

2 March 2016

Psychology Board of Australia
GPO Box 9958
Melbourne VIC 3001

Dear Board members,

RE: Public Consultation Paper 26 (Area of Practice Endorsements)

The purpose of my letter is to provide support for the competency statements revised by the Association of Counselling Psychologists, and the APS College of Counselling Psychologists, to inform a more accurate definition of Counselling Psychology in Australia.

I am a full-time second year student in the Master of Psychology (Counselling Psychology) course at Curtin University in Western Australia. The coursework units and practicum placements I have completed to date have required me assess and treat people with complex and chronic mental health issues across the lifespan.

During my two practical placements to date, I have encountered diagnoses such as depressive and anxiety disorders, conduct disorders, drug and alcohol dependencies, trauma related disorders, family breakdown issues, grief and loss, sexual disorders, personality disorders and a range of complex couples and family issues.

In addition, the coursework units covered in the Counselling Psychology Masters course place a strong focus on developing skills and applying evidence based interventions in individual, group, couples and family therapy, a strength of this course in comparison to the Clinical stream, and one that informed my decision when applying. Skills in assessment and case formulation are in line with those of the Clinical students, as both streams share these units in the first semester of both courses.

Based on my experience, I propose that the accredited post graduate training offered in the Counselling Psychology course at Curtin University reflects the revised competency statements provided by the APC and APS Counselling Psychologists, and need to be amended accordingly.

Kind Regards,

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