

CELEBRATING 60 YEARS OF BETTER MENTAL HEALTH

Goodminds June 2022

Body Mind Spirit

As I reflect upon what the institute is today, I recognise that in this wide world of many people and many places, each one of us has a time and a place. The work of the institute is a testament to the way therapeutic psychology and therapeutic spirituality can become a comprehensive healing of the mind and spirit.

Across its first six decades, the institute needed – and was privileged to receive – the support of many people who were key to its success. These benefactors, supporters, volunteers and friends believed in the potential of the organisation from its very beginning, and many remain committed to fostering its objectives today. With your continuing support, we can further enrich and strengthen our united belief in human potential and emotional wellbeing.

Professor Emeritus Dr Francis Macnab AM, Founder.

Continue your support by ordering your copy today (\$35 + postage, see back page). All donations over \$200 will receive a complimentary copy of our 60th anniversary book.



A message from the CEO

Our achievements during the pandemic have been many, and I am very proud of them. We have expanded our clinical services, introduced new degrees, undertaken ground breaking research, and expanding our training in the VET sector.

We could not have made such progress without your support. Most recently, the McKean-Clarke Foundation for work in Papua New Guinea and the Windermere Foundation who have endowed a PhD scholarship in Child Mental Health. A special thank you to retiring council members Mr Ian Chisholm, Dr Julie Shaw and Mr Les Posen for years of advice, wisdom and guidance.

Living with Covid has impacted the mental health of everyone in the community. Our staff and students have been faced with many challenges, from adapting to on-line teaching and new learning platforms, to working and studying from home. They have done so with enthusiasm and with a generosity of spirit. I thank them for it.



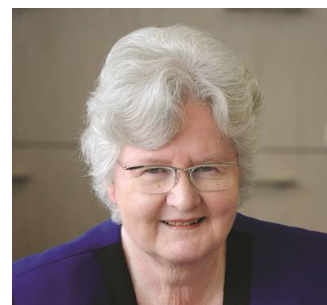
Prof Kathryn von Treuer
Chief Executive Officer

Kids matter

Professor Lyn Littlefield, the Chairperson of the National Council of Relationships Australia and Executive Director of the Australian Psychological Society for 17 years, was guest speaker at our 2022 graduation ceremony. She applauded the institute's work in addressing children's mental health issues through The Big Tent Project, its child and family services, and its specialist degrees in the area. She spoke of the shortage of counsellors and psychologists in this highly rewarding area of practice.

The 265 graduates were encouraged to consider working at organisations such as KidsMatter, a prevention and early intervention mental health initiative currently being run in over 3,000 primary schools and 400 early childhood services throughout Australia.

Donations for The Big Tent Project can be made at cairmillar.org.au/donate.



Prof Lyn Littlefield
OAM



Cairnmillar
INSTITUTE

Treatment | Education | Research



An opportunity to change your life by helping others

Therapists who are well-trained can help to reshape lives after loss, after a trauma, after a major life-change, after a prolonged illness and after relationship breakdown or divorce.

Students in our undergraduate psychology and counselling degree gain the practical skills, knowledge and personal capacities required for critically reflective and ethically aware professional practice. This includes experience in assessment, intervention, treatment planning, group therapy, and opportunities to explore the fields of health psychology and organisational behaviour.

Graduates are job ready and will be eligible for membership of accrediting bodies. Others continue their goal to become a registered psychologist.

To speak directly with our teaching staff and have all of your study questions answered, view our recorded Course Information Evening at: cmi.edu.au/bachelor-psychology-counselling.

Lessons from the Bourke Street tragedy



Traditional masculine norms have long been part of the culture among members of Victoria Police's

Critical Incident Response Team. Tactical policing was investigated by Dr Nicole Glavas who received a Doctor of Psychology (Clinical Psychology) at our recent graduation ceremony. She described how masculine characteristics (physical strength, emotional toughness, control, dominance), served as markers of competence and group status for both male and female operators. Unmasculine behaviours (emotional expression, submissive behaviours) were considered professionally risky. She found these behaviours fostered the deepest sense of group cohesion and trust, especially following the Bourke Street tragedy in 2017. Her findings clearly established that unmasculine norms have an integral place within the culture of police tactical groups.

Stress related eating, Type 1 diabetes, and quality of life...

They are all the subject of research that can make a difference to the lives, experiences and mental health of the people and the community. One paper won the people's choice award at the most recent Australasian Society for Behavioural Health and Medicine conference. Another was the recipient of the 2021 award for Outstanding Article of the Year for the Journal Quality of Life Research. Congratulations Rozalie Synowiec, Dr Chris Kilby, Dr Steve Trawley, Assoc Prof Roseanne Misajon and her co-author, Professor Jan Abel Olsen from the University of Tromsø, in Norway.

You can listen to invited experts in the field of psychology by contacting us at education@cairnmillar.edu.au.

Like father like son

Congratulations James Serpesedes the first graduate of our Master of Clinical Psychology (Post Registration) degree. He follows in the footsteps of his father who also studied at the institute. This degree was the first of its kind in Australia providing practising psychologists with the opportunity to develop professional competencies in clinical psychology. James said he found the Institute incredibly supportive and understanding of the competing demands faced by registered psychologists. "Cairnmillar has been sensational. Their ability to deliver and execute a nationwide program during a pandemic should not be underestimated. The course offered exactly what I needed. I can not speak highly enough of the institute," he added.





Two exciting new parenting programs

The Circle of Security Parenting - Many parents become anxious about their parenting. Especially parents with children with behavioural or emotional difficulties. The Circle of Security® Parenting™ program is relevant to all parents. It is targeted particularly at parents with children under the age of 5 and can help to reduce behavioural issues and improve emotional regulation. The program has also been found to increase parental confidence and reduce parental depression by becoming more skilled at: Recognising emotional needs; Successfully managing emotions; Enhancing self-esteem; and Honouring the innate wisdom and desire for your child to be secure.

Bringing Up Great Kids - Parents in this program report more positive interactions with their children, less conflict and calmer family environments. Developed by the Australian Childhood Foundation, it is for parents of children aged 0-12. The program enables parents to review and enhance their patterns of communication, to promote more respectful interactions and to encourage the development of children's positive self-identity. It provides an integrated suite of activities and tools and offers a fresh way to understand and enact relationships with young children.

To find out more contact our clinic staff on **03 9317 0622** or at clinic@cairmillar.org.au to register your interest.



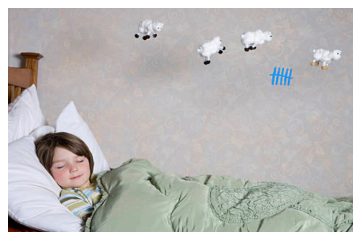
No waiting lists to see our clinicians

Our clinics provide accessible, inclusive, family-focused psychology and counselling services across our four clinics. Services include individual therapy,

family therapy, and parent support. There is no charge for services provided by our student clinicians, who are supervised by senior psychologists. We see people with a wide range of issues, including:

- Anxiety
- Attention difficulties
- Behaviour concerns
- Depression
- Disordered eating and body image concerns
- Family conflict
- Post-traumatic stress
- Social difficulties
- Sleep difficulties

To find out more, contact our clinic staff on clinic@cairmillar.org.au or 1800 391 393 to register your interest.



Getting enough sleep or still counting sheep?

Getting enough sleep is not as easy as it sounds. But we do know that it is possible to train our bodies and minds

to sleep better. We know that getting seven to eight hours of sleep every night gives your body time to rest and renew. In addition, daytime naps are great for refreshing your body and improving concentration levels.

The clinicians in our Sleep Clinic can help you to assess your specific sleep difficulty and make improvements to the quality of your sleep. To make an appointment or to find out more, contact our clinic staff on clinic@cairmillar.org.au or 1800 391 393.

Want to learn more about yourself and others?

If you would like to study psychology, but do not have the time, then single subject enrolment is a flexible option. Studying single subjects in our psychology, counselling and psychotherapy degrees is a stimulating and rewarding experience. The benefits include course materials, interacting with lecturers, learning from other students, engaging in stimulating discussion, while gaining personal satisfaction and professional development. Other benefits include access to our online student management system, the Library and Test Library, and campus facilities.

Enrolments are now open for the following single subject study in Semester Two - July 2022.

- Development Across the Lifespan
- Ethical Paradigms and Philosophy
- Existential Psychotherapy and the Group Process
- Health Psychology
- Key Competencies in Brief Dynamic Psychotherapy
- Trauma, Loss and Grief Therapy.

For more information, visit our website cairmillar.edu.au/single-subjects.

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391-393 Tooronga Road
Hawthorn East 3123
03 9813 3400

North Melbourne Clinic
Level 1, 13 Errol Street
North Melbourne 3051
1800 391 393

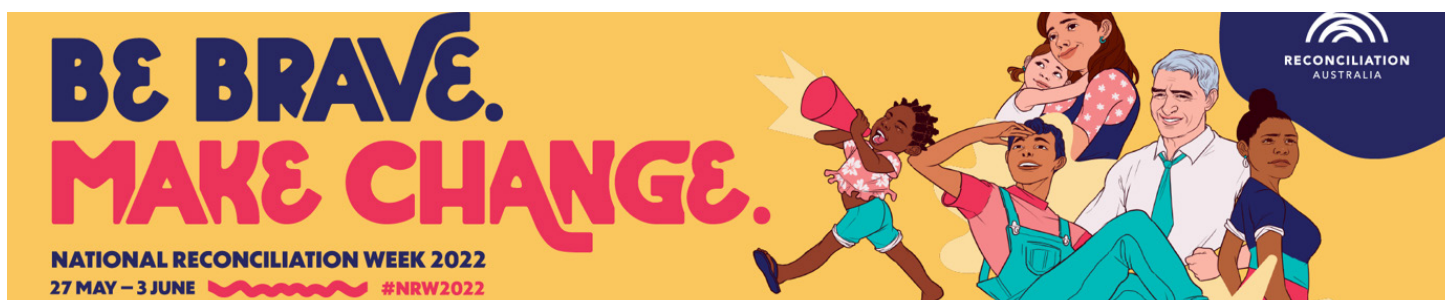
Dandenong Clinic
Unit 5, 118 David Street
Dandenong 3175
1800 391 393

Mingary-Cairnmillar Clinic
Level 2, 120 Collins Street
Melbourne 3000
03 9117 6949



Cairnmillar's Giving Tree

This annual tradition is an excellent way for Cairnmillar to support the local community and especially the organisations who provide placement opportunities for many of our students. Last Christmas the donations left under the tree were taken to Doncare who were incredibly appreciative of the gifts and our ongoing partnership, which spans many years.



Be brave. Make change.

This year the National Reconciliation Week challenges all Australians — individuals, families, communities, organisations and government — to tackle the unfinished business of reconciliation. Last year there was an unprecedented response for braver action. This year Reconciliation Australia is asking everyone to make changes in their daily lives — wherever they live, work, play and socialise. Learn more about our shared histories, cultures, and achievements, and explore how each of us can contribute to achieving reconciliation in Australia.

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@cairmillar.org.au** to make the change.



Keep up to date

For the latest Cairnmillar news, psychology and psychotherapy conversations, follow our **School and Clinic pages on Facebook, Twitter and LinkedIn.**



Help secure our future for the next 60 years by buying a book or donating to The Big Tent Project:

- ☐ \$35 collect your copy Body Mind Spirit book ☐ \$45 posted
☐ I would like to support the The Big Tent Project with a gift of:
\$_____ or ☐ \$60 ☐ \$600 ☐ \$1000 ☐ \$6000

I would like to make my gift by:

Credit Card: ☐ Visa ☐ MasterCard

Card Number:

Expiry Date: /

Name of Card-holder:

Signature:

Address:

Post Code:

Email:

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

All donations over \$2 are tax deductible. To make a donation, please visit our [website](https://www.cairnmillar.org.au), or send an electronic transfer to:

BSB: 063-000

Account Number: 13185547

or complete this form and post it to: **391 - 393 Tooronga Road, Hawthorn East VIC 3123.**