

# Learning and Development Programs



**Cairnmillar**  
INSTITUTE

# 2009





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# Consulting and Training Services

Cairnmillar has gained a unique position in the community as a provider of counselling and psychotherapy, learning and development programs, community education and professional training. Our experience of 46 years informs our services and programs. Cairnmillar's staff are highly skilled and experienced professionals. They bring to the learning experience specialist clinical and training skills. Our interactive learning programs encourage both personal and professional excellence.

## Consulting

Our consultants can provide professional services that target your specific areas of concern. We can help your company obtain the benefits of investing in the promotion of healthy individuals and workplace environments.

Cairnmillar can help you to make constructive changes which go on working for your organisation long after our programs are completed.

### We can help with

- Training needs analysis
- Psychological testing
- Employee assistance programs
- Staff selection assessment
- Team building
- Performance management
- Mentoring programs
- Coaching programs
- Debriefing services

## Training

Cairnmillar's knowledge, experience and expertise as training providers will bring to your organisation some excellent professional training and development programs. Our training programs provide individual learning and coaching that has the potential to increase motivation and improve effectiveness.

### We can help by

- Meeting with you to discuss your individual needs.
- Designing programs to meet individual needs and achieve your organisational potential.
- Conducting the programs outlined in this brochure in your workplace to provide you with flexibility.
- Responding in a timely manner to the demands of your organisation and its staff.



# Employee Assistance Programs

Cairnmillar's Employee Assistance Programs build on our long history of providing individual counselling for individuals from the community and from all levels within organisations. Our consultants are well trained professional psychologists who can assist in the resolution of personal or workplace problems.

## We can assist employees with

- Personal problems
- Depression
- Anxiety
- Loss of self-esteem
- Relationship and marriage issues
- Family conflict
- Victims of crime
- Grief and loss
- Stress
- Anger management
- Career choices and work issues
- Child and adolescent issues
- Substance abuse
- Gambling
- Sexual difficulties
- Management of pain

Programs are available by appointment  
Prices are based on individual programs

## Critical Incident Debriefing

Cairnmillar has developed its own critical incident debriefing program to help with traumatic incidents. Responding swiftly and appropriately is essential in containing the traumatic affects on individuals, workplaces and communities.

## We provide counselling and debriefing after

- Accidents and injuries
- Assaults
- Robberies
- Deaths
- Immediate debriefing after the event or crisis situation for all persons involved
- Follow-up counselling sessions for individuals on an "as needs" basis in the workplace or at Cairnmillar
- An ongoing service to make counselling available to all staff and family members affected by the incident

# Employee Assistance Programs

## Professional Development Seminars

Cairnmillar specialises in providing high quality professional development seminars for workplaces such as schools, hospitals and a wide range of corporate organisations.

Our presentations are based on our extensive professional training in psychological theory and practice and can be tailored to your company's individual training needs.

### Topics that have been presented include

- Counselling skills for children and adults.
- Communication skills in the workplace.
- Assertiveness in the workplace.
- How emotional intelligence can enhance your career.
- Critical incident debriefing.
- Stress management.
- Contextual Modular Therapy.
- Single session psychotherapy.

Cairnmillar can tailor a Professional Development Seminar to meet your organisation's training requirements.



## Personal and Professional Development Program

Cairnmillar's Professional Development Program provides a focused approach to the needs of people in a variety of workplaces. People at all levels in the workplace are helped to increase their professional and personal effectiveness.

### The program

- Working on a one-to-one basis with one of our consultants, we discuss and clarify individual needs and objectives.
- The program is then tailored to meet specific organisational needs.
- It incorporates processes for monitoring progress and evaluating working methods with a battery of tests.
- A written report on the outcomes and objectives is provided.
- Your staff will be able to build more effective working relationships through developing their communication and conflict management skills.
- Your organisation's "people management" skills can be expanded.

### Participant benefits

- To understand and deal with challenging workplace situations.
- To prepare for a promotion or a new position.
- Address motivation, performance and conflict management issues.
- Gain skills which they can use to train others.

### Who should participate

- New and experienced managers, supervisors, and team leaders.
- People considering, or being considered for promotion.
- Employees requiring professional support and development in a particular work-related area or designated site.

Programs are available by appointment  
Prices are based on individual programs



# Career Development

## Vocational Assessment – Individual Program

Many people need encouragement to gain promotion at their workplace. Some need support in forming a plan for their future careers. Others are entering the workforce for the first time or re-entering employment. Still others are facing redundancy, early retirement or might be considering entirely new careers.

### In this program you will

- Begin with a session to discuss your needs, aspirations and career objectives.
- Complete a series of psychological assessments to identify your interests, natural abilities, values and your personal qualities.
- Undertake a second interview at which you will be given detailed feedback on the results of the assessment. This personal feedback will help you to evaluate career decisions and performance goals.
- Receive a report on your vocational profile, detailing the recommendations discussed in the second session.

Available by appointment

Session 1 = 3 hours

Session 2 = 1 hour

Cost = \$500 and includes a written report

## Vocational Assessment – For Students

Students in Years 10, 11 and 12 – let us help you make the vital decisions about your future education and talk with you on a one-to-one basis about your expectations of a career path. Whether you are just entering the workforce, making career decisions or want to know what the possibilities are, our career development programs can help you reach clarity and direction.

### This is how we do it

- In your first session we will discuss your individual needs and establish where you think you are heading.
- Complete a series of tests that will tell us something about your present skills, interests and the way you think about issues.
- Your second session will be a discussion about what you have learned from the testing.
- You will take part in an exchange of ideas about the most appropriate courses and subjects.
- Talk through ideas about your career choices and other life plans.

Available by appointment

Session 1 = 3 hours

Session 2 = 1 hour

Cost = \$175 and includes a written report

## Interview Skills Training

This individual, three hour learning program will assist you to identify what employers want to find out in a job interview.

- Can you do the job?
- Will you do the job?
- Will you fit in?

The interviewee only has a short time to sell themselves and convince people that they meet this criteria. Your communication style and knowing your strengths as a person and employee are vital.

Working directly with one of our consultants we will assist you with constructive feedback on your presentation and delivery and provide you with a supportive environment to practice the skills learnt.

### This learning program will

- Take you through likely interview questions.
- Explain why they are being asked.
- Coach you in your responses.
- Enhance your communication skills.
- Improve your presentation skills.
- Provide you with program notes.

Available by appointment

1 x 3 hour session

Cost = \$375





# Professional Education and Development

## Introduction to Counselling Skills

Participants in this program will learn the basic skills required to become effective in helping people with their problems, their relationships and their lives. Through hands-on exercises and role-plays, participants will come to understand what is required to become an effective counsellor.

Participants will learn to recognise and develop the qualities required of helpers. Participants will learn the skills to respond meaningfully, to support people with their problems and to help them develop more effective coping skills. The course highlights the importance of active and reflective listening techniques, as well as self-management for counsellors. The emphasis is on developing practical skills and building your confidence and understanding of the counselling process.

### Topics to be covered

- Creating a helping environment.
- Active listening skills.
- Attending to non-verbal cues.
- Open and closed questions.
- Developing a collaborative relationship.
- Reflective and empathic responses.
- Solution-focused problem solving strategies.
- Counselling demonstration.

### Daytime programs

January 5 – 8  
March 16 – 19  
May 11 – 14  
July 6 – 9  
September 14 – 17  
Monday – Thursday  
10:00am – 4:00pm  
Cost = \$600

### Evening programs

January 28 – March 4  
March 25 – April 29  
June 24 – July 29  
September 2 – October 7  
Wednesdays x 6  
6:00pm - 8:30pm  
Cost = \$600

## Advanced Counselling Skills

Participants in this unit will learn to apply core counselling skills to particular problems and issues. Throughout the program, participants will be challenged to reflect on the way their own experiences impact on the counselling process and learn to recognise and manage their own stress. Participants will learn more advanced skills in maintaining the counselling relationship and managing any difficulties that may arise.

In this course participants will learn how to assess clients at risk, gain a range of strategies aimed at helping people who are feeling anxious and stressed and will also learn how to work with clients who have suffered a loss and are trying to cope with their grief.

### Topics to be covered

- Working with client resistance.
- Interventions for stress and anxiety.
- Assessing the client at risk.
- Counselling for grief and loss.
- Review micro skills.
- Review counselling techniques.
- Preventing counsellor burnout.
- Ethical issues in counselling.

### Daytime programs

January 19 – 22  
June 1 – 4  
November 23 – 26  
Monday – Thursday  
10:00am – 4:00pm  
Cost = \$600

### Evening programs

May 13 – June 17  
Oct 14 – Nov 18  
Wednesdays x 6  
6:00pm - 8:30pm  
Cost = \$600

## Cognitive Behavioural Therapy (CBT)

- What is CBT?
- How does it operate?
- Why is it effective?
- Who can use it?

We hear a great deal about CBT, its widespread application to many problems, and its effectiveness with some major problems.

In this workshop you will learn how CBT helps people think differently, feel differently and behave differently. Participants will hear how it can be used with considerable benefit for anxiety and stress related problems, depression and relationship conflicts.

Worksheets and questioning techniques that help clients to identify and correct their faulty thinking and explore their maladaptive beliefs will be presented and participants will have an opportunity to practise the method in role plays.

### Topics to be covered

- Theory of CBT and what it can achieve for clients.
- Techniques of self monitoring and self reinforcement.
- Strategies for identifying and correcting faulty, negative or irrational thinking.
- Identifying the origins, triggers and sustainers of irrational thinking.
- The critical components of CBT as a therapeutic intervention for depressed people.

January 19 – 21  
Monday – Wednesday  
10:00am – 4:00pm  
Cost = \$450

## Counselling for Loss and Grief

Loss and grief are associated most acutely with the death of a significant person. But increasingly, emotional loss such as divorce, estrangement and geographic distance, have become an integral part of life. Effective counselling can bring relief from the emotional pain of loss, soften the persisting memories and enable the person to move forward in more positive and appropriate ways.

Participants in this workshop will learn skills and interventions for working more effectively with people experiencing loss and grief issues. Participants will also be given the chance to reflect on their own experiences, sensitivities and strengths.

### Topics to be covered

- Overview of the theories of loss and grief.
- The “tasks” of grieving.
- Exploration of the different grief reactions.
- Exploring different kinds of grief.
- Counselling skills to facilitate the grieving process.
- Identifying abnormal or pathological grief reactions.
- Adaptation to the new reality.

January 19 – 21  
Monday – Wednesday  
10:00am – 4:00pm  
Cost = \$450

Our workshops are also available for on-site training

# Professional Education and Development

## Counselling Children and Adolescents

People from a variety of professional backgrounds are often placed in a position where they are required to become a counsellor or mentor for children and adolescents. Some young people do not want to come to counselling, won't talk, or are angry or depressed. It can be challenging to elicit difficult and sensitive information, while still maintaining their self-esteem and emotional safety.

Participants will learn practical counselling skills to help young people feel heard, express their emotions, learn new ways of thinking and other techniques that lead to behavioural change. Techniques for building self-esteem, social skills and confidence, through the use of worksheets and other play techniques, will be learned. You will also develop the consultative skills necessary for working with parents, teachers and other people involved.

### Topics to be covered

- Developing the therapeutic relationship with a young person.
- How to work with parents, teachers and other adults involved.
- Identifying risk factors that require your attention.
- Helping young people to tell their story.
- How to plan treatment interventions and utilise activities.
- Challenging negative thinking and faulty beliefs.
- Preparing children for the end of treatment.

January 12 – 13  
Monday and Tuesday  
10:00am – 4:00pm  
Cost = \$360

## Counselling Couples

Couples come for counselling because they are discontented, angry, disillusioned, and are in conflict over roles, over love, fear of intimacy and fear of the future. They say that they want a close relationship, but fail to achieve it.

Counselling with two people is much more complex than 1:1 counselling. This program will examine some of the complexities, identify the problems, explore alternative ways of managing dissatisfaction and conflict, help the couple regain confidence in themselves and their relationship. If positive objectives can be reached, this is a very satisfying counselling experience.

### Topics to be covered

- Become familiar with techniques for understanding and treating couples who find it difficult to establish and maintain close, fulfilling relationships.
- Gain an understanding of the couple's defenses, parental prescriptions, and negative thoughts that contribute to the conflict.
- Increase your understanding of appropriate techniques and interventions for working with negative interactional patterns.

January 15  
Thursday  
10:00am – 4:00pm  
Cost = \$150



# Personal Development Programs

## Managing Difficult People and Situations

Every day we can find ourselves needing the skills to deal with difficult people and situations. People may be difficult for a variety of reasons.

Difficult people can

- Quickly become moody, irrational and angry
- Be demanding, manipulative or abusive.
- Always complain, be overly negative, frequently critical.
- Be unable to leave past situations behind.
- Become hostile and disruptive to the workplace.
- Lack in communication skills or self-esteem.

In this workshop participants will gain the skills to increase personal resilience, manage challenging relationships, understand the different approaches and consequences to conflict management and learning to effectively apply them to their working and personal life.

[This one-day workshop is designed to help you](#)

- Understand the psychology of the “difficult” person.
- Understand common reactions to interpersonal conflict.
- Breathing and relaxation exercises to remain calm and gain confidence.
- Using communication skills to connect and diffuse situations.

April 21

August 18

10:00am – 4:00pm

Cost = \$175

This program can also be provided in three 1 hour individual sessions by appointment.

## Managing Anger

Many of us become alarmed when our anger gets out of control. While there is nothing wrong with the occasional outburst, if anger continues it can become a concern to you and to those around you.

In this workshop, you will learn the steps and skills you need to better understand and manage your anger more effectively. It will also help you understand and manage the anger of family members, colleagues, bosses or employees and the importance of self-awareness, thinking before you act and other proven anger management techniques.

[This one-day workshop is designed to help you](#)

- Recognise how anger affects your thoughts, feelings and behaviours.
- Defining why your anger is not helping you with what you want.
- Discover the impact of your anger on other people.
- Learn to break old patterns and assert yourself before anger takes over.
- Develop solutions for a more effective expression of emotions.
- Harness your own emotions when faced with other people’s anger.

May 12

September 22

10:00am – 4:00pm

Cost = \$175

This program can also be provided in three 1 hour individual sessions by appointment.

# Personal Development Programs

## Assertiveness Training

Do you want to be able to:

- Respond more confidently to other people and situations?
- Feel more effective in your workplace, personal relationships and daily interactions with others?
- Respond calmly and confidently to people and situations rather than react with anger or frustration?

This course will teach you alternative ways to deal with situations that are overwhelming or frightening and allow you to practice being more comfortable with yourself. Participants will find out what can make a person more positive and assertive if they are cautious, uncertain, anxious, or dominated by fears of various kinds. Reacting with anger, aggression and frustration can also be the result of not having the right skills to assert yourself. Our staff are well experienced at helping people individually and in groups to learn how to be assertive without being clumsy, aggressive or over anxious.

### Topics to be covered

- Understand the connection between self-esteem and assertiveness.
- Learn reflective listening skills.
- Identify the impact of your communication style on relationships, work and your emotional health.
- Identify and manage the fears and beliefs that block assertive behaviour or result in aggressive communication styles.
- Develop a range of approaches and strategies for enhancing assertive communication in a supportive environment.

Available by appointment

3 x 1 hour sessions

Cost = \$375

## Clear Thinking Program

This program will help you to identify and challenge faulty thinking that is keeping you stuck, repeating the same patterns in life and relationships that do not work. Sometimes it is hard to recognise the negative impact of your “self talk”. Our thoughts and self talk can be overly negative or critical, irrational or can be a result of holding onto beliefs or assumptions that are no longer adaptive for us.

Our thoughts are connected to our emotions and behaviour and therefore impact our work, relationships and satisfaction with life. We actually have more control over our thoughts than we give ourselves credit for.

This program will teach you the techniques to be more in control of what you are thinking. Learn how to tame your “inner critic” and see a positive flow-on effect in your moods and relationships and resilience.

Available by appointment

3 x 1 hour sessions

Cost = \$375

## Beating Stress

Discover the benefits of stress reduction for a happy personal and work life.

The ability to relax and reduce stress and tension in our bodies and minds is an innate human skill, but so is the ability to become stressed. For this reason, relaxation needs to be practised if it is to be achieved in everyday life.

Relaxation training has been found to be beneficial in the treatment and management of a wide range of conditions such as high blood pressure, cardiovascular disease, chronic pain, as well as anxiety and depression. In addition, it can be a supportive resource in times of crises, and has been shown to increase our general feelings of well-being.

In this program, participants will learn a variety of different types of relaxation techniques which can be practiced at home and adapted to a variety of settings including the workplace.

### Relaxation techniques that will be covered include

- Progressive Muscle Relaxation.
- Increasing awareness of breathing and other physical states.
- The use of imagery to enhance relaxation.

Available by appointment

3 x 1 hour sessions

Cost = \$375



# Personal Development Programs

## Building Blocks for Better Relationships

Whether you are single or in a relationship we can all benefit from finding out more about ourselves. Who am I and what makes me tick? You will learn more about your fears and anxieties as well as learn how to enhance your strengths and happiness.

This program provides you with an opportunity to talk one on one about the issues that affect you most at a time that is suitable for you. It will help you to discover and be yourself in a different way.

### Topics include

- Soul searching.
- Learning from the past.
- Taking charge of your life.
- Making friends, gaining confidence.
- Increasing your self-esteem.
- Getting what you want from relationships.
- Finding balance.
- Finding intimacy.
- Making the right choices.
- The psychology of resilience.

This is a six-session individual program for people who want to improve their knowledge of themselves and increase their satisfaction with life.

Available by appointment

6 x 1 hour sessions

Cost = \$750





# Positive Mood Clinics

## Positive Mood Enhancement Clinic

The Positive Mood Enhancement Clinic is a three week program that teaches people to better manage their negative moods and to increase their experience and expression of positive mood states.

Based on the theory of positive psychology, this program will enable participants to understand the triggers for their moods and make some important connections to past experiences that influence their mood. Participants will gain personal insights and practical strategies to better manage their emotional lives.

Positive emotions broaden our range of thoughts and behaviours, improve our problem solving ability and enhance our relationships. They have been found to reverse the stressful impact that negative emotions have on our internal organs and body systems.

### This course will

- Help you learn about your moods and the effect they have on your life, physical health and relationships.
- Help you better identify the external and internal triggers for your negative moods.
- Help you to better identify and understand the unconscious influences on your mood states.
- Provide you with techniques and insights for better mood management.
- Increase your experience and expression of positive moods and emotions.

Let us guide you to a new place where positive emotions are developed and maintained and exert a powerful and positive influence on all areas of your life.

Clinics are held throughout the year  
Please contact the Project Manager  
on 9813 3400 for dates

3 week program

6:00pm – 7:15pm

Cost = \$120

# Positive Mood Clinics

## Post-Stroke Mood Recovery Program

Rehabilitation following stroke is possibly the hardest challenge that many stroke survivors have ever had to face.

Adjustments to changes and losses in areas such as physical mobility, important relationships, memory loss or communication can result in emotions that are confusing and frustrating.

Managing the negative emotions of anger, frustration, and depression have a positive impact on the physical rehabilitation process and life satisfaction of stroke survivors.

This program has been highly effective for many stroke survivors.

### This program will help stroke survivors

- Discover how their positive emotions and moods can change the way they live.
- Connect with their positive emotions and help them feel there is an enjoyable life ahead.
- Get on top of their frustration and anger, and questioning “Why did this happen to me?”
- Understand and manage the many anxieties that arise following stroke.
- Come to an acceptance of the “new me” following stroke.

Clinics are held throughout the year

Please contact the Project Manager on 9813 3400 for dates

Mondays x 3 week program

2:00pm – 3:30pm

Cost = FREE thanks to a number of generous donors.



# SAGE Program

## **SAGE – Sensible Ageing for Growth and Enhancement**

SAGE is a program of the Cairnmillar Institute and is a joint venture with St Michael's Uniting Church. It is for people 45 – 100 years of age and is primarily aimed at making good use of psychology for the second half of one's life – the 30 Vital Years.

Everyone wants to live to a good age, in good health, with an alert mind, a lively outlook, and enjoyable social interests. One vast concern is that people are not prepared psychologically to move into various phases of the years over 50.

There are adjustments to be made, health problems to be dealt with, relationship changes, and the search for satisfaction, purpose and well-being. Another concern is the numerous stereotypes about life after 50.

Many people begin to be surprised that they have reached the age they have. Others recognise their growing constraints, become depressed, develop signs and symptoms of illness and disease and embrace many irrational beliefs about ageing. Retired people often feel useless and bored, and begin to see that their advice is not sought; their contribution is not as welcome as it once was; and the pursuits they thought would be exciting are less attractive.

But more people are exceeding the average life-expectancy. More people are living through their 80's; many reach 100; and an increasing number will do so! The SAGE program is about keeping psychologically fit and how to do it well.

[SAGE offers a variety of services, including](#)

- Lecture and discussion groups
- Therapeutic workshops
- How to harness your inner strengths
- How to deal with the worries of getting older
- How to look forward positively to the next phase of life

[SAGE clinics are held at St Michaels Centre  
120 Collins Street Melbourne](#)

[Every 4th Friday of the month](#)

[11:00am – 1:00pm](#)

[Cost = \\$15 includes sandwiches, tea, coffee](#)

[Check 'The Age' \(Saturday Extra\) for dates](#)

[Bookings are not required](#)

# Human Relations for Everyday Living

One of the distinctive features of this course is the way in which it has gradually evolved into the shape of a community, seeking to facilitate the reciprocal processes of care, concern, respect, responsibility and understanding.

The principal aim of this community is to foster a nurturing environment within which a network of 'genuine' relationships may be formed, while the wholeness' of individuals is preserved.

## How well do you understand yourself?

This unit helps you to make sense of the 'mixture' that we are. It is an ideal starting point for anyone beginning the journey of self-exploration and self-development. It is also a very valuable and succinct reference point for experienced travellers.

## Trusting the process

This unit helps you to understand why we can't initially just 'trust the process'. For most of us, there are actually two processes operating: one is authentic and the other is defensive. Through awareness and careful examination, you can come to see and realise which 'process' you need to 'let go', and which process you now feel confident to trust.

## Your capacity for closeness and the intimate connection

This unit is comprised of two parts. The first part will deal with our Intimate Connections. The second part will explore our Capacity for Closeness. We can't change others. We can only work with ourselves – but the effect of this, in any relationship, should never be underestimated.

## What sort of person are you?

The aim of this unit is two-fold; firstly to increase and strengthen our capacity for self-awareness and self-observation; secondly to demonstrate the way our 'false self' or defensive system is not so much an enemy to be conquered, but an indicator, showing us which 'lessons' we need to learn and how to learn them.

Please note: Each of the units in Year One, while interlocking with the others, is designed as a separate entity in itself. This is to encourage people who are unable to participate in the whole of Year One, to enter the course for the units of their choice.

Program held at Glen Eira College  
76 Booran Road Caulfield  
Thursdays 8:00pm – 10:00pm  
Cost = \$20 per night

### Unit one

Jan 29  
Feb 5, 12, 19, 26  
Mar 5, 12, 19, 26  
Apr 2

### Unit two

Apr 23, 30  
May 7, 14, 21, 28  
Jun 4, 11, 18, 25

### Unit three

Jul 16, 23, 30  
Aug 6, 13, 20, 27  
Sep 3, 10, 17

### Unit four

Oct 8, 15, 22, 29  
Nov 5, 12, 19, 26  
Dec 3, 10

# Cairnmillar Bookshop

## Course Titles by Dr Francis Macnab



### Traumas of Life and Their Treatment An Application of Contextual Modular Therapy Volumes 1 and 2

These two volumes focus on the major traumas of clinical practice, how to understand them and how Contextual Modular Therapy can be an effective and elegant method of treatment.

Both of these volumes have been written so that people will know they can recover from their traumas. It is also written as an added encouragement to their counsellors and therapists in helping them reach this important goal.

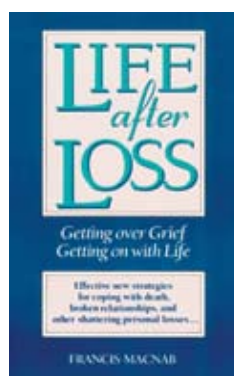
**Paper Back \$48.40 each**



### Psychotherapy New Directions for Clinical Practice

A Dynamic Application of Techniques and Resources. This book is a 'must'. It sets out a plan of therapy conducted over 6 sessions, giving high priority to the context of the problem, the person and the recovery. It has been helpful for people in several countries.

**Paper Back \$60.00**

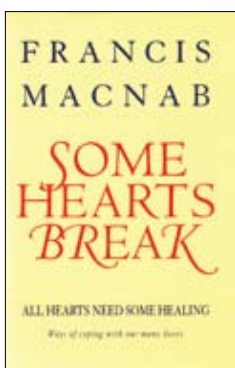


### Life After Loss Getting Over Grief – Getting on With Life

Effective new strategies for coping with death, broken relationships and other personal losses. **Dr. Macnab** focuses on getting rehabilitation and beginning again, rather than allowing to see loss as something that must be endured for years.

**Paper Back \$15.00**

## Other Titles by Dr Francis Macnab



### Some Hearts Break All Hearts Need Some Healing

How do people cope with terrible grief? How do they recover after a devastating loss? This book – based on the earlier widely read book Life After Loss – is important for therapists and other people who seek their help. It is one of the really authentic books on a realistic management of these deeply distressing experiences.

**Hard Back \$29.95**

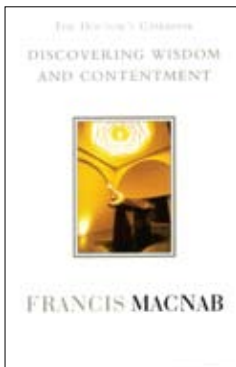


### Hungry For Love

We are always in search of love – in childhood and in adult life. What happens when you get badly hurt and disappointed in love? Can you, will you, love again? What do you do with the enemies of love: jealousy, anger? This book points towards the great positive emotion in our best ways of loving.

**Paper Back \$21.90**

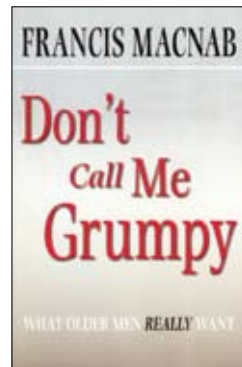
## Other Titles by Dr Francis Macnab



### The Doctors Casebook Discovering Wisdom and Contentment

It presents a fascinating and enlightening discussion of several cases: all real people searching for wisdom and contentment. People are here trying to make sense of their life and their relationships. The book is also a valuable resource for study groups.

**Hard Back \$33.00**

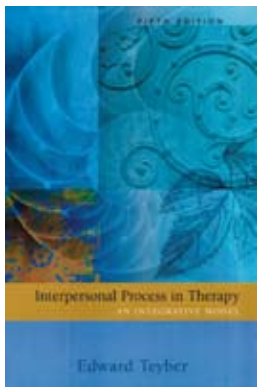


### Don't Call Me Grumpy What Older Men Really Want

Older men want the years ahead to be their best but according to **Francis Macnab** this won't happen unless a different 'older man's intelligence' is developed. This book is for all older men, who when they hang their boots up at the end of their life, would like to say, 'it was a bloody good ride!'

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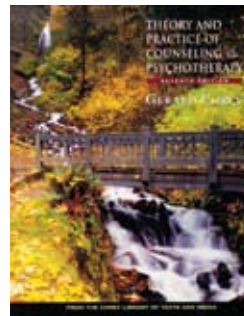
## Counselling and Psychotherapy Titles



### Interpersonal Processes in Therapy An Integrative Model

Like no other text available, **Edward Teyber** bridges the gap between basic skills, case formulations, and intervention strategies with clients in real settings. This edition captures the questions and concerns of beginning therapists and gets right to the heart of what you need to know.

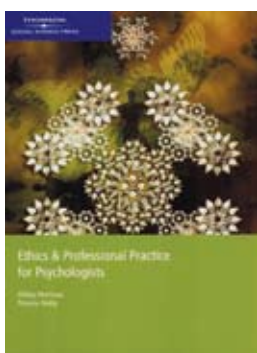
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### Theory and Practice of Counselling and Psychotherapy

**Gerald Corey** surveys the major concepts and practices of the contemporary therapeutic systems and addresses some ethical and professional issues. The book aims at teaching students to select wisely from various theories and techniques, which will help them develop a personal style of counselling.

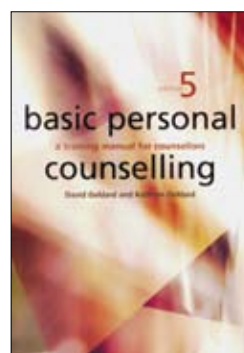
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**Shirley Morrissey** and **Prasuna Reddy** offer an understanding of ethics and professional issues that impact the practice of psychologists. This excellent sourcebook covers ethical theory, behaviours and dilemmas, competence, confidentiality, boundaries, diversity, ethics in supervision, in teaching, in practice and so much more.

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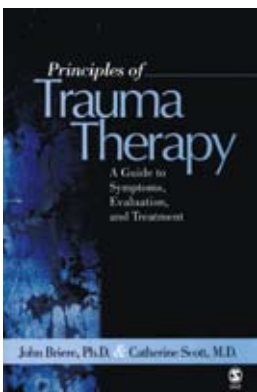


### Basic Personal Counselling A Training Manual for Counsellors

**David Geldard** and **Kathryn Geldard** offer an excellent resource for practical training courses in counselling, social work, psychology, welfare and nursing. This book is a comprehensive, easy-to-read introduction to personal counselling, written for professional and volunteer counsellors, and those who train them.

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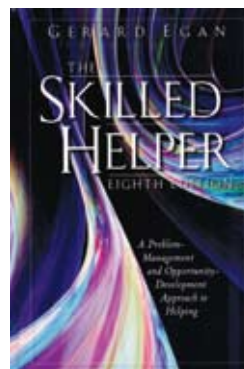
## Counselling and Psychotherapy Titles



### Principles of Trauma Therapy A Guide to Symptoms, Evaluation and Treatment

**John Briere** and **Catherine Scott** present a phenomenological perspective on trauma and recovery. A practical guide that integrates a multi modal approach to a wide range of post traumatic outcomes. Emphasises the critical role of the therapeutic relationship and offers special chapter that outlines the indications and limitations of psychoactive meditation in the treatment of trauma survivors.

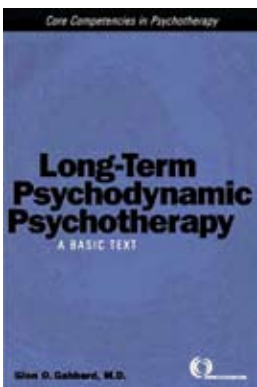
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**Gerard Egan** presents the collaborative nature of the helper-client relationship as it leads you step-by-step through the counselling process. Egan uses a practical three-stage model, helps building your competence and confidence and emphasises hope, optimism, and a self-healing approach. "No text compares to *THE SKILLED HELPER* in clarity and completeness"

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**Glen Gabbard** offers an practical text that covers everything from basic psychodynamic principles to patient assessments, starting and terminating therapy, interventions, goals and therapeutic action, resistance, counter transference, fantasies/dreams and concluding with the optimal use of supervision and how to measure core competency achievement.

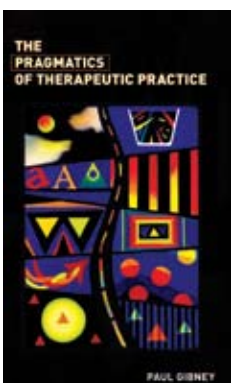
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Edited by **Robert A. Neimeyer**, this text stresses the role of continued symbolic bonds as well as the appreciation of life-enhancing growth as one integrates the lessons of loss. Theme presented is that symptoms in the bereaved have meaning-making significance and that meaning reconstruction in response to loss is the central process in grieving Includes case descriptions. For practitioners.

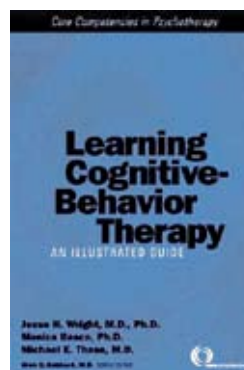
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**Paul Gibney** identifies ten essential dynamics at work in the development of the therapeutic domain in which therapist and client co-create a working environment. This structure provides the lens through which to explore the fundamentals of what occurs in the consulting room from the first session through to the last.

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*An Illustrated Guide (DVD included)*

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## Counselling and Psychotherapy Titles

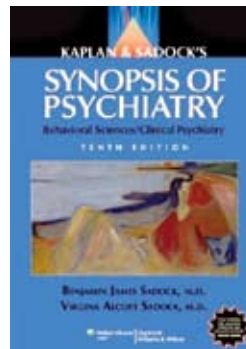


### Counselling and Therapy for Couples

**Lynn L. L. and Mark E. Young**

Covers a wide range of topics in couples counselling, giving you exposure to the key issues, the varieties of couples, numerous case examples and role-play scenarios which illustrate the application of concepts to real-life situations. The integrative model encourages you to identify workable goals and leading couples to agreement, rather than spending time analysing the personalities of each individual.

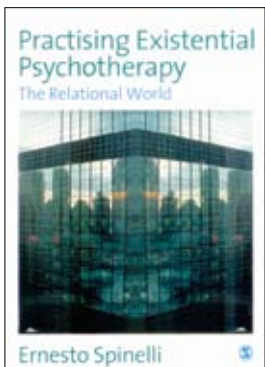
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### Synopsis of Psychiatry Behavioural Sciences/Clinical Psychiatry

**Benjamin Saddock and Virginia Saddock** take the DSM and expand on it. It captures current thinking on the diagnosis and effective treatment of mental and emotional disorders. The 10th Edition, features case histories, colour plates, colour cues. Includes psychotherapeutic and pharmacological interventions, and much more. This book should be on your shelf.

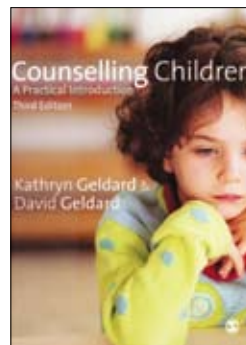
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### Practising Existential Psychotherapy The Relational World

**Ernesto Spinelli** examines the unique qualities and possibilities of an existential approach to psychotherapy. He provides a thorough and accessible account of existential psychotherapy in practice. The text goes on to develop a structural model for practice. This three-phase model is illustrated with descriptive examples and topic focused exercises designed to help readers develop their own practice-based understanding.

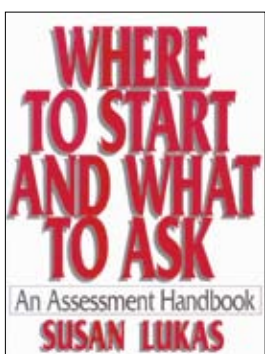
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### Counselling Children A Practical Introduction

**Kathryn Geldard and David Geldard** present a highly-practical, best selling guide to skills, techniques and strategies which can be used in working with children. It describes an approach which can be applied in any practice setting and features: Guidelines for using a range of media, activities and play, 30 photocopiable worksheets to use with children, the integration of individual counseling with family therapy and much more.

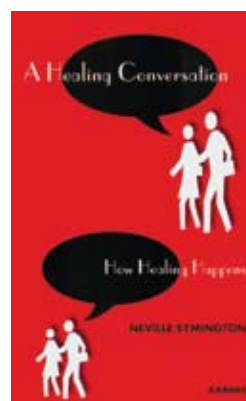
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### Where to Start and What to Ask An Assessment Handbook

**Susan Lukas** shows how to approach the initial phase of treatment and offers tools for gathering information from the client and a framework for thinking and formulating a thorough assessment. This book is intended for beginners and their supervisors. It alerts beginners to circumstances when they must seek guidance from their supervisor.

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### A Healing Conversation How Analysis Cures

**Neville Symington** considers how it is that someone can resolve a problem with another through conversation. Psychoanalysis and psychotherapy are based upon the assumption that it is possible to resolve one's troubles in this manner. This volume attempts to answer the question, why does conversation have the power to heal?

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4. If the student breaches the Institute's privacy and ethical conditions.
5. If the student does not accept the Institute's rules.

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Those wishing to apply for our Counselling Skills Units or any of our workshops, should complete the application form. To secure your place in the program, full payment must be made upon enrolment. Payments cannot be made on the day of the workshop.





# Application Form

## Program applied for

- Introduction to Counselling Skills
- Advanced Counselling Skills
- Cognitive Behavioural Therapy (CBT)
- Counselling for Loss and Grief
- Counselling Children and Adolescents
- Counselling Couples
- Managing Difficult People and Situations
- Managing Anger

## Program date/s

---

Name

---

Company (if sponsored by your workplace)

---

Attention to (if applicable)

---

Full postal address

---

Postcode

---

Email

---

Telephone (Home)

(Work)

---

(Mobile)

Facsimile

---

Current Occupation

---

Do you have a disability that we need to be aware of?

NO

YES

---

Have you undertaken any previous courses with Cairnmillar?

NO

YES

---

If yes, please list course name, completion date and course leader where possible

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## Declaration

I have read and agree to all Enrolment Conditions set by Cairnmillar Institute (please tick)

Name \_\_\_\_\_

Signature \_\_\_\_\_

Date / / \_\_\_\_\_

## Payment Options

EFTPOS    Cash    Cheque    MasterCard    VISA    Money Order

Payment \$ \_\_\_\_\_

Cardholder Name \_\_\_\_\_

Credit Card Number \_\_\_\_\_

Expiry Date / / \_\_\_\_\_

Signature \_\_\_\_\_

**Please note that payment must be made at the time of enrolment to secure a place in the program.**

\* Credit card payments accepted by telephone

\* Please make cheques payable to The Cairnmillar Institute

Where did you hear about this course (please tick)

Radio    Newspaper    Referral    Website    Former or current student

Other \_\_\_\_\_

Please forward completed application form by post, fax or email to:

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Cairnmillar Institute  
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Fax +61 3 9882 9764

Email [enquiries@cairnmillar.org.au](mailto:enquiries@cairnmillar.org.au)



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Cairnmillar has gained a unique position in the community as a provider of counselling and psychotherapy, learning and development programs, community education and professional training.

Our experience of 48 years informs our services and programs. Cairnmillar's staff are highly skilled and experienced professionals. They bring to the learning experience specialist clinical and training skills. Our interactive learning programs encourage both personal and professional excellence.





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