

CONGRATULATIONS!



The annual Cairnmillar graduation was another highly enjoyable celebrative event. The intimacy of the evening gave it its own special style.

Noble Laureate Professor Peter Doherty AC presided and gave great warmth and dignity to the event, as well as a personal word to each graduate.

The graduation address was given by



Professor Melanie Oppenheimer of the University of Western Sydney. She spoke of the vital, and often neglected, role of professional women giving special mention to the heroism of wartime nurses.

It was a highly significant address as it focused positively on Cairnmillar's commitment.

EDWARD DE BONO

Dr Edward de Bono is known around the world for the way he has helped change human behaviour, and open millions of people to their possibilities.

Recently he visited Melbourne and very warmly accepted Dr Macnab's invitation to be his guest at St Michaels.

It was one of the great moments in the life of Melbourne.

Now that the Master of Psychotherapy program is in full swing, there are some very interesting student research projects emerging. Some of these projects are in their early stages, such as those of



Diana Frazzei, our John Waters scholarship recipient from Romania



Margaret Karafilowska, the recipient of a Cairnmillar scholarship for gambling research. Both have just begun separate projects in which they will be investigating how Contextual Modular Therapy can be used to treat problem gambling.

Lisa Thepvongsa is in the early planning stages of a field study on the psychological impact of people trafficking in Laos.



Vicki O'Dwyer, a family therapist working at Oak House with families in which an adolescent has an eating disorder, will be investigating how the Maudsley Model of family therapy can help to regulate family relations and promote a stronger sense of self-worth in the adolescent.



Kirsten Albrecht has also started preliminary work at The Oak Tree Foundation and is looking into the trauma experienced by volunteers working cross culturally.



OUR FIRST EVER MASTERS STUDENTS ARE IN THE FINAL STAGES OF THEIR THESES:



Michael Pellegrino is well underway in his investigation of adolescents with disruptive behaviour disorders.



Kathy Mikhail is currently drafting her final version of her thesis on the effect of school-based counselling on children's adjustment to parental divorce.

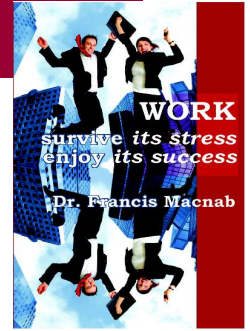
A lively research atmosphere is now emerging at Cairnmillar. We wish all those involved in these projects every success for their continuing work.

SOMETIMES WE LIKE OUR WORK

SOMETIMES OUR WORK STARTS TO DESTROY US

Work takes up so much of our lives. Even after people retire, they still talk about what happened in their 'working years'. "Our psychological health depends on how we work, love and play. Most people know what work means. Many become confused in their loving. Few know how to play." Dr Francis Macnab's book on work has been republished under the title of ***Work: survive its stress, enjoy its success.***

The book is priced at \$19.80 and is available at Cairnmillar and Angus & Robertson book stores.



CAIRNMILLAR'S RESEARCH FOR PROBLEM GAMBLING

For the past 12 months, Cairnmillar has been conducting research to test the effectiveness of Contextual Modular Therapy with problem gamblers. Contextual Modular Therapy is a novel therapeutic intervention that aims to enhance aspects of the individual's personality and identify unconscious processes that may lead to the individual gambling too much.

It is anticipated that the initial stage of this research will be completed by July.

Preliminary results are encouraging, with evidence that the therapy is leading to a reduction in gambling behaviour and improvements in personality factors such as self-esteem and autonomy. In September, Cairnmillar staff will present a symposium at the Australian Psychological Society conference in Brisbane outlining findings from the study. The title of the symposium is "How deep do you go? Working beyond the symptom with the problem gambler."

MY INTERNSHIP EXPERIENCE - A PERSONAL BIOGRAPHY FROM THE INTERNSHIP MANAGER

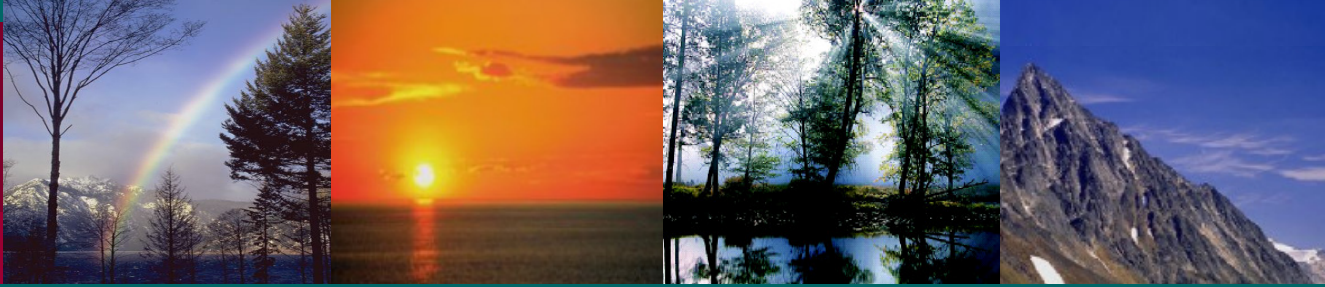


I have had a range of jobs and considered many different career paths throughout my life. In my work and personal life, I've always been fascinated by people and what motivates their behaviour. Studying psychology at university taught me things about myself, which forced me to grow in ways that I'd never imagined. This was fascinating, but I got stuck on the plateau of a cerebral learning experience and wondered how I was actually going to grow into becoming a therapist. I looked at different institutions and the myriad of qualifications that were on offer in my attempt to progress in the right direction.

I then heard about The Cairnmillar Institute and what they had achieved in the counselling community. I was thankful to enrol as an Intern and Probationary Psychologist. I began my internship with little experience, but with the assistance of warm and supportive staff, I was able to pursue my journey and learn the art of becoming a therapist.

Whilst rewarding, this journey was filled with anxiety - particularly, my first clinical placement and the anxiety I had at dealing with 40 psychiatric cases in psychosocial rehabilitation. However, thanks to the patience of my supervisor, I learnt how to be helpful to many of my clients.

It has now been seven years since I came to Cairnmillar, as a psychology intern. My Cairnmillar experience continues today in the role of Program Manager of the Internship Program, where I am able to impart my psychological knowledge and assist trainee psychologists to become ethical, competent and effective therapists.



POSITIVE MOODS ARE POSSIBLE – EVEN IN THE MOST UNLIKELY PLACES!

The Cairnmillar Positive Mood Enhancement Clinic has once again been very active in 2007.

Group members have gained new ideas and strategies to master their emotions and better understand their negative mood states.

The mood clinic isn't just another group for people who feel depressed, anxious or extremely angry – it is for everyone! We can all benefit from managing our moods better and experiencing more positive emotions.

The Post-Stroke Mood Recovery Program has yet again been a huge success in early 2007. Two programs were run concurrently at Cairnmillar and at the Knox Stroke Support Group.

This program helps stroke survivors to manage the frustrations, anger and sadness they experience after a stroke and helps to increase their positive emotions and coping with the constant difficulties they face.

At the end of the Knox clinic, one participant wrote an excellent commendatory letter:- "...thank you both for three amazing sessions which were not only enlightening but were also presented in both an entertaining and engaging manner. Thank you for a memorable experience and in many ways, a life altering experience."

For more information on either of these programs please call Lauren Stock on 98133400.

HELP IS AVAILABLE

Anna came to counselling for severe depression. On presentation, she was not sleeping, had little appetite, and found herself feeling down and depressed for most of the day. After coming to Cairnmillar for psychotherapy, Anna started to talk about some past traumas, and how they were impacting on her current mood. She was also able to explore how some of her past was impacting on her relationships with others.

As a result, Anna's mood improved dramatically. She reported getting a lot more enjoyment out of day to day activities, started to have more meaningful relationships, and started to sleep and eat better. She was very thankful for these improvements, and for the opportunities that Cairnmillar psychotherapy gave her.

SUCCESSFUL AGEING

SAGE is about successful enjoyable ageing.

It calls on the resources of clinical psychotherapy to enhance this process. The April session saw an attendance of 60 people, with a growing number of men being present. The day was devoted to the big H – the psychology for after 50 of:

- Happiness
- Heart (cardiac psychology)
- Harmony
- History (putting the past in perspective)
- Hope
- Health (emotional)

Dr Macnab is assisted by psychologist Lauren Stock.

There are six (sometimes seven) psychology interns leading the groups. This has now become an accepted part of the interactive teaching of our ageing psychology. They have shown a readiness to learn about group processes and they have played their valued part with increasing confidence and enjoyment.



