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03.03.2016

Psychology Board of Australia
GPO Box 9958
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Re: Public Consultation Paper 26: Area of Practice Endorsements

Dear Board Members,

I would like to express my gratitude for the opportunity to provide my contribution on the definition of counselling psychology.

I would like to convey my full support for the revised competency statements that have been submitted to you by the Association of Counselling Psychologists and the APS College of Counselling Psychologists. In my view, these revised competency statements more precisely support the skills, knowledge and experience of practitioners trained in the area of counselling psychology, such as myself. I have also attached the preferred competency statements.

My training in the Masters of Psychology (Counselling) program provided by Curtin University has taught me the skills that I use today in my practice. As a private practitioner, I provide specialised assessment services in the form of complex reports to the Department of Corrective Services. This includes psychological testing, psychological diagnosis, risk assessment, and case formulation on offenders awaiting sentencing by Court. In my training, I have attained the competencies in these areas that allow me to skilfully fulfil my role. For example, I recall that the Psychological Assessment unit that I completed included both Counselling Psychology and Clinical Psychology stream students.

My Masters training also taught me how to work with couples, families, children, as well as adult individuals with a variety of presenting issues. These issues include depression (including suicide and self-harm behaviours), anxiety, post-traumatic stress disorder and childhood trauma, sexual offending, substance abuse, violence, grief, personality disorders and other social, and emotional problems. I have also assessed and provided psychological treatment to individuals who have been released from psychiatric wards in hospital often with co-morbid diagnoses.

In light of the therapeutic work that I provide, and the responsibilities of my role as a psychological assessor, I welcome a review of the definition of counselling psychology. In my opinion, the attached statement of competencies better reflects the training that I have received in the areas of evidence based treatment, assessment, case formulation and the scope of my work.

Sincere regards,

A handwritten signature in black ink, appearing to read 'Gosia', enclosed in a thin black rectangular border.

Mrs Gosia Dagmara Stasinski
Psychologist
BSc(Psych), MPsych(Counselling Psychology)