



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

**Invites You To The**

# ***2009 FPCQ Annual Conference***

## **Therapy Health and Wellness**

**Saturday 21<sup>st</sup> November, 2009**

**The Bardon Conference Centre**

**390 Simpsons Road, Bardon, Qld.**

**SEMINAR ROOMS 2 AND 3**

**The 2009 FPCQ Annual Conference has been approved for  
Ongoing Professional Development for:  
Australian Counselling Association and its member  
Associations (12 per day)**

**The 2009 FPCQ Annual conference is open to all, whether or  
not members of professional associations**



## The Program

# CONFERENCE PROGRAM

## SATURDAY 21ST NOVEMBER, 2009

8.30am **REGISTRATION**

9.00am **WELCOME**

Mrs Catherine Dodemont (FPCQ President) & Mr Philip Armstrong, FPCQ Vice-President and Chief Executive Officer of ACA

9.30am **Keynote Speaker**

**Presenter**

**Mind, Body and Heart: The Relationship between Mental and Physical Health.**

**Dr Matthew Bambling PhD. (Qld)**

Dr Matthew Bambling is a clinical psychologist, researcher, lecturer and psychotherapist. Before moving to academia he had extensive experience as a clinician in a variety of mental health and human service settings. Matthew works at the school of psychology at ACU in Brisbane where he co ordinates the Masters of Clinical Psychology program. His research interests include psychotherapy treatment outcome, increasing the effectiveness of counselling and psychotherapy, the treatment of major mental health problems and the relationship between physical and mental health.

10.30am **MORNING TEA**

11.00am **SESSION ONE**

**Workshop 1**

**Presenter**

**Assessing and Enhancing Work-Life Balance: Therapists Getting It Right.**

**Dr John Barletta Ohio University (PhD)., M.A.P.S. Clinical Psychologist, Counselling Specialist, Visiting Consultant.**

This presentation focuses on personal development with particular reference to the work life balance...getting it right and what to do when you need to rebalance or refocus yourself. It specifically outlines the spheres of life that everyone needs to attend to, and presents a wellness model to encourage therapists to assess and enhance their own, and their patients', balance and choices. The workshop assumes: 1. Achieving a work-life balance can be tough, but it isn't impossible; 2. Getting the balance right is really worth it; 3. For life to change means we have to make some changes; 4. Happiness is the ultimate goal/outcome.

**Workshop 2**

**Presenter**

**The Critical Consumer: Understanding Scientific Evidence and Spotting Pseudoscience**

**Dr Travis Gee Hon .Clin. Member, ACA, University Southern Qld.**

Research methods are a critical part of the scientist-practitioner model that is increasingly becoming the standard of practice in professional counselling and psychological services. This session will involve a brief



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series of illustrative examinations of the literature associated with some methods that have not stood up under scrutiny. This will assist participants in this seminar both to understand how scientific approaches operate, and to be able formulate questions that will help in keeping a critical focus when applying methods that are often only experimental and unproven at best.

12.30pm **LUNCH**

1.30pm **SESSION TWO**

**Workshop 3**

**Investigating the basic therapeutic healing factors and other advantages of groups**

**Presenter:**

**Peter Howie** BSc. Director Training Moreno Collegium for Human Centred Learning, Research and Development, President Australian and New Zealand Psychodrama Association. Adjunct lecturer University Southern Queensland, Psycho-dramatist, trainer, educator and practitioner.

This workshop will be run so as to emphasise the range of factors that are immediately obvious and open to scrutiny in groups and how these can lead to therapeutic outcomes. The session will be experiential and will involve both being part of an operating group as well as taking the opportunity to reflect on the learnings being generated. If time permits, the concerns or worries that therapists have that stop them from running groups. The issue of training to be a group therapist will also be addressed.

**Workshop 4**

**Juicing Up and Moving Forward – staying juicy to the therapeutic alliance.**

**Presenter**

**Dr Wendy Mc Intosh** PhD RGN, Endorsed MHN, Grad Dip MH, MN, e Assessment and Training, Group Leadership Cert.

This workshop will explore a number of themes which are integral to maintaining health and wellness in the therapist when working with clients diagnosed with borderline personality disorder. Using a number of interventions from psychodrama the facilitator will explore, with participants, the roles that emerge in them in response to the roles they experience from clients.

3.00pm **AFTERNOON TEA**

3.30pm **SESSION 3**

**Workshop 5**

**Understanding Family Law: What Counsellors Need to Know!**

**Presenter**

**Michael Lynch**, Accredited Family Law Specialist

This seminar will focus on how the Family Law legislation affects you in your day-to day work as a counsellor, highlighting what your obligations now are, what you need to be doing to satisfy



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them, and some of the potential traps that you need to be aware of.

### Workshop 6

#### Presenter

**Introduction to Structured Relapse Prevention: Clients with alcohol and other drug problems and their journey to wellness.**

**Dr Jason Dixon PhD Counsellor Education (Ohio)**

Wellness is a way of life oriented to optimal health and living fully within the human and natural community. Clients struggling with alcohol and other drug problems are seeking an improvement wellness and quality of life. Structured Relapse Prevention (SRP) is a program of counselling that includes cognitive-behavioural treatments including Motivational Interviewing, and a variety of strategies that are organised to meet clients' different needs and treatment goals. Clients are met where they are in their current substance use and autonomy for change remains with the client.

5.15pm Close

**Mr Philip Armstrong.**



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**2009 FPCQ Annual Conference: Therapy Health And Wellness**  
**Saturday 21<sup>st</sup> November, 2009**

**Registration Form:**

Mr/Mrs/Miss/Dr. \_\_\_\_\_ Name: \_\_\_\_\_

Position: \_\_\_\_\_ Organisation: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Membership Organisation: \_\_\_\_\_ Membership No. \_\_\_\_\_

I would like to attend the following workshops  
**Workshops** (Please list preference in order: (1, 2))

**Session One – 11.00am**

\_\_\_\_\_ Workshop 1

\_\_\_\_\_ Workshop 2

**Session Two – 1.30pm**

\_\_\_\_\_ Workshop 3

\_\_\_\_\_ Workshop 4

**Session Three – 3.30pm**

\_\_\_\_\_ Workshop 5

\_\_\_\_\_ Workshop 6

**Costs Conference One Day**

**Early Bird \$230.00**

**FPCQ Members \$250.00**

**ACA Members \$275.00**

**Non Members \$300.00**

**Early Bird rate applies to 30 September 2009 5pm.**

Coffee on arrival, morning tea, lunch and afternoon tea included

**Payment Details**

I am attending the FPCQ 2009 Annual

Conference **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: ---  
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Description **2009 FPCQ Annual Conference: Therapy Health and Wellness**

Remitter Name Delegate or Company

**Credit Card Payment:**

Please charge my credit card:

Bankcard  Mastercard  Visa

Card Number

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Expiry Date: \_\_\_\_/\_\_\_\_

Card Name: \_\_\_\_\_

Signature: \_\_\_\_\_

**To Register:** [secretary@fpcq.asn.au](mailto:secretary@fpcq.asn.au) Or post to FPCQ, PO Box 160, Grange QLD 4051

**Enquiries:** Phone: 07 3356 4937 Fax: 07 3356 4355 Or Email: [secretary@fpcq.asn.au](mailto:secretary@fpcq.asn.au)



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### **OTHER INFORMATION**

**OPD Points** The 2009 FPCQ Annual Conference is ACA-approved and earns you **double** (12) Ongoing Professional Development Points

### **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.

### **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: 07 3356 4937 Or **Email:** [secretary@fpcq.asn.au](mailto:secretary@fpcq.asn.au)