



# **QCA - CONTACT**

## **DECEMBER 2011**

**Queensland Counsellors Association Inc. – Newsletter**

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**President: Jean Tulloch**  
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**Secretary: Paul McQuillan**  
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***Queensland Counsellors Association is dedicated to supporting its members in order to enhance the quality of counselling services within the community***

<b>MANAGEMENT COMMITTEE</b>	
<i>President, PACFA Delegate. Membership Officer</i>	Jean Tulloch
<i>Vice President</i>	Maree Armansin
<i>Secretary/ Minutes Secretary/ Membership officer</i>	Paul McQuillan
<i>Treasurer</i>	Tim Nunan
<i>Professional Development Officers</i>	Neil Wiseman, Patrick Buick
<i>Committee Member</i>	Margaret Watters
<i>Committee Member</i>	Yildiz Sethi
<b>NON-COMMITTEE SUPPORT</b>	
<i>Membership Secretary</i>	Karol Misso
<i>Web Editor</i>	Florence Ee
<i>"Contact" Editor</i>	Susan De Campo
<i>Administrative Officer / Book keeping/ Telephone Contact</i>	Ros Turner

QCA welcomes the following new members and extends warm congratulations to members who have upgraded. We look forward to catching up with you at QCA functions.

**Clinical:** Suzanne Walpole

**Provisional:** Susan Borges, Paul McQuillan, Eliane Mathiuet, Inés Pintos-López, Paul Platt, Marika Popp, Monika Wilson

**Associate:** Jane Bowman, Jocelyn Brittain, Eileen Clark, Sharon Dennis, Aisling Fry, Jo-Anne Kompes, Christine Melaney, Jonathan Ogonowski

**Affiliate:** David Brown, Helen Garred, Samantha Johnson, Robyn Maggs, Agnieszka Radajewski, Sandra Ridings, Michael Sheedy, Debbie Tiernan.

**We wish to thank Endeavour College for another year of generously allowing QCA to use their rooms for training and monthly Professional Development and Networking meetings.**

## PRESIDENT'S REPORT DECEMBER 2011



We're back in the season of good cheer and bonhomie – isn't it lovely to have a bit more time for the important things like family, friendship and gratitude! In the same spirit, QCA wishes you all a restful break, followed by a rewarding and balanced year in 2012.

This edition of Contact features the remaining management committee members, not included in September. Also, profiles have been uploaded to the QCA "About us" page of the website, describing the various roles we carry, and inviting you to contact us if you have a query or a contribution. We'd love to hear from you!

[http://www.qca.asn.au/index.php?option=com\\_mtree&task=listcats&cat\\_id=59&Itemid=28](http://www.qca.asn.au/index.php?option=com_mtree&task=listcats&cat_id=59&Itemid=28)

Since election in September, the management committee has evolved a Strategic Plan, including mapping the tasks needed to implement identified priorities. We will review the start we've made on these at our January meeting. Those which have been advanced significantly include the appointment of registrar advertised to members in early December, and the formation of various subcommittees which, in turn, have outlined their projects. Our Vice President, Maree Armansin, is conducting a review and update of the Policies and Procedures Manual.

From February, management committee meetings will be held by teleconference with the occasional face to face meeting. This will accommodate regional members, and ease the personal financial burden carried by those of us who regularly travel long distance in order to attend.

Our organisation is currently vibrant with activity:

- **The Professional Development subcommittee**, consisting of Patrick Buick and Neil Wiseman, is back at the drawing board producing another inspiring line up. Last year they excelled at this, with the year's scoop being the skilled Finnish therapist and entertaining speaker, Dr. Ben Furman. We had over 80 attendees present that Friday!
- **The website subcommittee**, chaired by Tim Nunan, with members Florence Ee, Denise Sullivan and Alison Keane, is investigating the best way forward with updating our website so that it can be welcoming, informative, user friendly and interactive. They have been looking at websites of other PACFA MA's, as well as speaking to our current server about the possibilities offered by our current site. If you have knowledge or ideas on this topic please send them in – see website link above.
- **A PR working party** coordinated by Margaret Watters, with supporters Maree Armansin and Yildiz Sethi, is looking at promoting counselling and psychotherapy, enhancing membership numbers, and ways to support current members.
- **An Ethics subcommittee**, comprised of Karol Misso, Marie Griffin, Monika Wilson and Jean Tulloch, is reviewing the QCA Ethics documents against the latest PACFA document, a considerable task. This has been requested by PACFA of all MA's.
- **The membership subcommittee** (Karol Misso, Marie Griffin and Jean Tulloch) is reviewing and updating QCA's supervision descriptions and documents in line with the new PACFA documents on Supervisor accreditation and Supervisor Training Standards. This is in fulfilment of the motion passed at the 2011 AGM.

### Use of QCA and PACFA Logos

A PR idea that came out of AGM focus groups involves the use of logos as part of our electronic signatures. This benefits both members – our credentials look more professional - and our organizations, which get more exposure to the public and consumers each time any of us communicate officially. I followed this idea up with PACFA and am pleased to inform you that all PACFA registrants are entitled to use the PACFA logo and their Register Number for the period that their registration is current, according to conditions set out on the relevant PACFA policy sheet.

Thanks to Florence Ee and Ros Turner, QCA has managed to adapt our logo for use in a similar fashion –you may have already noticed it on QCA emails. The management committee is currently finalizing a QCA policy sheet. As soon as this is ratified at the January meeting we will distribute it to members.



### **PACFA, QCA and Supervision**

An important form of support identified at meetings is the need to familiarise both members and supervisors with the documentation needed for both QCA and PACFA in view of changes to supervision voted in at last year's AGM. In addition, we'd like to help supervisors understand the implications of the new PACFA documents on Supervisor Accreditation and Supervisor Training Standards that were circulated to members with the QCA 2011 AGM material - the transition phase comes into operation in January 2012 and lasts for five years. We'll cover these topics both interactively in PD sessions and via information bulletins that can be filed.

### **Mental Health Training**

If you are a PACFA Clinical Registrant and would like to participate in the training organised by PACFA to list on the Mental Health sub-register on the ARCAP site, contact the PACFA office. For more information see the FAQ's on the PACFA website. QCA needs to endorse your application. PACFA will continue to advocate for PACFA registered Mental Health Practitioners to be recognised by the Federal Government as eligible to provide services in the Access to Allied Psychological Services and Non-directive Pregnancy Support Counselling Service programs.

### **We need your help - promoting counselling:**

Please continue to notify us with relevant details if you read an advertisement for a counselling or psychotherapy job that you'd be qualified for, but can't, because the list of professionals invited to reply fails to include qualified PACFA registrants. The management committee will send an information letter, and in this way, we hope to help inform the community. Counselling is a recent profession compared to psychology and social work, and it will take time and effort to raise our professional profile with the public. We can all do our bit by noticing opportunities to inform. Please do this with your own Health Fund, mentioning that clients are keen to get health fund rebates for your services, and asking your clients to mention the same to their health funds. Use of the QCA and PACFA logos as described above will also help achieve this end.

### **In appreciation:**

On behalf of QCA, I'd like to thank management committee members Maree Armansin, Paul McQuillan, Tim Nunan, Patrick Buick, Neil Wiseman, Margaret Watters, Yildiz Sethi, as well as support personnel Susan De Campo, Florence Ee, Marie Griffin and Karol Misso, and subcommittee members named above, for the (often overlooked) hours that they all put in. Thank you also to all those general members who help the organisation by catering for networking events, and to Ros Turner, our unflappable admin officer, who is an encyclopaedia of knowledge and a pillar of reliability.

Over the festive season I hope that you'll all have time with loved ones, as well as time for yourselves, and feel ready to welcome in a New Year full of new opportunities.

**Jean Tulloch**  
**President QCA**



## **PR & Marketing Working Party**

*Hello all. This year has seen the formation of a small PR & Marketing Working Party as part of the QCA Management Committee. Our overall aim is of course to increase membership of QCA; to achieve this we have identified four different target groups:*

- *New graduates and other potential members- who we need to attract to our organisation by letting them know what we offer and the pluses of joining our organisation.*
- *Current members – who we need to serve well in order to retain their membership. This includes regional members whose needs are currently not well catered for.*
- *Members of the public- who we need to better educate about what we do and how we are different from other practitioners such as psychologists and psychiatrists.*
- *People and organisations of influence – who we need to target and also educate about what we do as counsellors so that our profession has a voice when decisions are made about funding mental health and well being in the community.*

*The Working Party has also come up with a range of actions designed to successfully meet the needs of the various groups above. Here are a few:*

- *The PR & Marketing group will have a member on the new group which will be overhauling our website. This team will ensure that the site not only better caters to the needs of current members but that it becomes an effective, easy to use, educational and marketing tool for members of the public.*
- *We will be actively supporting strategies put forward by PACFA to make our voice heard at both the state and federal levels of government. This will mean not only Committee members but general members, yes I mean you, having roles to play perhaps in targeting people of influence such as MPs, organisations, Health Providers etc.. We hope that as group we will start to be heard if a substantial number of us take up the push. Our working party's role will be to help and encourage you, the members, to feel confident to do this. That may mean providing information to present, or letters to give to clients at the end of a counselling session that they can send to their private health provider etc. We will keep you posted about this and hope that many of you will support our efforts to create change. PACFA cannot do this alone.*
- *We will be actively courting new graduates by giving talks to them toward the end of their course of study as well as developing a professional website presentation which can be used as part of the presentation.*
- *In conjunction with the PD team, we will be purchasing equipment to record the excellent monthly professional development presentations that QCA puts on, so that these can be placed on the website. This will mean that regional members will also have access to what we city dwellers have enjoyed and benefited from for years.*

*This is only part of our plans but I hope I have given you a taste of the direction we are taking in the PR& Marketing Working Party. If you have any low cost ideas that are not labour intensive, (remember we are all volunteers) we would love to hear from you.*

**Margaret Watters -on behalf of the PR& Marketing Working Party.**

## THE POWER AND JOY OF SURRENDER

This afternoon I finished reading Paulo Coelho's novel - The Zahir, and am taking time to reflect on some of the outstanding insights he has in his interesting, and at times almost rebellious reflection of his personal journey of love and life. This is one of my favourite passages from this book:

*When I had nothing more to lose, I was given everything. When I ceased to be who I am, I found myself. When I experienced humiliation and yet kept on walking, I understood that I was free to choose my destiny.*

In the book, Coelho's main character, a famous author, discovers a major pathway that would enable him to live freely in the present by re-visiting and surrendering attachment to his past by telling old stories that he felt had not been fully told or understood. Eventually this would lead to him no longer having the need to tell his stories anymore.

This morning, long aware of the healing power of storytelling, I decided to take advantage of my mother visiting me, and once again told her a story of a time in the past that troubled me greatly, so I could hear it again myself and watch myself telling it. As I observed my mother's reaction to my story, I soon realized that she and I shared the same 'gullible' and over-trusting, face-value nature that has got us both into trouble many times. It soon became apparent that I was carrying a pattern handed down to me by my mother and, without any need to change or judge it, I was able to accept that I had taken on this trait from a very young age, and that I could now choose to let it go at a deeper level. This has been quite a journey for me already as I have had to teach myself to look deeper into what presents itself to me in this world. I have learned to journey beyond apparent perceptions of reality. For example, while I respect statistics and am happy to be guided by them, I will look further into who created them and why they were researched (maybe to support a marketing campaign?) before I make a decision about them.

When I made this connection between my mother's naïve nature and my own instantly felt an energy release, like a heavy, ancestral cloak had been taken off my shoulders. However, the real transformation came about from setting boundaries around my story telling.

When I had finished sharing my story, I watched my mother as she began to take what I had said at face value, wrongly assuming that my honest sharing of my circumstance meant that I was asking for her help, and she slipped into her old habit of worry and taking responsibility for my circumstances; a pattern that I also carry around my three adult sons. Determined to change this destructive behaviour that has prevented me from speaking my truth my whole life in case I burdened those I love, I was able to ask my mother to make me a promise. I asked her to assure me that when she left my company, every time she found herself reflecting on my story, she would stop herself from worrying. Lovingly, I reminded her of what a powerful manifestor she is and how easily she attracts her fears to her. I also reminded her that if she used this power in a positive way she could really help me to break some patterns in my life that seem to be out of my control. My mother agreed that she would map her negative thoughts over with a memory of me holding a meditation circle that she had attended the night before I shared my story. In that environment, she had seen me confident and in my power, and I wanted her to think of me in that way always. She agreed to replace her usual thoughts of concern with the following affirmation – *I believe in my daughter, and trust in her journey, and know that all is well.*



My part in this was to watch my old pattern of feeling guilty and fearful after speaking my truth, and to give myself permission to share my stories without shame, and from a place of power rather than as a victim. At the same time, I was fully aware that in the telling of my story in a really conscious, mindful way, with a witness who is aware of my history and who could completely understand and validated my experience, I found that I was no longer attached to it. It was a marvellous experience, and I can already feel great healing occurring, both for my mother and me. We are feeling the energetic shift, and my mother is no longer feeling over burdened and responsible for my life. She has set me free, and yes, I have set myself free by asking for what I want. It is a wonderful breakthrough for us both.

As I write this, I am more aware than ever how blessed I am to experience my healing face to face with my mother. Over the years, we have had many 'difficult' conversations, and it is in our joint courage and determination to heal and let go of past wounds that we have developed a powerful love between us; a love I have searched for all of my life. In this journey with my mother, I have healed and re-birthed the sacred feminine within me, and I have discovered, or re-discovered, that I am truly lovable after all.

While my mother is attempting to let go of worry for her family, I am also continuing to walk my talk in that department. Recently one of my sons moved interstate, (he had been living an hour away), and I have to say it was a difficult few days for me. We have a great relationship and I will really miss him. After his rather sudden and unexpected departure, I felt heaviness in my heart that lingered, and was aware that my son would feel my feelings too on an energetic level. I took my sorrow to the bush, as I have learned long ago that nature heals whatever I offer her so beautifully. The mountain had told me to let go of my sorrow to him, through a stone or tree, and he would transform the energy for me. As I walked around my mountain, I eventually found the perfect stone and kneeled down and placed my hands on it. As I placed my hands on the stone I felt my heart finally letting go, and I imagined my son happy in his new home with his partner. Stepping back from my own feelings, I began to feel the excitement of his journey and the wonderful opportunities he had ahead of him. It also became very clear that his older brother was going to be thrilled to have him nearby after twelve years of living apart; they have always been very close. As my heart began to fill with joy and my mind settled into a place of peace and acceptance, a butterfly flew toward me. Standing now, I stepped out on to the path feeling like a different person, and became aware of a small brown snake crossing the path in front of me. It was such confirmation to have a butterfly (transformation) and snake (letting go of fear of what may never happen, and transmutation of energy and form) supporting me in that moment.

Two weeks passed and my son flew home to attend a course, staying with me for three wonderful days. We had a chance to say goodbye properly, and to celebrate his success and journey ahead. Early one morning I invited him to take a bush walk with me to the 'wishing well' in a creek bed in a nearby mountain. As we walked on the high path toward the creek, his phone rang. It was his older brother, and he had a cheery conversation with him while I looked on, feeling so happy as I listened to my sons talking affectionately together. All of a sudden, my son stopped talking and took my hand and pointed at a brown snake, exactly like the one I had seen two weeks earlier, two feet away on our path. He said goodbye quickly to his brother, and told me to be careful. Smiling, I shared my story of the earlier encounter with a snake with him. I also told him about the messages that snake energy brings, and he thought they were wonderful, vowing to rethink his attitude around fearing what may never happen.

*Surrendering and letting go of worry, and trusting your loved ones will find their own way is the greatest gift you can give anyone. Not only will their journey be lighter and easier without the burden of your fear, they will feel your love rather than your pain and this will energize rather than drain them. When you suffer, others close to you suffer with you. When you create love and light, they will be illuminated by your gift of trust in them and their path ahead. When it boils down to it, suffering is a choice – you can choose to suffer through your experience, or you can choose to observe and validate your experience from a place of self-understanding and love, before releasing any heavy energy created around your experience from a place of trust and serenity. It is up to each one of us which path we choose - the path of powerlessness, or the path of self-empowerment.*

Submitted by QCA Member: Heather Price.

## More Committee Members

**Neil Wiseman** is a clinical member of QCA and a registered member of PACFA

Currently Neil is involved on the QCA committee as an assistant to the Professional Development Training Program.

Neil has over 30 years' experience as a counsellor and specialises in relationship and family counselling. He has worked extensively in the area of family violence prevention and provides counselling for people dealing with trauma, abuse, stress, depression, anxiety and work related concerns.

Neil is also an experienced supervisor and trainer for professional human service workers.

Neil, together with his colleague, Sonia Lonne, run a private practice, Interact Counselling Services, serving the areas of Logan City for the past 9 years. They are committed to working with community groups and provide a range of services to government and non-government organisations as well as Employee Assistance counselling.



**Tim Nunan** works as a Family Dispute Resolution Practitioner at the Sunshine Coast Family Relationship Centre, where he is the practitioner co-ordinator.

He completed the Grad Dip in counselling at QUT in 1986. He has had over 30 years of experience in counselling individuals experiencing crises in their lives. This includes working with young people going through transitional difficulties, individuals and couples with relationship problems and individuals experiencing socio-legal difficulties. Tim's preference is working with males and in particular males having relationship difficulties.

**Margaret Watters:** Hello. My name is Margaret Watters and I am on the QCA Committee as a general member. I am a clinical member of both QCA and PACFA and am registered as a supervisor. I have a private counselling practice currently in the Redlands and do a lot of work with couples as well as individuals specializing in a range of therapies to access deep seated issues.

This is my second year on the Committee, so I'm feeling much more prepared than last year which was characterised by 'a steep learning curve'. This year, my main involvement will be as a member of the QCA Public Relations and Marketing Working Party which I'm sure most members will agree is a much needed area of business for QCA. As a newly formed Working Party any input from members with expertise in this area would be really greatly appreciated. Please keep in mind when sending ideas however, that funds are very limited and that those charged with implementing ideas are volunteers. Wouldn't it be great to have a fat budget and paid workers! On a personal note, at the beginning of 2012, my partner and I will be relocating to a country property just south of Maryborough. If all goes to plan, I intend to maintain my role on the Committee, attending meetings via Skype. It is hoped that in the future with the use of technology, there will always be one country-based Committee member so that country members are better represented and catered for.





# Why Look at an Individual Systemically?

By Yildiz Sethi.

The effectiveness of the counselling or psychotherapy process depends very much on the skill of the therapist. This includes their underlying philosophy, skills, knowledge, intuition and ability to create rapport, that is responsible for enabling deep and lasting positive change through the therapeutic relationship. It is important that we continue to learn new methodologies to enable psychological and emotional healing. This may include changes in perception, feelings, thoughts and behaviour for our clients. It is my belief that all healing is self healing and that we as counsellors or psychotherapists are facilitators of healing or change for those who are committed to the process.

I have been using the art and practice of Systemic Family Constellations as a methodology within psychotherapy for six years so far, in facilitating clients' finding resolutions to their systemic entanglements of mind, body and soul. Therapists mostly already know that the 'body remembers' and that the body is intricately linked and influenced by unconscious patterns as well as systemic or generational and genetic patterns.

Family Constellations is a process that has traditionally taken place in workshops in setting up spatially, the inner vision or unconscious pattern of an individual in relationship with significant others, using people in the workshop as representatives for the people in their life. In this way the inner eye or unconscious pattern is put out into the room to be seen and felt. This becomes a constellation, from which grandparents, or other family members may be added if necessary. This is a visual, experiential and energetic process, as representatives placed in a constellation often become aware of physical sensations or emotions as they stand in the field called the Knowing field according to Albrecht Mahr (2002) which may provide important information. The process is facilitated by a practitioner, following the energy of the field towards the best solutions for the client and the system.

Systemic Family Constellations is different to Psychodrama or Virginia Satir's Sculpting, in that no role play is attempted. Rather, individuals stand as representatives and are not asked to play a role, but to observe their bodily sensations in the constellation.

## Why look at family?

The family of origin is considered a very significant blue print of systemic patterns and trends that we all carry at a deeply cellular, unconscious or soul level according to Hellinger 2002. These patterns are the underlying dynamic that drive us in playing out unconscious desires and patterns seeking expression and systemic resolutions. This may be done by finding order which is a healthy place for each person in the system, so that love may flow, according to Hellinger (2006). Put simply we may find on reflection of our own experiences, that we have married our mother or father, even though we may have consciously tried to create a better dynamic, or we may find that patterns are continuing to persist through the generations in spite of conscious efforts to change them.

## Ancient and new knowledge working together.

Family Constellations draws on aspects of early psychological knowledge and primal, ancient tribal 'knowing' concerning Order and also present day knowledge of energy coming through quantum physics. Sigmund Freud, the father of psychology and the man who drew attention to the unconscious mind, may be considered largely outdated for many present day therapists, but showed us the importance of parental influences on the developing personality of children, while Karl Jung (a student of Freud) drew attention to the idea of the collective consciousness of family, culture and humanity and the innate spiritual nature human beings. Another student of Freud, Alfred Adler, drew attention to influence of sibling position, family dynamics and socio-economics having an effect on personality development, while calling the dynamic of family systems Family Constellations.

Another important contributor to present day knowledge of Family systems is Virginia Satir's work, investigating the nature of family interactions and relationships, through her method of 'sculpting' involving expression and movement. This provided experiential situations to affect change in family members and their experience of each other. In addition, Transactional analysis and Ericksonian hypnosis were also significant contributory influences on Bert Hellinger in formulating the process of Systemic Family Constellations.

Moving into present times, one of the leading Family Constellations writers and teachers of this modality Ursula Frank (2002) demonstrated through her book *In My Mind's Eye* that the experiential process of Family Constellations could also take place in private sessions and is a powerful and effective process for hypnotherapy.

## Therapy for the individual.

Counselling and hypnotherapy trends have been to generally focus on the individual exclusively, rather than the individual in the context of their system, which also includes both the personal and also



contextual factors with significant others. Ursula Frank (2009) made the point that we are each the sum total of everyone that has gone before us, in terms of our ancestral or genetic lines and that a particular issue may not be purely personal, but rather systemic. This is particularly true if the root of an issue does not make sense in the biography of the person. For example they an individual appears to have always had a feeling of anxiety or sadness, rather than the sadness appearing after a particular event. From a systemic point of view when listening to a client's issue it may be appropriate to ask where does this condition make sense, is it systemic or purely personal? This is particularly appropriate in families where depression, anxiety, or any other pattern is prevalent in the family tree and especially where the root cause or event cannot be located in the life of the person, as they may have been born into the systemic energy of this condition, that may have its root or starting point with grandmother or great grandfather's life. From a systemic Family Constellation point of view trauma, exclusions, secrets and taboos are powerful in forming disturbances in family energy causing dis-ease of mind or body, that is often picked up by the present generation, playing out in unconscious pulls or drives in their life. There is often a tendency for present day members of a family to unconsciously take on the burdens, guilt or shame of others in their family system, even if on a conscious level they make a vow to be totally different from their parents. It is often the case that a similar energy or behaviour becomes apparent in their children or grandchildren or in themselves, as they reflect on their life path. These patterns are easily seen and resolved in a Family Constellation workshop and may also be observed and resolved effectively, in many instances in a private or hypnotherapy session using Family Constellations theory and practice.

### **Attachment Theory.**

Interestingly, the work of John Bowlby's Attachment Theory has re emerged in prominence recently in helping our understanding of the importance of primal bonds to parents. These bonds being the foundation on which trust and the ability to relate and form self esteem is set in motion, that may often be taken into adulthood and played out in the life of the person.

Problems with attachment may be address quite effectively with Family Constellation theory and practice, both hypnotically or in a workshop setting. This brief experiential intervention may assist individuals in accepting themselves through acceptance of the reality of their family systems and situations allowing them to find new perspectives. This may involve being able to come away from feelings of rejection, sadness, anger or lack of worthiness, which from a psychological and Family Constellation perspective, are often at the roots of emotional disorders such as depression and dysfunctional relationship patterns.

### **Working with children**

Generally speaking from a Family Constellation perspective it is useful to address the problems of children from a systemic family perspective, knowing that they are a largely a product of their family system. In dealing with their parents first where possible and assisting them to gain strength, confidence and more presence and assertiveness as parents, it is significantly easier to help the child make positive changes to their behaviour, attitudes or emotions, rather than dealing with the child only. The child is often reflecting the disorder or dysfunction of the system.

### **Why Hypno Constellations?**

The advantage of using Systemic Family Constellations methodology in visualisation (hypnosis) in private sessions, is that it quickly reveals the client's entanglements, loyalties, mis-perceptions and 'blind love.' Doll sets or floor anchors are also a useful aid in private sessions. As this methodology is solution focused, experiential and brief, it is respectful in allowing acceptable solutions to unfold. A Family Constellation can tap into personal and systemic emotion and energy quickly, highlighting the underlying dynamics that the client has created or is involved in. It is not only diagnostic in raising awareness of unconscious and systemic patterns, but is also solution focused in being able to facilitate resolution through 'healing sentences', creating healthy 'order' and new perspectives, resulting in more choice and freedom. Relationship and emotional issues such as anxiety and depression respond particularly well to hypnotic Family Constellations, significantly reducing the treatment period.

Our counselling and psychotherapy knowledge provides skills and techniques, to locate and help the self healing of issues or blockages in individuals, so any techniques that can be utilise to help in facilitating resolution and healing for clients on an emotional, spiritual and family or generational level, can only enhance the effectiveness of the profession. This includes resolving the underlying issues involved in physical or mental health conditions. The inclusion of the philosophy, art and practice of Family Constellations is a powerful therapeutic set of skills not only enhances personal development for practitioners and but may be utilised in therapy for speedier and deeper facilitation for the healing of emotions and trauma.

### **Putting it all together.**

In my private practice I use Family Constellations frequently for relationship and parenting issues and also sexual abuse as well as many cases of depression and anxiety with great success. I also use techniques such as Hypnotherapy, Ego State therapy or Gestalt therapy where appropriate and encourage other practitioners to be open to adding new knowledge and skills to their tool bag to increase their effectiveness with their clients.

At this time in our human evolution, Systemic Family Constellations is a philosophy, art and practice that incorporates the best of our ancestral knowledge and the latest in psychological and energetic healing. This involves elements of quantum physics, energy psychology, hypnotherapy, as well as the best of historical psychological knowledge, providing a way for respectful inclusion within the family system, regardless of the complexity of dysfunction, culture or religion. This provides access to more strength, choices and responsibility for healthier boundaries. This methodology provides a philosophy for healthy living, as an individual and within or alongside the family system, culture and humanity and is also a valuable therapeutic approach to resolving the underlying dynamics of relationships, family patterns, mental and physical health, as well as personal and professional development and spiritual growth. This is a methodology that is growing and developing around the world.

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### ***A little bit about Yildiz Sethi...***

Yildiz is a former science high school teacher for many years until she made a change to therapy and ran a busy private practice North Shore Sydney from 2000- March 2007 when she relocated to Brisbane with her private practice. She has been a Family Constellation practitioner since 2005 and a Clinical Hypnotherapist and Counsellor and psychotherapist since 2000. She specializes in relationships and emotional issues and has acquired a wide range of skills in order to be offer her clients effective, short term therapy. She generally sees client's from 1-5 sessions of brief therapy. In addition she runs workshops of Family Constellations in Sydney and Brisbane on a monthly basis and training for therapists in the art and practice of Family Constellations each year.

### **Qualifications**

M.App Soc Sci (Counselling) ACAP. B.Ed. (Walsall,UK.) Graduate Diploma Counselling (ACAP), Diploma Clinical Hypnotherapy (ASCH). NLP (IHT). Certificate in Ego State Therapy. (Dr G. Emmerson.) Systemic Family Constellations Practitioner and trainer, recognized by DGfS Germany. Educator ACAP (Australian College of Applied Psychology). Certificate 4 workplace training.  
Accredited Supervisor ACA ASCH, QCA AHA.  
Professional Clinical Registration with ACA, QCA, AHA, DGfS, ISCA (Germany)

### **Contact.**

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# PROFESSIONAL DEVELOPMENT for 2012

## Brief Progressive Report from QCA PD Program 15<sup>th</sup> December 2011

Colleagues, below is a draft of the emerging PD plan for 2012. To date there are 5 Fridays booked and 1 half day workshop. We are very fortunate to have secured Dr. Brian Sullivan to start our year. Brian has presented for us before on a Friday & at an AGM. He is good value. We are excited about the diversity of topics developing this year. We have paid attention to feedback at our AGM and will endeavour to incorporate what we can as we go. For example, I have contacted the Senior Social Worker, Royal Children's Hospital, Child and Youth Mental Health Services, Richard Litster, who together with Katrina Andersen presented the topic, "Family Based Treatment (FBT) for Anorexia Nervosa in Adolescence" at a recent QAFT meeting. This treatment program has been in use successfully for four years. I am hopeful of securing them for later in the year. Finally, in the weeks ahead, we will be ringing around securing members to assist with catering throughout 2012. When you see the dates on the draft could you nominate a PD where you are willing to assist. It would help me if you email me direct to [reception@interactcounselling.com](mailto:reception@interactcounselling.com)

We look forward to a rewarding 2012 in Professional Development for QCA.

Neil & Patrick,  
QCA PD Program

### QCA PD Draft Program:

Date	Topic	Speaker
3 <sup>rd</sup> Feb	The Interface between the Therapeutic Counselling Relationship and Neuroscience	Dr Brian Sullivan Villanova College
16 <sup>th</sup> Feb. Half Day	Mindfulness: Waking up to the life that you have	Alison Keane
2 <sup>nd</sup> March	Supervision: Getting to grips with the new requirements	QCA Committee
30 <sup>th</sup> March	Interactive Drawing	Florence Ee
21 <sup>st</sup> April Half Day	TBA – Sunshine Coast	
4 <sup>th</sup> May	Palliative Care Counselling	Monika Wilson
1 <sup>st</sup> June	Couple Counselling with highly conflictual/hostile clients	DVD presentation from Drs Ellen Bader & Pete Pearson from "The Couples Institute".
16 <sup>th</sup> June	TBA - Endeavour College	TBA
6 <sup>th</sup> July		
3 <sup>rd</sup> August		
8 <sup>th</sup> Sept. Half Day	QCA AGM - Relationships Australia, Spring Hill	Dr Paul Gibney
5 <sup>th</sup> October		
20 <sup>th</sup> Oct. Half Day	TBA - Endeavour College	TBA
2 <sup>nd</sup> November		
7 <sup>th</sup> December		

Unless otherwise notified, Professional Development/Networking events will be held at Endeavour College, Fortitude Valley from 5.15pm – 7.00pm.

# ADVERTISEMENTS

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Course	Unit One	Unit Two
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Sydney	March 22-23	March 26-27
Brisbane	April 12-13	April 16-17
Newcastle	May 24-25	May 28-29
Geelong	May 24-25	May 28-29
Toowoomba	June 29-30	July 2-3
Canberra	July 5-6	July 9-10
Blue Mountains	July 26-27	July 30-31
Adelaide	August 23-24	August 27-28
Brisbane	October 25-26	October 29-30
Sydney	October 25-26	October 29-30
Melbourne	October 25-26	October 29-30

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