



Cairnmillar
INSTITUTE

Goodminds June 2018

The Governor of Victoria to Open Our New Building

We are honoured, and delighted, that The Honourable Linda Dessau AC, Governor of Victoria, has agreed to officially open our building on August 9 at 2.30 pm. The new premises are testimony to the individuals, groups, and organisations, who believe in our objectives, have contributed to our achievements, supported us in so many ways, and who continue to do so.

The official opening signals a new era for the organisation, the psychological health of the community, for education, and for research. It is a significant achievement and presents an exciting opportunity for clients, staff, and students, to engage in new and different ways. New consulting rooms have been designed to

promote greater understanding and to enrich the therapeutic experience. The upgraded teaching spaces bring students together, encourage collaboration, set their minds thinking, and provide a rich learning experience. Other spaces in the building enable us to run professional workshops, lecture series, and offer the facilities to other community groups, ensuring that our commitment to community engagement is sustained.



You are welcome to join us, but please let us know if you wish to attend: claire.adkins@cairnmillar.org.au

The Big Tent Project - Making a Big Difference

One of the significant benefits of the amazing work of The Big Tent Project, is an innovative new program, Mental Health First Aid. The direct result of two major supporters and benefactors, the program will be rolled out in the second half of 2018. The program will benefit professionals who were previously unable to participate in the professional training, due to distance, isolation, or work commitments. It will enable participants to tune into webinars, have online consultations, or receive supervision with the consultants involved. A further grant from a major benefactor, will enable us to investigate, explore, and gain a greater understanding of the psychological, contextual, and cultural issues involved in treating, managing, and coping, with Autism.





Mind Games

The act of playing games, through consoles and increasingly through the internet, has a long history. As researchers continue to explore the psychological impact of gaming, both positive and negative outcomes are emerging, including gaming behaviour disorders. To more fully understand the impact of this growing phenomenon, Senior Lecturer and Course Chair, Dr Vasileios Stavropoulos, and student Mr Elwin Hu, who are part of The Gaming Research Group at Cairnmillar, who are collaborating with a number of international research centres, to investigate the best evidence-based treatment for people with the disorder.

Potential Partnership with Alliant University



We are currently discussing a potential partnership with Alliant International University. This is a very exciting initiative for the Institute, staff, and students. With six campuses and 3000 students across the US, like us, their focus is professional training in psychology, family therapy, education, business management, and more recently, lawyers.

It is early days, but it may be possible for us to run some joint short certificate courses via webinar. This approach to learning could provide a forum by which participants explore topics of interest, have the US and Australian approaches to the subject explored, and engage in small group work with candidates from both countries. Other topics, such as the use of digital technologies, cultural competence, elder abuse, conflict resolution, and forensic victimology, are also under discussion.



Another Stellar Graduation

A welcome to country by a Wurundjeri elder marked the beginning of a stellar night of awards, achievements, and celebrations, at our recent graduation. Graduates, their families, supporters, and friends, were warmly welcomed at the Hawthorn Arts Centre and Town Hall by Mr Rowan Kennedy, the hard working Institute chair. Professor Kathryn von Treuer and Head of School, Professor Ben Richardson, joined Chief Patron, The Hon Marcia Neave AO, who encouraged graduates to embrace their new profession, take every opportunity, to savour every moment, and enjoy their new life ahead.

Ms Sally Polmear spoke highly of her experience and described how studying at the Institute not only resulted in a professional qualification, but in greater personal insight and development. Her comments were warmly received by all present, especially founder of the Institute, Emeritus Professor Francis Macnab AM, current and former council and committee members, fellows, and supporters. Many awards and scholarships for academic and research excellence were made, the outstanding contribution of the teaching staff acknowledged, and appreciation for the work of the administrative staff, applauded.

To request a free copy of the Graduation booklet, call **9813 3400** or email reception@cairmillar.org.au.

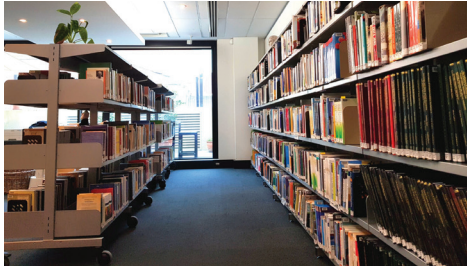
**Graduation
Ceremony**

16 May 2018

How Do You Make a Librarian Smile?

Nothing brings a smile to the face of our much valued colleague, librarian Mary Turnbull, than the donation of a professional library. She recently received two generous gifts for our collection, including many first editions and other psychology classics.

Warm thanks to Mrs Beverley Davis OAM and her family, who donated the books of their late husband and father, well known psychiatrist, and a former Cairnmillar staff member and director of training, Dr John Mark Davis. A previous Deputy Director, Dr Fred Taylor, made a similar gift. Our staff and students are extremely grateful, for their thoughtfulness and generosity, and we thank them for it.



Emotional Bullying

Increasingly our clinicians are being asked to assist people deal with negative emotions. Sometimes it is for people who are being bullied in the workplace. Others experience forms of emotional bullying in relationships much closer to home. Often people are bullied because they do not know how to respond. Some seek help because they want to know how to deal with pent up feelings of anger, they have suppressed for many years. It is often a shock when they are accused of being excessively controlling, overbearing, or aggressive. Our clinicians know one of the keys to better psychological health is the ability to deal with such negative emotions and replace them with more positive ones.

If you have difficulty managing your emotions, you may benefit from a new group Emotional Mastery. You are welcome to join, or gain further information, by speaking with Clinical Psychologist, Mr Kevin Peel, on 9813 3400.

Want to Know More About Narcissism?

Our staff and student researchers have been involved in some exciting research projects. Papers have been published, grants received, and presentations given at a number of conferences. This means a busy year for Institute staff who will contribute to psychological knowledge at conferences in The Netherlands, Chicago, Vienna, and beyond. If you are interested in the following topics we are happy to provide copies of the articles or reference links.

- **Narcissistic Personalities**
- **Women and Body Image**
- **Psychological Rigidity and Flexibility**
- **Autistic Spectrum Disorder**

New Council Members and Adjunct Professors

This year we welcome two new members to the Council of the Institute. Professor Marita McCabe FAPS is a Research Fellow in Psychological Sciences at Swinburne University. She has also been appointed as an Adjunct Professor of the Institute, together with Professor Melissa Casey, and Professor Monica O'Kelly.

Professor Casey is the Chair of The ACT/TAS/VIC Regional Board of the Psychology Board of Australia and Director of Innovation and Director of Psychological Services at Monash Medical Centre.

Professor O'Kelly is Director of Cognitive Behaviour Therapy Australia, a Director of the Australian Institute for Rational Emotive Behaviour Therapy and an Adjunct Senior Lecturer in the School of Psychology and Psychiatry at Monash University.

We are delighted they have accepted the appointments and look forward to their contribution to the organisation.

Outstanding Contributions

As the inaugural chair of the Human Research Ethics Committee, Mr Wal Reid has played a significant role in the many achievements of the Institute, including the prestige by which it is known, and especially its continuing contribution to psychological knowledge. We thank him for his leadership, for his intellectual rigour, and for the support and friendship he has given staff and students.

We also thank another HREC member, Ms Helena Morris, who recently retired from the committee. Dr John Fidler joined the committee and we welcome him to it. The outstanding contribution of another person, Ms Pria Woolston, who has given voluntarily of her expertise and time as a member of the Academic Board over the past three years, is acknowledged also.

**Hawthorn Head Office
Clinic and School**
391-393 Tooronga Road
Hawthorn East 3123
1800 391 393

Highpoint Clinic
Highpoint Shopping Centre
Level 4, Prof Suite 4012
120-200 Rosamond Rd
Maribyrnong 3032
03 9317 0622

Healesville Clinic
Yarra Valley Health
297 Maroondah Highway
Healesville 3777
1800 391 393

Whittlesea Clinic
Whittlesea Specialist Centre
3/79-81 Church St
Whittlesea 3757
1800 391 393

Continuing Professional Education

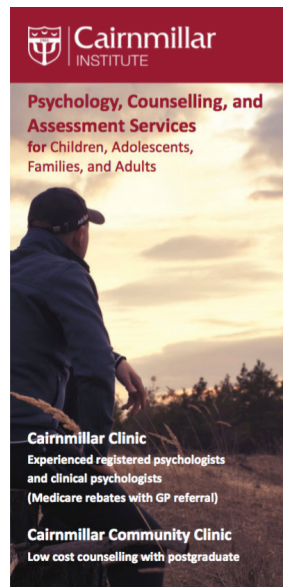
The Short Course Centre plays an important role in enhancing the contribution Cairnmillar makes to the psychological health of the community. We continue to develop new courses to provide professional training that meets the needs of people in a variety of workplaces, organisations, and professions.

The following new courses are open for enrolment:

- **Resource Therapy**
- **Effective Working with Overwhelm - High Level of Stress and Emotional Distancing**
- **Managing Chronic Suicide Risk and Self-Harm in Borderline Personality Disorder**
- **Aspects of Psychoanalytic Practice**
- **Suicide Risk Assessment and Intervention**

To view all our short courses on offer, please visit <https://www.cairnmillar.org.au/short-courses/>

Clinical Services



Cairnmillar INSTITUTE

Psychology, Counselling, and Assessment Services for Children, Adolescents, Families, and Adults

Cairnmillar Clinic
Experienced registered psychologists and clinical psychologists
(Medicare rebates with GP referral)

Cairnmillar Community Clinic
Low cost counselling with postgraduate



Cairnmillar INSTITUTE

Excellence in Psychological Care

The Cairnmillar Clinic
The Cairnmillar Clinic is staffed by experienced registered and clinical psychologists. Our psychologists are highly trained in various evidence-based approaches to intervention and treatment. We offer safe and welcoming spaces which are free of judgement, where experiences and difficulties can be voiced, and new paths and opportunities explored. Our psychologists offer individual, couple and family interventions and work across the age range. We commonly work with people presenting with:

- Anxiety, Depression or Stress
- Trauma, Grief and loss
- Adjustment issues
- Self-esteem or identity issues
- Communication and conflict resolution
- Issues related to gender and identity
- Disordered eating and body image issues
- Health issues
- Relationship difficulties
- Social or workplace difficulties (e.g. bullying)
- Career counselling and vocational assessments

Medicare rebates available with a mental health care plan from a GP.

Cairnmillar Clinics are located in Hawthorn East, Highpoint, Healesville and Whittlesea.

Cairnmillar Community Clinic
Cairnmillar also offers a Community Clinic, with low cost options for treatment and assessment.

- * Low cost counselling and psychology
- * Low cost psychology assessments

The Community Clinic staffed by provisional psychologists undertaking postgraduate studies and who work under experienced supervisors. There is no restriction on the number of sessions clients can have at the Community Clinic. Children, Adolescents, Adults and Families can be seen without a referral or mental health care plan in the Community Clinic.

Community Clinic Fees:

- Individual sessions \$20
- Cognitive assessments for \$120
- Vocational assessment for \$100 (VGT)

Cairnmillar Community Clinics can be accessed at the Hawthorn East and Highpoint Clinics.

To learn more about Cairnmillar and the services we offer, or to make an appointment, visit our website or contact us at:

Phone: 1800 391 393 | Email: reception@cairmillar.org.au | Website: www.cairnmillar.org.au

If you would you like to find out more about our clinical services or receive brochures for your practice, contact us on **9813 3400** or reception@cairmillar.org.au.

Help Us Go Paperless

Our sustainability committee is making the necessary changes to help promote an environmentally friendly future. You can help us by receiving future newsletters via email.

Call **9813 3400** or email reception@cairmillar.org.au to advise.

Keep Up To Date

For the latest Cairnmillar news, or psychology counselling and psychotherapy conversation, follow us on Facebook, Twitter and LinkedIn.



The Big Tent Making a Difference in the Lives of Children

To make a donation, please complete this form and post it to:

The Cairnmillar Institute
391 - 393 Tooronga Road
Hawthorn East VIC 3123

All donations over \$2 are tax deductible.

I would like to support the Big Tent Appeal with a gift of:
\$_____ or ☐ \$50 ☐ \$100 ☐ \$500 ☐ \$1000

I would like to make my gift by:

Cheque: Payable to The Cairnmillar Institute

Credit Card: ☐ Visa ☐ MasterCard

Care Number:

Expiry Date: /

Name of Cardholder:

Signature:

Address:

Post Code:

Email:

Please notify us if you wish to be taken from our mailing list.