

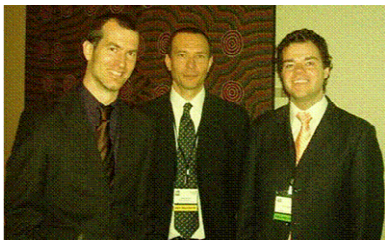


Many more seek help at Cairnmillar

Over recent months, many more people have come to Cairnmillar for counselling and therapy. There has always been a strong awareness of the significant and varied assistance that psychologists and psychotherapists can provide.

Many people have previously been deterred by costs, however health fund rebates have become available through Medicare. We are pleased to welcome many more people to our services. With 47 years of professional experience behind us, we are looking forward to 2008.

Low cost services are also available. We have a large team of provisional psychologists ready to help. The fee for this service is significantly less than for the specialist consultant work we provide. Please ask us about this.



Cairnmillar goes to Queensland

Cairnmillar staff recently presented a symposium at the Australian Psychological Society's annual conference in Brisbane. Dr Glen Hosking, Dr Russell Deighton and Mr David Morris presented on the topic 'How Deep Do You Go: Working beyond the symptom with the problem gambler'.

The symposium presented results from the institute's gambling research, which has been in operation for the past 18 months. The presentation spoke about the underlying issues that lead individuals to gamble excessively, such as trauma, loss, attachment and interpersonal relationships, and how attending to these factors can assist in alleviating gambling behaviour. The conference was attended by over 1000 delegates.

Message from Dr Macnab



A great deal of attention has been focused on the high incidence of depression in our community. Cairnmillar, from its beginnings, has been committed to prevention. This has again been in evidence in the creation of the Cairnmillar Positive Mood Clinics. They aim to help people identify their moods, and prevent their spread and their damage. Negative mood states affect work relationships, health, recovery from illness and coping with life-events.

The Mood Clinics of 2007 saw large numbers of people who wanted to know more about their moods, and how they can be prevented. The Mood Clinics for the carers and for stroke survivors have been free of charge, thanks to the generous gifts of The Miller Foundation, the Lord Mayor's Charitable Fund, Boroondara City Council and the Bentleigh Moorabbin Rotary Club.

Dr Francis Macnab AM

Upcoming events

Our 2008 program is now available.

- Master Degree in Psychotherapy
 - Graduate Diploma of Psychotherapy
 - Graduate Certificate of Counselling and Psychotherapy
 - Certificate of Counselling and Psychotherapy
- Are all available and ready for enrollments.

Enter in your diary our 2008 Graduation on Thursday 27th March 2008.

And there is the Summer School.

This is an excellent opportunity to be part of several courses over January. Look over the titles - you are sure to find one or more that will interest you.

Please ask for our school brochure.

 Cairnmillar
INSTITUTE

2008
Course and
Program Guide



What's new at Cairnmillar



New Look Cairnmillar

To mark our continuing commitment to psychological treatment, education and research, we recently launched our new logo and corporate image.

Our logo gives recognition to the many milestones we have reached over the past forty seven years. More recently we have:

- Students ready to graduate from the Master of Psychotherapy.
- Continued to be one of the first points of training for Psychology graduates
- Received accreditation as a Higher Education Provider
- Enrolled several overseas students
- Gained the ability to offer FEE-HELP to our students
- Continued to receive recognition for our research into problem gambling
- Continued community support through our counselling service.

Cairnmillar Triskelion

The Cairnmillar Triskelion is a highly prestigious award. It portrays a central core, representing the body of knowledge and wisdom. Three arms sweep out from the centre to represent the investment of that knowledge and wisdom for the benefit of individuals, the community and the helping professions. The intense colour of the central core portrays distinction, vitality and the importance of this outreach.

The Three Tenors are still alive and singing as well as ever...

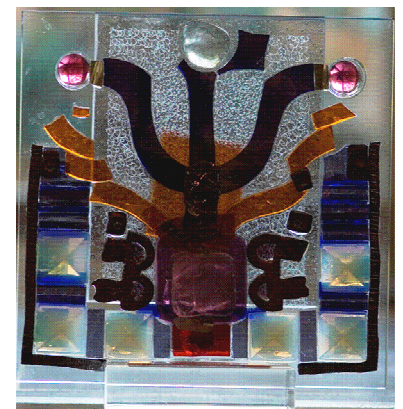
In 1997 Angelo Falcone, one of the closest known 'Pavarotti' look-alikes in the world, was having dinner with long time best friends Sandro Martino and Vittorio Sacca.

The three men recognised their astonishing likeness to Pavarotti, Domingo, and Carreras and a concert for charity the 'Three Tenors Show' was born. Since then, the three friends have flown around the world successfully impersonating the three opera greats and even played to 53, 000 fans at the MCG.

The three tenors with special guest soprano Carmela De Losinno will be live at St Michaels Uniting Church on Thursday 13th December between 6-8 pm.

This is a fundraising event for Cairnmillar.

Tickets are \$25/\$20 conc, available by phoning 9813 3400.



Welcome our new staff and congratulations



Mrs Elizabeth Redman

Elizabeth Redman has been appointed as a clinical supervisor. She comes with a wealth of experience in the education and health sectors. She has also undertaken Masters and Ph.D studies.



Dr Fred Taylor

Dr Fred Taylor, former deputy director at Cairnmillar is now back with us. He will be seeing clients, supervising and participating in programs.



Ms Kathryn Mikhail

Cairnmillar's first Master of Psychotherapy student was awarded first class honours by the external examiner of her thesis. It was recommended that she proceed further with her research into the effects of separation and divorce on children.



Mr Chris Caras

Chris Caras was recently awarded the Psychoanalytically Oriented Psychology Interest Group essay prize.

Each year the group awards a prize for the best student essay in Australia. The paper was read at the recent A.P.S. conference in Brisbane and he has been invited to submit the paper for publication.

Some of our research topics

Breast Cancer

Cairnmillar is about to begin a new study into the effectiveness of psychotherapy and the experiences of women with breast cancer.

Our researchers will offer FREE counselling for women who have, or have had breast cancer in the last 12 months. They will be exploring whether women see their diagnosis as a trauma or a challenge while also examining women's personality, levels of depression and coping mechanisms.

If you or someone you know may be interested in participating in this important study, please contact Ms Filia Papadimitriou at Cairnmillar on 9813 3400.

Other research topics

- The effectiveness of school-based counselling on children affected by divorce.
- Therapeutic possibilities for youths with disruptive behaviour disorders based on individual case studies.
- The effects of family therapy on families with an adolescent suffering from an eating disorder.
- The Application of Brief Psychotherapy for the Treatment of Borderline Personality Disorder.

