

**Federation of Psychotherapists &
Counsellors of Queensland Inc**

invites you to the second

FPCQ Conference 2008

in partnership with



Self Harm:

FEAR OR KNOWLEDGE?

Saturday 8th & Sunday 9th November 2008

Rydges Hotel, South Bank, Brisbane

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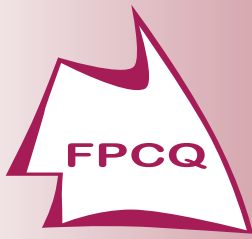


counsellingacademy



**The FPCQ Conference 2008 has been approved for Ongoing Professional Development for:
Australian Counselling Association and its member Associations (12 per day)**

*The conference is open to all, whether or not members of
professional associations*



Self Harm: FEAR OR KNOWLEDGE?

Saturday 8th November

8.30am

Registration

9.00am

Welcome

Philip Armstrong, Vice President of FPCQ and CEO of ACA

9.15am

Keynote Speaker 1

Professor Ian Webster Physician and Emeritus Professor of Public Health and Community Medicine of the University of New South Wales and Patron of the Alcohol and other Drugs Council of Australia. Chair of the Alcohol Education and Rehabilitation Foundation.

10.00am

Keynote Speaker 2

“The Cutting Room Floor”

Professor Graham Martin OAM Director Child and Adolescent Psychiatry The University of Queensland and Clinical Director Royal Children’s Hospital and Brisbane North Child and Youth Mental Health Service

10.30am

Morning Tea

11.00am

Session One

Workshop 1 Presenter

Counselling Without Self Injury

Professor Graham Martin OAM (see above)

This presentation will utilise material emerging from the development of a CD-based training programme for professionals focused on self injury and its management. Segments of video and audio tape will be presented and implications for counsellors discussed with the emphasis being on obtaining practical skills in this area.

Workshop 2

Self Harm & Self Care: Counsellors Playing Monkey In The Middle

Presenter

Dr Randolph Bower PhD, MEd Couns, GradCertHigherEdu, BA, HMACA, RSACA

Counsellors deal with an enormous amount of real-life drama on a daily basis. Having learned communication skills and strategies for coping with emotional content, counsellors have a little knowledge that can be dangerous. In this way, counsellors are also potential experts at processes of emotional self-manipulation. As a therapist and supervisor of counsellors, my interests are in helping counsellors grow in self-awareness while also having a greater sense of humour to forget-the-self long enough to have a good time. Taking a balanced path to self-care is the object of this discussion.

11.00am

Session One cont'd

- Workshop 3** **Living With Aspergers In The Family – What Helps, What Hinders**
- Presenters** **Kris Jennings and Stefanie Evans**
- What is it like to not understand the world you live in? What happens when the simplest daily tasks lead to frustration, anxiety and even violence? Autism is a condition of the mind that affects the way a person communicates with the world around them. There is no cure. For those afflicted, life is a series of challenges and mysteries. Their world is complex and fascinating and made all the more poignant by their desire to live and function in the real world. You will learn what it is like to struggle with autism. You will learn about the strategies that can assist sufferers to cope with their condition and how they and their families can be supported.

12.30pm

Lunch

1.30pm

Session Two

- Workshop 4** **Schema-Focused Therapy: An Integrated Approach to Assessment and Treatment for Patients Who Self Harm**
- Presenter** **Dr John Barletta** Ph.D. MAPS
- People who harm themselves are challenging patients to treat in a private practice context. This presentation will introduce participants to Schema-focused Therapy, an integrative model with a research base, to treat patients' unmet childhood needs, self-defeating life patterns, and interpersonal and emotional difficulties. This approach is an amalgam of techniques that greatly expands cognitive behaviour therapy by placing great emphasis on the therapeutic relationship, affective experience, and the exploration of early life experiences. Theory will be presented and practical implications discussed.
- Workshop 5** **Brief Therapy No Longer Shallow Therapy**
- Presenter** **Yildiz Sethi** - B.Ed. Graduate Diploma Counselling (ACAP). Diploma Clinical Hypnotherapy (ASCH). NLP and Timeline Therapy and NRT (IHT).
- Discussion on the value of the development of more short term approaches of cognitive behavioural therapies as a way of dealing with conscious thoughts and behaviours. Use of Bert Hellinger's Systemic Family Constellations in a practical exercise. With developments in psychotherapy and the integration of skills that are taking place at present it is possible to help clients "move on" relatively quickly with sufficient skill in the therapist and readiness of the client for change. No longer should brief therapy be considered shallow therapy.
- Workshop 6** **Resilience Coaching: A Psycho-Immunitisation Strategy**
- Presenter** **Shane Warren** – AIMM; ANZIIF, MACA, MAIPC, MIAA
- Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress. This workshop will outline a coaching strategy that focuses on the development of ten core strengths that help individuals to build their own resilience.

3.00pm

Afternoon Tea

Saturday 8th November cont'd

3.30pm

Session Three

Workshop 7 Visual Art Therapy for Young People on a Journey Learning to Live With the Need of Self Harming

Presenter Jannie Olsen Leach

Art therapy can be a holistic way to find deeper self-understanding, self-appreciation and self-disclosure leading the creator to explore the understanding of how humans' inner self, relationships, reactions to words and movements are creating feelings. Two case studies will be explored of young people who worked with art as a creative process to gain an understanding of their self harming behaviour. Then a hands-on art activity will provide the participant with a deeper awareness. (Creative art experience is not needed for participation).

Workshop 8 Cutting In, Cutting Through – Understanding and Working With Individuals Who Self Harm

Presenter Wendy McIntosh. RGN, RMHN, Grad. Dip. MH, MN

If you want to know me then you must know my story, for my story defines who I am, and if I want to know myself, to gain insight into the meaning of my own life, then I too must come to know my story” Participants will learn a number of techniques that they can use to assist them understand and work with individuals who self harm. Participants will also learn how to cut in and through to their own stories and have a greater appreciation of the number of roles they bring to the therapeutic relationship.

Workshop 9 Physical Pain Relief Through Self Mutilation

Presenter Talamasca Witchard-Harriott MACA

This workshop will look at self mutilation. What it is, how it effects individuals and their families, why they engage in it, why the behaviour is hidden when it appears to be such an attention seeking behaviour. Diversion behaviours will be looked at to assist the brain to accept behaviours other than cutting and mutilation.

7.00pm

FPCQ & ACA Gala Dinner For Delegates and Members and their partners/guests

This is a night to celebrate this conference and recognise the achievements of the Federation and Association members.

Mix and mingle, natter and network with your peers, introduce your partner/guest to your world.

You will be spoiled with a sumptuous buffet, courtesy of Rydges' Chef

For your entertainment the Caxton Street Jazz Quartet will surround you with music and song from various genres and a mystery entertainer will perform for your amusement.

PLEASE NOTE: Numbers will be limited to the first 250.

Dress: Formal

11.00pm

Close of the Day

Sunday 9th November

9.00am

Session Four

- Workshop 10** **The Triple S Methodology of Suicide Minimisation**
Presenter **Adrian Hellwig** M.Com, BTheol, Grad Dip Counselling, MCCA, CMACA
This workshop, a modified and updated version of that presented at the International Counselling Conference of 2006, while looking at the situation in schools as a example, will examine the growing awareness of the effect and extent of suicide in the wider community. While suicide cannot be prevented, the emerging “Triple S” approach, would seem to bring some hope to minimising the risk of suicide in our communities. The workshop will take the form of an interactive power point presentation with small group discussion of case histories, and plenty of time for questions.
- Workshop 11** **Shared Parenting and the Family Law Act – Train Wreck or Orderly Intersection?**
Presenter **Michael Lynch Accredited Family Law Specialist**
Shared parenting is the new Family Court buzz word. In the two years since its introduction there has been a dramatic change in the types of Children’s Orders being made by the Court. Are the Court Orders that are now being made a positive development or a negative one? Research has now joined the equation, focusing on the intersection of shared care and children’s best interests, in conflicted separations. The research provides a cautionary tale to all professionals operating in this field. Be aware of these new changes in the law, the types of Court Orders now being made and the latest research on the impact of those Orders.
- Workshop 12** **Compassionate and Creative Approaches to Working With People Affected by Eating Issues and Self Harm**
Presenter **Amanda Dearden** BA Psych, BSoc Wk Hons, MAAASW and **Alison Lee** MA Gestalt Therapy
This is an interactive workshop exploring from creative, compassionate and feminist perspectives: theory and practise of working with eating issues and self harm; ways to work with multiple issues and movement between types of harming behaviours. Balancing support with heightening awareness and working with shame. There will be opportunities for group work as well as case study examples Addressing harm on a personal level is linked to social justice issues and responses including an example of a grass roots project that enables sharing of art work, short stories and reflections of healing and recovery from eating issues and self harm.

10.30am

Morning Tea

10.45am

Forum

Professor Diego De Leo; Professor Ian Webster; Associate Professor Margaret McAllister; Zoe Farris, Nellie Worringham, Carers

This forum will be the first of its kind to be held as part of a conference agenda. The forum will involve a panel made up of the 80 carers, a panel of experts on self harming, a panel of individuals who engage or have engaged in self harming behaviour and an audience of conference delegates. This forum will involve a process of questions and answers and the sharing of experiences between the panels to help inform and educate all those in attendance about self harming from a holistic perspective that includes all elements of self-harming.

Sunday 9th November cont'd

12.15pm

Lunch

1.00pm

Session Five

Workshop 13 Recovery Oriented Strategies for Working With People Who Self Injure

Presenter **Margaret McAllister** BA *Qld.*, MEd *Aust.Cath.*, EdD *Qld.UT*, RN, MHN, FACMHN, MRCNA

Problems are part of life, just as ritual, routine, peace and happiness are. Clinicians have an important role in assisting clients to become aware of these realities and to transform their perspective to see possibilities and hope. This session will engage participants in a workshop to explore recovery oriented strategies that can be applied to assist young people who self-injure.

Workshop 14 Knowing the Insides: Using the Psychodramatic Process To Get Inside the World View of Self Harming Individuals To Reduce Your Own Fear and Increase Your Capacity to Stay Close

Presenter **Peter Howie** BSc; Dip Computing; President of ANZPA,

This workshop will be experiential and will examine in some depth the experiences and wisdom of the participants in relation to their ideas of what and how a self harming individual makes sense of their life and world. The psychodramatic technique of role reversal and interviewing for role will be highlighted and presented for participants. The use of socio-drama will allow all to become involved. Participants will gain insight that can be easily and immediately translated into their work with self harming and other individuals.

Workshop 15 Self Harmed: Ask the Questions of Survivors You Want Answered

Presenters **Zoe Ferris and Nellie Worringham** QBE (qualified by experience)

During this workshop you will hear from two individuals who have used self harming behaviour as a coping mechanism. You will see a powerful visual presentation of the fear and misery experienced by Nellie. You will hear of the ignorant and ineffective responses experienced by these two women from some of the mental health providers. You will learn what did help and you will have an opportunity to ask questions.

2.30pm

Afternoon Tea

3.00pm

Closing Keynote Speaker

The Relationship Between Non-fatal and Fatal Suicidal Behaviours

Professor Diego De Leo - Professor of Psychiatry, a Doctor of Science and Director of the Australian Institute for Suicide Research and Prevention at Griffith University, Brisbane; and the World Health Organisation Collaborating Centre for Research and Training in Suicide Prevention.

4.30pm

Closing

CEO of ACA Philip Armstrong

Registration Form

Title: _____ Name: _____
 Position: _____
 Organisation: _____
 Address: _____
 _____ Post Code: _____

Daytime Phone: _____
 Mobile: _____
 Email: _____
 Membership Organisation: _____
 Membership Number: _____

Preferred Name on Name Badge: _____

I would like to attend the following (Please Tick)

Workshops (Please list preference in order: 1, 2, and 3)

Saturday 8th November

Session One – 11.00am

- ___ Workshop 1 Counselling Without Self Injury
- ___ Workshop 2 Self Harm & Self Care
- ___ Workshop 3 Living with Aspergers

Session Two – 1.30pm

- ___ Workshop 4 Schema-Focused Therapy
- ___ Workshop 5 Brief Therapy No Longer Shallow Therapy
- ___ Workshop 6 Resilience Coaching

Session Three – 3.30pm

- ___ Workshop 7 Visual Art Therapy for Young People
- ___ Workshop 8 Cutting In, Cutting Through - Understanding
- ___ Workshop 9 Physical Pain Relief Through Self Mutilation

Saturday 8th November - Dinner

___ **FPCQ and ACA Gala Dinner for Delegates, Members and Partners - \$80 per person**

Sunday 9th November

Session Four – 9.00am

- ___ Workshop 10 Triple S Methodology of Suicide Minimisation
- ___ Workshop 11 Shared Parenting and the Family Law Act
- ___ Workshop 12 Working with People Affected By Eating Issues

___ **Forum 10.45am All are encouraged to attend**

Session Five – 1.00pm

- ___ Workshop 13 Recovery Oriented Strategies
- ___ Workshop 14 Knowing the Insides
- ___ Workshop 15 Self Harmed – Ask the Survivors

Costs - Conference (excludes dinner)

	Early Bird	Both Days	One Day
FPCQ Members	\$400.00	\$450.00	\$300.00
ACA Members	\$425.00	\$475.00	\$300.00
Non Members	\$450.00	\$525.00	\$300.00

Early Bird rate applies to 5pm 30 September 2008
 Coffee on arrival, morning tea, lunch and afternoon tea incl.

Accommodation- Rydges of South Bank	Cost per night
Standard Room	\$199.00
Superior Room	\$239.00
One Bedroom Suite	\$289.00

Add \$25 per person for breakfast (maximum 2 to a room)
 Please contact 'Rydges Reservations' on 07 3364 0800 quoting "FPCQ Conference"

Interstate Air Flights

A number of tickets for direct return flights have been set aside at June 08 prices with Virgin Blue. **These must be booked through FPCQ and not Virgin Blue direct. These must be taken up by September 1 2008 on first come first served basis.**

Perth	return ticket \$668.00
Adelaide	return ticket \$308.00
Canberra	return ticket \$438.00
Melbourne	return ticket \$360.00
Sydney	return ticket \$240.00

Payment Details

I am attending the FPCQ Conference 2008 both / one day(s) \$ _____

I am attending the Dinner with ___ Guests \$ _____

I am booking return flights from:

- Perth Adelaide Canberra
 Melbourne Sydney, for ___ persons \$ _____

Total \$ _____

I enclose a cheque made out to FPCQ OR

Internet Banking

If you wish to pay via Internet Banking, please ensure your name is listed on the transfer and also post or email registration including printout of the internet payment.

Payment details for Internet Banking

Financial Institution Commonwealth Bank
 BSB Number 064 127
 Account Number 10143410
 Account Name Federation of Psychotherapists and Counsellors of Queensland Inc
 Amount Total cost of registration
 Description Self Harm Conference
 Remitter Name Delegate or Company Name

Credit Card Payment

Please charge my credit card:

- Bankcard Mastercard Visa

Card Number _____ / _____ / _____ / _____

Expiry Date: ___ / ___

Card Name: _____

Signature: _____

To Register

Fax to 07 3356 4355
 Or
 post to FPCQ, PO Box 160, Grange QLD 4051

Enquiries

Phone: 07 3356 4937
 Or
 Email: secretary@fpcq.asn.au

Other Information

OPD Points

The FPCQ Conference is ACA-approved and is worth double (12) Ongoing Professional Development Points

Public Transport

The nearest train station is South Bank. Exit from the station onto Grey Street. Rydges South Bank is on the same side of the street as the station and two blocks ahead, on the corner of Grey and Glenelg Streets

Car Parking

Valet parking is available at Rydges for hotel guests at \$24.00 per vehicle per day. All day undercover parking is available at South Bank (across the road from Rydges) at very reasonable prices.

Cancellation

Conference

Registration:

If you are unable to attend the conference, a substitute delegate is welcome, at no extra charge. Where no substitute is available, a fee of \$60.00 (inc GST) will be deducted from your refunded registration fee for cancellations received by FPCQ in writing at least 14 days prior to the event. A 50% refund will be made, plus conference documentation, will be given if cancellations are received in writing between 14 and 7 days prior to the event. Thereafter no refunds will be made, but conference documents will be sent following the event.

Virgin Blue

Flights:

There is a non refundable deposit of \$50 on each ticket. If you are unable to use the ticket a name change can be made up to 24 hours prior to departure by contacting FPCQ on Phone: 07 3356 4937 Or Email secretary@fpcq.asn.au. Where no substitute is available and cancellation is received by FPCQ in writing at least 29 days prior to departure 50% of the fare will be forfeit. Thereafter no refunds will be made.

Privacy Policy

By registering for this conference, relevant details will be held on a database by FPCQ. A delegate list will be provided to all conference participants (name, position and organisation only). Information may also be made available to parties directly related to the conference, including sponsors and/or exhibitors. If you do not wish your information to be used in this manner, please advise FPCQ by Phone: 07 3356 4937 or Email: secretary@fpcq.asn.au