Every day we work at improving the mental health and wellbeing of children, adults and families, through our clinical service outreach, our education, and our research. A big thank you to all our supporters, students, staff, and industry partners, who have supported us this year. Our many achievements would not be possible without your contribution.

A special thanks to the supporters of The Big Tent Project. Take a minute to find out how thousands of children benefit from the program on YouTube. Go to: www.cairnmillar.org.au/community-programs/big-tent-project/

Hopefully it will inspire, motivate, and encourage you to support the Big Tent Christmas Appeal. It is such an important part of what we do.
We will be heading back to Hawthorn Town Hall next year for our Graduation Ceremony. Join our staff, students, families and friends, for a night of achievement, celebration, and joy.

An investigation into why people gamble excessively and the effectiveness of Contextual Modular Therapy for treating problem gambling has resulted in some important indicators for treatment and research. Six key triggers that motivate people to gamble, were identified by staff psychologists Margaret Karafilowska and Dr Russell Deighton. They were:


Individuals who described Boredom and Dissatisfaction as a key gambling trigger were most likely to reduce their gambling behaviour following CMT treatment. In contrast, the presence of Life Stressors was associated with poor treatment outcomes.

Thousands of Victorians saw our I Win You Lose drama series at cinemas across the state thanks to our major sponsors, The Handbury Foundation and Val Morgan.

If you would like to know more about our involvement in the prevention and treatment of problem gambling, go to: www.iwinyoulose.com.au

Welcome to Our New Professors

- **Mr George Habib**
  Honorary Fellow
- **Ms Sophie Keele**
  Honorary Fellow
- **Prof Paul Maruff**
  Honorary Professor
- **Emeritus Prof David Mellor**
  Honorary Professor
- **Dr Ben Richardson**
  Honorary Professor

Save the Date
7 May 2020

Outstanding, informative, exceptional and hugely informative, were the words used to describe our recent Mindfulness in Therapy workshop run by Venerable Thupten Lekshe (Ivan Milton).

A Buddhist monk, he studied and trained as a clinical psychologist in the Western scientific tradition. He has worked as a therapist and mental health clinician in a variety of fields including psychiatry, tertiary education and private practice.

If you would like to find out more about the way Mindfulness works in everyday life, telephone us on 03 9813 3400.

View our 2020 short courses at www.cairnmillar.org.au/short-courses/

New Course Planned for 2020

Expressions of Interest are open for our Master of Clinical Psychology (Post-Registration) commencing mid-2020.

To find out more or to register your interest for this and other courses, go to www.cairnmillar.edu.au/course-registration-form-more-information-form/
More Help for Eating Disorders
Everyone involved in the treatment of eating disorders welcomed the announcement by the Minister for Health, Greg Hunt MP, that additional psychological help is now available. One of the most complex of mental health issues, individuals with the condition will be eligible to receive 40 Medicare-funded sessions.

A number of our clinicians with specialist skills in eating disorders will be happy to speak with you about the scheme and the services we provide.

To find out how we could help you, or to make an appointment, contact us on 03 9813 3400.

Improving the Mental Health and Wellbeing of Dandenong
We are experiencing an increased demand for our services after opening our new Dandenong clinic in July.

Children, adolescents, couples, and families, with a wide range of issues and concerns benefit from the counselling which is funded by the Department of Social Services. A mental health care plan is not required and there is no limit to the number of sessions.

To make an appointment or a referral at Dandenong or at any of our clinics, phone 1800 391 393.

Burgers and Bands

Our Head of Clinical Services, Mandy Taylor, was very popular with the participants at Bands and Burgers, an event run by Hawthorn Community House in October, to raise awareness about mental health wellbeing in the local community. One of the cover bands, The Hard Yards, added to the great event.

Good News

In his latest book Dr Francis Macnab explores the challenges and issues facing all of us as we age.

The important tasks involved in obtaining better psychological health, gaining a better outlook, and increased emotional intelligence, are considered. He answers many questions facing all of us. Why are some alive, energised, enjoyable company, intelligent, and successful in their ageing, while others are empty and boring, resentful and quarrelsome? Why do some hold onto their grievances and grief, while others are pleased to be light-hearted and loving?

Congratulations to former student Natasha Power Dixon who was so taken by a man she interviewed for her masters thesis she published a book of tall stories.

Goanna Man is a ‘Professional Australian Cowboy’, whose life relies on many factors that are out of his control. He has tangles with the coppers, snakes and rats in the Australian outback and trying to be a good bloke, gets him into strife.
Ten Tips for Holidays
Some quick tips to help reduce stress and anxiety over the Christmas holidays:

- Take time to clear your head
- Get plenty of sleep or put your feet up
- Take a twenty minute walk every day
- Take lots of deep breaths
- Slowly count to 10 or even 20
- A good laugh takes the stress away
- There is no such thing as perfection
- Avoid negative experiences and people
- Write it down, sleep on it, tear it up
- Talk to someone who listens.

Over $12 Million Raised for Cancer Research
A lot of thought, planning, and calories, go into raising funds to support people impacted by cancer.

Every year the staff at Cairnmillar join together for tea and tasty treats to support the Cancer Council’s Biggest Morning Tea. A big thank you to everyone involved.

Help Us Become 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 03 9813 3400 or email reception@cairnmillar.org.au to make the change.

The Big Tent Project
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
Card Number: ____________________________
Expiry Date: _______ / _______

Name of Card-holder:
Signature:
Address:
Email:
Post Code:

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