

PENNY FOX

B.A.Hons(UNISA),M.A.(Couns.Psych.)(Natal, South Africa)
Counselling and Clinical Psychologist
Medicare Provider No: 4228083F
HBF Provider No.: 4228083F

17 South Street
South Fremantle
WA 6162

Email: pmcfox@gmail.com
Tel. 0448 103 820
08 93121520

3 March 2016

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

Dear Members of the Board,

I wish to thank you for this opportunity to comment on what I consider to be a significant issue in the practise of my profession.

I wish to give my full support for the revised competency statements provided by the APS College of Counselling Psychologists and Association of Counselling Psychologists (attached), as these far more accurately describe the breadth, depth and diversity of the training, research and practise of the specialised field of Counselling Psychology.

I am confident in providing this statement based on nearly 30 years of practising in this specialist area in both Australia and South Africa. Since qualifying in 1986 as a Counselling Psychologist I consult with clients (individuals, couples and families) from diverse cultures, presenting across the lifespan with the full range of mental health issues including those with complex, severe presentations (including Depression, Anxiety, PTSD, Eating Disorders, Personality Disorders).

Including in the Competencies statements referring to Mental Health assessment, formulation, diagnosis and psychotherapy with individuals, couples, families and groups across the life span is a far more accurate description of the work undertaken by Counselling Psychologists. Counselling Psychologists work within a more developmental framework focussing on enhancing functioning and empowering people through an emphasis on strengths and person-environment interrelationships, to assist in their overcoming psychological barriers to their sense of wellbeing. Thereby Counselling Psychologists also play an invaluable preventative role. Furthermore these emphases concur with the purpose and rationale behind the evolution of Counselling Psychology as a vital addition to the profession by attending to those people functioning in the community diagnosed with Mental Health disorders as part of their ordinary course of living (as opposed to inpatient care).

I am so pleased to see that at last these competencies are being reviewed and I hope they will be brought into line with how this area of our profession, Counselling Psychology, is trained and practised.

Yours sincerely

A handwritten signature in black ink, consisting of several loops and a long horizontal stroke extending to the right.

Penny M C Fox
Counselling & Clinical Psychologist
PSY 0001579500