



Goodminds June 2019

A Message from The Executive Director

Three exciting, challenging and rewarding years have passed since I joined the Institute. Much has changed in that time and much has remained the same. But little has stood still. Our clinical services continue to support children, individuals, couples and families to cope with a vast array of mental health issues and lifestyle choices. A new clinic service will open shortly designed specifically for the treatment of gaming disorders, as part of our low cost community clinic.

With the graduation of our first doctoral student our degree programs continue to develop and grow. Other initiatives include bridging programs for psychologists, and plans to become a private university. On the research front our many publications confirms our status as a centre of excellence. All our achievements are made possible by our hard working staff, the contribution of our council, committees, and the generous support of many. I thank you all for it.



Prof Kathryn von Treuer
Executive Director



A Big Shout Out from Parents of Children with Autism

One of the mothers who participated in our **Autism Spectrum Disorder** workshop remarked it was the best seminar on the subject she had attended, and how much it would benefit her little girl. Another said it was very practical, interesting, enlightening, and with real life applications. Over ninety parents, teachers, and health professionals attended the seminars conducted by Prof Tony Attwood and Dr Michelle Garnett, two international experts in the field.

The seminars were made possible by the generous support of an individual benefactor, to whom the participants expressed their gratitude and the hope that funds would become available to run them again.

Thank You Ida Summers for a Most Thoughtful Gift

A long time supporter and advocate of **The Big Tent Project**, Ida Summers, who died at the age of 98 years, graciously left us a bequest. St Michaels Uniting Church, who are long time supporters of the Institute and the project, recorded how she was involved in their community in many ways, as a 'Folder of the Order of Service', as a member of the Knit and Chat Group, the Global Concerns Table, and as a guide for Week Day Tours. Each fortnight she donated money from her pension and asked Dr Macnab to use it 'for the children'. A scholarship is named in her honour.

We Graduate Our First Doctor of Clinical Psychology

We have long held the dream of conferring a Doctoral Degree. It is now a reality. Over the past five years **Dr Joyce Pang** has undertaken graduate studies at the Institute working steadily toward her goal of becoming a clinical psychologist, and gaining a doctorate. We are very proud of her achievements, especially the contribution she has made to the organisation, the profession, and our understanding of **Relationships and Emotions in Young Women with Eating Disorders.** We wish her well as she puts her specialist clinical skills into practice.

A valued member of our Academic Board, and distinguished academic, **Professor Joe Graffam**, warmly congratulated and encouraged our graduates to inspire others, achieve much, and most of all enjoy their chosen professional pathways, at our **2019 Graduation Ceremony at the Malvern Town Hall.** He recently retired as the Deputy Vice-Chancellor Research at Deakin University, where he served on numerous University committees, and as a member of the Academic Board.



Like To Learn More About Human Behaviour?

If you have often wondered about human behaviour and longed to know more about it, the opportunity now exists to study single subjects units.

Enrolling in a single subject provides the same course material as students studying the full degree. It involves three hours a week over fourteen weeks, and includes access to our online student management system, our Library, and on-campus facilities.

To enrol or for further information, visit www.cairnmillar.org.au/short-courses/single-subjects/

Psychology Bridging Programs

After much consultation with prospective students and professionals in the field, we plan to commence two new bridging programs in 2020. They will enable psychology graduates to further their studies, and achieve registration as a generalist, or as a clinical psychologist.

Master of Clinical Psychology - Bridging Program

A program for registered psychologists, including those with a Master of Professional Psychology or those who have completed the 4+2 pathway to registration.

Graduate Diploma of Psychological Science

The equivalent to an undergraduate degree in psychology for people with another non-APAC accredited undergraduate degree.

Expression of Interest Open

To find out more or to register your interest, go to www.cairnmillar.edu.au/course-registration-for-more-information-form/

What Do Aggressive Cyclists and Self Conscious Emotions Have in Common?

These diverse but important issues are the subject of two recent papers by Dr Steven Trawley and Dr Russell Deighton.

Together with his colleagues at **Monash Health, Tokyo Kasei University and the National Centre for Neurology and Psychiatry (Tokyo)**, Dr Deighton has developed a cross cultural testing measure the Self-Conscious Emotion Questionnaire (SCEQ). At the same time, Dr Trawley and his colleagues continue to build on their extensive body of work on road safety.

Over 50 research papers have been published by staff and students in 2018, and we look forward to the 2019 papers.





Mental Health First Aid in The Bush

There has long been a reluctance to talk about our mental health issues and wellbeing. Depression and anxiety are often accepted as being a normal part of everyday. Given the increasing number of adults experiencing such symptoms each year, the skills to support family members, friends, and people in the workplace, is a considerable challenge. To address this important community need, staff of the Institute recently presented Mental Health First Aid workshops in **Ballarat, Shepparton, and Wodonga**.

The program is aimed at people from all walks of life who are involved with, or would like to learn how to assist those experiencing mental health problems or crises, until appropriate professional help is received, or the crisis resolved.

Places are available for an upcoming workshop at Hawthorn East on Thursday, 25 July 2019.

To enrol, visit www.cairnmillar.org.au/short-courses/



A Very Special Scottish Visitor...

The first thing Katherine Pickles remarked when she visited us from Scotland, was the size and scope of the work of the Institute. The daughter of Professor Malcolm Millar, after whom the Institute is named, said her late father, who was Professor of Psychiatry at the University of Aberdeen, would have been astounded at what we have achieved.

Warmly welcomed by Professor Kathryn von Treuer, she went on a tour of the building and its facilities, met members of staff and joined Institute founder Emeritus Professor Francis Macnab, Dr Coral Brown, Ms Mary Turnbull, and Ms Claire Adkins for morning tea.

Staff & Council News

Welcome

Professor John Catford - Council Member and Chair of the Academic Board, **Ms Sarah Lowe** - Returning Council Member, and **Ms MaryAnne Hartley QC**, Chair Human Research Ethics Committee

Many Thanks

At a recent meeting of Council, Chairman Mr Rowan Kennedy acknowledged the resignation, and the long and outstanding contribution of **Associate Professor David Loader OAM**. As a member of Council and as Head of the Academic Board, he made a valuable contribution to the staff, students, and the Cairnmillar community. We thank him for it and wish him well.

Farewell

Among the many people who have made the organisation what it is today, is the contribution of IT Manager **Mr Mark Gibson**. Our go-to man, no issue was ever too difficult, or problem too hard to solve. His quiet persona, his sense of humor and his patience, will be hard to replace. Voted as the most popular staff member for many years, this was testimony to the esteem by which he was held.

Like Mark, **Dr Alastair Anderson** was also highly regarded by everyone who worked with him. Responsible for guiding students through their research, mastering statistics, at all times he was known for his teaching ability, guidance, knowledge, and generosity. He will be missed.

**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

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

Our New Clinic
Dandenong Clinic
Unit 5, 118 David Street
Dandenong 3175
1800 391 393

Student Awards

We congratulate the students who received awards and prizes at our Graduation Ceremony:

Executive Director's Outstanding Thesis Award:

Joshua Smith

Dr Margaret Garrett Prize in Family Therapy:

Patrick Ruggles

The Peter Doherty Prize in Counselling and Psychotherapy:

Beatrice Boston

APS Award for Excellence in Fourth Year Psychology:

Clare Wilson

Student Excellence:

Sandra Cokorilo

Jacqueline Hibberd

Joshua Smith



I Win You Lose

Gaming is everywhere. We see it in sports, community clubs, hotels, on television, radio, iPads and mobile phones. We are excited to announce that a series I Win You Lose is now available to watch online. This series aims to raise awareness of the unseen, yet pervasive nature of gambling.

Featuring interviews with the Mayor of Darebin Councillor Susan Rennie, and Tim Costello, Chief Advocate of World Vision Australia and Spokesperson for the Alliance for Gambling Reform, we encourage you to visit the I Win You Lose Website, Instagram, Twitter and Facebook page to watch, share, comment, engage with us, and spread the word far and wide, via www.iwinyoulose.com.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@cairnmillar.org.au to make the change.



Keep Up To Date

For the latest Cairnmillar news, or psychology counselling and psychotherapy conversation, follow our school and **new Clinic pages** 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:

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Credit Card: Visa MasterCard

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Expiry Date: /

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