

2006

## Celebrating 45 years



Count up the numbers of people who have passed through our doors since 1961: Astonishing!

Count up the numbers of pioneering programs Cairnmillar has presented to the professional and wider communities over these 45 years: Amazing!



Count up the number of people we have trained and who have gone on to be notable contributors to the welfare of people and organisations in many countries: Astounding!

Count up the obstacles and the resistances that have been faced and transcended and the instances of goodwill and generosity that have encouraged and supported us: Awesome!



*We invite you to help us celebrate 45 extraordinary years by your generous gift: One dollar for each year or maybe \$10 or \$100 for each year.*

Every contribution helps keep Cairnmillar on this FRONT-LINE of best practice psychological care

## Out now *Two new books by Dr Francis Macnab*

### Don't Call Me Grumpy....

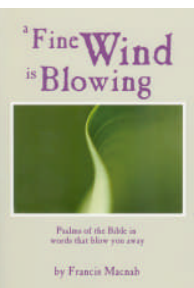


### *What older men really want?*

Every man over 50 knows things are different from when he was 30! Every woman knows how their men get disgruntled, disillusioned, and even destructive.

What does the Psychology of Older Men have to say about the older man's nostalgia, sexuality, anxieties, and his flat emotions? There is no psychology of Older Men. This book encourages all men – regardless of age – to think about a positive psychology for Older Men. For a happier more fulfilling life for both men and women, this book is an important 'read'.

*Published by Pluto Publications. Price \$26.95.*



### A Fine Wind is Blowing

This book would shock any psychologist eagerly attending the latest conference on Positive Psychology.

Psychology has been slow to realise how much our positive emotions affect our life, our relationships, our health, our world-view. In this new book Francis Macnab shows how the writers of the ancient psalms were strong advocates of the positive emotions. Of course they also knew how vastly destructive our negative emotions can be.

*Published by Spectrum Publications. Price \$19.95.*

*(This book sold 200 copies in its first weekend.)*

# WELCOME

## Ms Rosemary Grahame *appointed as Head of Clinical Services*



Ms. Rosemary Grahame has a great wealth of experience as a senior clinician. For the past twelve years she has worked at Larmenier a special education unit of Catholic Family Services.

Rosemary completed an M.A. in Clinical Psychology, which included a research thesis on family interaction. She also supervised clinical psychology students from Melbourne University and tutored medical students from Monash University.

She is author of *Surviving Childhood: A Guide for Adults in Handling Children's Problems* (Methuen Press)

## Dr Russell Deighton *appointed as Head of School*



Dr Russell Deighton joins us as our new head of School. Russell completed his doctoral studies at the University of Ulm in Germany, where he lived for the past six years. He has extensive training in

cognitive behaviour therapy including training in hypnotherapy. He has published numerous texts on various psychological topics including articles in peer reviewed journals and book chapters. His interests include emotional processes, somatization, pain syndromes, trauma, and cross-cultural psychology.

Russell describes his approach to psychotherapy as eclectic, within a cognitive behavioural framework.

## Three distinguished teachers join us.

Marilyn Cobain has for many years been a strong supporter of Cairnmillar. She previously taught at Deakin University. Is the former Chair of the College of Counselling Psychology, and a Fellow of the APS.

Dr Fred Taylor, one time our Deputy Director has returned to be part of our teaching faculty. He has many years of specialisation in Cognitive Behavioural Therapy. (C.B.T)

Dr Kate Kendall who undertook part of her psychotherapy training at Cairnmillar, has been appointed as a Cairnmillar supervising psychotherapist.

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Ms Carly Scott has joined us as our new School Registrar.

## Did you know.....

*that your negative mood affects your health and wellbeing?*

## Our new mood clinic attracts large numbers

Cairnmillar is once again blazing the trail. Our positive Mood Clinic has a long waiting list.

People who have joined the Mood Clinic Program have been very positive about the experience. That's good. It is, after all, a positive Mood Clinic.

In 2006 the Mood Clinic will be offered to people who have suffered a stroke. It is hard to IMAGINE the different emotions that hit a person first thing every day; that are part of the frustration and challenge of every day. If you know people who have had a stroke, suggest our Mood Clinic.

We are very appreciative of the funding support we have received for these Mood Clinics.

If you would like to participate or would like to refer someone, you would need to telephone

**Ms Lauren Stock on 9813 3400**

*for an appointment or to speak about your particular needs.*

## NEED HELP *with a gambling problem?*

If you feel that your gambling is getting out control, or, if you know someone who you think might benefit from receiving professional help. **Cairnmillar can help.**

We are about to begin a program that will focus on building a sense of personality enhancement. People who make their gambling an enticing habit lose the vital focus of their personality. Our program aims to be a valuable positive experience. It will begin soon. It is a free program, thanks to a very helpful grant we have received for this work from The Tattersall's Foundation.

For information, contact  
**Dr Glen Hosking on 9813 3400.**

## Dr Coral Brown *takes it to the* American Psychological Association Convention in Washington



Dr Coral Brown took Cairnmillar to the vast convention of the American Psychological Association in Washington of 10,000 delegates.

Cairnmillar had been invited to participate in an international forum within the convention. We had two things to offer – our own developed method of the therapy: Contextual Modular Therapy, (C.M.T) and its application specifically to people who have developed problems with gambling.

On her return, Dr Brown and Dr Glen Hosking presented a similar paper to the Australian Psychological Society Convention held in Melbourne. Both conventions showed a wide and intense interest in our C.M.T. It is the basis of the project we have devised for the large social problem that gambling presents for some people.

## Rising Stars in Psychology

Graduates from our psychology internship program continue to gain excellent positions. Last year was no exception.

*Andrea Campbell*, has been recruited to OzChild in Bendigo.

*Michael Pelligrino* took up a position working with young people at Frankston Community Health Centre.

*Margarette Otter* now works at Maroondah Hospital where she counsels women diagnosed with breast cancer.

*Penelope McDonald* is working at Jobco helping the unemployed get back to work.

*Sylvia Marov* works with adolescents in the Lilydale and Belgrave areas as a Youth Counsellor.

*Angie Foord* has been recruited to Billanook College as school counselor.

*Sue Balkin*, is extremely busy working with the CAT team in Albury.

Other interns continue to seek even greater challenges with *Philip Riley* undertaking his PhD as well as lecturing at La Trobe.

Yet others have gained entry in Masters programs at other universities.

## 2006 Graduation

*The Cairnmillar graduation was a high moment for everyone.*

Professor Maxwell Thompson, presiding, noted how remarkable it was that 50 people were listed for graduation.

The Consul General for Japan in Melbourne (Hon. Shisei Kaku) gave an outstanding address which evoked a very positive appreciation from all present.

Ms Helen Goh made an eloquent speech of thanks on behalf of the graduates.

Altogether, it was a colourful occasion made all the more by the Fellows of the Institute wearing their purple sashes.



## The John Waters Memorial Scholarship

John Waters died recently. He was one of life's generous gentlemen. Cairnmillar benefited greatly from his support at many points. At his memorial service, people were asked to make donations to Cairnmillar.

We have decided to use that money to form The John Waters Memorial Scholarship. Gwen Waters was so appreciative of this recognition, that she and her family have now set aside money for an Overseas Student Fellowship to bring a person from a less fortunate country to train for one year at Cairnmillar. This is a marvellous gesture.

## The Cairnmillar Masters Degree in Psychotherapy

Cairnmillar has received official approval to award a degree of Master of Psychotherapy. This degree is especially designed for people in all the helping professions. It is a significant additional degree that stands apart from the degree requirements of a person's specific professional association and society.

Cairnmillar regards this new degree and the recognition of its Post-Graduate Diploma as highly significant and cause for celebration.

## When was your last check up.....

### ***Been to the dentist lately?***

***Hopefully it was your regular check-up rather than a major dental problem.***

Dentists have done a great job in persuading us that prevention is vital.

So why not also for your emotional and psychological health? Maybe you think this is only for someone else. Or maybe you can say you don't have these problems. You don't?

You are human like everyone else.

Everyone benefits from the early preventive check-up. What's more, it is painless.

Do yourself a favour and book in for your emotional check-up.

***It is a very positive thing to do.***

## Our new resource centre

***If you are thinking there are ways to help people improve their lives and communities***

***Here is a great place to start.***

To ensure we maintain our reputation for excellence, we need help to build up our Resource Centre. What is it? It is a vital information back-up for staff and students. A vast amount of research overseas is being done on:

- Trauma therapy.
- Children with emotional and behavioural problems.
- Families' psychological needs.
- The persisting pain of grief.

Our Resource Centre will have a comprehensive collection of contemporary treatment journals. It will have an extensive bureau of psychological diagnostic testing equipment and materials.

We are proud of this achievement but would like to do more. We are seeking large corporate sponsors and individual contributions of this vital Resource Centre, to make a real difference to the work we do and the lives we touch. . ***Can you help?***



# Cairnmillar

### Privacy Statement:

In accordance with Australian privacy laws, your permission is required for Cairnmillar to continue sending you information about our activities. You will continue receiving information unless you indicate otherwise. If you have any questions about our privacy policy, or wish to be removed from our mailing list, or make changes or additions to your contact details, please contact us.

# 45 years of Change Appeal

I would like to support the 2006 Appeal with a gift of:  \$45  \$90  \$180  \$450 other \_\_\_\_\_

I would like to make my gift by:  Cheque: Cheques can be made payable to the 'Cairnmillar Institute Trust'

Or Credit Card:  Visa  Mastercard  Bankcard

Card Number:                      Expiry Date: \_\_\_\_/\_\_\_\_

Name of Cardholder: \_\_\_\_\_

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Post Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Please return to: THE CAIRNMILLAR INSTITUTE – 993 Burke Road Camberwell 3124

\* We would like to make public recognition of your valuable contribution

Please tick if you are happy for us to do this. Yes  No

**\* Donations are Tax Deductible**

