an hour. You are free to withdraw anytime from this project if you change your mind. Participating in this project will enable you the opportunity to learn more about yourself, have the experience of having your EEG brain potentials recorded as well as participating in exciting new research that to our knowledge has not been done before!

If you wish to participate, please proceed to the Opinio web link provided above and proceed to the survey. If you have any enquiries, you can email Felicia at fneo@swin.edu.au Thank you!