

COUNSELLING IN



GILLIAN ILIFFE

CLINICAL/COUNSELLING PSYCHOLOGIST

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2nd March 2016

Psychology Board of Australia
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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 it is my opinion that this revision more accurately reflects the nature of my training, research, and practice in the specialised domain of counselling psychology.

As a private practitioner with twenty years of experience, I can confidently state that seeing people with complex, severe, and chronic mental health problems, are an everyday part of my therapeutic work. In any given week I will see a number of people who are transitioning out of hospital-based psychiatric care, dealing with homelessness, family breakdown, violence, complex trauma, and co-morbid drug and alcohol problems. Many people I work with have diagnoses such as schizophrenia, bipolar disorder, PTSD, and/or personality disorders.

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

Gillian Iliffe

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