

Christmas 2006

THE CAIRMILLAR INSTITUTE: 993 Burke Road Camberwell 3124 • Ph: 03 9813 3400 • Fax: 03 9822 9764 • ABN 27 005 085 423 • www.cairnmillar.org.au

Celebrating 45 years

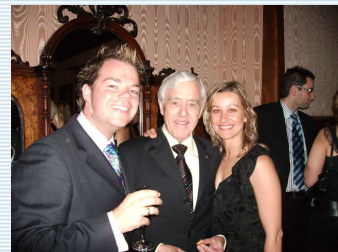
Cairnmillar has just completed 45 years of being an innovative psychological presence in Melbourne. In those 45 years it has earned a reputation for its high quality and pioneering work.

It has been, and continues to be, a trailblazer in psychological counselling and psychotherapy. Through its training programs and its specialist education programs it has a major contribution to the practice of psychology and psychotherapy throughout Australia and far beyond.

We celebrated the 45 years of Cairnmillar in the spacious heritage home of Andrew and Jane Fairley. Some 150 people gathered to mark this significant milestone. (Dr Macnab's daughter, Iona, made a surprise visit from Tokyo for the evening.)

Thank you to Andrew and Jane Fairley who donated their magnificent home for the evening. Thank you to all the companies who donated items for our auction and to all who attended to help us celebrate our 45th year. The night was a huge success!

We raised \$20,000 on the night. This money is going towards two things - 50% will go towards diagnostic equipment for the institute and 50% will go to the Cairnmillar Trust Fund.



Cairnmillar Welcomes International Students



STUDY IN AUSTRALIA

March 2007 will see the first intake of international students who will be studying for a Master of Psychotherapy or a Graduate Diploma of Psychotherapy.

International students already studying in Australia who have completed an approved four year sequence of study in psychology, will be eligible to join our psychology internship program.

Our new intake of international students will join many other graduates who continue to tell us that training from practitioners in the field, offers them something that is different and of real practical value to them.

John Waters Scholarship

We are excited to announce that the 2007 John Waters Memorial Scholarship has been awarded to Ms Diana Frazzei from Romania.

Ms Frazzei has a Masters Degree from Titu Maiorescu University in Bucharest. She brings many skills from her experience in individual and group psychotherapy and lecturing.

Overcoming Obstacles with Positive Emotions

During 2006 the Cairnmillar Positive Mood Enhancement Clinic has been reaching out to the community with one strong message – “Positive moods are a powerful source of well-being and fulfillment”. The Mood Clinic proposes that everyone can benefit from increasing their positive moods and learning the skills to better manage their negative or low moods. This is *not* just a clinic for people who are experiencing high levels of depression, anxiety or anger. It is a clinic to help people generally, understand their positive moods and be in positive control of them.

The Positive Mood Enhancement Clinic is conducted by Dr. Francis Macnab and Ms Lauren Stock. In conjunction with the Boroondara Stroke Support Group, we began a Post-Stroke Mood Recovery Program. Also run by Dr Macnab and Ms Stock, this program is specifically for stroke survivors and their families or carers.

Rehabilitation following stroke can be a time of fear, stress and uncertainty as the survivor’s emotional life is thrown into turmoil. In 2006, our clinic made contact with over 75 survivors of stroke.



This program has been free for stroke survivors in 2006 thanks to generous donors.



New Zealand

Cairnmillar psychologists recently presented papers at the joint conference of the Australian and New Zealand Psychological Societies in Auckland, New Zealand. Dr Coral Brown and Dr Glen Hosking were joined by Mr Phillip Riley from La Trobe University to present a symposium on treatment for individuals affected by problem gambling, techniques for relationship counselling, and research into teacher aggression.

Dr Russell Deighton also presented at the conference on burnout and compassion fatigue in therapists treating victims of trauma. Dr Deighton also chaired a poster session on trauma at the conference.

These presentations attracted a strong audience and received a positive response. The conference attracted almost 1,000 delegates who spent the week attending presentations on the latest psychological research from around the world.

A New Method of Treatment

In the middle of this year The Cairnmillar Institute began research investigating the efficacy of a new treatment program for people with gambling problems. The treatment extends the use of Contextual Modular Therapy (CMT), previously pioneered by Dr Macnab, which has been successful in treating a number of other syndromes.

CMT integrates several schools of therapy. Emphasis is placed on enhancing the personality of the individual, increasing their personal confidence and self-awareness. The project also provides an educational opportunity for interns at Cairnmillar, teaching them how to apply CMT to another population of clients.

It is anticipated that by the middle of next year a sufficient number of people will have undergone treatment to enable an initial appraisal of the efficacy of the treatment.



Welcome New Staff

Three new staff have joined Cairnmillar:



Mr Errol Akyalcin *appointed as Cairnmillars Internship Program Manager*

Errol brings experience and insight to the internship program after finishing his two year internship at Cairnmillar in 2003. He has also recently completed his Masters of Psychology from Monash University.



Mr David Morris

David has taken over managing the Gambling Pilot Study. He has worked in research in both academic and commercial setting for the past six years.

Mr Steven Shepherd has joined us as our new Finance Manager.

Medicare Rebates

We place the highest emphasis on our quality counseling work. Cairnmillar's distinctive reputation has been vastly enhanced by the work we have done (and do) in this field. Our consultants are all carefully 'hand-picked', as this very sensitive work is not something anybody can do.

We are pleased to announce that Medicare rebates are now available to us. To get a rebate, clients need to visit their GP prior to booking their first session with a psychologist and placed on a 'Health Care Plan'. Rebates vary according to the nature of the counselling work. Each consultant will provide that information at the time of your appointment. Medicare rebates can be claimed for up to twelve sessions in a calendar year.

For more information on Medicare rebates please phone Cairnmillar on 9813 3400.

Bouncing back from Trauma

The 2006 Joint Conference of the Australian and New Zealand Psychological Societies in Auckland provided a forum for researchers and clinicians working in the field of trauma to present their latest work. New trends in psychotherapy for posttraumatic stress emerged in these presentations, one of which was the emphasis being placed on the concept of resilience.

Resilience refers to an individual's ability to "bounce back" to previous levels of functioning after a trauma. Although many people suffer chronically from debilitating symptoms after experiencing a traumatic event such as a train crash or physical attack, a surprisingly large number of people are able to bounce back. In Auckland, the large number of studies focusing on resilience marks a broadening of focus in the field of trauma, away from simply understanding the pathological processes to an understanding of human ability to recover, and even thrive after a severe crisis.

