



Louise 'Lou' Grant



Psych Reg: 0001615954
Endorsed Counselling Psychologist



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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,

Thank you for this opportunity to participate in the public consultation process, specifically my 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 counselling psychologist, predominantly working with young people 12 to 25 years of age, I can attest that seeing young people with complex, severe, and chronic mental health issues, is an everyday part of my therapeutic work. Many of my clients have an experience of sexual, emotional, physical and psychological abuse, at times culminating in suicidal ideation and behaviours. I have worked and supervise in settings where the presenting psychopathology extends to diagnosis of clinical depression, PTSD, personality disorders, complex trauma, co-morbid drug and alcohol issues.

The inclusion of competency statements relating to mental health assessment, case formulation, and appropriate evidence-based care (including couple therapy), is a more authentic reflection of my postgraduate training and appropriate representation of my clinical experiences.

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

Sincerely

Louise 'Lou' Grant

Counselling Psychologist

B Psych, M Psych, MAPS