

## 2009 Council Meeting Update

### PACFA MEMBER ASSOCIATIONS

#### ACT

Counselling and Psychotherapy Association Canberra and Region  
Society of Counselling and Psychotherapy Educators

#### TOLERANCE

#### How your Association is represented at Council and what happens

Currently there are 36 Associations around Australia that agree to abide by PACFA standards for Counsellor and Psychotherapy training. The Council is made up of Delegates from each of these Associations, numbering between 45 and 70 with a breakdown of one or two Delegates per Association.

#### NSW

Association of Personal Counsellors Inc.  
Association of Transpersonal and Emotional Release Counsellors  
Australian and New Zealand Association of Psychotherapy (NSW Branch)  
Australian Association of Somatic Psychotherapists  
Australian College of Psychotherapists  
Australian Hypnotherapists Association  
Australian Somatic Integration Association  
Counsellors and Psychotherapists Association of NSW Inc  
Gestalt Australia New Zealand  
Institute of Clinical Psychotherapy Inc.  
NSW Institute of Family Psychotherapy  
Psychoanalytic Psychotherapy Association of Australasia  
Western Pacific Association of Transactional Analysis

#### DISCUSSION

#### QLD

Australian and New Zealand Society of Jungian Analysts  
Australian Association of Group Psychotherapists  
Clinical Counsellors Association  
Queensland Association for Family Therapy  
Queensland Counsellors Association Inc

#### CHALLENGE

#### SA

Australian and New Zealand Psychodrama Association Inc.  
Australian Radix Body Centered Psychotherapy Association  
Counselling Association of South Australia Inc

#### EXPANSION

#### LEADERSHIP

#### VIC

Association of Solution Oriented Counsellors and Hypnotherapists of Australia  
Association of Soul Centred Psychotherapists Inc.  
Australian Centre for Psychoanalysis  
Counsellors and Psychotherapists Association of Victoria Inc  
Dance Therapy Association of Australia  
Melbourne College of Contemporary Psychotherapy  
Melbourne Institute for Experiential and Creative Arts Therapy  
Music and Imagery Association of Australia  
Victorian Association of Family Therapists

#### DIALOGUE

#### TAS

Professional Counselling Association of Tasmania

#### COLLABORATION

#### WA

Australian Association of Relationship Counsellors  
Christian Counsellors Association of Australia Inc  
Psychotherapists and Counsellors Association of WA

#### GROWTH

## 2009 Council Meeting Update

This edition of PACFA eNews is for the sole purpose of updating you on the March 2009 Council meeting. This is in keeping with the Board and Council's intention and commitment to increasing transparency and involvement of Member Associations (MAs) across the country

### Background, venue and duration

The council meeting is held twice a year in March and August. The August meeting also incorporates the AGM. A decision was made to hold the meeting in Sydney this year as many Associations (and therefore Delegates) in addition to Board members are from NSW. A great central venue with a 'good food' menu was discovered by Caroline and was much appreciated. The meeting was held over two days commencing at 10am on Saturday 21<sup>st</sup> March and concluding at 2.30pm on Sunday 22<sup>nd</sup> March.

The passion and energy of Board members and Delegates who gave up their time and weekend to attend and engage so enthusiastically was inspiring. The overarching aim of the lively discussion was to enhance, develop, legitimise and bring to full bloom the growth of the profession of counselling & psychotherapy within Australia- and obviously a continuing process. March 2008 was my first experience of the meetings and I was left then and again following this meeting, with a deep sense of awe and respect for the tireless work that is going on behind the scenes and upfront to this effect.

Part of my aim, through the newsletter is to bring a glimpse of this world to the members of the MAs. It can be useful, comforting and supportive in such a challenging and changing environment to know that you are not alone. You are supported by a dedicated group of people who are fully committed to the development of the profession that will in turn assist you in whatever counselling path your studies or career may take you.

### Items on the Agenda

- Australian Register of Counsellors & Psychotherapists (ARCAP)
- Better Access Initiative (BAI) review and associated submission to KPMG
- The Structure of PACFA
- Training Standards
- Reports from: CEO, President, Research, Ethics, Treasurer, Training Standards, PACFA Register and Course accreditation were tabled and accepted.

The Board members were all present with the exception of Ione Lewis who was missed very much and unable to attend due to sad and unexpected circumstances. Tim acknowledged Ione and the outstanding support she provides to him in her role as vice-president.

Discussion re all topics was healthy, respectful and robust. Difference was valued while also challenged. Irritations and anxieties were aired, named and contained under the able guidance of President Tim Johnson-Newell as Chair. There was feedback from the floor on the solidity and a 'working well together' experience of the Board, that was welcomed by all Delegates.

### Outcomes of Agenda Discussion include:

- In regard to **ARCAP** the deed and constitution have been agreed to by all parties. It is ready for populating as it comes more fully into being over the coming months. Dr Colin Benjamin was acknowledged for his tireless work in contributing to its creation.

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- In regards to the **KPMG review of Better Access Initiative**, you will all have had opportunity either individually or through your executives to comment and feedback to Dr. Colin Benjamin who is compiling a final report for submission following an 8<sup>th</sup> April meeting. The meeting on the 8<sup>th</sup> April occurred between Shane Rendells of KPMG, Dr. Colin Benjamin CEO PACFA, Tim Johnson-Newell President PACFA and Charles Wilson, Secretary PACFA. You will be updated as to the outcome. The meeting has led to a request to supply a map of the distribution of the post codes of counsellors and psychotherapists to demonstrate the extent that these practitioners could extend access to mental health services across the country.
- The main questions the Council were given to discuss and provide feedback to Dr. Benjamin were:
  1. What has been the impact of BAI on counsellors & psychotherapists-giving specific examples and evidence?
  2. What has been the effect on clients- again support with specific examples?
  3. What are the issues that should be addressed in making BAI available to counsellors & psychotherapists- e.g. evidence based practice?
- Discussions re **training standards** and PACFA structure are continuing. You can check the website for the current situation regarding training standards. Changes tabled were to do with definitions and points of clarification.
- Re **PACFA structure** and role, a commitment to improving communication 'within and between' was seen as a top priority and discussion will continue as to how best to

improve this. Creating a role description for the Reference group and ensuring that all MAs are aware of this group, and who their section representative is, was considered an important first step.

- A priority regarding **research**, as highlighted in the research report, is for all members to complete the online survey at <http://www.thissurvey.com/apcws> so if you haven't so far completed it, please take the time to do so and thank you if you already have. The research director can keep track of how many from each state has responded, so we may be able to have some healthy competition between the MAs. *Shall I open up a research completion competition section as a footy tips/pools look-a-like??*

### Conclusion

I hope this update has provided you with an insight into what goes on at Council meetings and in particular opened up for you 'more' of your umbrella organisation.

You are the critical reference group in terms of PACFA, you are an important and vital part of the life of the organisation and we welcome your input and feedback.

The next edition of eNews is the March/April one and will be out early May. Send in your stories and poetry and updates from your professional world. Thank you to those of you who already have. Deadline for submission is 25<sup>th</sup> April.

Until next time,

Warm regards  
Rosemary Watkins  
**eNews Editor**  
*roving reporter at Council meeting*