



## 12 Communities to Benefit

### HERE IS AN ASTONISHING STORY

Cairnmillar's Trauma Therapy Training Program has people in it from twelve communities across Melbourne. They originally came from Iran, Iraq, The Sudan, Ethiopia, Argentina, El Salvador, India, Poland, Greece, Finland, Israel and Lebanon.

This has been made possible by a generous donation of \$40,000 from The Brencorp Foundation. The course participants, as a result of their training, will be equipped to help people from their country of origin as well as Australians generally.

"In the past, our course in Trauma Therapy has helped people from Somalia, Turkey, Cambodia, Romania and the Aboriginal community," said Cairnmillar's Executive Director, Dr Francis Macnab.

"We hope for other generous donations so that more scholarships of this kind may be available in 2005," said Dr Macnab.



Certificate in Trauma Counselling & Therapy Class 2004/05

## Jenny Thompson & The TTK Project

Many Troubled and Traumatized Kids (TTK) will benefit from Cairnmillar's new program that Psychologist Jenny Thompson has commenced.

Children get depressed. Some are anxious about school. Others have felt the loss of a parent, or the divorce of parents.

Self confidence can be a huge anxiety for some children. This program will help them. It will help parents.

On the basis of her current cases, Ms Thompson has found that such children have often been affected by factors such as the separation of parents, domestic violence and school bullying, all of which impact upon children's behaviour.

"Childhood emotional trauma often manifests itself in depression and anxiety, behaviour problems, low self-esteem and difficulties maintaining friendships," said Ms Thompson.

The program is possible thanks to the support of the City of Boroondara, The Danks Trust, The Paul Edward Denhart Trust and The Ethel Herman Trust.

If you would like further information about this service please contact Ms Thompson on 9813 3400.

“Cairnmillar for over forty years, has been helping people to help other people with the crises, illnesses and relationship breakdowns that are so common in modern society.”

– The Hon. Justice Michael Kirby AC CMG, High Court of Australia.

Dr Francis Macnab, Executive Director, The Cairnmillar Institute



## Melbourne Rotary Club Honours DR FRANCIS MACNAB

Cairnmillar's 43 years of service to the community was recognised on 3 November 2004, when Melbourne Rotary Club presented Dr Macnab with the 2005 Vocational Service Award. It took place at the Rotary Luncheon in the Grand Ballroom of The Windsor Hotel in the presence of over 120 Rotarians.

Previous recipients of this meritorious Award include Dr Phillip Law, Sir James Gobbo, Sir John Holland, Professor David Penington and Professor Peter Doherty.

## Nobel Laureate Peter Doherty Cairnmillar's Next Chair of Patrons

Cairnmillar is honoured that Laureate Professor Peter Doherty AC, BSc, MVSc (Qld), PhD (Edin), FAA, FRS, has accepted our invitation to succeed Justice Michael Kirby. Professor Doherty has an outstanding scientific career. He is also well recognised as the 1995 Nobel Prize recipient, Australian of the Year in 1997 and Australian Legend 2002.

## Justice Michael Kirby – 10 Years as Chairperson of Patrons

The Hon. Justice Michael Kirby AC CMG of the High Court of Australia has been Chief Patron of The Australian Foundation for Aftermath Reactions (AFAR) for ten years.

“He has given Cairnmillar remarkable and highly enjoyable support. His speech at every graduation reflected his wide vision and great humanity and his personal concern for each graduate. We thank him,” said Dr Francis Macnab, Chairman of the AFAR Board.



The Hon. Justice Michael Kirby AC CMG of the High Court of Australia

## STROKE Support Program

Heart disease, cancer, strokes and mental and emotional stress are the FOUR biggest killers and disablers of human beings.

People who have suffered a stroke can be helped to cope better with some well-focused psychological support.

Dr Paula Bouldin of Cairnmillar, is about to begin a Stroke Support Group.

There are established Stroke Support Groups across Australia, but there is a major absence of a psychologically-orientated group that would:

1. Help rebuild self-esteem and self-confidence after a stroke;

2. Translate heavy pessimism into realistic optimism;
3. Prevent people slipping into a sense of helplessness after a stroke;
4. Intercept the persistent encroachment of depression.

Cairnmillar is looking for a sponsor for this important program that will ease many anxieties and help people to a better sense of well-being.

For further information or to discuss sponsorship opportunities, please contact Cairnmillar's Fundraising & Development Manager, Julia Serafin on 9813 3400.



The Cairnmillar Institute

## St Michael's Collins Street

“Cairnmillar helps the traumatised, the abused, the anxious, the bereaved, the troubled and the angry – helping these people in need get back on track...”

### Interns at Cairnmillar

Psychology graduates come to Cairnmillar for their internship training, prior to registration. We are pleased and proud that they will carry into their professional life the distinctive experience of Cairnmillar.

Seventy interns participated in Cairnmillar's 2004 Internship Training Program. Psychologist, Ms Wonita Lenehan, has done outstanding work in organising and administering this program.

Each intern attends course work, has a clinical placement and is under regular supervision by one of our staff.

“Our program has been recognised as one of the largest providers for obtaining probationary registration,” said Cairnmillar Internship Manager, Ms Wonita Lenehan.

Information packages and application forms for the Internship Program are available by contacting the Internship Manager on (03) 9813 3400 or visiting [www.cairnmillar.org.au](http://www.cairnmillar.org.au). For information on other Cairnmillar courses, contact the School Registrar on the above number or at [enquiries@cairnmillar.org.au](mailto:enquiries@cairnmillar.org.au)

St Michael's has been a primary supporter of Cairnmillar for over 30 years. During that time St Michael's has provided at least \$10,000 each year to the Trust Fund and it has given considerable sponsorship to other Cairnmillar programs. In addition, many people from St Michael's have made generous donations.

At the Welcoming Information Luncheon held at the St Michael's Centre in the city on 26 October 2004, Chair of St Michael's Council, Mrs Heather Martin, presented a talk on the important connection between Cairnmillar and St Michael's. Mrs Martin said, “this mutually beneficial relationship has seen St Michael's and its people sponsoring such programs as the Kindergarten Field Officers Group (KFOG) project; the SAGE program; and the Children's Trauma program.”



Left: Mrs Heather Martin, Chair of St Michael's Council  
Right: Dr Francis Macnab, Executive Director of The Cairnmillar Institute

## Case Study

### Amy Gets Through A Difficult Time...



Amy, a 10 year old girl, was brought to counselling by her mother because of school refusal and behavioural problems. Amy commenced individual counselling at Cairnmillar because she was experiencing significant separation anxiety from her mother and was often refusing to go to school.

During the first few weeks of counselling, Amy was highly anxious and refused to leave her mother's side. Eventually as she learned to trust her psychologist and communicate her feelings in her counselling sessions, her anxiety diminished and she was happy to attend school again without complaints. Amy's self-esteem increased, she became happier and had fewer temper tantrums at home.

### Did you know Cairnmillar...?

- Established the first centre for psycho-analytic psychotherapy and group therapy in Melbourne.
- Was the first to conduct preventative education programs for executives under stress at work.
- Created the first marriage, family counselling and education centres in the suburbs of Melbourne.
- Was the first to establish a successfully ageing education and counselling program to people 60-105 years of age.
- Was a pioneer in the field of spiritual intelligence, the value of relaxation, meditation and spirituality in the recovery processes after serious illness.

