

2 March 2016

Psychology Board of Australia
GPO Box 9958
Melbourne VIC 3001
psychconsultation@ahpra.gov.au

Re: Public consultation paper 26: Area of practice endorsements

Dear Board members,

I wish to support the revised competency statements (attached) provided to you by the Association of Counselling Psychologists and the APS College of Counselling Psychologists. As a Masters of Counselling Psychology student and Registered Psychologist, I believe the revised competency statements more accurately reflect the work I do and will continue to do once I have completed my Masters of Counselling Psychology.

The training and research provided in the Masters of Counselling Psychology course has ensured I am competent in my knowledge and skills in providing evidence based therapies, in applying evidence based therapy relationships, have high level communication skills (both oral and written), and have highly developed interpersonal skills. The Masters of Counselling Psychology course has also ensured I have extensive knowledge of psychopathology and psychopharmacology, and am ethical and maintain professional practice in all aspects of my work.

In my psychological practice I provide psychological services to individuals, couples, families, and groups. I work across the lifespan with children, youth, and adults. The clients I work with are from various cultural backgrounds including Aboriginal clients. I also continue to work with clients from rural and remote Western Australia. I have worked in community based services, medical services, hospital based. I work with various stakeholders including doctors, schools, and government and community agencies.

My work involves assessment, formulation, diagnosis, and psychotherapy. I have worked with clients presenting with various issues including: depression, anxiety, self-harm, suicide, phobias, panic attacks, perinatal and infant mental health, relationship issues, attachment, domestic violence, drug and alcohol issues, complex trauma, post-traumatic stress disorder, bipolar adjustment disorders, eating disorders, bereavement, sexual abuse, personality disorders, conduct disorders, ADD, ADHD, other psychological issues.

The revised competency statements are a more accurate reflection of the work I do and will do in the future as a Counselling Psychologist. Thank you for the opportunity to provide input on the definition of counselling psychology. Please do not hesitate to contact me if you wish to discuss this further.

Sincerely,

Julie Waller
Registered Psychologist & Masters of Counselling Psychology student
BPsych