

AACBT Qld Executive

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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

The state executive and conference organising committee have been working hard behind the scenes. Among other things, Treasurer Michael Free and I have put in a concerted effort to bring up to date finances that were several years behind by the time they were handed over to the current committee. Months of dedicating an evening each week to filling in financial spreadsheets and completing Business Activity Statements is not my idea of a good time; yet Michael and I have done that and are now up to date with our federal obligations. There are still backdated financial reports needed at State government level so the next round is still ongoing. From talking to others who serve on committees, it's clear that it's not an uncommon experience that systems go awry. However, I have reminded the committee and would like to remind the membership as a whole that voluntary work such as serving on the AACBT committee is part of a person's professional role. Sharing the load and the responsibility makes sense, but it is important for volunteers to be accountable and to enlist advice and help if needed.

Secretary and Conference Co-Convenor, Alina Morawska, has been a great asset since taking on these roles earlier this year. She recently launched our new website: www.aacbtqld.org.au

The AGM will be coming up soon – look out for your formal notification (date TBA). Interested parties are welcome to nominate for any position, but currently we're especially interested in nominees for Vice President, Promotions, Assistant Treasurer, and NQ liaison.

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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Executive/Newsletter contributions: Heather Green h.green@griffith.edu.au

Workshops report

Melanie Fennell's workshop in Brisbane on 17-18 August was well received – see workshop review and feedback summary below. Special mention goes to those workshop participants who braved traffic snarls and in many cases travelled long distances to attend.

Still to come this year are **Jeffrey Young** “Schema focused therapy”, **25-26 October 2006, Brisbane**; and **James Bennett-Levy** who will be presenting on “Behavioural Experiments” in **Townsville** on **17 November 2006 (note date change since previous newsletter)** and **Gold Coast** on **22 November 2006**.

Looking further ahead, AACBT Qld is pleased to announce that international CBT luminaries **Arthur and Christine Nezu** will be presenting in Brisbane and North Queensland in May 2007. This has been initiated by Queensland Cancer Fund for whom the presenters will be offering a number of other events as well as workshops for AACBT.

With all of these workshops and a conference to organise, smaller events have taken more of a back seat recently. We hope to move “out of the pub” and have at least some of our debate/discussion events as a weekend daytime event from 2007. Suggestions for topics and presenters are welcome.

North Queensland members have benefited for a number of years from the great workshop organising abilities of Tania Mitchell. Tania will not be able to do this role in 2007 so we are looking for a **new North Queensland Liaison person**. The role involves tasks like organising a workshop venue, local advertising/promotion, and presenter's accommodation, while the committee in Brisbane handles the financial side and can help out with any difficulties. One option could be to have someone based in Cairns and perhaps alternate annually between a Townsville workshop and a Cairns workshop. Please speak up if you are interested – there is plenty of help available to whoever takes on the role (from Tania and the rest of the committee) – other states envy our regional workshops program so let's keep this great resource going...

Brisbane Workshops Coordinator Laretta Lewis can be contacted on psychology@iinet.net.au

Heather Green

Overcoming Low Self-Esteem: A Cognitive Perspective

Review of Two Day Workshop presented by Dr Melanie Fennell, Brisbane, 17-18 August 2006

As a first time attendee of an AACBT workshop I had been looking forward to the two day workshop on overcoming low self-esteem with cognitive therapy presented by Dr.

Melanie Fennell. Melanie is based at the Oxford University Dept. of Psychiatry and is the Director of Cognitive Therapy Studies and a founder of the Oxford Cognitive Therapy Centre. There were about 20 participants who attended the two-day workshop. These numbers brought a nice dynamic to the group and allowed for regular input from participants. The longer two day format was especially good as it gave participants an opportunity to really develop an understanding of the subject matter and to apply this to their own therapeutic setting.

A measure of the interactive nature of the workshop was demonstrated by one of the opening activities. Melanie encouraged participants to consider a few key questions we would like answered through the workshop. These were recorded on a sticky note and placed on a whiteboard. Over the two days Melanie referred to these questions and at the conclusion were asked to revisit our questions and remove those questions which had been answered. From a personal perspective I was looking at practical strategies to use to assess and work with those with low self-esteem (LSE). What initially attracted me to this workshop was that LSE seems to be a common experience of many of the clients I work with.

One aspect of the training that was emphasised was that of the behavioural experiment. These are those challenging tasks that typically therapists ask clients to complete between sessions and are designed to test the validity of long-held thoughts and beliefs. In keeping with the notion of developing empathy with clients participants were asked to design a behavioural experiment to trial overnight. We worked in pairs alternating the role of client and therapist. This was a considerably more challenging task than it first appeared. The initial task was to develop an experiment that would be challenging and could be carried out overnight.

I chose a cleanliness task which necessitated me not washing my hands for an entire evening whilst preparing and eating a meal. I had hoped this would simulate the situation for a client with an obsessive compulsive disorder. Carrying out the activity proved to be considerably more difficult than I first envisioned. I did however manage to complete the task despite feeling uncomfortable at times. The following day participants were given the opportunity to reflect on the experience both with the group and with our 'therapists'. Many found the experience challenging and some found it difficult to complete the task. However in true therapist fashion there were no failures and we were encouraged to process and learn from the experience whether or not the task was completed. For me it really highlighted the courage many of our clients demonstrate when they regularly undertake these challenges.

I found the two day workshop to be extremely rewarding both professionally and personally. The presenter Dr. Melanie Fennell not only displayed an in-depth understanding of the conceptual framework of LSE she also communicated her considerable experience in application of these principles. The combination of didactic presentation, individual exercises, discussion and videos of treatment sessions made this a rich learning experience. Suffice to say by the end of the two days there were very few sticky notes remaining on the whiteboard.

Nathan Seefeld

Overcoming Low Self-Esteem: A Cognitive Perspective

Feedback on Two Day Workshop presented by Dr Melanie Fennell, Brisbane, 17-18 August 2006

A total of 19 surveys were received from the 23 participants and 3 AACBT committee members	Definitely Agree	Mostly Agree	Neither Agree/ Disagree
1. The content of the training was useful	18	1	
2. The presenter was knowledgeable about self-esteem and cognitive therapy	18		
3. The training was conducted in a professional manner	18	1	
4. The location of training was appropriate	11	7	1
5. I feel more confident integrating these skills in my therapeutic practice	7	10	1
6. I would recommend this training to colleagues	16	3	

COMMENTS

7. What were the best aspects of this training?

- All of it really.
- The very effective techniques
- Melanie
- The natural approach by facilitator incorporating professionalism and answering inquiries precisely. Good mix of presentation eg. Video, lectures et. With knowledge.
- The practical application of theory
- Melanie Fennell is one of the best teachers on cognitive therapy and behavioural experiments I have ever experienced. Her low key sense of humor, her respect for participants, her use of experiential learning allowed for more personal engagement, lovely pace.
- Structures for conceptualization of LSE
- Demonstration of techniques, especially experiential learning.
- MF's energy, charisma and ability to explain concepts. Video clips were fun and such a creative way of understanding it.
- Day 2 take away exercises to use and examples and experiential stuff!
- Discussion and exercises
- Approachability of presenter, opportunities to discuss things in person
- Interactive, thorough content, applicable, adjusted to participants needs
- Melanie has an informative and relaxed presentation style making learning comfortable. Great tools for professional use.
- Group work
- Presenting of information in a practical relevant manner
- Presenter's knowledge and skills in presenting knowledge eg. With humor and anecdotes
- Riveting presentation, good exercises, like the video/dvd segments; presenter very knowledgeable

- Melanie's unique style, integrating theory, practical e.g. applied activities and humor. Really enjoyed the 'flowers' and prejudice model.
- Melanie's well organized presentation. Very professional and friendly manner
- Enjoyed the adjuncts-new material ie thoughts are not facts list. Cartoons, sayings and video fantastic. Experiential approach and pairs work was excellent
- Information was accessible and well integrated. The presenter was generous with concrete examples and analogies.

8. What aspects of this training would change or be improved?

10 surveys had nil comments

- More days
- Tables to write on – practical arrangements
- More examples of references available on days of workshop
- I would like to see a few more video's of therapy.
- Sitting for long periods
- Handouts containing all PP slides
- Would have liked copy of all lecture slides e.g. slippery slide; emotional memory
- I would like the notebook to contain more information around the dot points because my memory is so poor.
- Probably needs 3 days and taking time to learn and practice
- The chair situation. Felt cramped and difficult to see the overhead etc.

9. Were there any areas you expected to be covered and weren't?

Most surveys had no comments for this question.

- Expected a more highly structured specified approach but found the diversity of presentation inspiring.

10. Do you have any additional comments?

- Very useful; beneficial workshop.
- Highly recommend
- Very worthwhile. Like the breadth of Melanie's definition of CBT
- Useful for more than just self esteem but very useful there.
- Lovely venue, great presenter (can see why you invited her back)
- Very helpful, thanks for your efforts in organizing this.
- Good Stuff!!
- Overall liked the 2 day format, it allowed depth and exploration Great presenter, knowledgeable and approachable
- Well done
- This was excellent teaching and used good adult learning
- Very good seminar. My second MF seminar and I'll be back next time.
- Thank you so much. A very enjoyable as well as informative workshop
- Fabulous, thoroughly enjoyable, informative, didactic and inspiring.
- Thanks
- Most clinicians who attended had some form of private practice. Thus, to consider loss of income coupled with the workshop expense, perhaps future workshops could be conducted on weekends.

- This workshop didn't seem to be well advertised, as I only found out about it from a colleague 10 days prior. I couldn't find any info on the AACBT Qld website.
- Would be nice if there were locks on the toilet doors
- Very good workshop
- So impressed with her time structure and great learning. Would definitely attend another workshop held by MF.

Lauretta Lewis

2007 Queensland Conference

Thank you to those who responded to the call for conference organisers in the previous newsletter. The conference is being planned for the Gold Coast, with the most likely dates as **6-10 October 2007** (to be confirmed). The committee now consists of:

- Co-Convenors: Alina Morawska and Heather Green
- Scientific Convenor: Murray Dyck
- Venue Liaison: Ailie Perich
- Social Convenor: Mark Boschen
- Registrations Coordinator: Allison Waters
- Volunteer Coordinator: Shirley Morrissey
- Sponsorship & Marketing: Julie Hodges
- Technical Liaison: Mark Boschen
- Keynote Liaison: Michael Free

We are still in need of someone for the role of **Treasurer**. Most of the above roles also need **subcommittee members**, so if you have an interest in a particular area and would like to help out, please let us know. **Conference registration is free** for those who help organise it. Interested parties can contact Alina or me: alina@psy.uq.edu.au, h.green@griffith.edu.au

Heather Green

Association for Behavior Analysis Convention

Review of Conference, Atlanta, Georgia, 26-30 May 2006

This year, the Association for Behavior Analysis (ABA) invited the AACBT to present a poster on our activities at the 32nd Annual ABA Convention. It would be a great opportunity for networking with other affiliate organisation and to look at ways in which to focus some of the AACBT's activities towards behavioural research and interventions, which has been waning in recent years. Poster in hand off I set on the 24 hour flight.

Considering I was a little jetlagged, Saturday started well with a meeting of affiliated chapters to hear about issues of the various groups. There was a strong parallel with some of AACBT's current issues, including maintaining standards and accreditation, educational opportunities, membership and growth of the organisation and dissemination, publication and promotion.

The ABA is a member organisation with 23 special interest groups and 57 affiliated 'chapters' both in the US and Internationally. Affiliated chapters, of which AACBT is one, are independent associations and groups encompassing behaviour analysis/therapy that have a relationship with the ABA. The ABA was established to promote the experimental, theoretical and applied analysis of behaviour. The AACBT is one of the larger affiliated chapters. The International affiliates are represented on the ABA council by Simon Dymond from Swansea.

Brunch next at the International Development Brunch where I chatted to Jay Birnbrauer from Murdoch University and the outgoing ABA President, Fran McSweeney. Jay is a well known member of the WA branch of the AACBT and a founding member of the ABMA. SABA International Development Grant recipients were announced. The Society for the Advancement of Behavior Analysis is the fundraising arm of the ABA and provides grants for international projects in need of support in the area of research, education, practice, publication or networking. Three grants of up to \$1000 are awarded each year to ABA members and the deadline for this year is 29 September.

In the evening, the 'Behavioural Bash', run by the Student ABA, filled up a couple of hours making fun of facilitated communication, conference attendees and famous faces in BA. A fire-eater topped off an entertaining evening.

Sunday was a day of complex theoretical argument. What I learnt most was how much I had forgotten of the language of behaviour theory after so many years in applied research and it was a good reminder of the benefits of theory driven, well-conceptualised research. There was a complex theoretical presentation by Howard Rachlin on self control and social cooperation. A presentation on the theory, operationalisation and measurement of mindfulness by Ruth Baer was very interesting, especially given the most recent AACBT Conference in Melbourne, if not a little incongruous in the purist behaviour analysis context. Then an overview of an extensive program of research dating back to the 1980s on the reinforcing properties of drugs, again back to theoretical concepts of how behavioural variables moderate choice to use drugs.

In the evening at the ABA Expo poster session, the AACBT poster drew much attention, if not only because it (and I) travelled such a long way. There were quite a few Australians there, including Daryl Cooper and Jura Lender from WA, well known early members of the ABMA/AACBT, and Mike Mathews from Sydney a relative newcomer originally from the US.

And an admirable number of young Americans wanting to lead the crusade to resurrect BA in Australia. To end a fruitful evening, I won a coveted 'ICE ABA' t-shirt from the Icelandic ABA featuring a fetching drawing of BF Skinner. I'm traditionally more of a Pavlov gal myself, but it will be an attractive addition to my wardrobe.

Highlights from Monday included a controversial session highlighting the lack of evidence for biomedical and pharmacological treatments and a session on contingency management in substance use disorders that demonstrated the use of basic science in applied research and the translation of research into practice. It also emphasised for me some of the limits of behavioural therapies and the ways in which the 'softer sciences', as one conference attendee put it to me, can contribute to the effectiveness of behavioural interventions.

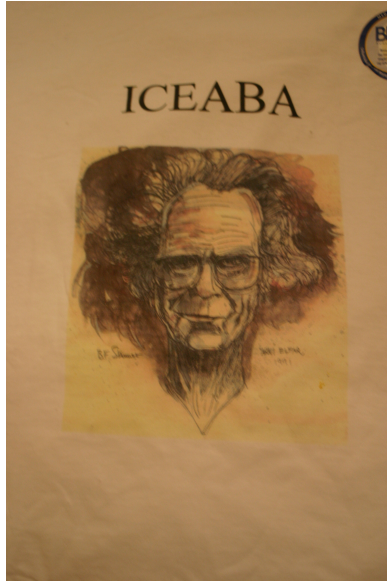
The final day and one of the highlights, Victor deNoble, the fast talking scientist who once ran a secret lab for the cigarette company Phillip Morris, told the story of those days up to 1994 when during the senate hearings his confidentiality clause was lifted. His mission was to find an additive to cigarettes to replace nicotine that was addictive but didn't have the cardiovascular risks. In the end, he did find this secret component but the company shelved the idea after legal advice. Since they'd been claiming that cigarettes were safe, they couldn't market a product that implied that they had been lying all these years. It was a 'lay' presentation with some scientific licence taken in the description of highly technical processes, which upset a few of the more hard nosed in the audience.

Many people associate behaviour analysis primarily with autism treatment and disabilities, and certainly the large proportion of the conference dealt with these topics, but behaviour analysis covers a wide range of basic science and clinical applications, including substance abuse, parenting, parkinsons, teacher training, general skill development in adults and children and organisational behaviour management. There were even sessions on acceptance and commitment therapy, values, consciousness and terrorism.

One particularly interesting aspect to the conference was the deliberate consumer participation. There was a special category for parents/consumers to attend the conference and a specific session for parents and professionals to discuss the conference and common issues in autism. Consumer participation is often uncomfortable for researchers and clinicians, but can improve service provision, funding and policy by increasing community understanding about health options and resulting in a consumer driven push for services. This is evident in the US in the area of autism treatment where consumers have apparently been central in increasing the demand for behavioural therapy services, creating a large and thriving public and private industry in the area.

It was a huge conference, with an estimated 5,000 registrants, over 40 concurrent sessions each day, upwards of 450 papers and symposia, close to 100 workshops and nearly 800 posters. The 33rd ABA convention in San Diego is in May 2007 and there is an ABA International conference in August 2007 in Sydney. Check the ABA website for details (www.abainternational.org).

Nicole Lee
National President



The coveted ICE ABA t-shirt



The AACBT Poster

International News

The Association for Behaviour Analysis newsletter Volume 29.2 is now on the ABA International Website at:

<http://www.abainternational.org/aba/newsletter/vol292/>

This issue contains an update from the SABA President and recognition of 2005-2006 SABA donors. As well, it includes applications for students to apply for the Sidney W. and Janet R. Bijou Fellowship and the SABA Experimental Analysis of Behavior Fellowship. All eligible students are encouraged to make applications for fellowships to support their research. There is also an International Development Grant application, which ABA members interested in implementing international development projects are invited to submit.

You will also find a recap of the 2006 convention in Atlanta and information about the 2007 autism conference, "Progress and Challenges in the Behavioral Treatment of Autism"

The issue also introduces the 2006 ABA Fellows and updates of many of ABA's chapters, special interest groups, boards and committees. We hope you enjoy reading about the rich variety of activities of these groups, and wish to thank all of the contributors for sharing this information with the ABA membership.

Association for Behavior Analysis, Courtesy of Nicole Lee

Charles Sturt University**Masters and Doctorate Programs****In****Clinical Psychology and Forensic
Psychology****(by distance education)**

Applications are invited for enrolment at Charles Sturt University in the Master of Psychology and the Doctor of Psychology programs in clinical and forensic psychology commencing February 2007. The Master of Psychology programs and the Doctoral programs are accredited by the Australian Psychological Society. To be accepted into the Masters or Doctoral programs applicants should normally have obtained an honours degree in psychology at a level of 2A or higher and be registered with a state Psychologists Registration Board or eligible for registration. Applicants for the Doctor of Psychology program who already have an appropriate Masters degree in psychology will be given advanced standing. Part-time students with an appropriate Masters degree in psychology would normally be expected to complete the doctoral program in three years.

Applications for the first round of offers close September 30, 2006. Later applications can only be considered if the quota is not filled from the first round.

For further information and application forms contact: Sally Garrett on 02 6338 4553, or email psychadmin@csu.edu.au

SYD06
AACBT CONFERENCE**29th AACBT National Conference****Manly Pacific, Sydney, Australia
18th - 23rd October 2006****<http://www.aacbt.org.au/conference>**

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: _____

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