

4th March 2016

Psychology Board of Australia

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Dear Board members,

Re: Public consultation paper 26: Area of practice endorsements

I welcome the opportunity to provide input into the definition of counselling psychology. I thoroughly endorse the revised competency statements submitted to the Board by the *Association of Counselling Psychologists* and the *APS College of Counselling Psychologists*.

These revised competency statements provide a more precise description of the proficiency of those who practice in the area of counselling psychology. The definition of counselling psychology that is represented in these statements is one that is in line with our training, research and practice.

As a Counselling Psychologist, I receive extensive training and supervision to ensure that I am competent in assessment, case formulation and the delivery of evidence-based interventions.

As a practitioner that works the not-for profit sector, I see a range of clients with diagnoses such as PTSD, bipolar disorder, personality disorders and chronic substance dependency. I also work with clients within the perinatal period addressing disturbances in attachment and adjustment to motherhood, in combination with postnatal depression and anxiety. A large proportion of my clients also utilise medication in combination with individual counselling, thus requiring me to have good knowledge of psychopharmacology. The assessment and treatment of clients with complex, severe, and chronic mental health problems is a central part of my work. In addition to this, I see people on a daily basis who are dealing with issues such as complex trauma, dissociation, emotional regulation difficulties, and domestic violence.

The specific inclusion of statements relating to mental health assessment, case formulation and evidence based treatments is crucial in accurately reflecting both the training that we receive and the practical reality of the clinical work that we do.

Kind Regards,



Melanie Robson

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