



Edition One – Happy New Year!

It's already almost March but we hope that you enjoyed the holiday period and that you are looking forward to what 2011 has to offer!

In 2011 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, seminars and networking opportunities for psychologists, provisional psychologists and other counselling professionals.

Our Group Therapy programs continue to expand with the introduction of our first Anger Management Group beginning later this year. Stay tuned for more information and referral details.

We are settled in at our new premises and are looking forward to the official launch on April 6th which marks the clinic's 21st birthday. 2010 was the Clinic's most successful year and we would like to thank everyone who has referred, used the services of and supported the clinic. We value your commitment to improving services in mental health.

There is a small change for the newsletter in 2011. The newsletter will now be published every second month. This *may* have something to do with my starting Masters in Counselling Psychology this year! As usual, I welcome any suggestions to improving the publication – after all, you're the reader!

*Until next time,
Lauren Rossi*

Words Not Yet in the Dictionary

- **ACCORDIONATED** (ah kor' de on ay tid) adj. Being able to drive and refold a road map at the same time.
- **AQUADEXTROUS** (ak wa deks' trus) adj. Possessing the ability to turn the bathtub faucet on and off with your toes.
- **AQUALIBRIUM** (ak wa lib' re um) n. The point where the stream of drinking fountain water is at its perfect height, thus relieving the drinker from having to suck the nozzle, or (b) squirting himself in the eye.
- **BURGACIDE** (burg' uh side) n. When a hamburger can't take any more torture and hurls itself through the grill into the coals.
- **BUZZACKS** (buz' aks) n. People in phone retailers who walk around picking up display phones and listening for dial tones even when they know the phones are not connected.
- **CARPERPETUATION** (kar' pur pet u a shun) n. The act, when vacuuming, of running over a string or a piece of lint at least a dozen times, reaching over and picking it up, examining it, then putting it back down to give the vacuum one more chance.
- **DIMP** (dimp) n. A person who insults you in a cheap department store by asking, "Do you work here?"
- **DISCONFECT** (dis kon fekt') v. To sterilize the piece of candy you dropped on the floor by blowing on it, somehow assuming this will 'remove' all the germs.
- **ECNALUBMA** (ek na lub' ma) n. A rescue vehicle which can only be seen in the rear view mirror.
- **EIFFELITES** (eye' ful eyetz) n. Gangly people sitting in front of you at the movies who, no matter what direction you lean in, follow suit.

Online Therapist-Assisted Treatment Program for Bulimia Nervosa

Do you often feel out of control of what or how much you are eating?

Do you often eat more than most people would in a similar amount of time and under similar circumstances?

Do you often vomit, use laxatives or exercise excessively after eating large amounts of food? Is your self worth strongly influenced by your weight and shape?

If you answered yes to any of the questions above you may be eligible to participate in a research study being run at Swinburne University evaluating an online therapist-assisted program for bulimia called Bulimia Online. The program has been developed in accordance with evidence based practice and reviewed by experts in the field. It includes 12 modules covering areas such as food monitoring, regular eating, self-esteem, mindfulness and body image.

To be eligible for participation you need to visit anxietyonline.org.au where you will be asked to create an account so that you can complete an online psychological assessment (e-PASS). After you have completed the assessment if you meet criteria for bulimia and fulfill other inclusion criteria (such as having a body mass index of 18 or above, residing in Australia and having access to the internet) you will be offered the opportunity to participate in the study.

For further information about this study please contact Jacqueline Baulch at jbaulch@swin.edu.au or Associate Professor Britt Klein at bklein@swin.edu.au



MLC “Well 4 Twelve” Success

On Wednesday 16th February, Swinburne University and the Psychology Clinic hosted the second “Well4Twelve” conference day for VCE students from Methodist Ladies College. The conference was designed to provide VCE students with the skills to deal with their final school year in a healthy, sustainable manner.

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Year 12 girls enjoyed a day filled with yoga, belly dancing, African drumming, Zumba as well as a seminar on Mindfulness and a very interesting Q and A with members of different religious groups. Overall the day was a tremendous success and one we hope to establish as a yearly event.

Group Therapy Update

We are currently conducting assessment interviews for the following groups that are expected to start between now and April:

- Social Anxiety Group
- Obsessive Compulsive Disorder Group
- Mindful Moderate Eating Group
- Compulsive Hoarding and Acquiring Group
- Bipolar Group
- Irritable Bowel Syndrome 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 PsychKIT

Our Workshop and Professional Development and Psychological Assessment Training for Provisional Psychologists (Psych-KIT) timetable for 2011 is currently being finalised. We will be offering the following Workshops in 2011:

- 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 4 Part Workshop

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

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

There are many different ways that you can support the Psychology Clinic. This month you can support the Clinic 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

Diary Date

International Women's Day
8th March 2011

<http://www.internationalwomensday.org.au/>

International Women's Day (8 March) is a global day celebrating the economic, political and social achievements of women past, present and future. In some places like China, Russia, Vietnam and Bulgaria, IWD is a national holiday. The first IWD was run in 1911.

Get Laughing!

We hope you have enjoyed this edition of the Psychology Clinic's newsletter. Here is a little joke – an oldie but a goodie!

What's the difference between a psychologist and a magician? →

A psychologist pulls habits out of rats!

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. Entries of less than 200 words will be considered for publication in upcoming editions of this newsletter.

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

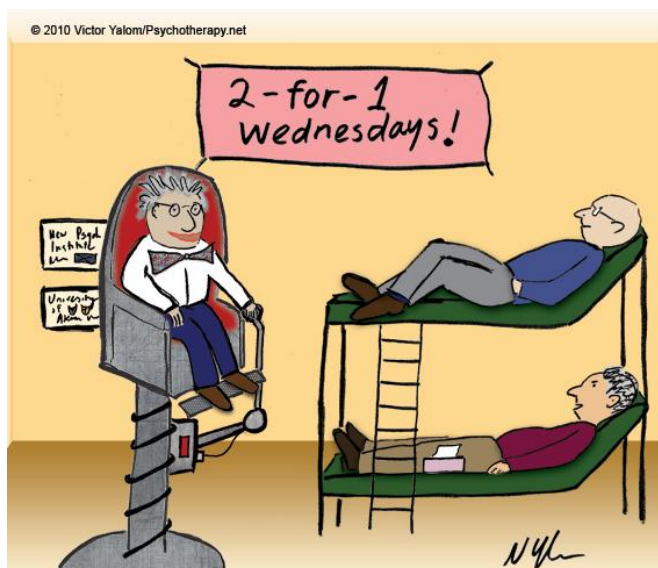
Web: www.swin.edu.au/clinic

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. 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



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

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 or Dr Janet Dickson jdickson@swin.edu.au

Cohabiting couples in Australia: Survey participants sought for a Swinburne University research project:

We are seeking participants for a study being conducted as part of a Swinburne University Master of Psychology (Counselling Psychology) student research project. The survey, which should take about 20 minutes to complete, is part of a study examining the different reasons that couples choose to live together and how this relates to a range of relationship and psychological variables.

We are looking for participants who:

- 1) Are in a heterosexual relationship and who are not married
- 2) Have been living with their partner for at least 6 months
- 3) Are between 18 and 45 years of age.

Participation in the study is entirely voluntary and your participation is anonymous. Please go to the following website to access further information about the background to the project, contact information for the researchers should you have any queries, and to access the survey.

<http://opinio.online.swin.edu.au/s?s=9598>

Thank you for considering our study.
Elishia Harding (student researcher) &
Dr Bruce Findlay (supervisor)

Department of Psychology, Swinburne University of Technology