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Psychology Board of Australia
GPO Box 9958 Melbourne VIC 3001
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Re: Public consultation paper 26: Area of practice endorsements

Dear Board members,

Thank you for this opportunity to provide input on the definition of counselling psychology.

I wish to give my support for the revised competency statements provided to you by the Association of Counselling Psychologists and the APS College of Counselling Psychologists.

Having read their updated description and list of competency statements (attached) 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.

As a current private practitioner and past experience working in institutions and psychiatric hospital settings overseas, I see an array of people with complex, severe, and chronic mental health concerns, across the lifespan and cross-cultural context. My typical caseload entails seeing individuals and families with various concerns (e.g., domestic violence, suicidal risk, relational concerns) and psychiatric diagnoses (e.g., psychosis, PTSD, bipolar, mood, anxiety concerns, personality disorders). I also work with youths under DCPFS, who typically have a history of exposure to violence, abuse, and/or neglect. In my past work, in addition to psychotherapy, I am competent to conduct psychological assessments with various population groups (e.g., adults, forensic, cognitive, memory), as I've done in my previous work in a psychiatric institution. In addition, I provide couples, and family work dealing with marital conflict and caregiving concerns.

In other aspects of my professional work, I provide training to clinicians, helping them integrate an routine outcome monitoring (ROM) feedback approach to their treatment deliveries, to not just become "competence in the assessment of symptom severity using empirically valid and reliable measures," but also to assist them increase their effectiveness with the population that they serve.

In order to ensure quality and effectiveness of my work as a counseling psychologist, I've amassed about a decade's worth of outcome data, indicating the effectiveness of my work. As such, it is not enough for clinicians to cite the use of evidence-based practices. More importantly, all psychologists should aspire to hold accountable to their actual effectiveness, developing their own practice-based evidence, holding accountable primarily to our clients who seek our help.



Finally, I am also involved in conducting psychotherapy research, dealing with issues applied clinical research into practice, improvement of treatment delivery and professional development. (See references below for recent publications).

The inclusion of competency statements relating to mental health assessment, case-formulation, and appropriate evidence-based care (including couple and family therapy), is a far better reflection of both the postgraduate training I received and the clinical reality of my work.

If you have any queries please make contact on the details provided above.

Best regards,

Daryl Chow, MA (Psych), PhD (Psych)

Counselling Psychologist



Main Site : darylchow.com
Blog for Practitioners : [Frontiers of Psychotherapist Development \(FPD\)](#)
Blog for General Public : [Full Circles: Reflections on Living](#)
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