



Association of  
Personal Counsellors Inc.

# PROFESSIONAL DEVELOPMENT 2010

- 17th April - SUSAN COLEMAN - 9:30-4:15  
*Introduction To Dialectical Behaviour Therapy*
- 28th August - AGM 10-12 followed by  
MARGIE COHEN - 1-4:15pm - *Stuckness*
- 30th October - COLLEEN HIRST - 9:30-4:15  
*Relationships and Sexual Issues*

Where: Concord Community Church,  
cnr Victoria Road and Concord Road, Concord

When: Registrations 9am. Workshop starts at 9.30 am and ends by 4.15 pm

Cost (Full Day Workshop): APC and CCAA members \$90.00;  
non members \$120.00; Students \$45.00.

(Half day workshop): \$45 for members; \$60.00 for non members  
All food and drinks provided.

DBT - Dr Marsha Linehan developed Dialectical Behavior Therapy (DBT) as an application of the standard behaviour therapies of the 70s, in order to treat chronically suicidal individuals. It has evolved to incorporate dialectics and mindfulness practice and is used to treat people with borderline personality disorder (complex post-trauma issues), substance use disorders and eating disorders. Randomised controlled trials have shown DBT to be effective with these disorders. DBT provides tools and strategies to increase client and therapist motivation and facilitate change. It teaches skills to manage crises when the situation cannot be improved in the short term, skills for interpersonal effectiveness, and skills for managing emotional dysregulation. The one day workshop will address the philosophy, theory and structure of a DBT program, look at applications to working as an individual psychotherapist in the absence of a full program, and provide an opportunity to practice some DBT skills.

SUSAN COLEMAN is a clinical psychologist currently working in adult mental health with Sydney West Area Health Service. She has 10 years experience working with the Dialectical Behavior Therapy (DBT) model and managed the Cumberland DBT program for five years. She has undergone Intensive DBT training with Behavioraltech, Dr Marsha Linehan's team from Seattle. She also has a private practice.

STUCKNESS "Workshopping 'stuckness' through various psychotherapeutic models: TA; EFT; Narrative approach; and a Developmental approach" This will be an interactive workshop including a presentation, case studies and a demonstration/ role play session. It will be designed to equip us as practitioners to have a range of creative ideas and models to access so we can find a "best fit" for the individual client struggling with stuckness.

MARGIE COHEN- In my past work life, I have been an English/ History teacher, (between 1976 and 2003). My present work life is as a counsellor began in 1998. I have had a special interest in young people and their families, having worked in a DoCS funded position as an adolescent and family counsellor for 6 years, and more recently in private practice, primarily with families and couples. I have also been a trainer for St Mark's NTC, (since 2006), teaching both the Certificate and Advanced Diploma in counselling skills and involved in a pilot programme in Couple Counselling. My latest project is around facilitating placement and supervision of new counselling graduates into Coast Care Counselling, a community based company which supplies low cost counsellors to local centres, as a pathway into the work place.

### Registrations to Jennie Lakos

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THE MYSTERIOUS DISTANCE BETWEEN A MAN & A WOMAN - SEXUALITY, SENSUALITY & INTIMACY - This interactive workshop will explore sexuality in the context of intimate relationship. We will explore desire discrepancy, libido, the language of love and the impact this has on intimacy. We will identify the physiological, endocrinal and emotional differences between men and women in their approaches to love-making and sex. We will develop our practitioner competence and skill to appropriately discuss sexuality and intimacy with respect and confidence.

COLLEEN HIRST -is a registered psychologist, couple and family therapist. She has been a practicing counsellor since 1980. Colleen Hirst has extensive experience in the provision of counselling, professional development, supervision and training. She is a clinical member of the Australian Association of Relationship Counsellors and completed her Masters degree in Family Therapy and is a full member of the Australian Psychological Society. She has an Advanced Certificate in Theology from Moore College. Colleen has presented training and consultation for a variety of organisations including the College of Counsellor Education (UNIFAM), TAFE, the Australian College of Applied Psychology, Anglican Counselling Centre, Lifeline, Wesley Mission, the Pastoral Counselling Institute, the Spastic Centre, Hastings Human Resource Group, Mission Australia, Family Worker Training and Development Program, Anglicare Youth Services, Lifestart, Youth off the Streets, Northcott Disability Services, Queensland Baptist Care and the Australian Association of Relationship Counsellors (AARC). Colleen is married to Greg and they have 5 children. She has presented on the subject of Parenting and Family issues for a wide range of church groups, pre-schools and welfare organizations. Colleen has worked in private practice for the past 12 years and is based in Merryland