



Edition Three

Almost halfway through the year and the cold is definitely settling in. As the heating bills rise and the jackets are taken out of storage we are reminded to rug up and keep healthy!

We have some great new programs starting at the clinic in the next few months including the new Anger Management Group and Net Negotiations. Read on for more information!

*Until next time,
Lauren Rossi*

Unavoidable Laws of Life...cont...

- Law of Mechanical Repair - After your hands become coated with grease, your nose will begin to itch
- Law of Gravity - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible corner.
- Law of Probability -The probability of being watched is directly proportional to the stupidity of your act.
- Law of Random Numbers - If you dial a wrong number, you never get a busy signal and someone always answers.
- Law of the Alibi - If you tell the boss you were late for work because you had a flat tyre, the very next morning you will have a flat tyre.
- Variation Law - If you change lines at the supermarket (or traffic lanes), the one you were in will always move faster than the one you are in now (works every time).
- Law of the Bath - When the body is fully immersed in water, the telephone rings.

- Law of Close Encounters -The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.
- Law of Biomechanics - The severity of the itch is inversely proportional to the reach.
- Law of the Result - When you try to prove to someone that a machine won't work, it will.

Group Therapy Update

We have several groups beginning in July and August. These include:

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

Workshops and PsychKIT 2011

Attached to this newsletter you will find the updated 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 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.

Anger Management Group

A new Anger Management Group Therapy (AMGT) Program will be starting soon at the Swinburne University Psychology Clinic in Hawthorn. 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

The program will be starting in the next few months. 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

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 **August** 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

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

Psychology goes Mobile!

Did you know you can download various psychology applications for the iPhone, iPad or iPod Touch devices? Here is a selection of the best Psychology related applications ready to download:

- **PsycExplorer** (\$2.99). This useful application provides users with the latest psychology news, research and blog posts as well as videos, audio and tweets from professional psychologists.
- **3D Brain** (Free). This application allows users to explore the brain using your touch screen. Simply rotate and zoom in to learn more about 29 distinct brain structures and discover how the different brain regions function. You can also learn more about the impact of brain damage, brain disorders and case studies.
- **PsychTerms** (Free). My personal favourite, this application lists almost every Psychology term known to humans and gives a brief yet succinct explanation of what it means. Genius!
- **Live Happy** (\$9.95). This app uses the principles of positive psychology to help users develop life-affirming habits. Based on the work of positive psychologist Sonja Lyubomirsky, the app can be used to develop new habits that can make you happier, healthier and more resilient.

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

Diary Date

Stress Down Day **22nd July 2011**

Stress Down Day is Lifeline's annual fundraising campaign held in July. People are encouraged to participate in stress reducing, fun activities such as wearing slippers to work or school, or dressing up or down, and then making a donation to Lifeline. It's easy to get involved and all funds raised support Lifeline's 13 11 14 crisis support service.

<http://stressdownday2011.gofundraise.com.au/>

Get Laughing!

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

After she woke up, a woman told her husband, "I just dreamed that you gave me a diamond necklace for our anniversary. What do you think it means?"

"You'll know tonight." he said.



"I think what Polly really want is approval."

That evening, the man came home with a small package and gave it to his wife.

Delighted, she opened it to find a book titled "The Meaning of Dreams."

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.

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

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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

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 jhowell@swin.edu.au or Dr Janet Dickson jdickson@swin.edu.au

Mindfulness Online for 18 -25 year old tertiary students

An online program to enhance your wellbeing
Swinburne University's eTherapy Unit is currently running a research trial to examine the effectiveness of Mindfulness Online, an internet-based program designed to teach skills to improve mental and physical wellbeing and reduce levels of stress and anxiety. We are interested in how effectively the program improves the mental health and wellbeing of 18 – 25 year old Australian Tertiary Education students.

To find out more visit the Mindfulness Online website:
<http://www.swinburne.edu.au/lss/swinpsyche/etherapy/programs/vu/>