



Helen Bevan

Psychological therapy

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1 March 2016

Psychology Board of Australia
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Dear Board members,

RE: Public consultation paper 26: Area of practice endorsements

I appreciate this opportunity to give some input on the definition of counselling psychology.

I am working in a busy private practice. In the course of my work I provide support to people with a range of mental health issues such as Post Traumatic Stress Disorder (PTSD), Mood disorders such as Depression and Anxiety, Bipolar Disorder, Drug addiction and its co-morbid issues, and Personality Disorders.

I also work regularly with couples. Couples attend who want to repair their relationships and increase their functioning so as to provide a stable family life for their offspring. Couples counselling can include identification of underlying mental health issues in one or both parties. Often vulnerable children are helped greatly if the couple can be helped to relate in a more mutually beneficial way.

My post-graduate training has equipped me to assess mental health and to provide research-based appropriate care for a diverse range of mental health issues.

I would like to endorse the revised competency statements provided to you by the *Association of Counselling Psychologists* and the *APS College of Counselling Psychologists*

Kind regards,

Helen Bevan
B.Psych (Hons), M Psych (Counselling)