ACPA PRESENTS:

Reflections in clinical practice in contemporary times: Celebrating 10 years of ACPA

NOVEMBER, 2020

www.acpa.org.au
I warmly invite you all to join this special series of events throughout the month of November: "Reflections in clinical practice in contemporary times: celebrating 10 years of ACPA".

It truly is a time to reflect. This has been a year in which the importance of our profession and our work has been at the forefront of public and political arenas.

A year in which the need to care for ourselves in order to care for others has been highlighted.

A year in which our appreciation for community has never been so stark.

It is a year in which we recognise the strength of the community that is ACPA.

Associate Professor Vida Bliokas
President, ACPA
Events Calendar 2020

WEBINARS

Saturday 14 November 2020

TOPIC:
A Neurology of Awakening: Cultivating Resilience and Wellbeing with the Brain in Mind

PRESENTED BY:
Dr Rick Hanson
ACPA National

TIME:
9:00am – 12:00pm (AEDT)

Wednesday 18 November 2020

TOPIC:
Safety in Practice: Practical Tips for Staying Safe for Psychologists

PRESENTED BY:
Daniel Pinter
ACPA NSW

TIME:
6:00pm – 8:00pm (AEDT)

VIRTUAL 1-DAY CONFERENCE

Friday 20 November 2020

9.30am: (AEDT) start for President’s address and acknowledgement.

10:00am – 12:00pm: An Introduction to Compassion Focused Therapy

Dr James Kirby
University of Queensland

Break (12:00pm – 1:00pm)

1:00pm – 2.30pm: Reflecting on Race, Culture and Privilege in Clinical Practice: Adopting humility in group and individual collaborations

Dr Ruth Wells & Scarlett Wong
The University of New South Wales

Break (2.30pm – 3.00pm)

3.00pm – 4.30pm: Shut Up and Listen: the courage to challenge our own positions

Mary Goslett

4.30pm: ACPA 2020 Annual General Meeting

Reflections in clinical practice in contemporary times: Celebrating 10 years of ACPA
Developments in neuroscience reveal an underlying neural basis for “ways of being” which are associated with greater resilience and happiness.

While the science is yet emerging, it already points to beneficial practices which can be combined with established clinical psychological principles.

Dr Hanson will introduce the seven ways of being that has been found within many wisdoms and philosophies. These are presented in his most recent book, Neurodharma, as an organising framework for dealing with stressful challenges and cultivating wellbeing.

This seminar has a practical and experiential focus. Participants will be given an orientation to positive neuroplasticity, and introduced to practices designed to influence the brain via this mechanism to cultivate ways of being, aimed with the ultimate goal of reducing stress and increasing wellbeing.

Learning objectives:
1. Orientation to neuroplasticity, including key mechanisms, and a brief overview of state of the art (reference list will be provided as resource for more thorough explication)
2. A comment on ‘the art’ of applied neuroplasticity science in clinical practice; how to, limitations, and potential pitfalls
3. Positive Neuroplasticity mechanisms introduced, including:
   1. Neural factors that support present moment awareness or mindfulness
   2. Central attributes of compassion
   3. Cultivating resilience
   4. Functional differences between midline and lateral cortical networks in terms of “doing” and “being”
   5. ‘Allocentrism’ vs Egocentrism as states in the brain
   6. Working around the ‘negativity bias’
   7. Optimising attention, and the role of Dopamine
4. Demonstration of practices

To allow for richness of clinical content within the available time for this seminar, a comprehensive literature review will not be included. Dr Hanson will provide references for further reading and enrichment in this regard. For additional resources including three meditations and a free chapter of ‘Neurodharma’ visit Dr Hanson’s website.
A focused session presented by Daniel Pinter, a security professional with 22 years of industry experience. The session will deliver a highly practical presentation about physical safety for psychologists.

The presentation will also cover broader safety issues to consider for psychologists who run practices with staff and contractors.

Attendees will leave feeling empowered with clear action items to manage their workplace related-safety concerns.

Please direct any questions about this webinar to nswsection@acpa.org.au
This talk will focus on unpacking what is meant by compassion when using Compassion Focused Therapy.

Briefly, we will focus on some of the underpinning evolutionary models of the therapy and some empirical research supporting the model.

A focus on how compassion is connected to physiology will also be discussed, specifically heart rate variability.

Importantly, time in this workshop will be spent on how many of the clients we see in clinical practice can be fearful of compassion.

Indeed, the focus of CFT is mostly on how to work with people’s fears of compassion.

The talk will also include an opportunity to engage in some compassionate practices that can be used in clinical practice.

**Learning objectives:**

1. To have an understanding of compassion focused therapy
2. To be familiar with the evolutionary models underpinning the therapy
3. How to work with understanding fears of compassion
4. How to use some of the unique CFT therapy skills
Recent global events, such as the Black Lives Matter movement, have brought to the surface the urgent need to address systemic racism in all facets of our society.

In Australia, immigrant communities face health disparities, which mean they are disproportionately affected by COVID-19.

As a settler colonial society, how can we think critically about how the profession of clinical psychology may contribute to maintaining racist and colonial structures?

This workshop will introduce ideas that we as clinicians can use on our reflective journeys to become aware of and address our biases and challenge these in our profession. We will differentiate the concepts of cultural competence and cultural humility.

Participants will engage with the concept of intersectionality to engage with and reflect on the forms or privilege and marginalization they experience and how this affects their practice.

Key concepts from critical race theory will be discussed to help clinicians find constructive ways to respond to systemic racism.

Using an in-depth case study of a cross-cultural program, we will explore issues faced when clinicians and clients come from diverse backgrounds.

The program involves a group of Australian clinical psychologists facilitating group peer supervision sessions with Syrian refugee psychologists working in displacement contexts. We will discuss how collective reflective practice contributes to the ongoing process of striving to overcome racist attitudes towards building true partnerships.

**Learning objectives:**

1. Develop reflective skills to acknowledge how clinician privilege and cultural biases may impair clinical relationships
2. Consider how to adopt a stance of cultural humility
3. Learn how to make use of concepts of intersectionality and critical race theory to challenge racist structures in the everyday practice of clinical psychology
4. Workshop constructive ways to be a good ally
5. Learn about using group reflective practice to challenge our cultural biases
This paper invites a reflection, from an intersubjective and relational perspective, on the idea of the psychologist needing to “Shut Up and Listen” when working with First Nations People.

It is argued that we must continually engage in critical reflection, be curious about the part we play in the oppression of people who are “not white”, and rigorously examine internalised oppressive ideologies and theories.

Three artworks will be presented as a lens through which to explore these ideas.

**Learning objectives:**

1. Increase knowledge of theories of colonisation and decolonisation
2. Engage in reflection of own possible internalised colonisation and the impact that can have on the therapeutic relationship
3. Consider cultural and psychological humility and how they could influence and be adopted in therapeutic practice
4. Workshop the everyday application of psychological humility in a relational framework

**Artworks:**

1. Hanging Out Too (Destiny Deacon)
2. Twice Upon a Time (Lin Onus)
3. The Scaffold (Sam Durant)
Meet the Presenters

DR RICK HANSON

Rick Hanson is a psychologist, Senior Fellow of UC Berkeley’s Greater Good Science Center, and New York Times best-selling author.

His books have been published in 29 languages and include Neurodharma, Resilient, Hardwiring Happiness, Buddha’s Brain, Just One Thing, and Mother Nurture – with 900,000 copies in English alone.

His free weekly newsletter has 180,000 subscribers and his online programs have scholarships available for those with financial need.

He’s lectured at NASA, Google, Oxford, and Harvard, and taught in meditation centres worldwide.

An expert on positive neuroplasticity, his work has been featured on the BBC, CBS, NPR, and other major media.

He began meditating in 1974 and is the founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom.
Meet the Presenters

DR JAMES KIRBY
University of Queensland

James Kirby is a Senior Lecturer and Clinical Psychologist.

James has broad research interests in compassion science.

He evaluates compassion focused programs, as well what fears, blocks, & resistances people have towards compassion, as well as behavioural and physiological responses to compassion.

James also holds an Visiting Fellowship at the Center for Compassion and Altruism Research and Education at Stanford University. He continues to work as a clinical psychologist helping individuals with self-criticism and shame.
Meet the Presenters

DR RUTH WELLS

University of New South Wales

Ruth Wells is a Research Fellow in the Trauma and Mental Health Unit, School of Psychiatry, UNSW, and a Clinical Psychology Registrar.

Their research focuses on understanding the social and cultural processes that shape individual and community responses to trauma, conflict and displacement.

They bring an intersectional feminist framework to both clinical and research practice. This framework seeks to challenge the gendered, racist and colonising principles that have historically underpinned the fields of psychiatry and psychology.

They conduct participatory research with displaced communities in Australia, Turkey, Jordan, Iraq and Bangladesh with a focus on how supporting the rights of local humanitarian staff working in complex settings.

They are on the editorial board of The Activist Practitioner, a publication for mental health practitioners which seeks to bring critical feminist and decolonising frameworks into everyday clinical practice.

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SCARLETT WONG
University of New South Wales

Scarlett Wong has worked as Clinical Psychologist in Sydney, Australia for ten years and has been a trained Clinical Supervisor for five years.

She has received degrees from the University of New South Wales, Macquarie University and Western Sydney University in Australia.

Scarlett has an interest in professional mentoring and support for mental health professionals and is currently involved in investigating how supervision may mitigate the risk of burnout and compassion fatigue in Psychosocial workers in Turkey and Bangladesh.

She is a passionate advocate for refugees, those who are forcibly displaced and those seeking safety and asylum.
MARY GOSLETT

Clinical Psychologist

Mary is of the Yuin Dhurga, from the southeast coast of NSW.

Her individual clan is the Budawang People from Ulladulla and surrounds.

Mary is a Psychotherapist, Clinical Psychologist and supervisor with an extensive history in direct clinical care, community services and adult education.

She is based in Sydney and also works remotely with Indigenous People.

Mary specialises in complex and inter-generational trauma, particularly the shame and self-loathing that arises, and works within a relational framework.
Fees and Registration

IMPORTANT INFORMATION

All registrations are made through TryBooking and after registration; you will receive a TryBooking confirmation email that will contain the webinar link. **Please ensure that your email is correct upon registration.**

Any associated presentation slides for the registered event will be sent to the email address used for registration **48 hours prior to the event**. Please check your **Junk Mail folder**.

Due to the logistics of organising the online events, all events have a **strict registration deadline**. The deadline will be **3 days prior** to the event.

**Cancellations must be received 3 days prior to the event** by writing to events.office@acpa.org.au

WEBINARS

**Saturday 14 November 2020**

**TOPIC:**
A Neurology of Awakening: Cultivating Resilience and Wellbeing with the Brain in Mind

**PRESENTED BY:**
Dr Rick Hanson, ACPA National

**FEES:**
ACPAMembers: $150
Non-members: $180
ACPA Registrars and Students: $50

[REGISTER HERE]

**Wednesday 18 November 2020**

**TOPIC:**
Safety in Practice: Practical Tips for Staying Safe for Psychologists

**PRESENTED BY:**
Daniel Pinter, ACPA NSW

**FEES:**
ACPAMembers: $30
Non-members: $45
ACPA Registrars and Students: $15

[REGISTER HERE]
REGISTRATION
This registration includes tickets to all presentations on this day

FEES:
ACPA Members: $100
Non-members: $140
ACPA Registrars and Students: $50

MORNING SESSION
10:00am - 12:00pm

TOPIC:
An Introduction to Compassion Focused Therapy

PRESENTED BY:
Dr James Kirby, University of Queensland

FEES:
ACPA Members: $50
Non-members: $70
ACPA Registrars and Students: $30

AFTERNOON SESSION
1:00pm - 2:30pm

TOPIC:
Reflecting on Race, Culture and Privilege in Clinical Practice: Adopting humility in group and individual collaborations

PRESENTED BY:
Dr Ruth Wells & Scarlett Wong
The University of New South Wales

3:00pm - 4:00pm

TOPIC:
Shut Up and Listen: the courage to challenge our own positions

PRESENTED BY:
Mary Goslett

FEES:
ACPA Members: $60
Non-members: $80
ACPA Registrars and Students: $30

Registration includes tickets to both afternoon webinars
A Neuropsychology of Awakening: Cultivating Resilience and Wellbeing with the Brain in Mind.

*Presented by Dr Rick Hanson and hosted by ACPA on Saturday 14 November 2020.*

This webinar comprises of 3 hours of Professional Development (PD).

Safety in Practice: Practical Tips for Staying Safe for Psychologists.

*Presented by Daniel Pinter and hosted by ACPA NSW on Wednesday 18 November 2020.*

Please direct questions about this webinar to nswsection@acpa.org.au

Reflections in clinical practice in contemporary times: virtual event.

*Hosted by ACPA on Friday 20 November 2020.*

The whole day event comprises of 5 hours of PD. The morning session comprises of 2 hours of PD, while the afternoon session comprises of 3 hours of PD.

Members of other disciplines or professions attending the conference may be able to claim the conference as CPD provided their governing body does not require event accreditation for PD hours.
Receipts / Registration confirmation:

Trybooking.com issues receipts at the time of registration, and this confirms registration. Please retain receipts for your records, including as a Tax Invoice/Receipt for the transaction.

No other receipts are available via this booking system.

Cancellation Policy:

For all events except for the ACPA NSW event, refunds are offered for all cancellations received in writing via email to events.office@acpa.org.au

Cancellations must be received 3 days prior to the event. Regrettably, due to the logistics of the event, refunds are not possible after this time, regardless of personal circumstances or difficulties preventing attendance.

The cancellation policy is final and not negotiable. However, should the event be cancelled for any reason, a full refund will be issued.

For cancellations and refunds related to the ACPA NSW event please contact nswsection@acpa.org.au

Enquiries:

Please direct all enquiries related to this event to events.office@acpa.org.au
Thank you for supporting ACPA

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