

Volume 5 Number 2 Winter 2005

COUNSELLING AUSTRALIA

Australian Counselling Association Journal



WINTER



**A Survivor's
Account of
Tsunami that
Devastated Sri
Lanka**

**Therapy For a
New Age**

**Positive
Perfectionism**

**Grandma, What
Big Teeth You
Have**

**Drowning in
Words – And
Learning How
to Swim**

**What Do You
Do When
Words Are Not
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Counselling Australia

Published by
Australian Counselling
Association Pty Ltd
PO Box 33
Kedron QLD 4031
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Printed by
Cross & Hamilton Printers

Front Cover by
Bodal Graphic Design Pty. Ltd.

ISSN 1445-5285

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Editorial By Phillip Armstrong



So you really think you know what is going on!

Politics is a strange bed fellow, I usually try to keep political issues out of the journal but this time I need to air what I feel is an important issue.

As a practicing counsellor I come up against many clients who cut off their nose to spite their face, but at least they are in therapy. I must admit I am gob smacked when I see professional counsellors of high standing do this. A good case in hand is. ACA is currently working with the International Association of Counsellors and the Australian Guidance and Counsellors Association, their Queensland member association (QGCA) and ACA's Queensland member association (FPCQ) to host an International Conference on Counselling in Australia in 2006. We have commitments from our fellow colleagues across the Tasman in New Zealand and interest from many other important countries such the USA, Canada, UK and Asia. UNESCO and the United Nations will also be involved.

This is a great opportunity for Australia to show case to the rest of the world just where we are at in regards to counselling/psychotherapy. You would think this would be the time to put on a united front and put our best foot forward. However this has not happened. PACFA, an association that claims to democratically represent its member associations, has chosen to not be involved in the conference and withdrew support. The PACFA management committee have also decided that they are not able to inform member associations of such things as the call for papers or registration forms.

I am sure many academics let alone specialists who are members of member associations would like the opportunity to share their research and/or workshops at an international level without having to travel overseas. However, these members are being denied the right to choose for themselves whether they wish to participate or not. Members are being denied, without even being informed, of the opportunity. They are also not being given the right to cast a vote in regards participation. This issue was not taken to all the MA's to vote on prior to the decision to withdraw was made.

The PACFA management committee have also decided that they are not able to inform member associations of such things as the call for papers or registration forms.

I cannot envisage how presenting at such a conference is not in the interest of the profession as a whole or the individual. Or are the executive of PACFA suggesting that because they are not steering the ship the conference is not worthy of attention. The horse may have bolted in regards to the International conference as committee membership is now closed and an agreement of commitment has been signed by those involved. However, surely it is in the interest of the profession that all associations share their achievements for the benefit of the profession and keep ego's in check.

Any way onto more positive issues, the ACA National Conference registration form is now ready. All members should receive a copy in this journal, if not either ring ACA or go to the ACA web page. There are in excess of 24 workshops being run over the two days with a variety of choices that is rarely seen in one conference held in this profession. ACA is very proud that such high calibre speakers have chosen to present at our conference. We are honoured to have two representatives coming from the UK from the British Association of Counsellors and Psychotherapists. They will be discussing and sharing with us the British experience of regulating counselling. This should prove very informative with all the current discussions in Australia in regards self regulation.

ACA is also involved in another joint research project with the University of South Australia. The project involves a survey that will correlate information on counsellor education which will be sent to all members. A notice outlining the survey should be included with this journal.

On Sunday the 5 June the ACA South Australian Chapter held its annual conference which was well attended. The feedback sheets indicated that all those who attended were extremely happy with the presentations and venue. Well done to the committee and organisers.

ACA

Letters to the Editor

For positive feedback I'm letting you know that I have had several sessions and follow-up phone calls with an Australian survivor living in my suburb.

Hi Philip,

I read your tsunami editorial with interest and realise that you have spent many long frustrating hours with little outcome in your efforts to help. For positive feedback I'm letting you know that I have had several sessions and follow-up phone calls with an Australian survivor living in my suburb (Sri Lankan born, visiting

relatives at the time of the tsunami) who found my name on the ACA website volunteers list.

She's enormously grateful for the ACA's service. Some of the things you did had an immediate effect and this is just one example. I feel privileged and humbled to be part of the service.

ACA

A Survivor's Account of Tsunami That Devastated Sri Lanka on 26th December 2004 – By Ramya Panagoda



We departed Colombo heading to Trincomalee on Friday 24th December. We were to spend four days over Christmas at Nilaweli Beach Hotel.

The Nilaweli Beach Hotel introduces you

to the “other side” of Sri Lanka. The beaches, the scenery, the sea, the cultural attractions are all there, fascinatingly different and unforgettable. The east coast of Sri Lanka is known for its finest beaches in Asia. The air is thick with a salty smell. The pathway leading to the hotel is strewn with coconut palms. Everywhere you look it is beach and sea. The area is renowned for its calm seas, snorkeling, fishing and boating. In the sea opposite the hotel there are also two small coral islands known as the Pigeon Island and Bird Island.

I accompanied my sister, Lakmali, and her family consisting of her husband Arjuna, son Yavin (16) and daughter Suhendrani (13). My second sister, Sue, who lives in Sydney, was also part of the group. On our way to Trincomalee another family of two adults and two children joined us at Sigiriya. They were friends of Arjuna who were American citizens on holiday in Sri Lanka.

It was raining when we arrived at Nilaweli Beach Hotel on the afternoon of the 24th. Somewhat disappointed, we decided we would leave the hotel the next morning if the wet weather continued. However Christmas day was warm and sunny and we decided to continue our holiday. The sea was choppy but we spent a long time swimming in the sea. That morning we noted the dead fish on the beach and later in the day observed that the gangs of monkeys which usually frequent the hotel were nowhere to be seen.

On Sunday 26th December 2004, I woke up at about 5:30am and walked the few steps to the beach. My sisters were to join me for a walk but they decided to sleep in. I went for a walk by myself and later sat on the beach listening to a CD on “Contentment” and gazing at the sea. The sea was calm but looked dark and mysterious. Later my two sisters and Yavin joined me to go for another walk. I walked half way and decided to return to my room as I was getting very hot after being in the sun for over two hours. My sisters and Yavin continued their walk. On their return I walked over to join them again. I called Lakmali to ask her to wake her daughter who was protesting that she was entitled to sleep longer since she was on school holidays. Our rooms were only a few meters away from the beach and the main part of the hotel was behind us. The beach was full of tourists and lots of children were playing in the sand.



At this stage I was outside my room and felt a small wave hitting my feet. I bent down to pick up a child's paddling pool that was moving with the wave towards the sea. As I looked back towards the sea I suddenly observed that the sea level had risen and knew something was wrong. The water level had now covered the beach. I couldn't see Pigeon Island or anyone else. Suddenly the whole area was taken up by the ocean. There was no beach. The sea rose about twenty meters and a huge wall of water was speeding towards the hotel. I saw a giant wave coming towards me and I rushed to my room, which was a ground floor chalet. My sisters had already gone to their room, which was next door to mine. Yavin was not to be seen. He had stayed back on the beach contemplating taking a boat ride to Pigeon Island.

I got into the room and attempted to close the French windows which faced the beach. The water hit the room at that very moment shattering the windows. I ran towards the back door and tried to open it. It would not open. In less than 3 minutes the room filled up with water and the unbroken waves were roaring inside the room smashing everything that was inside the room. The bathroom which was on my right side got filled up fast and I was cornered in the small corridor. The wave kept on pushing the TV towards me. At this stage the wardrobe which was on the corridor fell on me. I was screaming and looking for a way out.

Being an experienced swimmer, I instinctively took a deep breath and floated to the ceiling of the room to see if there was air but found that I was completely submerged. I was fighting for my life, pushing the TV away from me at the same time. I felt as if the waves were attacking me personally and I felt an indescribable feeling of loneliness. I was convinced that I was going to die. I tried calling for help but soon realised that no one could hear me. For a moment I wondered whether I would see my family ever again. As a last resort I banged on the glass panel at the top of the back door. The door vibrated and in a few seconds the large wave inside the room flushed me outside, together with the door. By now the back of the hotel was part of the ocean and I felt that I was in a large washing machine swirling around with furniture and other debris. I noticed that the concrete fence of the hotel was not there any more, instead there was a gap going out to the ocean. The current was taking everything back to the ocean through this gap. Another powerful wave hit me and took me over a barbed wire fence to the next property. I surfaced near a tree and held onto it for dear life. The branch of the first tree I relied on broke and I had to fight the current to find another tree. I was concerned about my family and saw that, except for Yavin, they had all managed to hold onto and climb trees. I looked around and observed that the

In less than 3 minutes the room filled up with water and the unbroken waves were roaring inside the room smashing everything that was inside the room.

A Survivor's Account of Tsunami That Devastated Sri Lanka on 26th December 2004 (Continued)

hotel had collapsed except for the restaurant area and one part was missing which I believe had been washed into the sea.

I was very concerned about Yavin who was nowhere to be seen. After the water receded we were helped down from the trees by some Navy soldiers who came to the rescue of the hotel guests. We informed them that Yavin was on the beach and that we had to look for him. Lakmali was hysterical and was crying that Yavin wouldn't have had a chance as he was on the beach. However we were not allowed to go to the beach and were immediately evacuated to the Navy camp. We were determined to look for him as my sister insisted that we could not go back without him or his body. He was subsequently found some distance away from the hotel hanging onto a tree top by a resident in that area and was brought to the hotel, very much alive and smiling holding a large sea shell in one hand and a bottle of Martini (which he found floating) in the other.

Yavin narrated that he hadn't seen the water rising but that some soldiers who were on the beach had shouted at him to run. When he inquired as to why, he was told to look at the sea. He quickly glanced at it and started running. The water had lifted him off the ground onto the top of the wave and taken him inland where he had managed to hang onto a tree top. We were all badly bruised with cuts all over our bodies and were left only with what we were wearing, barefoot and tired of battling the ferocious sea. The receding water sucked everything into the sea as we observed all the furniture, refrigerators, luggage etc going and had to hang on tight else the current would have wrenched us off the trees.

It was a sad and empty feeling to see the soldiers retrieving the bodies of hotel guests one after another. I recognized the faces of some with whom I had exchanged pleasantries the previous day.

Our American visitors too had escaped but the husband was badly injured with a cut hand and sprained leg. Whilst having breakfast he had observed the phenomena where the sea had changed colour and started bubbling. Being in America for over thirty years he stated that they are regularly educated about such disasters and he had immediately put his son on his back and asked his wife to carry their daughter. They ran towards the main gate on the land side. They had been overtaken by the rushing sea water and he had tried to climb a wall resulting in injuring himself. He had given his son to a person who had managed to climb the wall and had managed to save himself too. His wife had been helped up a tree by some hotel employees and thankfully all were saved.

We were then evacuated to a cemetery and from there to an Army Camp where our wounds were dressed and we were given food, medicine and access to communication facilities. We then realised that this had happened all over Sri Lanka as there were news flashes by local

channels and CNN and BBC were showing the devastation that had taken place in Thailand and Indonesia. We later learnt through the media that at Nilaweli Beach Hotel, seven foreign tourists had died, eight local tourists including hotel employees and nearly a hundred are still missing. Over 700 people died in the town of Trincomalee.

When things settled down, Arjuna went looking for his car and found that it too had been submerged as the shutters had automatically gone down and sea water had filled into the car. It had got knocked against trees and walls and was dented all over. I also observed that some cars were on tree tops.

A message was sent to our family in Colombo and two vehicles were dispatched to take us home. It was a long wait. We only had the clothes we were wearing. The passports, money, clothes, jewellery and two cars had been consumed by the sea.

We reached Colombo at about 5am on 27 December, some twenty hours after the tsunami.

We were thankful to be alive as we bore the brunt of the tsunami and lived to tell the tale. I strongly believe that we were all very fortunate to be alive and that we were saved for a purpose. When I heard my children's voices at the other end of a phone line from Sydney and London, I realized how and why I had the energy to fight for my life.

When things settled down, Arjuna went looking for his car and found that it too had been submerged as the shutters had automatically gone down and sea water had filled into the car.



Third tree from left indicates the place I was standing as the first wave came. Our rooms are on the right side of the photograph.

Everywhere you look it is beach and sea. I was seated under this tree an hour before the tsunami.



View from the room through the French windows.



The swimming pool which was situated facing the beach.



Nilaweli Beach

Cool Beach

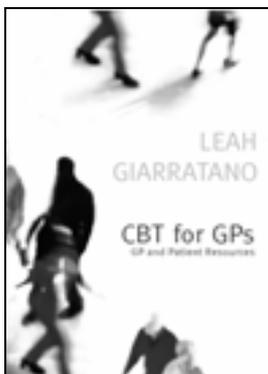
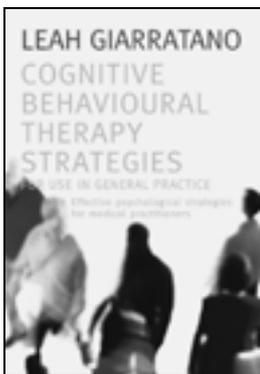
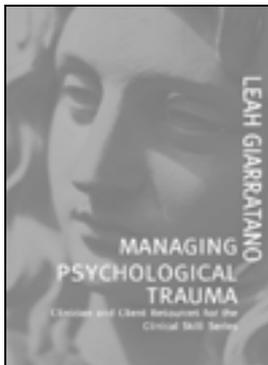
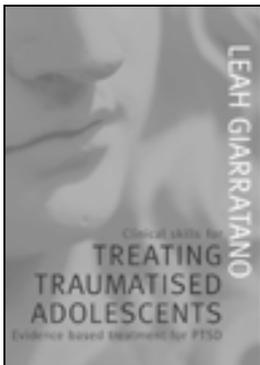
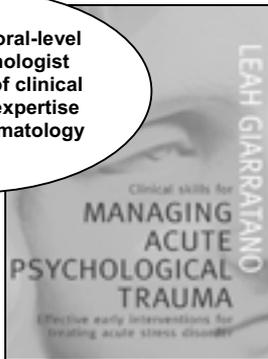
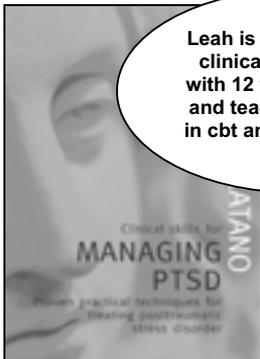
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Leah is a doctoral-level clinical psychologist with 12 years of clinical and teaching expertise in cbt and traumatology



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Therapy For a New Age – By Christina Nielsen

Synopsis

In developing therapy for the 21st Century we must consider the times in which we live. A hunger for the transcendent, for the integration of methods that cross the boundaries separating us, for relationships skills that foster a new kind of creative intimacy are all indicated. A shift from a patriarchal society to one where the feminine principle is restored to a better balance is being called for and is already occurring. It is occurring in the realm of new integrated therapy, where the training a therapist needs must include an inner path of self-development as well as theoretical and practical skills.

The novel "The Da Vinci Code" 1 which has struck a deep chord with the general public must be more than just a good thriller novel. An Australian list of the ten best books of all time in a survey conducted by the ABC placed it 9th. There must be something about the content and the timing to explain its success. The book fascinates as it includes topics such as the search for the Holy Grail, the sacred feminine, and esoteric mystery schools that challenge the religious status quo of the Catholic Church. Perhaps the popularity of this book is indicating the need for something to nourish our starving soul and spirit in a patriarchal and materialistic culture that orthodox religion no longer appears to satisfy. We need an inner path to selfhood that enables us to develop our own wisdom and relationship to the divine, as well as skills to traverse the bumpy road of relationships in a time of gender upheaval, isolation and an excessive and alienating individualism.

Paying attention to the inner path of the healer as much as to the outer skills of a therapeutic training, can offer a modern-day path of initiation, a modern-day quest for the Holy Grail- one that can reveal the sacred feminine and provide training for inner development to meet the challenge of our times. In my own practice I have found combining counselling, psychotherapy and Traditional Chinese Medicine an exciting, challenging path towards a truly holistic approach to therapy. On this path the human being is seen as a microcosm of the greater whole in which the body, the soul, and the spirit have equal importance. This holistic approach requires a way of thinking that integrates, crosses boundaries and learns from the cross-fertilization of different but complementary approaches.

I would like to share a brief story from my clinical practice to highlight a holistic approach and the participation of the feminine principle. It is hard to choose one, as there are so many examples I see daily that point to a way forward.

A young woman Lisa came to see me. She was 19, intelligent and articulate but due to extreme anxiety and depression had not managed to finish year 11 at school four years ago. All her friends had now completed year 12 and were embarked on studies at university while Lisa was unable to go far from home, unable to let her mother go away over night, and barely able to keep a casual job as a waitress. She dreamed of getting her driving licence, and of studying journalism. This seemed a fantasy at the time.

Lisa had a history of sexual abuse from an uncle when she was 6-7 years old, as did her older sister.

This had been disclosed and the uncle was charged but not found guilty of the abuse. Lisa has received some victim's compensation that she used to pay for counselling. She had seen numerous counsellors. The current way in which she was trying to overcome her anxiety was to extend her activities by using a cognitive behavioural approach.

Lisa's mother, Peg, came to see me for her own treatment. She was stressed by Lisa's behaviour and mental state. Her stress was exacerbated by the attitude of the psychologist whom Lisa was currently seeing and who refused to engage with Peg at all. This is the accepted policy for therapists in their dealings with the families of clients, especially where a mental illness is involved. After some time of working with Peg, using a combination of counselling, acupuncture and herbal medicine, she asked me to see her daughter to prescribe her for some herbal medicine. I began by assessing Lisa's condition on a physical and energetic level using the diagnostic skills of Chinese medicine. I prescribed some herbs and also Australian Bush Flower remedies. Of course we also spoke about her situation. I encouraged her to continue with her Psychologist. She began to improve. After a few months she decided to discontinue the treatment with the Psychologist and sought counselling with me. At this stage I was no longer seeing Peg as she was much improved, but I knew enough of her history, behaviour and beliefs to recognise how these might be affecting Lisa. I recognised a family myth of "being cursed" and that the disruption to the extended family caused by Pegs' support for her two daughters' abuse, and her willingness to pursue justice through the court still carried guilt feelings. By seeing both mother and daughter we were able to effectively address the "family myth". I was also able to encourage Lisa to see herself differently from the way her mother saw her and consequently to change her behaviour and feelings. Part of the therapy for Lisa was to have regular hours of sleep and eating and to keep her room relatively tidy. This is important in supporting the life body or vital force of the body as this energy is strengthened by rhythm and order. When this energy is strong then the emotions, especially fear in this case, cannot have as tight a hold.

Lisa now travels a long way from home, is strong in her sense of self, has a full time job and is doing very well in her course in journalism.

Peg phoned me a few days ago, a year since treatment terminated, to say how well the whole family is doing. She and her husband now go on holidays and Lisa continues in being well and has sustained the break-up of a relationship she previously thought she could not survive without.

This case is an example of the need to cross boundaries and to integrate treatment from different modalities in the Psychological field. It highlights the difficulty that can arise when over-compartmentalising human experience occurs. Further, where only a cognitive behavioural approach is used, the inner spiritual strivings are left unaddressed. When Lisa saw the process she was in as a whole and directing her, it became meaningful, taking her somewhere she needed to go. She was then able to become a participant rather than a victim. It enabled her to

In my own practice I have found combining counselling, psychotherapy and Traditional Chinese Medicine an exciting, challenging path towards a truly holistic approach to therapy.

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He is former president of the Victorian Branch of EMDR Association and former chair of the Australian Psychological Society (Victoria Branch).

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Halko Weiss, Ph. D. Certified Hakomi Trainer
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Therapy For a New Age (Continued)

make sense of what was happening and to see how she had grown and strengthened through the process of overcoming her anxiety.

This is not an uncommon story.

Rudolf Steiner (Austrian teacher and visionary) says that the story of Parsival (Parsifal) (as written by Wolfram von Eschenbach) in his search for the Holy Grail (and the Grail Castle) is a metaphor for the inner search for self-knowledge and its relationship to the world. It is also a metaphor for a modern-day esoteric path, or path of inner development, for those who seek a new spirituality that reinstates the sacred feminine in its rightful place next to the sacred masculine.

Parsifal seeks the Grail Castle and Grail King. He needs to do this to bring the wastelands back to fertility. In his search he stumbles upon the Grail Castle and sees the Grail King lying ill on his bed. Beautiful women feed him wonderful food and wine, but in his distraction he fails to ask the Grail King the right question. He loses his opportunity of his place in the Grail Castle. He then has to spend the next seven years searching for the Grail Castle again during which time he has many adventures that challenge him to further inner development. When he at last finds the Grail Castle again, he is ready. This time he is able to ask the right question. "What ails thee?" He wins the Castle and the lands return to their state of fertility.

This does seem an appropriate metaphor for our times. The lands are becoming wasted and we continue to fail in asking the right questions. In therapy this results in frequently not finding a 'fertile' way forward.

The founder of Psychosynthesis Roberto Assagioli said "Let us realize the contribution we can make to the creation of a new civilization characterized by an harmonious integration and cooperation pervaded by the spirit of synthesis"⁴

Surely these are the qualities of the feminine principle? The shift from reductionist, competitive, linear, rational thinking that quantifies, specializes and compartmentalizes to greater synthesis, co-operation, interdependence, and relational understanding that facilitates wisdom, patience and compassion is an indication of this movement.

There have been those carrying this new impulse for some time now with little impact on the status quo. The popularity of the Da Vinci Code is evidence that a change is occurring. The time is ripening as the change gains momentum.

However, as these changes are emerging, a polarisation is also occurring. On the one hand there is a paradigm shift reflected in the rise of Holism in health and psychological practices and numerous other fields. On the other hand there is a rise in fundamentalism that sees a hardening of beliefs, boundaries and of control. This difference fuels the polarization. We are all feeling it.

In The Sydney Morning Herald June 2002 Hugh Mackay said:

"Counsellors are beginning to look like the unsung heroes of a society struggling to come to terms with

'the Age of Discontinuity'...in the course of the year well over one million Australians seek some sort of psychotherapy."

He continues "One third of visits to general practitioners concern psycho-social issues, often cloaked in some discussion of physical ailment..."

Mackay speculates as to why there is such an upsurge in the number of people seeking counselling. He suggests it is not because there is a concomitant rise in mental illness but rather because of the "the worried well," those suffering alienation, depression, and loneliness in a modern materialistic world which has lost the art of intimacy and a sense of belonging.

Counsellors and psychotherapists have made a study of the art of intimacy and this is meeting a need. Some emerging ways of working are more than 'models'. They represent a wisdom path for life as a whole. One that has a deep influence on my work and life is the Process Orientated approach of Arnold Mindell. His work has grown out of Jungian Psychology, ancient Eastern Taoism and modern physics. His work on 'deep democracy' provides a rich and promising way forward in building a new sense of community, and developing the art of intimacy and relationship skills. His deep respect for the wisdom of inner and outer processes as they unfold around us, require that we learn to trust the process and to understand its implicit message within. He says "I have as yet to meet a guru or wise, enlightened, educated, shamanistic, mediumistic person who is as intelligent as the process which unfolds in the channels of our own perception"²

Ken Wilbur in "Up From Eden"³ argues that 'history is the unfolding of human consciousness'

"This view has no more "hidden metaphysics" – no more "unprovable assumptions" than has the standard scientific theory of evolution since both rest on the same type of "unseeable" postulates. We can set history in a context that is at once scientific and spiritual, immanent and transcendent, empirical and meaningful. For this view tells us that history is indeed going somewhere—it is going, not toward a final judgement, but toward that ultimate wholeness...history in this sense is a slow and tortuous path to transcendence."

The times in which we are living have created a hunger and demand for some such a new world view. Perhaps it is this hunger that Dan Brown is feeding with "The Da Vinci Code" that has made his book so popular.

Einstein said "One of the most beautiful emotions we can experience is the mystical. It is the sower of all true art and science. To whom this emotion is a stranger ...is as good as dead."³

As modern therapists we need to be able to meet the longings in our clients for the mystical or transcendent as well as being able to distinguish their longing from the psychological, and then to work with both.

An elderly woman, Joan, sought therapy for disturbing dreams and experiences she was having after her second husband of forty years had died. He had returned to her in vivid dreams and daytime visions. She was quite comfortable with this and found it comforting until one day he turned his back, was

His work on 'deep democracy' provides a rich and promising way forward in building a new sense of community, and developing the art of intimacy and relationship skills.

disapproving of her and no longer returned. She found this distressing, felt powerless and became distraught.

As her therapist I too felt powerless. I wondered how I could work with the effect of a relationship with someone who has not only passed on but comes and goes like that? I maintained a "not knowing mind", held her with deep respect, and tried to follow her process.

Her story, as always, points the way forward. She was born with psychic abilities and mystical experiences into a family who ridiculed and suppressed these qualities in her. In the face of her family attitudes she learnt to keep her transcendent experiences secret. She married an analytical psychologist and worked as his receptionist. They had three children. She found the marriage increasingly oppressive as her experiences on all levels were criticised and denied. Her relationship with her children was difficult and boundaries within the family had become blurred. She had coped with her family difficulties by separating her daily experiences and taking refuge in her secret life. Finally when incest was revealed she left the marriage. When she remarried she was able to share more of her inner life with her second husband. She eventually published a book in which she discussed issues dealing with modern mysticism.

When she approached me for therapy she expressed grave reservations about psychology, psychotherapy and counselling. She explained that she had come from a family of psychologists (her first husband and two of her children) and had sought help before only to find that the counsellors/psychotherapists did not understand the visionary dimension and transcendent experiences. With resignation in her voice she said, "It was no good. I just closed up"

I wondered which way to proceed with her. There was obviously a mixture of psychological and spiritual

issues here. I had to first engage with her metaphysical experiences, and pass her various tests of my ability to stay with her in her transcendent realm. Thereafter we were able to deal with the unresolved psychological and relationship problems.

Joan now manages her grief, has reflected on the 84 years of her life and feels empowered as a woman on her own as never before. She has returned to her own maiden name by choice as a statement of her new found independence. Her relationships with her dead second husband and her living children have all improved. She is about to publish a second book, and has become an inspiration, guide and teacher for those around her.

In therapy that is suitable for our times it is the level of self-awareness and the breadth of our vision and understanding of the therapist that enables us "to ask the right question" whether it relate to social, emotional or spiritual issues. Greater intimacy and a sense of belonging, those qualities of the feminine principle, require an inner as well as an outer training of skills. This requires that we find ways to synthesise and integrate isolated areas of specialization, to integrate models crossing boundaries that separate, isolate and disconnect all the parts of our humanness. We are in a time when the integration of East and West, ancient and modern can occur. A way back to the transcendent can be found.

As in the words of A.D. Hope :
To reap the ancient harvest, plant again
And gather in the visionary grain,
... to transform the same unchanging seed.

We are at the dawn of an age where the integration of more traditional ways of seeing and being are able to coalesce with modern science to find a new way forward, with a wisdom transformed by the journey and enriched by all we have learned. This is our search for the Holy Grail!

There was obviously a mixture of psychological and spiritual issues here. I had to first engage with her metaphysical experiences, and pass her various tests of my ability to stay with her in her transcendent realm.

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¹ Brown, D. (2003) "The Da Vinci Code" Great Britain Bantam Press

² Mindell, A. (1990) "Working on Yourself Alone" England Arkana the Penguin Group

³ Wilbur, K. "Up From Eden" (1983) Boulder Shambhala

³ Ibid "

⁴ Brown, M. "The Unfolding Self" (1983) California The Book People

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Positive Perfectionism – By Gary Green

According to the Guinness Book of World Records (2005), the greatest amount of 'fastest laps' ever recorded by one driver in a Formula One season was nine. It was achieved by Mika Hakkinen in 2000, while driving for the McLaren-Mercedes team.

However, even though Hakkinen was easily the fastest driver with the fastest car that year, Michael Schumacher won that championship! Schumacher wasn't the fastest, but he was consistently fast. According to Wanderlist (2005), Schumacher is classed as the greatest racing car driver of all time, but even though he's the greatest, he still doesn't win every race.

How often do we try and win every battle, only to wind up losing the war? What's important is to realise and accept that to make anything; we must first give ourselves permission to make mistakes. Being a perfectionist (Negative Perfectionism) is not a successful characteristic . . . but being constantly excellent is! This is the essence of Positive Perfectionism; aiming for excellence but not beating-up on ourselves *when we fall short*.

In a similar sense to the *Tortoise and the Hare* fable, Ayrton Senna holds the record for 'the most Formula One pole positions in a career' (Guinness Book of World Records, 2005). From 65 pole position starts, he won 41 times which is an outstanding achievement. However, while Senna was easily the fastest . . . he wasn't always the winner (he wasn't perfect).

Success in life (however you define success) stems more from being positive than perfect. We need to accept that we are all *perfectly imperfect* with unique God given talents and abilities. My experiences with coaching clients have taught me, that once their latent talents are identified and refined, it generally leads to more successful, fulfilled and blessed lives.

Along with Hill (1961), I believe we benefit by finding and following our soul's purpose. When we do, it doesn't mean we won't occasionally *get in over our heads or stop making mistakes* . . . we still will. However, these experiences (when properly channelled) will become stepping stones to greater success. To quote Powell (2005), "The only real mistake is the one from which we learn nothing" [online].

Notwithstanding this, often what hinders our success is our thinking. That's because 'thoughts' generate 'emotions' and 'actions', and these lead to either success or mistakes. Tracy (1995) believes that the major things that stand in the way of our success are usually called 'problems'. The gap between what we have, and what we want is filled with them. Because success un-obtained means there are problems unsolved, problems serve to highlight our weak spots (like a weak link in a chain).

Nature often draws attention to our weakest links (usually imbalances) via problems. But as life's problems contain seeds to greater success, once we fix them, we naturally advance in life, becoming more successful, stronger and happier. In my opinion, the only real problem is having a poor attitude towards problems (i.e., Negative Perfectionism). Remember, you may as well chuckle over your problems, because

everybody else will. I hope this all makes perfect sense.

I'll conclude this precis on Positive Perfectionism with some *food for thought* . . . it's never too late for our clients to become all that they can be. If they believe there is room for improvement in their lives (and there's room for improvement in just about everyone's), then a Coach / Counsellor can help them achieve that improvement. Sometimes, as little as one degree of improvement is all it takes to make a big difference. Take the example of water; at 212 degrees it's hot, but at 213 it's boiling hot. And if a Coach / Counsellor could help them improve their life just one degree a day, in 180 days they could literally turn their life around!

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Gary was the NSW Black Belt heavyweight champion for two years running and went on to make the Australian Taekwondo team. He is a convinced theist (believes there's a Higher Power) and is presently a Rockdale City Councillor

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Grandma, What Big Teeth You Have... The World of Cannibal Fantasy – By Angela Lewis

Every child is familiar with the fairytale of Little Red Riding Hood, in which Grandma is really a wolf ready to eat her up, and most kids know what the witch has planned for Hansel and Gretel. Many of us will also have grown up watching cartoons in which the hapless explorer or missionary is popped into the cooking pot by the local tribe. The average person has watched countless movies or read books with some type of cannibal theme to the point where it is thought of as little more than harmless folklore. However for the cannibal fantasy enthusiast, 'come for dinner' has a lot in common with the folklore. Cannibal fantasy is for people who fantasize about themselves or another being 'the dinner'.

Cannibal fantasists become sexually excited at the idea of (themselves or others) being trussed up like a pig or a turkey on a platter, ready to be popped in an oven or the thought of slowly basting a person (usually a woman) who is hanging helplessly over a fire on a spit. While many grandmothers and maiden aunts have been heard to use phrases such as 'you are so cute I could eat you up', the actual consumption of human flesh or the concept of cannibalism intertwined with eroticism is a remote thought for the average person.

Cannibalism, (also known as Anthropophagy¹), is defined as the act or practice of eating members of the same species, e.g. human eating human. It has been documented that ancient societies practiced cannibalism, and it has been observed in Africa, North and South America, the South Pacific islands, and the West Indies². A modern day cannibal who met his willing 'meal' on a German Internet site is Armin Meiwes. He went by the name 'ubermetzger', which means 'top butcher', advertising on the Internet for someone to cook and eat. He met his victim Bernd Brandes in 2001 and ate him in 2002. Mr. Meiwes told investigators he took Mr. Brandes back to his home in Rothenberg, where Mr. Brandes agreed to have his penis cut off. Mr. Meiwes then flambéed it and served it up for them to eat together, before dismembering and freezing the remainder of the body. This case caused huge media interest internationally and he was finally sentenced to eight and a half years imprisonment for manslaughter not murder as cannibalism is not a crime in Germany and the victim was viewed as a willing participant. Despite the fact that the Meiwes case is not an everyday occurrence, it is one that has focused a great deal of negative attention on the cannibal fantasy world. The online cannibal community is concerned with fantasy and those I have spoken with see Meiwes as a disturbed and misguided person, who was involved in immoral and criminal acts that bear not relationship to the fantasy they are involved in.

While the actual consumption of human flesh is neither legal, commonplace, the Internet has provided a venue for people who harbour the fantasy of eating human flesh to fulfill sexual desire. People with this fantasy are able to visit cannibalism fantasy websites,

partake in discussion forums and user groups, or exchange and purchase pictures and stories of such fantasies. The websites enable people to make contact with other like-minded individuals so that they may chat and exchange email about being eaten, or about being the person who does the eating, as well as enjoying viewing images of people presented as 'food' or being 'cooked'. Most of the 'dishes' are women; though some of the sites do feature men as well. It would be fair to

say in that in this fetishism, women are usually the ones being 'eaten' or prepared as food, to the point that cannibal fantasy is intertwined with what is known as the women eater's (WE) community.

Many of the online stories and discussions centre on the preparation of the human (longpigs to use the slang) as food and involve stories and images around the old fashioned 'woman in the pot' scenario who has been captured by cannibal natives or of a woman slowly roasted over the traditional village fire in a jungle. I have read many long and in-depth posts related to the preparation of a body for eating and descriptions of taste and texture as 'natives' gather around the campfire basting the body of a hapless young maiden. Supporters of the cannibal fantasy believe that many of websites provide a 'safety valve' as they offer a way of acting out the fantasy that is safe, consensual and legal.

Some of the online groups I viewed on the Internet contained messages such as these below from people who were requesting to be 'eaten' or wanted someone to eat. Where fantasy begins and ends is difficult to tell, however one of the experienced web site operators I spoke with assures me that there are a small number of cannibalists who post the same messages over and over again, and they are generally ignored by the community. As an outsider this was not obvious to me, and I guess for the newcomer visiting these sites some of these messages could be confronting:

Where ist an Chief or butcher that makes my dreams come true!?

I will not back out if some man wanted to take me. I'll be your food.

Write me if you are serious. it is now a desire that lives with in me to be tied up, have someone use a local anesthetic on my feet, chop them off, cook them and eat them in front of me. Then they would proceed to do the same with the rest of my body.

If you are a cannibal or you wish to be eaten, E-Mail me so we can have a cyber relationship...



Where fantasy begins and ends is difficult to tell, however one of the experienced web site operators I spoke with assures me that there are a small number of cannibalists who post the same messages over and over again, and they are generally ignored by the community.

¹ www.wordwebonline.com

² www.wikipedia.com



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Grandma, What Big Teeth You Have... The World of Cannibal Fantasy (Continued)

My name is XXX , and I am looking to be cannibal chef's meal.

I won't back out, I am for real. I have ideas on how you could prepare, cook and eat me. Let's talk and make this real.

I also noticed that some of the web sites I visited contained cartoons and artwork that would not look out of place in a child's comic book or in Japanese anime artwork, such as 'king Kong' type monsters with the screaming heroine or the stereotypical hula girl and cooking pot scene.

The owners of the Mukis Kitchen cannibal fantasy website bill themselves as a site "... **dedicated to the pleasures of the nude as food...**" They were kind enough to answer some questions with regard to this fetish. They say that their customer demographic (they sell erotic images of women being prepared as food) is fairly diverse, though unsurprisingly to them it is predominantly male, which fits the average profile for purchasers of erotic online material. 'Mr Muki' however also commented that when they received email from customers it was generally from women who supported the website and also from couples who he said found the site "*the 'bridge' that allowed the one who was already involved in this fantasy to share it with their partner in a safe way*".

As far as country of origin is concerned, Mr. Muki believes their appeal is truly international. They have customers in the USA, England, all of Europe, Australia, New Zealand, Japan and Asia. Mr Muki commented that the people who are more comfortable with the quirks of their sexuality are more likely to seek them out. Most of the emails they receive are from people in their 30's to 40's, and he feels this is not surprising as these people have had more time to "*accept their own kinkiness and are more comfortable admitting it - first to themselves and then to partners or us*".

Like the Mukiskitchen.com site virtually all the cannibal web sites I viewed contained explicit riders and explanations about how the sites were fantasy only and did not condone violence towards women. Many also advised that the participants in the images were willing and enjoyed these type of fantasy pursuits. As 'Clemstra' who writes a lot of fantasy stories on a particular cannibal forum site I visited remarked, "*Of course if all of this were for real - no one would be here. We'd have eaten one another and the survivors would have died of indigestion, poisoning and dreadful diseases*".

For those that have an interest in learning more about cannibal fantasy, I think a good place to start that shows a degree of caring and ethics without a preoccupation with pornography is Muki's kitchen. This is a website run by a married couple who are both commercial photographers and who do food-based photos in 'real life' as well as 'stage' pictures of women being prepared or laid out ready for eating on their web site. They maintain an excellent frequently asked questions section titled 'Mr & Mrs Muki's Tips for Cannibal Role-Play!' Their website can be found at www.mukiskitchen.com. They maintain links to a number of other sites relating to WE fantasy, and some of the models who pose for Muki's kitchen have

websites linked to Muki's. While they may be a little 'R' rated for some readers, is still on the side of 'tame' compared to what else is out there. I am unwilling to provide any further website addresses, as some may be considered to be disturbing for folk who do not have an interest in this area. As Mr Muki commented in an interview for another publication, the problem they face with making themselves known outside of their community (which is small and in which everybody knows them), is that they experience 'tire kicking' visitors who in Mrs Muki's words, "*treat us like some kind of freak-show - come by to see the weirdos, and then comment on how lucky they are not to be so kinky*". For those who wish to do their own searches and further research, cannibalism, erotica and fantasy are good search start points.

On the other hand, people who call themselves 'Vores' have a particular fetish known as 'Vorarephilia'³ which involves fantasies about the devouring or swallowing of other living beings; the key distinction between this and cannibalism being that the creature is alive. Cannibal fantasy involves erotic fantasy about cooking and eating (mostly) females, whereas Vore fantasy involves erotic fantasy about either animals or people eating each other alive. It is seen to be somewhat predatory in that the person who consumes (the 'vore of carnivore) captures and consumes his prey. As one cannibal fantasist remarked, "*...Vore implies a lack of cooking. On the other hand, we cannibals are civilized. ☺*". However both cannibal fantasy and 'Vore' fantasy are frequently categorised as sexual edge play⁴.

While Vorephilia includes cannibalism, it is not limited to the eating of humans. Many Vore fans use science fiction and fantasy to create images, share fantasy stories, artwork, and recipes on the topic of devouring 'living beings'.

A member of the Vore/Cannibal community posted this (annotated list) reproduced below, of some of the reasons he enjoys his fetish:

I like the thought of being eaten by someone, having them hold me tight and pull me into them... the pressure of being bitten... pain as pleasure

The notion of enjoying a warm living human being as a meal... swallowing them whole as they kick and struggle really turns me on... feeling their smooth of flesh sliding down my throat.. or perhaps the harder Vore aspect of chewing them apart and feeling the warmth of their life blood on my lips.

The metaphorical blur and mix of emotions also intrigues me... fear of being eaten becomes something much like an excited anticipation for the oncoming sexual act... the rush of adrenaline in a Vore situation could be seen as something comparable to sexual excitement or orgasm.

Food and sex becoming one... food brings us pleasure, right?... and sex brings us pleasure as well... why not combine the two?... sounds all well and good to me!

³ www.wikipedia.com

⁴ engaging in sexually dangerous and harmful sexual practices and behaviors (www.askmen.com.)

Cannibal fantasy involves erotic fantasy about cooking and eating (mostly) females, whereas Vore fantasy involves erotic fantasy about either animals or people eating each other alive.

Feeling one from the inside; or being felt from the inside, that great cavernous pit of the belly lying just thru the gate of the mouth orifice... if only that could be dually explored, eh?

Unfortunately in the media generally, the negative and sensationalist aspects of cannibalism per se can get confused or mixed up with the cannibal or woman eating fantasy. This can not only leave people who are sexually excited by these type of fantasies thinking they are the only ones in the world who are eyeing off another person and thinking of them as 'delicious', but that their predilection is part of something potentially dangerous. As Mrs. Muki commented, "It's always nice to feel you're unique but no one wants to be THAT unique. Her husband agreed, observing, "It's basically the difference between being unique and being a freak!" They both believe that the existence of online communities for those that share their fantasy is a good thing. "Everyone is supportive and it gives folks a sense of belonging. Not clique-ish; just supportive". Mr. Muki described how it was for him growing up as a child with these 'strange feelings' about sex, eating and women and not having an outlet:

During most of my life I felt lonely. There was no internet when I was growing up and this is not the sort of subject anyone would feel comfortable talking about (face-to-face) with anyone else. Especially not a confused kid and definitely not with my parents! For most of my life, I thought I was a complete freak and probably a borderline nut-job. It's embarrassing, scary, and very lonely. Fortunately for me, I found a partner I felt

safe enough with to confide in. Even more fortunately, she was accepting and completely non-judgmental. This became our shared secret and we found that we could have fun with it

As I'm sure you already know, the Internet didn't invent bizarre fetishes but it certainly brought like-minded people together. When I first started exploring the on-line world, I was amazed to find a newsgroup dedicated to sexually-focused cannibalism. I was very shy about revealing myself but was fascinated by reading that there were other people out there like me. There were differences of course (many were into the torture and pain aspects of cannibalism and others were primarily interested in the blood and gore) but there were also many similarities. And even more amazing (if you could believe it from the postings), some were even women! For the first time in my life I realized that I was not completely alone.

The intent of the forums, discussions and web sites that offer images, stories and pictures around the theme of cannibal fantasy is adult entertainment. The positive aspect of the Internet in this respect is its ability to offer adults who sexually fantasise about preparing others as food an opportunity to indulge in those fantasies without harming others. As well, these sites can provide a feeling of belonging and community to who people find themselves dealing with an aspect of their sexuality which would not be considered mainstream. My thanks to Mukiskitchen for the use of their photo at the top of this article, which gives readers a small idea of what constitutes 'erotic' in the realm of cannibal fantasy and to 'Mr and Mrs. Muki' for their time, kindness and openness in sharing their thoughts and feelings so that others may have some understanding of the cannibal fantasy lifestyle.

The positive aspect of the Internet in this respect is its ability to offer adults who sexually fantasise about preparing others as food an opportunity to indulge in those fantasies without harming others.

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Register of ACA Approved Supervisors

Name	Contact Number	Qualifications	Cost hr	Medium
Philip Armstrong	Qld 07 3356 4937	B. Couns, Dip Psych SOA Supervision (Relat Aust)	\$88 ind \$25 pp grp	Phone, Group & Face to Face
Nora Huppert	NSW 02 9181 3918	Family Therapy	\$120	Face to Face
Dawn Spinks	Qld 0417 633 977	BA (Hons) Education and Psychology, M. Pub. Health	\$100	Phone & Face to Face
Martin Hunter-Jones	NSW 02 9973 4997	MA Ad. Ed BA Psych. Philos	\$100	Phone & Group, Face to Face
Kaye Laemmle	Qld 07 5591 1299	Dip Prof Couns SOA Supervision (Relat Aust)	\$80	Phone, Group & Face to Face
Miguel Barreiro	Vic 03 9723 1441	B.B.Sc (Hons)	\$80	Group, Phone & Face to Face
Kerry Cavanagh	SA 08 8221 6066	BA (Hons) M.App.Psych	\$100	Phone, Face to Face, Small Group
Patriciah Catley	NSW 02 9606 4390	RMASCH, MACA CPC, Dip. Counsel, Dip. C. Hyp, Prof. Supervisor, Mentor, E.N. NLP	\$90	Face to Face
Beverley Howarth	Qld 07 3876 2100	Dip of Prof Healing Science CIL Practitioner	\$120	Phone, Face to Face or Group
Mary Hogan RSM	Vic 0407 332 226	Psychotherapy SOA Supervision	\$80	Face to Face
Gerard Koe	VIC 03 9495 6144	BA Psychology MA Pastoral Counselling	\$70	Face to Face, Phone
Kevin Franklin	WA 08 9328 6684	PhD Clinical Psychology	\$100	Face to Face, Group
Gary Green	NSW 02 9597 7779	MA Couns. (Psych), Grad Dip. Couns (Spo. Perf. Psy.), Dip. T.A., Cert. Clin. Hyp.	\$250	Group & Phone by Negotiation
Gayle Higgins	VIC 03 9499 9312	Dip Prof Counselling, SOA Supervisor Trg (AIPC)	\$70	Phone, Group, Face to Face
Yvonne Howlett	SA 0414 432 078	RN. Dip Prof Counselling, Supervisor Trg (AIPC)	\$100	Phone, Group, Face to Face
John Murray	NSW 02 9363 0720	MA Pastoral Ministry, Master Practitioner NLP	\$85	Face to Face, Phone
Jacqueline Segal	NSW 02 4566 4614	MA Applied Science Supervisor Trg (AIPC)	\$80	Phone, Group Face to Face
David Hayden	TAS 0417 581 699	Dip Prof Counselling, Supervisor Trg (AIPC)	\$66	Phone, Group Face to Face
Christine Ockenfels	WA 0438 312 173	MA Arts HS (Counselling) Grad Dip Counselling Supervisor Trg (Wasley Inst.)	\$66	Phone, Group Face to Face
Lyndall Briggs	NSW 02 9554 3350	Mast. Prac NLP, Dip Clinical Hypnotherapy, Clinical Sup.	\$66	Phone, Group Face to Face
Grahame Smith	NSW 0428 218 808	Dip Prof Counselling, Supervisor Trg (AIPC)	\$66	Phone and Face to Face
Carol Moore	SA 0419 859 844	Dip Prof Counselling, BA Business & HRD Adult Educ. Supervisor Trg (AIPC)	\$99	Phone, Group & Face to Face
Kathryn Kemp	WA 0400 440 113	Post Grad Diploma Counselling, Supervisor Trainer	\$80	Face to Face, Phone, Trainer
Sandra Brown	VIC 0413 332 675	B. Ed.Stud. Cert.Ed.(UK). Dio Prof Couns. Dio Clin Hvo. Registered Supervisor	\$66	Prof. Face to Face. Group & Phone by Negtn
Eva Lenz	WA 08 9438 3330	Dip. Counselling, MA of Religion, Dip. Education	\$75	Face to Face, Phone & Group
Donna Loiacono	VIC 0417 400 905	Reg. Psychologist	\$80	Face to Face, Phone & Group
Claire Sargent	VIC 0409 438 514	BA Hons Psychologist	\$110	Face to Face, Phone & Group
Michael Cohn	NSW 02 9130 6661	B. Com LL.B; Grad Dip Couns; M. Couns.	\$66	Face to Face, Phone & Group
Judy Boyland	QLD 0413 358 234	Dip. Prof Couns. Prof Supervisor Trng (ACCS) Certified Reality Therapist	\$75	Face to Face, Phone
Carolyn Midwood	WA 08 9448 3210	Dip Prof. Couns. NLP Supervisor Trg	\$88	Face to Face, Phone & Group
Brigitte Madeiski	NSW 02 4727 7499	Dip Prof. Couns. Dip Women's Dev, Dip Stress Mngmt, Facilitator, Supervisor Trg (AIPC)	\$68	Face to Face, Phone & Group
Hans Schmid	VIC 03 9763 8561	Dio Prof Couns. Prof Supervisor Tra (HAD)	\$60	Face to Face. Small Group. Phone by Neg.
Donald Marmara	NSW 0412 178 234	Somatic Psychotherapist Registered Supervisor	\$110	Face to Face, Phone & Group
June Wayne	NSW 0419 420 630	Clinical Psychologist BA, MA, MAPS, MASCH	\$66	Face to Face, Group
Elizabeth Lodge	NSW 0419 742 958	Diploma of Psychology, Dip Couns & Psychotherapy, Dip Clin Hypnosis	\$66	Face to Face, Group & Phone
David Kliese	QLD 07 5476 8122	Dip of Prof. Couns. Prof. Supervisor Trg (ACCS)	\$75	Face to Face, Phone
Malcolm Lindridge	QLD 0427 482 041	Dip Christian Counselling, Dip Couns & Family Therapy, Supervisor Trg (ACCS)	\$66-\$80	Face to Face, Group & Phone
Dr Randolph Bowers	NSW 02 6771 2152	PhD, MEd Couns, CPNLP, GCHE, BA, CPC, CMACA, RSACA	\$80	Face to Face, Phone & Email
Dr Eunice Ranger	QLD 0404 066 341	Dip Supervision, Dip Couns, Th.D MA, BA (Hons)	\$100	Phone, Group & Face to Face
Adrienne Jeffries	QLD 0414 390 169	BA Social Work, Dip Psychosynthesis	\$85	Phone, Group & Face to Face
Moirra Joyce	SA 0402 612 271	BA Applied Science, Cert. Mediation, Dip Fam. Ther. & Couple Ther., Supervisor	\$100	Group & Face to Face
Irene Colville	NSW 0439 905 499	BA, Psychology, Hypnotherapist, Supervisor	\$90 ind \$35 pp grp	Phone, Group & Face to Face
Geoffrey Groube	VIC 0425 786 953	Dip Prof Couns. Supervisor Training Course AIPC	\$66	Face to Face & Group
Hoong Wee Min	Singapore 9624 5885	MA Social Science, Supervisor Training	\$100	Face to Face & Group (evenings)
Yvonne Parry	SA 08 8339 2840	RN, BA Psychology, Supervisor Trainer	\$80	Face to Face or Phone
Heidi McConkey	NSW 02 9386 5656	Dip Prof Coun. Sexual Therapist, Supervisor Trng	\$99	Face to Face, Phone & Group
Jennifer Cieslak	NSW 02 6331 7344	Mast. Couns, Grad Dip. Couns, Supervisor Trng	\$77	Face to Face, Phone & Group
Gordon Young	NSW 02 9977 3553	Psychotherapist, Vice Pres. ASCH & Qualified Supervisor	\$66	Face to Face, Phone & Group
Myra Cummings	QLD 0412 537 647	Dip. Prof. Couns. Supervisor Trg (AIPC)	\$66	Face to Face & Phone
John Barter	NSW 02 9460 4131	Reg'd Psychologist, Grad Dip Couns., MA Couns	\$121	Face to Face, Phone & Group
Dr Nadine Pelling	SA 0402 598 580	MA PhD Psychologist & Counsellor	\$100	Face to Face, Phone & Group

Register of ACA Approved Supervisors (Continued)

Name	Contact Number	Qualifications	Cost hr	Medium
Jan Wernej	NSW 0411 083 694	MA Applied Science, Supervisor	\$100	Phone, Group, Face to Face
Sharon Anderson	VIC 0413 427 924	BA Soc. Science, Registered Psychologist	\$80	Face to Face, Phone & Group
Christine Perry	QLD 0412 604 701	Dip. T. B. Ed. M Couns.	\$66	Face to Face
Cynthia Houston	QLD 07 5591 7699	BA Psychology, Dip Couple Work	\$66	Face to Face & Phone
Veronika Basa	VIC 03 9772 1940	BA, Dip Ed, MA Prelim (Ling), Dip Prof. Couns., Supervisor Trg, Ass. W. Train. Workplace	\$80 pp \$25 group	Face to Face, Phone & Group
Thomas Kempley	NSW 0402 265 535	MA Counselling, Supervisor Training	\$90	Face to Face, Phone & Group
Samantha Jones	NSW 02 9416 6277	Clinical Hypnotherapist, Prof. Supervisor Trg	\$90 \$40	Face to Face Group (2 hours)
Boyo Barter	Qld 0421 575 446	MA Mental Health, Post Grad Soc Wk, BA Soc Wk, Counsellor & Gestalt Therapy	\$80	Face to Face, Phone & Group
Joanne Symes	NAW 0402 752 364	BA Social Work, Supervisor Training Certificate	\$90	Face to Face, Phone & Group
Michelle Earley	Qld 1300 360 177	Dip Prof. Couns. Dip Holistic Couns. Ad Dip Holistic Couns., AIPC Supervisor Trg	\$90	Face to Face, Phone & Group
Riam Rombouts	NT 0439 768 648	Regd Nurse, Clinical Hypnotherapist	\$66 - \$80	Face to Face, Phone
Yidiz Sethi	NSW 02 9416 6440	B.Ed.Dip.Counselling. NLP Practitioner. Educator. Supervisor	Indiv \$80 Grp pp \$40	Face to Face Phone & Group
Dr Barry Lloyd	SA 08 8332 7118	PhD, AIPC Supervisor Trg	\$66	Face to Face & Group
Frances Taylor	NSW 02 9686 4884	Dip Prof. Couns, Dip Multi Addictions, NLP, Dip Clinical Hypnosis, Supervisor Trg	\$66	Face to Face, Phone & Group
Maria Brennan	Brisbane, Qld 07 3355 5859	B. Social Work, Supervisor Trg (Uni of QLD), 13 yrs exp Supervisor/Counsellor	First 1/2hr free - \$70	Face to Face Phone, Group by neg.
Barbara Matheson	Vic 03 9703 2920	Dip. Prof. Couns., supervisor Training (ACCS)	\$66	Face to Face, Phone
Anne Hamilton	SA 0416 060 835	Grad dip. Mental Health, supervisor Trng (ACCS)	\$66	Face to Face, Phone & Group
Lorraine Hagman	Qld 0413 800 090	M.A. Social Science, B. Bus Comm, Supervisor	\$85	Face to Face, Phone & Group
Molly Carlile	Vic 0419 579 960	RN, BEdStud, DipProfCouns, GradCert/s PallCare / Grief&Bereav/Management/Supervision, AICD Diploma	\$100	Prefer Phone
Judith Ayre	Vic 03 9526 6958	Dr. couns. & Psychotherapy (in progress), G. Dip Couns. g. Dip Medit. Dip. Clin Hyp	\$66	Face to Face
Rod McIure	NSW 02 9387 7752	Supervisor Training (ACCS), Psychotherapist	\$110	Face to Face, Phone & Group

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Drowning in Words – And Learning How To Swim

– By Dr Alan Hancock ©

If you're a professional the chances are that you will need to write. Whether it's a report, a letter, or a piece of promotional literature, you want it to communicate effectively with a reader, you want to get a message across. And, let's face it, the job of writing isn't always easy. How often do we put off writing something important? I think we all know those moments when tidying the desk, checking the email, answering a phone call – just about anything is preferable to sitting down with a blank screen or page to start the first draft.

Have you ever wondered why this might be so, when other aspects of language use pose no such problems whatsoever? Most of us can hold a conversation or send an informal email message without any sense of anxiety or dread. Yet the work of drafting something that needs to be well written can feel onerous, even overwhelming, and all too often we approach the task with less than positive thoughts.

If we take a moment to look at our history of language use as a species, and at how the mind organises both writing and speech, then we might have a better idea why writing is hard, and how we can make it easier. Humans have been speaking to one another for at least 50 000 years, maybe twice that long, or so the archaeologists and anthropologists tell us. The evidence is in the fossil record, which shows how our ancestors' jaws and mouths developed to facilitate speech.

When we look at the length of time humanity has been literate, the story is very different. While simple written language has been around since the time of the ancient Sumerians, around 5 000 years ago, writing skills have been the norm, rather than the exception, for a much shorter period. If I go back four or five generations in my family, I find very few individuals who could read, let alone write. In most Western societies widespread literacy was unknown before the Renaissance. So we have 50 000 years of talking, against say 500 years writing. You can guess which ability appears to be hard wired into the human brain, and which we struggle to learn.

Let's take a look at what happens when we speak, and see if we can find any clues there as to how we might approach writing. When I am talking to a friend I don't usually have the experience of planning the content and structure of what I'm going to say. It isn't an effort. I have thoughts, and simultaneously I find myself saying the words to express them. I seem to be making it up as I go along. This experience of intuitive language use is something that I believe we can apply to writing. In fact, many of the times when we find writing a chore, when we say we have writer's block, we are short-circuiting this spontaneous flow. Yet it is something we can tap into just as readily in writing as in speech.

We may have learned bad habits at school, trying to edit and write at the same time, constantly checking the words on the page, even before they can be written, to see if they are good enough. We might be working so hard at planning and controlling our writing that our energy becomes stifled, and we lose touch with whatever inspired us in the first place. It's like trying to drive with the hand-brake on, and it's a

sure fire recipe for making everything a hard slog. And, as we suspect, if the process of writing the first draft is tortuous and plodding, then the task of reading the finished text might prove equally uninspiring.

We suspect all this, we fear that our reader will be bored. Then we are stuck in a place where the chances are that we will write a first draft that is neither lively nor an effective expression of the ideas in our head. This is classic writer's block. It doesn't have to be that way. There is another way of approaching a first draft that frees up intuitive process, the spontaneous flow of ideas and words that we can all access, whenever we want. All we have to do is switch off the analytical, judgemental aspect of our writing ability, and allow the writing to happen, moment by moment. When we do this the results are often astounding – words appear on the page as if from nowhere, we write with fluency and energy, and come up with unexpected turns of phrase, lively and illuminating sentences. We discover the great truth of writing: it is not simply a process of finding words for what we know or want to say. It is, when we let it, a way of discovering what we know. By writing we find out just what it is we want to say – the process is not limited by aims, plans and judgements.

If this all sounds too easy, let's just take a look at why most of us don't write this way. We want to stay in control, we want to limit the risks of failure. And so we mistakenly shut down the very source of successful language use, and rely instead on intellect, analysis, and judgement – none of which can supply that magic flow of a first draft. As improvisation guru Keith Johnstone points out, unless you can accept that "inspiration isn't intellectual, and you don't have to be perfect", you always get stuck writing your first draft. Of his own early attempts to write he says: "In the end I was reluctant to attempt anything for fear of failure, and my first thoughts never seemed good enough. Everything had to be corrected and brought into line." Does that ring any bells?

Unless you let go of judgement in the early stages of writing, you'll never have anything much worth editing. Necessity may be the mother of invention, linguistic or other, but anxiety most certainly is not. The writer who can tackle their work this way, who can be seriously playful and playfully serious with words, is more likely to enjoy writing. This is certainly not the case if you're feeling stressed, bored, or stuck.

I'm not arguing here for a wholesale abandonment of intellectual process in writing – far from it. What I am advocating is an approach that puts intellect in the right place, gives it the job it can do best, ie editing and rewriting. The old maxim "write from the heart, edit from the head" sums up nicely the basic rule of what I call Freeflow writing. It's not just my idea, and I can't claim to be the first writing teacher to arrive at these conclusions, not just about so called 'creative' writing, but all writing.

Author and ex-advertising copy writer Fay Weldon argues that each writer has what she calls an A and B personality, or aspect to their writing skill. The A is "creative, wilful, impetuous, sloppy, emotional", and draws on these qualities to produce a first draft. The B aspect is "argumentative, self-righteous, cautious,

While simple written language has been around since the time of the ancient Sumerians, around 5 000 years ago, writing skills have been the norm, rather than the exception, for a much shorter period.

rational, effective, perfectionist.” It is B who redrafts, or edits, the output of A.

While it is clear that some elements of A and B will operate simultaneously, it is useful to try to keep the two separate, at least in the early stages of writing. We can then avoid B interfering in the creative flow of A. Otherwise we may short-circuit creativity and shut down promising material before it can even appear on the page.

So how do we do this, how do we allow the words to flow when our intellect is always there with a quick judgement that stops us in our tracks? The answer is simple: you have to write faster than you can think. If that sounds strange, well it will probably feel strange the first time you try it. You may feel that you are letting the writing get out of control: good - let it run off wherever it wants. You may be anxious that you're getting yourself into trouble, starting sentences you have no idea how to finish. Fine - getting into trouble can be a very constructive activity. Dr Anne Kerwin, an inspiring philosopher who teaches what she calls 'Ignorance' at an American medical school, puts it this way "If you never get lost, you may never get found." And I think she's right.

If you are still wondering whether it really works, consider Charles Dickens. Arguably the most successful novelist in the English language, he wrote his novels under great pressure of time constraint. Each chapter was being published day by day in the London press. He simply didn't have time to engage in the kind of planning, correcting and rewriting that many of us seem to think is necessary for a writer today. He stood in a room and dictated his work to a secretary. Later he read the draft through to make any corrections, then sent it off to the newspaper office for publication. Yet his stories remain some of the best known and most highly acclaimed in English literature.

The Russian author Tolstoy worked in the same way, dictating a novel in the morning and short stories in the afternoon. My experience tells me that we can all draw on the abilities and processes that these famous writers used. We can all write fluently and with ease, and enjoy the work of using the written word. It just

takes a little guidance and practice to get out of old habits, to let go of attitudes and approaches to writing that simply don't work. Some of us discover this for ourselves. For others it is a revelation when they are shown how to write in a more effective way.

The abilities and processes we call on when we set out to write are deeply complex, and not reducible to the operation of logic and analysis. We can all help ourselves by acknowledging this. Keep the work of writing a first draft separate from that of editing and rewriting, and your chances of success are raised. Sure, the work of rewriting can sometimes be hard going. Certainly it requires skill, patience, and persistence. But if you are trying to edit a first draft that is awkward, lifeless, and uninspiring - then your job is going to be that much harder, if not impossible.

Once a draft is there on the page, we can sit back, have a cup of coffee, and enjoy the work of knocking it into shape. We can make a start on the writing tasks that the intellect does best - checking sentence structure and length, looking out for places where we have underwritten or overwritten, or making sure we have put the piece together in a way that a reader can follow. In my experience this is, relatively speaking, the easy part. At least I have something concrete to work with, not just a blank page and a feeling of frustration or anxiety.

Everything I have written in the last few years, including my PhD thesis on creativity (now published as an e-book on CD-Rom), was run off in first draft as a stream of unplanned and unpredictable language. I know it works - my own writing has been widely published, broadcast and performed - and I am confident when I tell others to give it a try. Forget the careful planning, the constant corrections, the playing safe. Write a first draft fast and furious, and just watch the page catch fire. It might not be neat and safe, it might not be what you originally had in mind, but, and this is the point, you will have something worth editing. Trust me. It works. There is no other way I am aware of.

Alan Hancock is a writer, academic and performer. His scripts have been produced by the ABC and BBC, and his short stories published in magazines. He won the Todhunter Literary Award in 2002 and the Julie Lewis Award in 2003.

His articles and papers on creativity, theatre and multi-media have been published in professional journals, and presented at international conferences.

He runs Freeflow Writing courses at café venues in the Perth area, and offers specialist Freeflow Business training in professional and business writing.

You may feel that you are letting the writing get out of control: good - let it run off wherever it wants.

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Internet and Computer Resources Compiled by Angela Lewis



Hello everybody,

This month I thought we will start off with a small computer tutorial.

Changing Web site history.

If you find it annoying that as soon as you start typing the 'www' into the Internet browser you see the addressed of old websites you have previously viewed, then you need to clear your history.

1. Go to Internet Explorer
2. Click on Tools, then Internet Options
3. Click Clear History.

You have now removed all sites previously searched for from automatically appearing when you type an address into the address bar. This will not clear saved web site addresses from your Internet favourites.

Permanent File Deletion:

Last issue we reviewed the Recycle Bin on the Windows desktop and how files sit in the recycle bin when you have deleted them (unless you had changed any settings). If you want to permanently delete a file without it going into the Recycle Bin, then hold down the shift key on the keyboard while deleting the file. This means it is immediately (completely, forever) deleted. Files deleted this way cannot be restored.

Notebook or Laptop?

It is a bit like 'you say tamato and I say tomatoe', because there is really no difference between the two. A 'Notebook' is a more recent name for a laptop. Notebooks and laptops are portable computers with a hinged screen that close on the keyboard.

What is a Driver? (all mothers will be saying US!)

However in 'computer-speak' a driver is a piece of software that instructs your computer on how to speak to another piece of hardware, e.g. in order for your computer to communicate with your printer, it needs a 'printer driver', for the monitor (screen); it needs a 'screen driver' and so on.

WEB SITES

Near Death Experiences (NDE).

There are a number of websites dealing with this issue and www.nderf.org is probably one of the largest and most comprehensive. NDERF describes itself as "a non-profit group devoted to the study and sharing of the **Near Death Experience** and related phenomena. Their website contains dozens of NDE stories and a comprehensive archive of information on the concept. Another site dealing with near death is The International Association for Near Death Studies <http://www.iands.org/>. Unfortunately Internet searching for 'near death experiences' will produce a mixed bag of sites, so the two mentioned here are probably a good starting point.

Depression:

The Black Dog Institute www.blackdoginstitute.org.au is an Australian educational, research and clinical facility offering specialist expertise in mood disorders including depression and Bipolar Disorder. The Institute is attached to the Prince of Wales Hospital and affiliated with the University of New South Wales.

DepressioNet at www.depressionNet.com.au is a site run by non-health care professionals, who describe their web site as for 'people like us' - people from a variety of backgrounds who live with depression. The site is comprehensive with links to articles and discussion forums and research.

Postnatal Depression:

Healthinsite is an Australian Government initiative by the Department of Health and Ageing. This specific link will take you to a range of articles on postnatal depression. Note the further links on the right of the page to depression and the mental health of women.

http://www.healthinsite.gov.au/topics/Postnatal_Depression

Teenagers:

www.iteenhelp.com is a website that deals with social issues that affect teenagers such as alcohol, peer pressure, drugs, depression, etc. The intended audience is 12 plus.

Comparing airfares:

Rather than checking out Qantas, then Virgin and then maybe Jetstar when you are searching for an airfare, why not try www.Iwantthatflight.com.au. This is an easy to use site that will search all three major carriers and compare and highlight the cheapest flights. I am putting it in my favourites!

Safe Surfing:

www.cybersmartkids.com.au The Australian Broadcasting Authority hosts this site which is aimed at educating parents and children on safe Internet use.

Please note that all Internet addresses were correct at the time of submission to the ACA. Neither Angela Lewis nor the ACA gain any benefit from the publication of these site addresses. Visit me at www.AngelaLewis.com.au

Rather than checking out Qantas, then Virgin and then maybe Jetstar when you are searching for an airfare, why not try www.Iwantthatflight.com.au.

What Do You Do When Words Are Not Enough?

The History and Relevance of Somatic Psychotherapy

– By Donald Marmara, Somatic Psychotherapist

Every time a natural impulse is denied – don't shout, don't cry, don't look, don't get too excited.....- we cut off our aliveness, our connection with our biological pulsation. We stop feeling "streamings" in our body; these streamings are a basic cellular function that give us feelings of security, belonging and wellbeing. Most of us stopped feeling these streamings at such a young age that we have no memory of what they are like.

Then we start to look outside ourselves for sources of happiness and satisfaction because we have learnt that being who we are, which is our only true source of satisfaction, is not OK.

Hence we embark on a lifelong search that leads to more and more frustration because it is misdirected. As one external object, person or situation fails to satisfy our needs, we try something or somebody else. We want more, thinking that if only we had enough we would feel OK.

The truth is that we cannot feel OK until we reconnect with our biochemical processes, the ones we cut off from because we were told that they were not OK. No amount of external change or success can make a difference, except to cover up, disguise or deny our inner longing and emptiness. And whilst words can be helpful in enabling us to reconnect with our own true nature, it often requires more than words to provide the safety and means through which we can do this effectively.

The roots of somatic psychotherapy

The founder of somatic psychotherapy, Wilhelm Reich, died in prison in America in 1957 after fleeing from five countries. I quote from "Wilhelm Reich : The Evolution of His Work" , an excellent book by

David Boadella : "In Vienna **he was recognised by Freud as a brilliant clinician**, but was excluded from the psycho-analytic association when his views became too radical.....In Berlin....Hitler put a price on his head"...

"..whilst in America he discovered a radiation in the atmosphere. **Einstein confirmed two of his findings.....**"

" Thirty doctors practiced the new form of treatment that Reich originated, but an **American Government Department pronounced it fraudulent, and all the research evidence was seized and destroyed on court order.**"

Most of Reich's books were destroyed by court order in America in 1956. It was the concept of what Reich called "orgone energy" – later called bioenergy – that the Pure Food and Drug Administration outlawed. Reich saw this as the essence or energy of life. He also saw the splitting of love and sex as "the source of all evil" and as the source of great error on the part of science.

Quoting from "Horizons in Bioenergetics" by Dr Joseph Cassius : "The splitting of love and sex, Reich says, results in a disturbance of vision. A scientist so split sees heartlessly, that is to say, mechanically. He reduces life to its elements and thereby misses the

heart of life, which is its pulsation, its vibrance, its form, its beauty, its attractiveness."

After Reich's imprisonment in 1956, his students found it necessary to divorce themselves from his outspoken political views in order to continue his therapeutic work on the emotional life of the body, and it was not until twenty years later that Reich's books became widely available again .

A number of schools of therapy developed out of Reich's work, the main ones that I am familiar with being *Bioenergetics* by Alexander Lowen and John Pierrakos, both long-term students of Reich; *Core Energetics* developed later by John Pierrakos who split off from Lowen and founded his own school; *Radix education in feeling and purpose* developed in California by Charles Kelley; the school of *Biodynamic Psychology and Psychotherapy* founded in Norway by Gerda Boyesen who later moved to London, and the school of *Biosynthesis*, meaning the integration of life, founded in London by David Boadella who later moved to Zurich in Switzerland.

There are other schools that developed later, as well as the school of orgonomy which claims to be the only school of therapy that has remained true to Reich. I can find no scientific basis for this claim.

"It's all in the pulsation"

Whilst psychotherapists are often quoted – rightly or wrongly – as stating that "it's all in the mind", the study of pulsation is at the heart of somatic psychotherapy.

Reich found that psychological dysfunctions are linked to disturbances in pulsation. He uses the word "armouring" to describe the chronic muscular tensions that hold emotional memories and unfinished business, and block the free flow of life energy through that part of the body.

Charles(Chuck) Kelly, founder of Radix, meaning root, uses the term *counter-pulsation* to describe what happens when the energy flow is blocked by chronic muscular tensions, which form the basis of our psychological defence mechanisms. When the energy meets a blockage, the energy in that part of the body pulsates in the opposite direction. This is the physical manifestation of conflict , and explains what happens physiologically when we say, for example, – " one part of me wants to move closer to you and another part wants to move away".This is precisely what is happening in our bodies when we have this experience – one part of us is pulsating in one direction, another part in the opposite direction.Hence the conflict.

How do somatic psychotherapists work?

This differs depending on the school of therapy and the way each individual therapist develops his or her own style. Some therapists use touch, others don't. In my understanding, it is important for a somatic psychotherapist to know when to use touch and when not to, and to be able to use touch in an appropriate manner which includes the ability to listen with your hands, and to view all bodily signals in context, as you

No amount of external change or success can make a difference, except to cover up, disguise or deny our inner longing and emptiness.

What Do You Do When Words Are Not Enough? (Continued)

would with words. Few things are more dangerous than the popular "formulae" often used to interpret bodylanguage – this is as dangerous and potentially damaging as taking words and phrases out of context. Everything exists in relationship, and understanding relationships is an essential part of every therapist's skill.

In my opinion it is also essential for a somatic psychotherapist to have undergone a substantial amount of somatic psychotherapy himself or herself. Think of it this way – would you be happy to have a driving instructor who has not himself learnt how to drive a car? Personal experience is at the heart of any serious training course in somatic psychotherapy.

A somatic psychotherapist does not always work directly with the body – some of my sessions are talking sessions, and may appear very similar to other counselling sessions, although I pay particular attention to bodylanguage and voice tone even in talking sessions. Some somatic psychotherapists argue that content is not important – I think what is important is to use whatever method or methods benefit the client. Sometimes content is important, sometimes not.

Somatic psychotherapists draw on a number of methods as appropriate. These can include movement, sound, emotional expression and communication, touch and talking.

The aim of somatic psychotherapy is to restore people's natural, healthy pulsation – to enable them to change unwanted and often unconscious patterns and to integrate thinking, feeling, purpose and behaviour so that they can live life more fully and authentically.

Suggested reading:

Wilhelm Reich : *The Evolution of His Work*, by David Boadella

Your Body Speaks Its Mind, by Stanley Keleman

Living Fully – an introduction to Radix – by Narelle McKenzie & Jacqui Showell

Donald Marmara, CMACA(CPC), MGBI(Lond), M.F.Phys(Lond), is a certified practicing counsellor and registered supervisor of the Australian Counselling Association, a Full Professional Member of the Gerda Boyesen Institute for Biodynamic Psychology and Psychotherapy in London, an Associate Member of the Australian Radix Body-Centred Psychotherapy Association, and a qualified massage therapist.

He currently resides in Sydney and can be contacted on 02 9413 9794,

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Personal experience is at the heart of any serious training course in somatic psychotherapy.

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Private Practice with Ken Warren

Ken Warren, BA, M Soc SC, MACA (clinical), is a Counsellor, Workshop Leader and Professional Speaker based on the Sunshine Coast (Qld). He can be contacted through his website www.counsel.com.au



NETWORKING TO GENERATE REFERRALS

The first mistake I made when I started private practice was thinking that all I had to do to generate referrals was advertise my services and people would walk through my door. I remember placing a notice in the newspaper and sending all 220

doctors in my community a nice letter with my practice information. But I was underwhelmed by the response. I didn't start to receive referrals until I actually made appointments to introduce myself to people. I personally visited 150 of those doctors over a six month period. A good number of them still refer to me despite having only met them on one occasion. Don't be daunted by the thought of seeing doctors or other professional people. After counselling a good number of GP's over the years, I have realised they are human just like the rest of us. Doctors are used to seeing medical representatives and others. So, all you have to do is organise a time with their receptionist to introduce yourself to the practice doctors. If your timing is right, you may be able to meet with a few at once over morning tea. Just make sure you take a bun loaf!

Of course, you need to also meet with a range of potential referrers - family law or litigation

solicitors, staff from government and community agencies, school counsellors, large employers that have employee assistance programs, etc. For those of you who are uncomfortable with the words 'marketing, self-promotion or networking', I suggest you substitute the words 'relationship building', as this is what good networking and marketing is all about.

Even my involvement in my cycling club has brought a number of referrals my way, so keep in mind the potential for building good business contacts through your personal life. Make a point of carrying your business cards with you and passing them onto friends and acquaintances. You will be surprised at the diversity of people who refer to you. It is OK to tell people that you are looking for referrals. I am not suggesting you become annoying with this, but more as the occasion naturally arises.

Try to connect with potential referrers at a personal level. People tend to refer to people that they know and like, as well as who can produce some good outcomes. At first, you might want to make a point of doing more listening to what they are needing or asking about the sort of problems they come across. Remember the simple concise way of describing what you do that I discussed in my last article. Make sure you tailor it to the person with whom you are speaking. Let them know your areas of specialty and how you can support them in their work.

Make a point of carrying your business cards with you and passing them onto friends and acquaintances.

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Private Practice with Ken Warren (Continued)

If you can, along with your promotional materials, give them something for nothing. It might be your ability to be contacted out-of-hours, a complimentary registration to one of your workshops, or your free newsletter. Giving things away, I believe, not only helps build goodwill. It also encourages others to reciprocate. When you give things away, it is important you do so with the right attitude. Don't do it expecting something in return. However, you can encourage reciprocity by also referring business to others. Ask referrers for copies of their business cards. When you refer people to them, ask clients to mention your name.

Although counsellors are good listeners, most also have something to say. Consider inviting potential referrers to your office for a free monthly talk on one of your pet subjects. It might be your top ten tips on dealing with conflict, managing difficult behaviour, or working with children - you get the idea. The networking and relationship building you do at these meetings will help generate referrals. You could also take your pet subjects on the road. Service clubs such as Rotary and Probus are always looking for guest speakers.

Workshops and therapeutic groups are another good way of becoming known in your community. When you conduct one, it automatically becomes a newsworthy event. If you send a media release to your local newspapers and radio stations with a story about your upcoming workshop or group, a couple of weeks before it happens, you are likely to get yourself some free publicity. You will tend to find that a number of people who come to your seminars or groups will either refer to you or come to see you themselves for counselling.

You could also do some relationship building in non-traditional ways. One of my better decisions was approaching my local newspaper with a couple of sample articles and offering to write a regular column

for them. I am still writing for them some seven years and 350 articles later. By writing regular articles for newspapers or newsletters you build a relationship with your readers over time as well as lift your profile in your community. Being a good counsellor, does not guarantee you will be a good writer. Nor does being a good writer guarantee you will be a good speaker. But new skills can be developed over time, if we are prepared to persevere through our discomfort and get appropriate assistance.

It is also important to take good care of those people who refer to you on a regular basis. Make sure you ask new clients how they came to hear of you. By gathering this information, you can build on and make use of this database over time. Consider sending a handwritten thank-you card as well as additional business cards or practice brochures to people who refer to you. I also stay in touch with referrers by offering them my free weekly email newsletter. Once a year, I send all of my referrers a letter thanking them for their support. At Christmas, I give some consistent referrers a bottle of wine or take them to lunch. My wife thought it bad taste for a therapist to give away fruitcake at Christmas.

In summary:

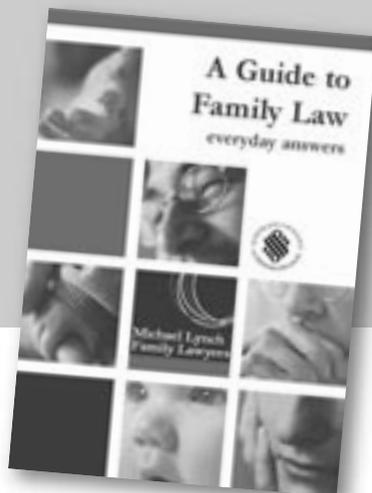
1. Get out there and introduce yourself
2. Build relationships with potential referrers
3. Develop speaking opportunities on your pet topics
4. Start a newsletter or newspaper column
5. Develop your database of referrers
6. Thank referrers and maintain those relationships

Ken Warren, BA, M Soc SC, MACA (clinical), is a Counsellor, Workshop Leader, and Supervisor/Mentor for Counsellors in private practice. He can be contacted through his website www.counsel.com.au

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It is important to take good care of those people who refer to you on a regular basis. Make sure you ask new clients how they came to hear of you.

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Establishing a Counselling Centre From Small Beginnings – By Pat Quinn

The Portiuncula Centre in Toowoomba began in 1988 when Pat Quinn rented a cottage on 5 acres. She wondered if there would be enough clients to cover her rent. Pat had been trained in Transpersonal & Emotional Release Counselling and was keen to offer these unique modalities to anyone interested. To her delight, people came and the numbers grew.

After nine months the property was put on the market and when Pat told her parents, they offered to buy it. Thanks to their generosity, improvements could be made. Originally there were just two privet bushes on the land. Pat and her friends began planting trees and shrubs – now there are over 600!



Pat with her dog Fred

By now the practice was extended to include group workshops and more space was needed. Over a period of nine years the tiny cottage had expanded into a collection of buildings.

In 1991 Mark Pearson joined Pat and her team and they began professional counsellor training courses in Transpersonal & Emotional Release Counselling. Since then many have completed the training – some have gone into practice, others have incorporated the skills into their everyday life and work.

The Counsellor training courses have a strong experiential component. In this way students are supported in deepening their own self awareness. Modalities include Sandplay, Dreams, Journal writing, Holotropic Breathwork, Voice Dialogue, Emotional Release Work, Bioenergetics, Art & Meditation. These have proved to be powerful tools for self exploration and personal growth.

The centre provides overnight accommodation at budget prices and has two flats where people can come for retreat space.

Establishing a private counselling practice was quite a challenge for Pat. As a Missionary Sister of Service she had worked for 27 years within the church organisation, assisting families in remote

areas with counselling and religious education. In 1986 Pat, in a breathwork session, felt a call to work beyond church boundaries and to set up a place for people of all paths. As a Catholic Sister in private practice, Pat's role is not to teach religion, but rather, to support each individual on their own spiritual journey.

Since 1988 the work at the Portiuncula has been supported by a competent and dedicated team coming from a wide range of backgrounds. Their contribution has brought enrichment and diversity to the programs offered.

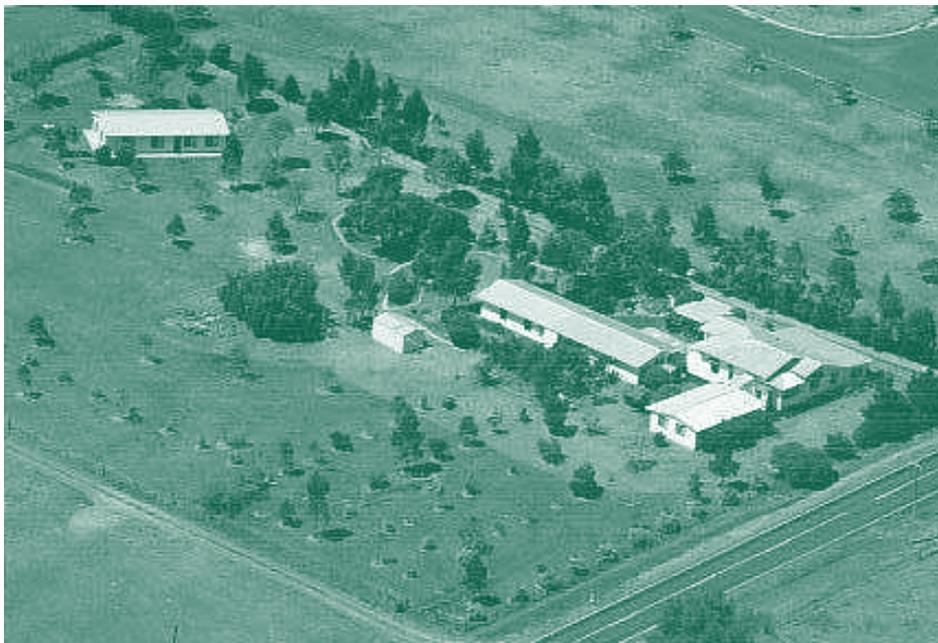


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The original Portiuncula cottage

Since 1988 the work at the Portiuncula has been supported by a competent and dedicated team coming from a wide range of backgrounds.



The Portiuncula centre today

Book Reviews

Jelly Bean's Secret

Author: Molly Carlile



This is a book about death and how to share and explain it truthfully and openly to our children. It helps to demystify death and place it in real terms, yet nurturing the understanding that death is part of the journey of life.

Jelly Bean's Secret
Author: Molly Carlile
This story is about a nine-year-old child who lives with her parents, brother and grandmother (named Jelly Bean).

This story is about a nine-year-old child who lives with her parents, brother and grandmother (named Jelly Bean). It is beautifully and simply written acknowledging the relationships that aspire up to the death of the grandmother and how each person reacted in their own way after the death of their loved one. This book will help to reflect, and create gentle conversations about living, dying, letting go and remembering. I have to admit it brought tears to my eyes as I fondly remembered my grandparents and the wonderful times we had together.

At the back of this book Molly has some wonderful explanations on how to use this book as a tool, such as 'key understandings' and 'some conversation starters'. The credibility of the author, research and resources used to create this information and the simplistic yet professional presentation can only lead me to believe it to be an invaluable tool for all professionals working with grief.

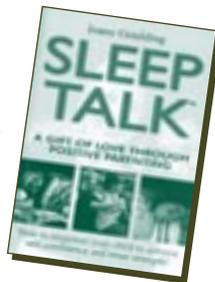
I would highly recommend this book not only for parents and Counsellors to share with children but to also share this with adults to assist the child within.

Maria Lacey, Qualified Counsellor, Reiki Master Teacher, Meditation Teacher. Reiki Inspirations, Mooroolbark

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Sleep Talk

By Joane Goulding



Having trained in Sleep talk and utilized it in my practice for 19 years, I am pleased to see this therapeutic method available in book form for both Practitioner and Parent alike.

Sleep Talk
By Joane Goulding
The book is clearly written, the rationale and techniques easily explained and supported with relevant research and testimonials.

I found the book to be clearly written, the rationale and techniques easily explained and supported with relevant research and testimonials.

One of its strengths is the ease that a Practitioner could involve a parent by giving them the book [with its accompanying CD] and enable them to support the Practitioners efforts with the child client.

The book clearly walks the reader/listener through the steps and considerations, including abreactions should they occur. The CD helps the listener to identify with the

authors intent, gentle caring spirit and competence in this method.

Sleep Talk is applicable to a number of mental and physical conditions including:- Aggression or difficult behaviour, Study or concentration, Physical impairment or sports activity, Health issues, Creativity and co-operation, Bed-wetting or nightmares, Sibling rivalry, Fear or anxiety, Nail-biting, Asthma or speech, Achieving goals, Skin disorders, Eating disorders, etc.

The book takes an holistic perspective in that it looks at the influence and application of Psycho-nutrition, Ortho-molecular medicine and food and environmental toxins in behaviour and health problems such as Autism, ADD and ADHD.

My most dramatic experience using Sleep Talk was with my daughter who consistently wet the bed at and advanced age. No other therapy worked whereas in this case one Sleep Talk session cured her.

A valuable asset to any Practitioners library and Practice.

David Kliese Clinical Counsellor, Clinical Hypnotherapist and Naturopath.

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“A Guide to getting Life Back on Course after a Relationship Breakdown, Surviving Solo”

By Meredith Cameron

As counsellors we often deal with the grief people experience when their relationship or marriage ends. Your client’s will need guidance to work through the overwhelming number of issues facing them before and after separation.



This book looks at what professional counsellors need to tell their clients in order to prepare their clients to meet their immediate and long term needs. “Surviving Solo”, outlines important information such as legal issues, housing, financial assistance, child care and other agencies that can be consulted to help meet your client’s immediate needs.

Children can suffer enormously when their parent’s relationship breaks down; this book explains the key emotions that both your client and their children will need to understand and may experience as they go through the process of grief and loss. A relationship breakdown will affect both partners’ relationships with parents, in-laws, and friends; this book helps the counsellor identify ways to assist their client in how to handle conflict with people close to their client.

A counsellor does not want the clients past to be their future, this book looks at helping the client identify their strengths and weaknesses and what changes may need to be made in order to rewrite the future to be able to assist the client to determine a new course. The counsellor will also need to help the client manage their stress through appropriate exercise, diet, thoughts, meditation and through encouraging their client to take care of their appearance and health.

Surviving Solo discusses these and many other issues that both the counsellor and the client will need to navigate through in order to help the client get through this difficult time with as little pain as possible and to assist the client in moving forward. This is a highly readable and well presented book which empowers both the counsellor and the client in regards to how to survive the relationship breakdown.

Book Review by Mrs. Michele Jackson
Clinical Psychologist (M. Psych., B. Psych. UWS)
Member of the Australian Psychological Society
Clinical Member of the Australian Counselling Association.

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“A Guide to getting Life Back on Course after a Relationship Breakdown, Surviving Solo”
By Meredith Cameron

This book looks at what professional counsellors need to tell their clients in order to prepare their clients to meet their immediate and long term needs.

Psychology in Probation Services

Edited by: David Crighton & Graham Towl.



This edition, the most recent of a procession of books edited & co written by these men, takes the reader via a number of psychology areas of specialism, through a secession of reflective, present status & future speculation. Regarding the “factual & possible” nature of major legislative & organizational changes now affecting the British criminal justice system.

The book contains contributions in the form of chapters, from several other psychologists focusing upon their various areas of practice. These submissions range from the assessment & treatment of sexual offenders, to risk assessment & Cognitive skills group work, to name but a few.

Psychology in Probation services has been laid out in such a way which allows the reader to easily access specific areas of interest, with out becoming “bogged down” in a bombardment of legal & organizational terminology.

My professional take of the overall theme, although made to be very much reliant upon various psychology specialisms, would be that it is all about the identified need for better integration of services & access, between the community & criminal justice services. With the emphasis firmly placed upon the growth areas & future potential of applied psychology contributions with in the Court system & wider legal process.

Psychology in Probation Services
Edited by: David Crighton & Graham Towl.

Psychology in Probation services has been laid out in such a way which allows the reader to easily access specific areas of interest, with out becoming “bogged down” in a bombardment of legal & organizational terminology.

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Book Reviews (Continued)

I would not be completely honest however, if I were not to admit to experiencing some professional conflict in the face of such "pure or singular psychological emphasis", on its own.

I quote the book foreword by Professor Herschel Prins .The editors emphasize "Psychology is about people, their mental life & behavior".

Where as my own professional view would be "Mental life is only but one part of the equation witch leads to behavior", (Cause or determining factors).

It would also be relevant to say that it was the contribution of Counselling Psychologist, Sharon Mayer, which came closest to reflecting my own practice model & philosophy. "Highlighting" Sharon's chapter quotation; "Working towards empowering rather than controlling offenders".

To surmise I would state this edition dose much in providing fact based insight into the historical, present & potential aspects of Britain's Criminal Justice services, & more specifically the current shift towards a public protection role for the National Probation service. I would also recommend this as a valuable read for anyone, like myself, who is involved in their professional capacity with forensic services, as the authors & editors "fact based approach", offers a clear & interesting look at this diverse & multi-layered aspect of society.

Review by Fliss Tomlinson;PMACA

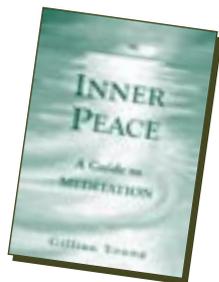
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Inner Peace: A Guide to Meditation

By Gillian Young

Published by Joshua Books,
Maroochydore,
Australia, 128pp.



Inner Peace is a beginner's guide to meditation. After introductory thoughts around meditation the author examines nine topics including preparations for meditation, relaxation, distractions, imagination and focussing. A final topic covers the notion of group meditation.

It is designed as a self-teaching workbook. Each topic examines a particular aspect of meditation, describes the techniques or skills involved and explains the desired outcomes. Meditation exercises are included to better illustrate the author's point. At the end of each topic the author has provided a summary to highlight the main points covered and provide a quick reference.

The book is easy to read and follow. It would be a good resource in a

practitioner's library as a tool to pass on to those wishing to explore and engage in meditative activity. The exercises are useful and clearly explained. I found the chapter on creative imagination to be personally refreshing. It is user friendly and provides a good foundation for beginners.

The author reminds the reader that the purpose of meditation is to gain inner peace. As the routine events (and unexpected events) of daily life can stimulate responses that can be held in the body and mind as stress. Meditation brings a person to a place of peace and stillness where mind and body can carry out its innate ability to heal and distress. In today's world, we can all do with a bit of that!

Peter Monaghan
BTh, BS(PSY), Grad Dip Counselling.

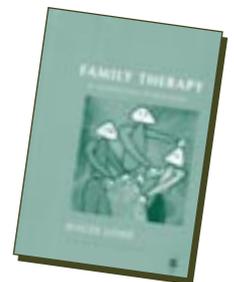
Joshua Books 1300 888 221 RRP \$19.95

Family Therapy - A constructive framework

By Roger Lowe

Sage Publications, Gateshead,
GB. 2004 (214 pages)

Reviewing 'Family Therapy' was both a rewarding and a challenging task. It was rewarding in the sense that it provided a comprehensive review



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Inner Peace: A
Guide to Meditation
By Gillian Young
The author reminds
the reader that the
purpose of
meditation is to
gain inner peace.

of the constructive therapies which form a large part of the Queensland University of Technology's Master of Counselling course; Roger Lowe is one of the senior lecturers of this course. In 'Family Therapy' Lowe brings together constructive therapy and family therapy, integrating the two in order to provide a framework for constructive family therapy.

This book would not only serve as an excellent textbook for students of the Master of Counselling course, but it would also be a wonderful source of review for former students like me, and a handy resource for family therapists who use the constructionist approach.

Lowe uses the analogy of a 'Swiss army knife' to describe a compact and effective therapist's toolkit, and contrasts the metaphor of 'travelling light' with the concept of being ill-equipped. Each chapter corresponds to one item of essential 'luggage', one important component of a constructive framework. According to the author, 'Family Therapy' "offers a framework that allows us to travel light and journey well: to minimize the hazards and maximize the opportunities of family therapy". While he refers to 'primary pictures' as the preferred, that is, the constructionist method, Lowe also mentions 'secondary pictures', other modalities that it may be useful to move into temporarily, when faced with challenging situations. These modalities can then be adapted and used in constructive ways.

The challenging part of the review consisted in thinking of readers who may not be familiar with the

constructionist-based therapies. What impact would the book have on a counsellor or psychotherapist whose background training lies in Cognitive Behavioural Therapy, or Gestalt, or Transactional Analysis, or any other of the range of modalities that abound? It would be interesting to find whether the detailed explanations and definitions combined with the clear examples in plain language of this text would be sufficient to arouse the curiosity of non-constructionist practitioners and whether it would whet their appetite for the cause of the constructive approach in family therapy.

I found revisiting the constructionist techniques in 'Family Therapy' a most rewarding experience. Until the final chapter I had difficulty in deciding which was the most interesting and useful chapter for me, each seemed to surpass the one before it. Then came the final chapter 'Responding to Challenges', and I was no longer in doubt – this was definitely the most helpful: techniques for challenging situations.

'Family Therapy' is a great introduction to the constructionist approach to family counselling; I highly recommend it to counsellors, therapists and psychologists of all persuasions. And please, do not miss Lowe's 'Final Reflections'!

Book Review By Gerarda Turner Dip.T., B.Ed.,
Master of Counselling

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Family Therapy – A constructive framework
By Roger Lowe
In 'Family Therapy' Lowe brings together constructive therapy and family therapy, integrating the two in order to provide a framework for constructive family therapy.

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Book Reviews (Continued)

The Resilient Practitioner

By Thomas M. Skovholt

Burnout prevention and self-care strategies for counsellors, therapists, teachers and health professionals

I wrote this review propped up in cushions in a comfortable bed, in much the same position as I read most of this book. Self care? Bring it on!

Reading a book on professional development after a long working day, somewhere towards the end of a long working life, requires ample rewards to justify the effort. Fortunately this book provided plenty: the 'job' of reading it for review quickly turned into reading for pleasure.

In *The Resilient Practitioner*, Thomas Skovholt gives a good account of the satisfactions, challenges and hazards of what he terms 'high touch' professions, such as counselling/therapy, teaching and health care.

In 'high touch' work, the practitioners own presence is part of the method. As well as having the appropriate knowledge and technical competence, the practitioner is required to make highly skilled professional attachment, involvement and separation again and again, often in difficult circumstances with difficult people. Skovholt writes with great insight about the emotional and personal demands of this work.

In the first chapters he describes characteristic themes across the decades of a professional practice. Many of



these involve relationships; to people, theories, organisations and the developing professional self.

The second part describes approaches to sustainably managing oneself within a professional 'high touch' practice.

Part of my pleasure in reading this book was a sense of recognition. Like the author, I have practiced in all of the 'high touch' areas he describes, and observed many colleagues and supervision clients. This book rings true, and addresses issues I know well, and try to address in my own work. Areas I particularly appreciated were Skovholt's descriptions of the 'orphan stress' of novice practitioners, the cumulative accrual of professional grief, ambiguous emotions and his critique of codependency.

Another pleasure was the lively and readable text; clearly laid out, and enriched with ongoing metaphors, quotes, poems, personal stories, even tables and flow charts to appeal to a wide variety of readers. Of all the professions mentioned as 'high touch' I think that counsellors and therapists' with less 'technical' roles will probably find the first section more immediately relevant than, say physiotherapists or nurses.

However I think every human being could learn a lot from the 'self care' section.

The enthusiastic review quotes recommend this book as 'required reading', indeed re-reading, for practitioners at every stage. I am not so sure about giving it to those 'novices': giving detailed advance maps of the path ahead is not always the best way to learn how to travel. Personally, I am glad I went through most of it in my own experience first. There is an extra satisfaction sitting in my comfy bed, ticking it off: Yep, been there, done that. Learned. Survived.

The Resilient Practitioner
By Thomas M. Skovholt
Burnout prevention and self-care strategies for counsellors, therapists, teachers and health professionals

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Counselling workshops



Workshop details

Presenters Mark Pearson and Helen Wilson
Cost \$148.50 (includes lunch and GST)
Venue ACER, 347 Camberwell Road, Camberwell
Time 9.30am – 4.30pm

For bookings and details please contact Margaret Taylor at the Centre for Professional Learning

Phone 03 9835 7403
Email taylor@acer.edu.au

Expressive Therapies in schools: Counselling activities to reduce difficult behaviours

This experiential workshop will give practical assistance in using expressive exercises to help young counselling clients contact, recognise, release and talk about their feelings, within an educational setting. This day will demonstrate researched methods of using drawing, writing, self-discovery worksheets, role-play, bioenergetics and emotional release exercises. The counselling principles underlying expressive therapies will be discussed and there will be brief case stories illustrated by young clients' artwork. A brief review of reports from Guidance Officers using these methods as well as research on using these methods in school settings will also be presented.

Date 4 October 2005

Using Expressive Therapies with troubled & traumatised young clients

A practical workshop suitable for those in the helping professions introducing the methods and frameworks of Expressive Therapies. This workshop will provide hands-on experience, theory, history, some research and illustrated case stories of counselling work with children and adolescents who have been troubled or traumatised. There will be a focus on the care needed in counselling and support for young clients with long-term emotional problems or who are affected by trauma, prolonged duress stress disorder or post-traumatic stress disorders. Some topics covered: expressive activities for young clients, causes of predisposition to psychological disturbances, building bridges between explicit and implicit memory, matching treatment to types of trauma victims, the value of a client-centred activities-based approach.

Date 5 October 2005

Australian Council for Educational Research



Book Reviews (Continued)

But perhaps I am just being churlish. This is a wise and good book. Read and enjoy.

Gabriel Monson

Diplomas in Psychosynthesis Counselling and Psychotherapy. Diploma in Training and Assessment Systems Current business: *Carer Training and Support*.

Pearson (03) 9811 2566 RRP \$72.95
ISBN 0205 30611X

counsellors and individuals alike, as it is an excellent tool for self evaluation and for assisting those with an anger problem.

The last two chapters again are insightful and help us as we deal with an angry individual, as well as how to deal with anger in the Organization or Team.

Reviewed by Kevin Luttrell, Qualified member ACA.
Pearson (03) 9811 2566 RRP \$24.95
ISBN 087 4256771

Managing Anger in the Workplace
By Dr .Donald Gibson and Bruce Tulgan
This small pocket size book of 159 pages is an easy read for anyone interested in this topic.

Managing Anger in the Workplace

By Dr .Donald Gibson and Bruce Tulgan

This small pocket size book of 159 pages is an easy read for anyone interested in this topic. It is well laid out with a lot of work sheets included (Brainstorming Exercises, self evaluation, etc.) for the reader to work and reflect on. The eight easy read chapters look at Anger in the workplace; The costs of anger in the workplace; The benefits of anger in the workplace; Diagnosing anger; Focus on the source; Dealing with your own anger; Dealing with the angry individual; Dealing with anger in your organisation or team.



While each chapter stands alone it is necessary to read the whole book to gain the most out of it and to understand its benefits to the whole workplace, from management through to those on the workshop floor or vice versa .

It is written in such a way that any manager, team leader or counsellor would find helpful when dealing with issues of anger in the workplace. It recognises that anger can have both negative and positive outcomes, and helps the reader define both aspects. To understand the positive outcomes an exercise and case study are set out for the reader to consider, along with a number of scenarios. "When anger is focused on work itself, it can become very valuable" pg.42 "Often work related anger degenerates into interpersonal anger. However, even interpersonal anger can be very valuable when managed effectively." pg 43. Such statements are always backed up with a list of possible positive outcomes for the workplace.

I found the book balanced, insightful and would recommend it to workplaces looking at introducing an anger management policy, an ideal tool for those with an anger management policy in place as well as a must for all involved in workplace management. "The true key to resolving anger and tapping its benefits is to focus on the source." pg 63. This chapter like the other chapters in the book is very balance looking at issues from the unequal power relationships which exist in any given workplace. The insights are very helpful and if used with an open mind (which the exercises enhance) could solve most workplace anger issues.

The section dealing with your own anger makes buying the book worthwhile for a wide range of

A REVIEW OF THE MEDITATION CD

Empower Your Spirit

By Maria Lacey

Empower Your Spirit meditation cd offers the listener a chance to "embrace a time of peace". Many people know that time out is good for the spirit, good for the mind, and science is establishing hard evidence in support of such benefits.



Lacey has produced **Empower Your Spirit** in a meditative state with background music composed by Mark Scarfe. The music is a blend of quiet sounds that flow superbly around Lacey's voice. Lacey had no script to follow and was in a meditative space at the time of recording; it is fascinating to listen to the music ebbing and flowing around her voice. A three-part guided meditation that could be easily incorporated into a busy lifestyle; listen to one or all depending on time and frame of mind

Part one; *Inception* guides the listener to create the space to meditate and become comfortable relaxing into the moment. It is one that would appeal to the beginner, as it keeps the mind entertained while it guides to a gentle focus.

Part two; *Passage* brings the listener to focus on colour and breath. Again Lacey's voice and style is unhurried, easy to follow. Part two is not focused on any section of the body; rather it suggests the colour of each chakra and reminds the listener to breath deeply as they are encouraged to relax.

Part three; *Endless* as the labels says, "flows with the music"; Lacey's voice is heard but is not as distinct as in the first two parts. This does not detract; rather it brings forth the power of the music to move the consciousness.

Empower Your Spirit helps the listener to achieve a pleasant state of mind. A CD for those who enjoy being directed by visualizations; it could confidently be offered to the client who is unable to let go and relax easily.

Review prepared by WendyJoy Smith, Qualified Counsellor, Community Development Worker Reiki Master & Meditation/Personal Development Teacher.

For more information: (03) 9727 2581
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A Review of the meditation CD Empower Your Spirit
By Maria Lacey
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