

Greg Chidlow
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1C/73 Gibson Ave
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Psychology Board of Australia
GPO Box 9958
Re: Public consultation paper 26: Area of practice endorsements

Melbourne VIC 3001 psychcon

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 (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 private practitioner with over thirty years of experience, I regularly see people with people with complex, severe, and chronic mental health problems, referred by mental health practitioners in recognition of my skills. On a weekly basis I deal with complex trauma, complex grief, longstanding and severe childhood abuse, family breakdown, family violence and co-morbid drug and alcohol problems.

I have been asked to appear in court in regard to trauma issues, lectured to Clinical Psychologists about family violence and presented on numerous occasions to the medical profession in regard to complex grief. Many people I work with have diagnoses such as bipolar disorder and PTSD. I also work with couples where one or both parties have long standing complex trauma. Being able to offer couple therapy not only assists individuals in their relationship with their own personal issues (which include mental health conditions), but it also helps protect vulnerable others in our society whose lives are deeply affected by their exposure to dysfunctional relationships and conflicted family dynamics.

I regularly supervise students on University placements in aged care. These students are responding to many long standing and complex psychological issues, e.g. trauma, neglect, addictive behaviours. Mental health assessment, case- formulation, and appropriate evidence-based care (including couple therapy) are a regular occurrence and requirements within their clinical supervision.

With thanks in anticipation that you will give my colleagues and me a fair hearing this matter.

Greg Chidlow MPsych (Counselling Psychology)
Counselling and Clinical Psychologist