

Friday, 4 March 2016 12:53 PM

To: Psychconsultation

Subject: Public consultation paper 26: Area of practice endorsements

Dear Board members,

I wish to express my support in regards to the revision of competency statements, which were provided to you by the Association of Counselling Psychologists and the APS College of Counselling Psychologists. I believe that this description is a more accurate reflection of the work provided by counselling psychologists.

I completed an undergraduate degree in Psychology at the University of Western Australia in 2007, and I am currently completing a masters in Counselling Psychology at Curtin University. During this time I have undertaken practical placements in counselling psychology as a Provisional Psychologist, and have provided therapy to those with complex diagnoses, such as borderline personality disorder, post traumatic stress disorder, as well as those dealing with a history of chronic abuse, sexual abuse and domestic violence. This is only a snapshot of the presenting concerns I have seen, and believe I will continue to see as I begin my career as a Counselling Psychologist.

The training I am receiving in the masters of Counselling Psychology is providing me with the skills to provide mental health assessment, case-formulation, and appropriate evidence based therapeutic intervention, including CBT, Interpersonal therapy, couples and family therapy, and many more . I believe that the inclusion of competency statements relating to these aforementioned skills is a far better reflection of Counselling Psychology and I would support your endorsement of this definition.

Thank you for this opportunity to provide input on the definition of counselling psychology.

Sincerely

Alicia Sullivan