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Feedback

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We're on the Web!

See us at:

www.aacbtqld.org.au

National site

www.aacbt.org

The opinions expressed and advertisements posted in this newsletter are those of the authors and do not necessarily represent the views of the AACBT as a whole.

President's Report

We rounded out a full calendar of 2006 workshops with two one-day workshops by **James Bennett-Levy** on behavioural experiments, at Townsville and the Gold Coast (see workshop review). December saw the holding of our **AGM**, in conjunction with a meeting to discuss the possibility of forming a schema focused therapy interest group (further info on p. 3). Looking ahead, we're excited to be offering workshops by prominent CBT experts **Arthur and Christine Nezu**, on a problem-solving approach to formulation. Their Townsville workshop is on **5 May** and Brisbane workshop on **12 May**. Many thanks to Queensland Cancer Fund for organising their visit, in conjunction with AACBT Qld and Griffith University.

Naturally, organising the **2007 national conference** is a major focus for this year. As with all AACBT events, the more people who attend, the lower the costs we will need to charge for future events, so please promote the conference widely!

Another major focus recently has been selecting a site for an Australian bid for the **2013 World Congress** of Behavioural and Cognitive Therapies. Shirley Morrissey, in conjunction with Brisbane Convention and Exhibition Centre and Brisbane Marketing, has been working very hard to keep Brisbane in the running against fierce competition from equally passionate bids from Sydney, Adelaide, and Melbourne. Site visits to all four cities have now been completed and the National Executive will meet in March to select the bid city.

Heather



UPGRADE YOUR CAREER!!

AACBT is not only a provider of high-quality professional development; it is also a great way to build professional networks and skills. New in town? Just starting out in CBT? An experienced practitioner looking to share your experience and skills with others? There are many ways to participate more actively in AACBT. Join the executive committee to receive **free** membership and **free** professional development. Help out at a workshop. Write a workshop review or article for the newsletter. Share your ideas for workshops we could run or things we could do better. Help organise and run conferences. It's Your AACBT – get the full experience!

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Workshops report

Workshops by Dr James Bennett-Levy in Townsville and the Gold Coast (November 2006) dovetailed well with the earlier visit by Dr Melanie Fennell, as both are from the Oxford Cognitive Therapy Group which is a great driver of evidence-based, clinically focused advances in CBT. It seems we've had a run of CBT superstars wanting to come to Queensland, as our major workshop offering this year will be by **Professors Arthur and Christine Nezu (Townsville 5 May 2007 and Brisbane 12 May 2007)**. The one-day workshop is titled "Clinical Case Formulation: A Problem Solving Perspective". Registrations are now open for the Brisbane workshop, and Townsville registration forms will be available very soon after we finalise venue details.

The other workshops we will offer this year will be part of the 30th National Conference of AACBT. The workshops stream will be on **6-7 October 2007** at the Gold Coast (Holiday Inn, Surfers Paradise). Workshop submissions are open for additional workshops (see call for papers emailed with this issue or on the conference website, aacbtqld.org.au/conference).

Heather Green

Creating Successful Behavioural Experiments

Review of Full Day Workshop presented by Dr James Bennett-Levy, Townsville, 17 November 2006

The James Bennett-Levy workshop "Creating Successful Behavioural Experiments" held in Townsville (North Queensland) was enjoyed by all. Attendees came from a range of backgrounds, from in-patient and community mental health services to non-government employees working in rehabilitation and employment. Workshop numbers were small creating a group environment that facilitated much discussion throughout the day. James provided a concise overview of cognitive behaviour therapy before focussing on the use of behavioural experiments. Good handouts supplemented the theory and case studies shown on video, with concise and direct instructions given for implementing behavioural experiments in everyday practice.

The highlight of the workshop, however, had to be the role plays which required participants to identify and conduct a live behavioural experiment with a partner, each taking turns to be both client and therapist. Group discussion following this exercise demonstrated the power of experiential learning in a way that theory alone could not achieve, with participants learning much about the process of creating, implementing and evaluating behavioural experiments, and a little about themselves along the way. The workshop was well-paced with good use of humour, providing much essential information without being overloaded. Thanks James for a great day, and also thanks to your clients who allowed use of their videotaped sessions in the training, as this emphasised the power of this intervention.

Tania Mitchell

2007 National Conference: Gold Coast

The line up of keynote speakers and workshop presenters is looking great as we look forward to celebrating the 30th National Conference of AACBT at the Gold Coast (Holiday Inn, Surfers Paradise, workshops 6-7 October, scientific program 8-10 October 2007). View updates including the call for papers on the conference website: www.aacbtqld.org.au/conference Submissions are invited for papers, posters, symposia and workshops. The sooner your submissions are in, the sooner you can arrange funding to attend the conference while it's in our state.

Heather Green

Interest Group on Schema Focused Therapy

Report from inaugural meeting, Brisbane, 12 December 2007

Considerable local interest in schema focused therapy was noted last year with the large attendance at Jeffrey Young's October workshop. Some participants from the workshop suggested forming an interest group/peer support group on schema focused therapy. Accordingly, we invited people to attend a initial meeting in conjunction with the AACBT Annual General Meeting, to discuss the possibility of forming a ongoing group. Fitting in a December event proved challenging, with many people letting us know they were not able to make it to this meeting but would like to be informed of future events. An enjoyable discussion was had by the 11 people who attended.

It was decided that there should be a follow-up meeting scheduled for early 2007. Attendees at the discussion felt that the preferred format of the schema therapy interest group would be a peer support and case conferencing opportunity. There was a particular interest in focusing on "brief" or "short-term" schema therapy, with the general sense that people would value discussion on applying the therapy to a more "real-world" client situation.

Dr Andrew Nielson has offered to coordinate the group. Provisional arrangements are that meetings will be held at 6.30pm on the second Wednesday each month, in Therapy Room 2, at Toowong Private Hospital, 496 Milton Rd, Toowong. The first meeting will probably be on 14 March 2007. People wishing to join the group will need to contact the coordinator on andrewn@toowongprivatehospital.com.au.

Narelle Dickinson & Heather Green

Accreditation Update

Accreditation documents have now been agreed upon by the national executive. However, accreditation will not yet be implemented as the committee wishes to consider it further. This is due to several factors including recent changes to Medicare and proposed changes to a national accreditation and national registration system for all health professions. It is anticipated that an accreditation teleconference will be scheduled once the World Congress bid site has been finalised.

Heather Green

Open Leaves Book Store

The logo for Open Leaves depicting a hand reaching through an open door for books and knowledge is an apt emblem for this treasure trove of a book store. As you walk through the somewhat quaint entryway you enter a veritable diversity of psychological resources and literature. Themes vary from early childhood development to adult mental health and have literature from Adler to Zabatt-Kin (virtually an A-Z)!

Their relatively recent relocation to new premises at Highgate Hill has enabled this business to expand and build upon its reputation as the premier bookseller in areas of mental health and psychotherapy in Australia. We are fortunate to have them right here in Brisbane and even more fortunate to have them willing to attend AACBT(Qld) events and offer discounts to our members.

They are well known for stocking books that are difficult to obtain in Australia and are happy to do one-off orders or assist with any inquiries. They also have a keen interest in supporting access to contemporary psychological literature in rural areas and provide displays at centres to enable smaller communities to access the huge range of books.

The website www.openleaves.com.au has a comprehensive 182 catalogues listed, grouped under 6 subject areas: children and adolescents; counselling and mental health; human relations; loss and grief; sexual assault; and stress and trauma. Trading hours are from 9am – 5pm Monday to Friday and 9am – 1pm Saturday. They also regularly attend AACBT(Qld) workshops with an extensive array of relevant CBT resources.

Rob and Helen of Open Leaves have a comprehensive knowledge from their own professional experience in the allied health field and will go to great lengths to assist in finding any particular resource. I highly recommend either visiting the store or the website when the opportunity arises even just to pop in and soak up the ambience of the store!

Open Leaves Books
111 Highgate Hill 4101
ph: 07-3844 0169

Miranda Watkins
AACBT(Qld) Workshops Coordinator

Note: Open Leaves Bookstore is a preferred provider of professional resources to AACBT Qld. Current members receive a 10% discount.

AACBT Resource Library List

The AACBT Resource Library was established for the benefit of members. Available is a range of key publications in CBT across a range of areas, as well as videos/DVDs of major workshops hosted by the AACBT. The library is currently a mail only service. Members can borrow books for up to 4 weeks.

Books

Andrews, Crino, Hunt, Lampe & Page. (1994). *The Treatment of Anxiety Disorders*. Cambridge, University Press.

Barlow & Rapee (1996). *Mastering Stress: A Lifestyle Approach*. Lifestyle Press.

Barlow, D.H. & Craske, M. (1994). *Master your Anxiety and Panic II*. Graywind Publications (only photocopy of handouts will be sent)

Beck, J.B. (1995). *Cognitive Therapy: Basics and Beyond*. Guilford.

Birchwood & TARRIER (1994). *Psychological Management of Schizophrenia*. Wiley.

Clark, D. (2004). *Cognitive-Behavioral Therapy for OCD*.

Dattilio, F.M. & Freeman, A. (1994). *Cognitive-Behavioural Strategies in Crisis Intervention*. Guilford.

Fairburn, C. G. & Wilson, G.T. (1993). *CBT for binge eating: Nature, Assessment & Treatment*. Guilford.

Free, M. (2000). *Cognitive Therapy in groups*.

Halford & Markham (1997). *Clinical Handbook of Marriage and Couples Intervention*. Wiley.

Kroese, Dagnar & Lormidis (1997). *Cognitive-Behavioural Therapy for people with Learning Disabilities*. Wiley.

Morin (1996). *Insomnia: Psychological Treatment and Management*. Guilford.

Petersen & Gannoni (1992). *Stop, Think, Do*. ACER.

Sobell, M. & Sobell, L. (1996). *Problem Drinkers: Guided Self-change Treatment*.

Steketee, G. (1993). *Treatment of Obsessive Compulsive Disorder*. Guilford.

Wright, J.H., Thase, M.E., Beck, A.T. & Ludgate, J.W. (1993). *Cognitive therapy with Inpatients: Developing a Cognitive Milieu*. Guilford.

Young, J.E. (1994). *Cognitive Therapy for Personality Disorders: A Schema-focused approach*. Sarasota, FL: Professional Resource Press.

Young & Klosko (1994). *Reinventing Your Life*. Dutton.

Videos

AACBT Two Day Schema Focused Workshop presented by Dr Jeffrey Young, in Cairns (November 1998).

AACBT One Day Workshop on Dual Diagnosis (Substance Abuse and Schizophrenia) presented by Dr Kim Mueser (February 1999)

AACBT Two Day Workshop on Working with Images in CBT presented by Anne Hackmann (October 1999)

AACBT Two Day Workshop on Working with Self Esteem presented by Melanie Fennell (July 2000).

DVDs

AACBT 4 x 2 Hour Workshops on Teaching Clients the Core Skills of DBT presented by Nicole Prendergast
Separate DVD for each of Mindfulness, Distress Tolerance, Emotion Regulation & Interpersonal Effectiveness (September-December 2005).

AACBT Library Request Form*Conditions of Borrowing:*

Books must be returned within four weeks of delivery.

Videos/DVDs must be returned within two weeks of delivery.

In the event that an item is not returned within eight weeks of delivery the book or video will be considered lost, the borrower will be contacted and the cost of the book or video will be deducted from his/her credit card.

PERSONAL DETAILS

Name: _____

Address: _____

Contact Details Home: _____

Contact Details Work: _____

Email: : _____

Requested Book/Video

Title: _____

Author: _____

Date of Publication (if known): _____

Credit Card Details

Mastercard

Visa

Bankcard

Card Number: _____

Cardholder's Name: _____

Cardholders Signature: _____

Expiry Date of Card: _____

I hereby authorise the AACBT to deduct the cost of the borrowed item from my credit card in the event that the item is not returned within eight weeks of the delivery date.

Signature: _____ Date: _____

Library Address

Post Office Box 148

Herston QLD 4029

Ailie_Perich@health.qld.gov.au