

# Josette Hamilton

## Registered Psychologist



PO Box 6120

GIRRAWHEEN WA 6064

1<sup>st</sup> March 2016

Psychology Board of Australia

GPO Box 9958

Melbourne VIC 3001

[psychconsultation@ahpra.gov.au](mailto:psychconsultation@ahpra.gov.au)

### Re: Public consultation paper 26: Area of practice endorsements

Dear Board members,

I appreciate the opportunity to provide input on the definition of Counselling Psychology. I wish to give my full support for the revised competency statements provided to you by the *Association of Counselling Psychologists* and the *APS College of Counselling Psychologists* (attached).

I have read their updated description and list of competency statements. It is my opinion that this revision more accurately reflects the nature of our training, research, and practice in the specialised domain of Counselling Psychology, and will allow the public to make an informed decision in regards to their mental health care.

As a Counselling Psychology Registrar, I regularly see people with complex, severe, and chronic mental health problems and I have worked in a variety of settings, including psychiatric hospitals (both inpatient and outpatient). I see clients across the lifespan, from perinatal mental health to older age and palliative care clients.

Currently, in my private practice, I frequently work with clients with Autism Spectrum Disorders (ASD). These clients present with complex, comorbid conditions including bipolar disorder, obsessive-compulsive disorder, psychosis, depression, anxiety, PTSD, and personality disorders. My role also involves consultancy to a private psychiatric hospital as well as a community not-for-profit organisation. I am currently developing training for professionals working with clients with ASD in a group setting and I presented my masters research at the Asian-Pacific International Meeting for Autism Research in China, as well as locally to allied health professionals.

My role entails mental health assessments, case formulation, and evidence-based care that include, as needed, individual, couple, family and group therapies. The inclusion of competency statements relating to these skills is a far better reflection of my clinical work. It also accurately reflects the postgraduate training that I have recently completed. This comprehensive training, which covered psychopharmacology, allowed me to develop exceptional assessment, case formulation, and psychotherapy skills and knowledge.

Many clients have expressed their dissatisfaction with previous mental health services and have expressed their gratitude in being able to choose to access the competent care of Counselling Psychologists. I write this letter *in order to ensure that these vulnerable clients can access correct information in regards to Counselling Psychology*, to ensure that they are able to make an informed decision regarding their mental health care. Please do not hesitate to contact me if you have any queries.

Yours Sincerely,

Josette Hamilton

**Counselling Psychologist Registrar**

BPsych, GradDipEd, MPsych(Couns)

54 Angove St NORTH PERTH WA 6006

Phone: 0423121014

E-Mail: [josette@aspirefamilypsychology.com.au](mailto:josette@aspirefamilypsychology.com.au)

[www.aspirefamilypsychology.com.au](http://www.aspirefamilypsychology.com.au)