



## PRESIDENT'S REPORT SA BRANCH

As we finalise this Newsletter, we are celebrating World Social Work Day. In Adelaide 80 social workers gathered to celebrate this occasion on 15<sup>th</sup> March and to hear National President Bob Lonne speak about National Registration and the Australian College of Social Work. As we have come to expect from Bob, we were challenged to think for the future and to plan for a future in which social work makes a major contribution (see full report later in this newsletter).

The launch of our CPD calendar (see page 5) was the product of a great deal of work by members of the CPD committee - Sally Watson (Convenor), Lynne Sellars, Arlette Beelitz, Maxine Longford, Jennie Charlton and David Roach. However the midwife to the calendar was Kathy Baklan, our new Branch Manager, who has produced a professional and exciting calendar and really driven the process to ensure we had it at the World Social Work Day breakfast. Please let Kathy know if you have a place to display the calendar to promote our CPD activities and the profile of the AASW.

The World Social Work Day theme, "**Social Work voices responding to global crises: Together we develop the Agenda!**" is one that resonates after our tumultuous summer. Social workers have made a significant contribution to supporting communities devastated by natural disasters. However on World Social Work day we were asked to look beyond our own borders and to consider the slow progress that has been made toward achieving the United Nations Millennium Goals for ending world poverty. The Social Work

Global Agenda is to be submitted to the Secretary General of the United Nations on World Social Work Day next year – we are all invited to contribute to its development.

Our SA Branch year has started smoothly, albeit busily. We have smoothly transitioned Branch Managers. At the end of last year we farewelled Julie Hallifax and with the new year Kathy Baklan has taken up her role. As you would imagine, Julie has been generous in the time she devoted to orienting Kathy and making sure that the transition is successful.

On 5<sup>th</sup> February the Branch Management Committee held its annual planning day, facilitated by Mary Hood. We were delighted to welcome Sue Nesham, a national AASW Director based in Tasmania, but with responsibility for liaison with South Australia. Sue very generously came over for the day to contribute a national perspective to our planning and to establish relationships that will enable her to effectively carry out her liaison role via telephone throughout the year.

The first round of our networking breakfasts has already been held. The regular group of social workers who gather in the North, the city and in the South are gradually building up and providing strong support for one another. New breakfasters always welcome.

The steering committee for our Online CPD (David Roach, Arlette Beelitz and Ruth Strout) has been active in the lead up to the first CPD event of the year. This seminar will soon be available online in an initiative that extends the work that we did last year in making our CPD program more available to regional and rural social workers. Last year we offered full day of workshops on two occasions to make it more practical for members to travel from a distance to attend the workshops. This year we will continue this practice alongside our online offerings.

*Sue King*

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Have you changed your address

or

home phone number in the past few months

or

perhaps changed your job?

got a new email address recently?

If so, you can now change these details on the website

[www.aasw.asn.au](http://www.aasw.asn.au)

## Newsletter contributions

The first newsletter for the year is an appropriate time to ask if there are members who are wanting to contribute to our Newsletter or other activities. Promoting the profession of social work and supporting social workers are collaborative activities, most effectively performed when many of us join together. The Branch Management Committee decided at its planning day to develop a Social Justice committee. If you would like to contribute to this or any other area of our activities, please contact me. You will be welcomed.

**Sue King** ([aaswsapresident@internode.on.net](mailto:aaswsapresident@internode.on.net))

## 2011 Program of Events

For your diary –

### April

1	CPD Workshop – Supervision by telephone Presenter: Margaret Morrell
13	Breakfast Networking – South
20	Breakfast Networking – North

### May

13	Peer Skill Share Group
17	Starting out in Private Practice session
18	Breakfast Networking – City
23	Evidence Based Practice Group Mtg Presenter: Jennie Charlton - Sex offenders and contact (access) with Birth Children

### June

8	Breakfast Networking –South
10	CPD Workshop – CBT Presenter: Maxine Longford
15	Breakfast Networking – North

### July

15	CPD – Sharing Parenting time Presenter: Jenn McIntosh
20	Breakfast Networking – City
25	Evidence based Practice group

### August

9	CPD – Alone in a crowd Presenter: Mandy Stanley
10	Breakfast Networking –South
17	Breakfast Networking – North

### September

9	Peer Skill Share Group
21	Breakfast Networking – City
26	Evidence Based Practice Group Mtg

### October

12	Breakfast Networking –South
13	CPD – Maintaining Professional Accreditation
17-19	CPD – Supervision Course 1 Presenter: Margaret Morrell
19	Breakfast Networking – North
21	CPD Student Workshop Presenter: Margaret Morrell
27	Annual General Meeting

### November

3	CPD Workshop – Taking care of yourself using Meditation. Presenter: Mark O'Donoghue
11	Peer Skill Share Group
16	Breakfast Networking – City
28	Evidence Based Practice Group Mtg



AASW

South Australian Branch



2011

CALENDAR OF EVENTS

FEBRUARY

15 FEBRUARY

CPE WORKSHOP – REDISCOVERING ETHICS
PRESENTER: Tricia Munn 4 CPE points

16 FEBRUARY

BREAKFAST NETWORKING NORTHERN

MARCH

11 MARCH

PEER – SKILL SHARE GROUP

PRESENTER: Diana Irvine
TOPIC: Working with sexual abuse trauma
VENUE: Education Development Centre, Hindmarsh
TIME: 3.30 – 5.30pm

15 MARCH

WORLD SOCIAL WORK DAY BREAKFAST
Come and join your colleagues to celebrate World Social Work Day for breakfast and hear Professor Bob Lonnie, AASW National President, present an update on National Registration and what it will mean for you, and what it will mean for the AASW.

VENUE: Adelaide Pavilion, Adelaide

28 MARCH

CPE WORKSHOP SUPERVISION COURSE 1

PRESENTER: Margaret Morrell
We are pleased to be offering this course again from 17-19 October, please check the October section of this calendar for details.

28 MARCH

EVIDENCE-BASED-PRACTICE GROUP MEETING

VENUE: Education Development Centre, Hindmarsh
TIME: 5.30pm for 6pm – 7.30pm
Register your interest at aaswsa@internode.on.net

APRIL

1 APRIL

CPE WORKSHOP – TELEPHONE SUPERVISION COURSE; TIPS & STRATEGIES TO MAKE IT WORK WELL 4 CPE points
PRESENTER: Margaret Morrell

Supervisors and supervisees engaged in, or about to engage in, supervision by phone or Skype, will benefit from this session, which will provide strategies for making phone or Skype supervision as productive and growth-producing as it can be.

VENUE: Education Development Centre, Hindmarsh
TIME: 2.00pm – 4.30pm
Visit www.aasw.asn.au/events for more information.

13 APRIL

BREAKFAST NETWORKING SOUTHERN

VENUE: Old Town Cafe, Old Reynella Shopping Centre, Old Reynella
TIME: 7.15am for 7.30am – 8.45am
Register your interest at aaswsa@internode.on.net

20 APRIL

BREAKFAST NETWORKING NORTHERN

VENUE: Bakehouse Cafe, Philip Highway, Elizabeth (between bus stops 56 & 55)
TIME: 7.15am for 7.30am – 8.45am
Register your interest at aaswsa@internode.on.net

MAY

13 MAY

PEER – SKILL SHARE GROUP

PRESENTER: Sally Watson
TOPIC: Adult Attachment Interview
VENUE: Education Development Centre, Hindmarsh
TIME: 3.30pm – 5.30pm
Register your interest at aaswsa@internode.on.net

17 MAY

PRIVATE PRACTICE INFORMATION SESSION

Have you ever thought about going to Private Practice? If so, come and hear from an experienced panel in the private sector who will discuss the difficulties, barriers and benefits of going into private practice.

VENUE: Education Development Centre, Hindmarsh
TIME: 5.45pm for 6.00pm – 7.30pm
Visit www.aasw.asn.au/events for more information

18 MAY

BREAKFAST NETWORKING CITY

VENUE: La Piazza, Hindmarsh Square, Adelaide
TIME: 7.15am for 7.30am – 8.45am
Register your interest at aaswsa@internode.on.net

23 MAY

EVIDENCE-BASED-PRACTICE GROUP MEETING

VENUE: Education Development Centre, Hindmarsh
TIME: 5.30pm for 6pm – 7.30pm
Register your interest at aaswsa@internode.on.net

JUNE

8 JUNE

BREAKFAST NETWORKING SOUTHERN

VENUE: Old Town Cafe, Old Reynella Shopping Centre, Old Reynella
TIME: 7.15am for 7.30am – 8.45am
Register your interest at aaswsa@internode.on.net

10 JUNE

CPE WORKSHOP – MINDFULNESS FOR MOVING THROUGH DEPRESSION TO LIVING DIFFERENTLY 18 CPE points

PRESENTER: Maxine Longford
A program using mindfulness meditation and yoga, to help address issues of anxiety, depression and post trauma. This course is particularly relevant for Social Workers wanting to maintain or gain Mental Health accreditation.

VENUE: Education Development Centre, Hindmarsh
TIME: 8.30am – 5.30pm
Visit www.aasw.asn.au/events for more information.

15 JUNE

PEER – SKILL SHARE GROUP

PRESENTER: Anthea Fraser
TOPIC: Contributions from a Body Focused approach to Psychotherapy
VENUE: Education Development Centre, Hindmarsh
TIME: 3.30pm – 5.30pm
Register your interest at aaswsa@internode.on.net

JULY

15 JULY

CPE WORKSHOP – SHARING PARENTING TIME, POST PARENTAL SEPARATION, RESEARCH AND DEVELOPMENTAL PERSPECTIVES 18 CPE points

PRESENTER: Jen McIntosh
Dr. McIntosh will speak on evaluating risk and benefit in shared parenting. What does the research tell us about matching parenting arrangements to particular families? How can we best assess risk in this context and other issues around this topic.

VENUE: Education Development Centre, Hindmarsh
TIME: 8.30am – 5.30pm
Visit www.aasw.asn.au/events for more information.

20 JULY

BREAKFAST NETWORKING CITY

VENUE: La Piazza, Hindmarsh Square, Adelaide
TIME: 7.15am for 7.30am – 8.45am
Register your interest at aaswsa@internode.on.net

AUGUST

9 AUGUST

CPE WORKSHOP – ALONE IN A CROWD: WHAT CAN WE DO ABOUT LONELINESS AND OLDER PEOPLE? 4 CPE points

PRESENTER: Mandy Stanley
TIME: 9am – 11am
VENUE: Education Development Centre, Hindmarsh
Visit www.aasw.asn.au/events for more information.

10 AUGUST

BREAKFAST NETWORKING SOUTHERN

Catch up with your colleagues for breakfast
VENUE: Old Town Cafe, Old Reynella Shopping Centre, Old Reynella
TIME: 7.15am for 7.30am – 8.45am
Register your interest at aaswsa@internode.on.net

17 AUGUST

BREAKFAST NETWORKING NORTHERN

VENUE: Bakehouse Cafe, Philip Highway, Elizabeth (between bus stops 56 & 55)
TIME: 7.15am for 7.30am – 8.45am
Register your interest at aaswsa@internode.on.net

SEPTEMBER

CPE WORKSHOP – CULTURALLY APPROPRIATE SOCIAL WORK WITH INDIGENOUS AUSTRALIANS

PRESENTER: Christine King, Reconciliation Australia
Further information on this workshop will be provided on the AASW (SA) Branch website as soon as it becomes available. Visit www.aasw.asn.au/events for more information.

9 SEPTEMBER

PEER – SKILL SHARE GROUP

PRESENTER: Cheryl Staples
TOPIC: Mindfulness & Self Care for Therapists
VENUE: Education Development Centre, Hindmarsh
TIME: 3.30pm – 5.30pm
Register your interest at aaswsa@internode.on.net

21 SEPTEMBER

BREAKFAST NETWORKING CITY

VENUE: La Piazza, Hindmarsh Square, Adelaide
TIME: 7.15am for 7.30am – 8.45am
Register your interest at aaswsa@internode.on.net

26 SEPTEMBER

EVIDENCE-BASED-PRACTICE GROUP MEETING

VENUE: Education Development Centre, Hindmarsh
TIME: 5.30pm for 6pm – 7.30pm
Register your interest at aaswsa@internode.on.net

OCTOBER

12 OCTOBER

BREAKFAST NETWORKING SOUTHERN

VENUE: Old Town Cafe, Old Reynella Shopping Centre, Old Reynella
TIME: 7.15am for 7.30am to 8.45 am
Register your interest at aaswsa@internode.on.net

13 OCTOBER

CPE WORKSHOP – MAINTAINING YOUR PROFESSIONAL ACCREDITATION INFORMATION SESSION

This information session will update members on the Australian College of Social Work and the expectations of members of the College and its first Division. It will also provide information about AASW expectations about Continuing Professional Education and Supervision.

VENUE: Education Development Centre, Hindmarsh
TIME: 5.30pm for 6pm – 7.30pm
Visit www.aasw.asn.au/events for more information.

17 – 19 OCTOBER

CPE WORKSHOP – SUPERVISION COURSE 1 18 CPE Points

PRESENTER: Margaret Morrell

Repeated by popular demand, This course will cover "What supervision is and what it should be". This course is suitable for both new and experienced supervisors who want to learn about models and frameworks of supervision and to extend and improve their supervision skills.

VENUE: Education Development Centre, Hindmarsh
Visit www.aasw.asn.au/events for more information.

19 OCTOBER

BREAKFAST NETWORKING NORTHERN

VENUE: Bakehouse Cafe, Philip Highway, Elizabeth (between bus stops 56 & 55)
TIME: 7.15am for 7.30am – 8.45am
Register your interest at aaswsa@internode.on.net

21 OCTOBER

CPE STUDENT WORKSHOP – BEING A SUPERVISEE 12 CPE Points

PRESENTER: Margaret Morrell

VENUE: Education Development Centre, Hindmarsh
TIME: 9am – 5pm
Visit www.aasw.asn.au/events for more information.

27 OCTOBER

AASW(SA) BRANCH ANNUAL GENERAL MEETING AND DINNER

VENUE: Boardroom, Ground floor, Hackney Hotel, Hackney Road, Hackney
TIME: 5.30pm for AGM at 6.00pm Dinner at 7.00pm
Register on line at www.dramatix.com.au

NOVEMBER

2 NOVEMBER

CPE WORKSHOP – MEDITATION FOR SOCIAL WORKERS 4 CPE points

Presenter: Mark O'Donoghue
VENUE: Education Development Centre, Hindmarsh
TIME: 5.30pm – 7.30pm
Visit www.aasw.asn.au/events for more information.

11 NOVEMBER

PEER – SKILL SHARE GROUP

PRESENTER: Briony Barton
TOPIC: Working with couples/ Accep. Com. Therapy
VENUE: Education Development Centre, Hindmarsh
TIME: 3.30pm – 5.30pm
Register your interest at aaswsa@internode.on.net

16 NOVEMBER

BREAKFAST NETWORKING CITY

VENUE: La Piazza, Hindmarsh Square, Adelaide
TIME: 7.15am for 7.30am – 8.45am
Register your interest at aaswsa@internode.on.net

WHAT IS A...

CPE WORKSHOP

Continuing Professional Education (CPE) is a commitment each member makes to professional development as an accountable social worker. CPE Workshops are provided so that social workers maintain up to date knowledge and skills as the foundation for professional endeavour in all fields of practice. The underlying principle of the AASW CPE policy is that clients, service systems and the community have a right to services provided by competent and skilful practitioners. Any event (e.g. seminar, lecture, workshop, conference) that you deem relevant to your continuing professional education will be recognised. A non-AASW event accrues 1 point per hour of learning. Further information at www.aasw.asn.au

EVIDENCE-BASED-PRACTICE GROUP

A group of social workers interested in exploring and critically examining evidence based practice and the processes through which we can create our social work evidence base meet every second month. The Evidence Based Practice Group meetings are facilitated by Jim Chaousis and are held at the Education Development Centre, 4 Milner Street, Hindmarsh, 5.30pm for 6pm to 7.30pm

PEER – SKILL SHARE GROUP

Accredited Mental Health Social Workers come together bi-monthly as a "Peer – Skill Share Group" to undertake CPE (recognised through AASW CPE points) to assist each other maintain their clinical standards and Mental Health accreditation. Each person is expected to do a 2hr presentation during the course of the year, focusing on Mental Health issues in clinical practice. The presenter chooses a topic of their choice and presents this to the group. Other Social Workers are welcome to join the group. Coordinated by Don Piro, Accredited Clinician & Mental Health Social Worker – AASW, Master Clinician – AARC Inc Please refer to this calendar for details.

STUDENTS AND NEW GRADUATES NETWORKING GROUP

This group provides a communication and networking opportunity for social work students and newly graduated social workers in South Australia. There are events proposed throughout the year including in March, May, July, September and November. Visit the AASW website at www.aasw.asn.au and the AASW SA Networking Group on FACEBOOK. For further details contact Mark Wilson on 0401 120 655 or emailing mark.wilson@dfc.sa.gov.au

Join online today at www.aasw.asn.au or call 1800 630 124

Promoting professional excellence in social work

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Australian Association of Social Workers Ltd

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## SIXTY YEARS A MEMBER DOREEN LISTON

On the wall of her lounge room is proudly displayed the certificate dated September 2010 recognizing the fact that Doreen Liston has been a member of the AASW for sixty years. That is almost the whole length of time that Social Work has existed in South Australia.

Doreen started life at Morphett Vale, then a country village, where her father had vines and almond trees and she could walk to the top of their paddock and look out over Hallett Cove. She attended Morphett Vale Higher Primary School and passed her Leaving Certificate there, which she said was unusual in those days. She went on to train and work as a shorthand typist (Miss Mann's Secretarial College was "exclusively for girls") and the family moved to Plympton, where father again grew almonds on a large block in Mooringe Avenue.

When Doreen's younger sister Mary decided to go to University Doreen decided that this was what she should be doing too, and so she undertook the Diploma in Social Studies at Adelaide University. Gradually, in later years, she completed a Bachelor of Arts degree as well.

Mary, who worked as a librarian, moved to Melbourne and Doreen joined her, partly because her mother thought it would be better for Mary not to be on her own. Doreen had decided that she wanted to do hospital Social Work, and so she did the necessary almoner training which was not available in Adelaide. She did a student placement at the Heidelberg Repatriation Hospital and stayed there to work for about another seven years, before returning to Adelaide. Her father was a returned soldier from the First World War and she felt an empathy with the patients because of this.

Although she could have joined up for the Second World War herself she did not feel the need to do so. She lived with her mother, in the house in Marryatville where she still lives, until her mother's death at the age of 98. Doreen's professional work in South Australia was in the Mental Health Services (including Child Guidance at Mitchell House in Fitzroy) and at the Royal Adelaide Hospital, in medical, neurological and neurosurgical clinics. She says that she does not

regret the fact that she did not ever marry – "I have never been the proverbial frustrated old maid!"

She considers that tertiary training is very important for social workers, as apart from giving the profession some status it gives students a much wider understanding of the world than they can have just from their upbringing and personal experience.

Those of us who worked with Doreen remember her as a cheerful, gentle, caring woman, and she has not changed.

### ELIZABETH BLEBY

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#### "CPE" becomes "CPD"

As you may have noticed what formerly was referred to as Continuing Professional **Education (CPE)** is now being referred to as Continuing Professional **Development (CPD)**. The term 'Continuing Professional **Development**' (CPD) is now being used as it better reflects the expectation of Continuing Professional Development for the individual and the profession. It reflects the idea that it is not just about education but a much broader concept of development as a social worker across all domains.

- CPD is about **progressing** in competency and professional identity. CPD includes activities which are broader than formal or informal education.
- CPD is important for demonstrating ethical practice and competency to employers, clients and community
- An important part of CPD is reflecting on current work/practice individually or with others, and planning for improvement.
- CPD is important to career development.
- CPD is important for members in both direct and indirect practice. The categories and related activities for CPD need to reflect this.

This change also fits in with the development of the Social Work College of Practice. Detailed information about what these changes mean in practice for you as a member will be sent out to you shortly, alternatively the AASW website is regularly updated.

Adapted from Draft CPD committee report – March 2011

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## Mental Health Professionals Network link

Please take a look at the **link to this MHPN podcast**.

<http://mhpn.org.au/Resources/Webinar/AdolescentmentalhealthPart2.aspx>

The individual clinician's summaries were available in easily readable PDF's when I checked, with the podcast promised to be available later.

**This case study of an adolescent boy with "depression" contains summaries by each professional of their intervention.** There is much to learn, especially for beginning social workers interested in developing skills in working with troubled young people.

Dr Peter Parry, an experienced child & adolescent psychiatrist, gives a coherent and warm account of the process of joining with this young man in tackling his problems by looking at "the whole picture" of his life circumstances. He joins the dots that represent significant unhappy life events in a way that makes immediate sense to the reader, and more importantly to the boy himself, so that insight is facilitated and pathways to constructive steps to recovery are opened up. **Definitely worth reading.** – *Eds.*

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### 2011/2012 renewals coming up!

Members will be able to renew online towards the end of May. Renewing online is a very easy process, but should you need assistance, your AASW membership team is only a free phone call away: 1800 630 124.

May I kindly suggest that you confirm or update your profile details today, prior to the renewal opening period? This will enable your membership to be activated without delay, and ensure you don't miss any of your membership benefits.

If you are Mental Health Accredited, you will need to renew your membership AND your accreditation at this time. So watch out for the opening of the renewal period: end of May. Please note that, as in previous years, if you currently pay by direct debit and wish to continue

to do so, you will be automatically renewed to the same membership type on 01 July 2011.

On behalf of all the team, we look forward to being of service to you in the year ahead. Please don't hesitate to contact us if you have any questions about your membership, or if there is anything else we can do to assist.

**Jose Abalo**

Chair, Marketing and Membership Committee

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*Mary Hood, Facilitator and Branch Management Committee Member, AASWSA*



*AASWSA Branch Management Committee members planning for the new year (L to R: Sue Nesham, Mark Wilson, Peter Munn, Tricia Munn, Sue King and Janet Kelly).*



## Introducing Tricia Munn

Tricia has recently taken up the role of Convener of the Ethics Committee for AASWSA.

Tricia did her social work training in Whyalla, and started the course in 1983 after the tragedy of losing a child in a cot death. She also trained as an enrolled nurse. On graduating in Social Work in 1996 she was offered a position in Centacare. She started in a base grade position with 5 other staff and by 2002 was managing 35 staff across major regional centres in South Australia. Tricia's husband Peter moved to the position of Associate Dean Teaching and Learning and Deputy Dean of the Whyalla Campus in 2003. Tricia took up the position of Head of Social Work (Whyalla) at the University of South Australia. She had completed a Master's degree externally and has recently submitted a doctoral thesis on "Supervision for Social Workers in Rural Australia". Tricia attributes much of her progress to her supervisor and then manager at Centacare, Pauline Connelly who has also been a wonderful mentor to her. Tricia is quite aware of having modelled on Pauline professionally and is mindful of modelling as an important learning tool.

Pauline is passionate about rural social work, and particularly promoted the need for supervision and training to be available to rural workers. Tricia became aware that not all social workers in rural areas had access to much needed supervision and professional development and thus chose this topic as the focus for her PhD. Her research found a number of ethical issues including the need for social workers to manage dual relationships. Imagine playing netball with a woman who then becomes your client. The dilemmas of determining where the boundaries of each relationship stand and clarifying this with the other is quite complex. Other ethical issues in social work practice and management concerns were also raised by the participants in Tricia's research.

Tricia recently ran a CPD workshop on rediscovering ethics which was well attended. This is the first CPD workshop that will be available online in the near future, for social workers in rural areas to access. It is Tricia's experience that on-line learning is becoming more acceptable for rural people. She can see more use of podcast and video material coming, allowing for practical and interactive learning.

I asked Tricia whether she felt there were issues to address in the area of Ethics through her work on the Committee. She sees the AASW process of complaints investigation as a toothless tiger as only members can be investigated. As she points out most people who are members of the AASW are committed to the profession and its ethics. Tricia supports registration for Social Workers. Having compared codes of ethics of different professions in an academic study she believes registration would tighten up standards in the profession and make our ethics binding.

Tricia believes that ethical organisations need to be led by ethical people. Her research found local managers of an organization with the same policies and procedures in different towns making different management decisions based on their own ethical stances.

Research by Tricia has shown that it is still true that lots of rural social workers don't get supervision and when they do it serves more a performance management function than professional development. She says this is particularly true when the workers are in the country and management is in the city.

Tricia's own experience in Centacare was of excellent post-graduate training in specialist areas of practice that were costed in by management as part of the service.

Social workers in rural areas are often required to be generalist/specialist, that is, work with whoever comes in the door. For example rural mental health services are good in the areas of prevention and for the acutely ill however they are often over worked and understaffed with a number of people with mental health problems including depression, anxiety etc., being referred on to counselling agencies who do not necessarily

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have staff who are well trained in these areas. Training in the form of CPD workshops and short courses offered by training providers should be offered in rural areas to assist social workers to work with a variety of clients. It is much cheaper to get one or two trainers to the country, rather than a large number of workers to the city. She and her team at the University of South Australia (Whyalla) now run supervision workshops for workers and managers in the regions and provide training in other areas as well including Narrative Frameworks, Generalist Practice, Vicarious Trauma, Critical Incident Response and Solution Focused Interviewing.

Four studio courses have been introduced into the BSW program at UniSA. These courses are practice-based and embedded in 'real life' situations that build strong practice skills while challenging students to use research in practice in a way that creates deeper understandings about social work. This new suite of practice-based courses is supported by the development of an innovative facility that will provide students with positive experiences of 'hands-on' activities in a safe and supportive environment that will enhance their learning.

Tricia became involved with the AASWSA Ethics Committee in 2006 and in 2007 accepted a position on the management committee. However 3 years ago she had a bad accident following which she had to spend 9 months flat on her back. She had to retrain herself to walk and move and her own rehabilitation probably meant she had to be in the helpee position rather than the helper-very good for all of us occasionally, dare I say.

Whilst an avid supporter of the AASW, Tricia disagrees with the AASW policy of reducing the number of CPD points that rural workers are required to gain, believing that this discourages rather than promotes CPD in rural areas. She is also unhappy about the fact that Universities often have to "push" for placements or supervisors for their students. She believes we should see being asked to supervise a student as an honour, that is, the university believes you to be an ideal role model for their students. Tricia is proud to be a social worker. As a profession we do so much for community, improving well being, working on behalf of the disempowered and protecting the most vulnerable yet so often our profession is denigrated. Perhaps we need to have more honour and status in our profession. Perhaps we need to be better at self-promotion both individually and as a profession.

We wish Tricia all the best in her endeavours.

**Sally McMichael and Kathy Inverarity (Editors)**

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This news re a coming Social Work conference in Russia is supplied by Susan Mitchell, who met one of the organizers at a SW Conference in Finland and has kept in touch since. Travel to Russia in May anyone?

**International Conference "Social Work in Multicultural World"**

May, 30-31, 2011 Izhevsk, Russia

**CALL FOR PAPERS**

Dear Colleagues,

We would like to invite you to participate in the international conference "Social Work in Multicultural World". It is devoted to the 20th anniversary of formation of Social work as a professional activity in Russia.

**It will be held:** on May, 30-31th, 2011 in Izhevsk, at Udmurt State University.

*The conference is aimed to consolidate academics and practitioners to encourage further development of social work in Udmurtia.*

The organizing committee reserves the right to select the materials concerning conference subjects.

E-mail: [socialwork@rambler.ru](mailto:socialwork@rambler.ru) Tel.: +7-3412- 916120 [www.socrabota.org](http://www.socrabota.org)

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# Spirituality & Health

CONFERENCE AUSTRALIA<sup>INC</sup>

## 4th Australian Conference on Spirituality & Health

# Forgiveness, Spirituality & Health: From Brokenness to Wholeness

11-13 July 2011, Adelaide

The scientific study of forgiveness is receiving increased attention by research teams. The conference will be multidisciplinary, drawing on distinctive perspectives and practices of social scientists, health professionals, chaplains and clergy.

### Who Should Attend:

Medical and health professionals, psychologists, nurses & allied health practitioners, chaplains, clergy, ethicists, health care administrators, community carers, academics, researchers and students.

### Keynote Speakers for the conference:

**Everett L Worthington Jr. PhD** Professor and Chair of Psychology, Virginia Commonwealth University

**Christina Puchalski MD** Professor & Executive Director George Washington Institute of Spirituality & Health

Online registration available.

Phone 08 8221 6115 Email [info@spiritualityhealth.org.au](mailto:info@spiritualityhealth.org.au)  
[www.spiritualityhealth.org.au](http://www.spiritualityhealth.org.au)



## BOOK REVIEW

**Time to Listen** by Amber Turk Edited by Margaret Brown, Wakefield Press SA 2010

This book was written by a young woman who was dying of a brain tumor. Her story is expanded on by the inclusion of her mother's perspective and that of her oncology specialist, albeit very briefly.

I had the luxury of reading this book in one sitting-of being immersed in it. I was left with an overwhelming sadness for Amber herself, in awe of her mother and her ability to be with Amber in her months of dying, and thoughts about whether or not we, as health professionals, ought to be able to do it better.

Amber attempted to take her own life after some months of treatment and this brought a recognition of her need for more support, and palliative care services were started. These services appear to have provided lots of practical help (nurses and OT's) that was appreciated, however, even then it seemed that no-one talked with her about death and dying specifically. Should this have happened sooner? We may say in retrospect that obviously she should have had more emotional and psychological support, but would she have accepted it then? Was it ever offered? She had great support from family and friends and perhaps this was thought to be enough.

The specialist's perspective is particularly important for me because he maintains that Amber knew that the chances of recovery were extremely slim right from the start. This means that the intra-psychic work of naming and expressing her emotional pain, hopes and fears, and thoughts that are expressed by Amber in this book, are her way of coping, of not giving up even in the face of near certainty of the reality of dying soon. It is a homage to hope, and we know that psychologically hope plays an important role for many people in coming to terms with huge and painful changes in their lives. Would words that eliminate that hope be better? Clearly Amber chose hope over despair for most of her time of suffering.

It seems that culturally we have great difficulty talking about death and dying. Perhaps this is one of the important themes and legacies of Amber's book. **What can we do about that?**

I would like to see this book used in teaching and research around death and dying, and around the processes of grieving for many disciplines. The juxtaposition of the different perspectives greatly enhances its value for this in my view. I believe that if I had read this book as a younger and less experienced social worker I would have had questions about whether doctors had been open enough and truthful enough with Amber. I now understand that our minds and hearts have their own ways of coping/or not with lifes' experiences and I trust we do not lose our sensitivity to this.

*Sally McMichael*

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## SOCIAL WORK DAY IN SA 2011

Social Workers rose early again on Tuesday 15<sup>th</sup> March to eat breakfast with their friends and colleagues, and hear AASW National President, Bob Lonne give the latest pros and cons re National Registration of Social Workers as an introduction to the coming developments within AASW, including the College of Social Work. If you missed the Breakfast or want to read more about how the registration debate fits within the broader context of AASW planning, look at the link below:

<http://www.aasw.asn.au/whatwedo/college>

See also our report, *New Initiatives for AASW*, p. 6 of Dec '10 edition of SASW which gives an account of Bob Lonne's very interesting talk to SA members when he visited us before Christmas. There was a buzz of conversation as people caught up with each other's latest doings and renewed contacts. Social Work students and recent graduates were also present, one UniSA student there to hear more on the topic of Registration for her Hon. thesis. Vice-Pres Marion Croser snapped a few moments (see next page).



Professor Bob Lonne presenting at World Social Work Day in South Australia



Professor Bob Lonne and Sally Watson, Convenor CPD Committee launch the new AASWSA Calendar of events

## AASW Writers Group Meet

A group of social workers interested in various writing styles has met to share ideas and form a plan for ongoing activities. Five of us – with a couple of apologies – met at the EDC, Hindmarsh on Thursday 10<sup>th</sup> March and spent a couple of hours exploring our “take” on writing. Phrases from the conversation that stayed with me (helped by the process of jotting them down at the time) were;

“..writing has become a regular part of my week”....”the scholarly essay as a legitimate form of expression deserves more space..” ....”joint projects” and “partnership duos”....”balancing the solitary activity that is writing”....”Life-writing and the vulnerable subject”....”separating self/ego from the text [in relation to “critiquing”]

As we can see, many different observations coming together in a vibrant exchange. Later, reading Edward Hirsch’s “How to Read a Poem” (pub. Harcourt, 1999) I was struck by the

aptness of the Walt Whitman poem that Hirschman quotes: it describes a state of heart on embarking on an enterprise, and who is to say that this is not such a one?

“ Beginning my studies the first step pleas’d me so much,  
The mere fact of consciousness, these forms, the power of motion,  
The least insect or animal, the senses, eyesight, love,  
The first step I say awed me and pleas’d me so much,  
I have hardly gone and hardly wish’d to go any farther,  
But stop and loiter all the time to sing it in ecstatic songs.”

And further on, Hirsch, in talking about communication between friends who may begin as strangers, suggests “Let there be an easy flow – an affectionate commerce – between us.” Surely a good aspiration for writers, and for social workers. We plan to meet again on May 4, at the SA Writers Centre, Rundle St East at 5.30pm. Get in touch if you are interested in joining us.

**Kathy Inverarity**

[kathinverarity@internode.on.net](mailto:kathinverarity@internode.on.net)

## Therapeutic Foster Carers

Attracts a substantial tax free reimbursement.



Are you a social worker that is considering providing care in your own home?

- Would you like to utilise your skills, knowledge and experience to truly make a positive impact in the life of a young person?
- Do you have experience working with children with complex needs?
- Are you a compassionate, creative, flexible person with a safe home environment and time to give?

All our foster carers receive extensive training, 24 hour assistance, therapeutic intervention and are fully supported at all times.

Life Without Barriers is looking for a foster carer (single or couple) with a spare room, *with no children in their own care* and who are willing to make a long term commitment to care for vulnerable children. We will work with you through the assessment and training process which will involve a Criminal History check and Working with Children Check. Please contact Deborah Whitelock on 8415 6918 or [deborah.whitelock@lwb.org.au](mailto:deborah.whitelock@lwb.org.au) to further discuss this opportunity.

# Mindfulness Medication:

## Self judgement needs a different look!

“Our clients need a concrete tool to deal with negative thoughts and self judgment - a tool they can use to clearly see their way through difficult emotions and minimise the often damaging long term effects of reactivity.”

When it comes to self judgement, Mindfulness is the prescribed medication! Mindfulness meditation really develops the skills needed to pause, slow down and create space to think and act clearly in moments of stress, depression and anxiety. Our clients learn to treat themselves and their families with kindness.”

Liana Taylor, Director Mindfulness Centre



### Family & Child Wellbeing



#### Mindful Awareness Parenting (MAP®) Instructor Program: Birth to 5 yrs

Run your own parenting courses. Attachment theory & relationship based material & practice for the promotion of emotional wellbeing of parents and young children. APS CPD 35. Taught by child family mental health specialist Dr Rebecca Coleman.



#### Time in ... is the new Time out MAP® based: birth to 18 years

Mindfulness, Attachment Theory & Developmental Psychology based 2 day skills workshop for everyday use with clients. Taught by clinical psychologist, and family mental health specialist Dr Rebecca Coleman.

#### Mindful Approaches to working with Families and Children

Cutting edge Mindful parenting and education based on MBCT. Emphasises values and language that cultivates confidence, motivation and joy in children. Presented by mindful parenting expert and mental health social worker Fiona Glover

### Individual Wellbeing

#### Mindfulness Based Cognitive Therapy (MBCT)

This is the central course for those wanting to understand and practise mindfulness. Rejuvenating & ideal for working with anxiety, depression and negative thoughts it includes elements of ACT, MBSR & DBT. Taught by MBCT specialist clinical psychologist Liana Taylor.

#### MBCT II Professional Practice

Small group with supervised practice and questions for MBCT graduates. Taught by MBCT specialist clinical psychologist Liana Taylor.

#### Clinical Applications: Mindfulness in a therapeutic context.

A rich understanding of the theory behind mindfulness, an adjunct to CBT, ACT, MBSR, MBCT. Taught by international Insight Meditation teacher clinical psychologist Malcolm Huxter.

#### Mindful Relationships

Tools for stepping out of the trap of negative judgment and into clear communication and relationship building. Taught by Liana Taylor.

Applied Mindfulness  
Training 2011



mindfulnessCENTRE

Training	Price	Adelaide	Melbourne	Sydney	Bris/Gold Cst	Perth/Freo
MAP 5 day	\$3,300	1 - 5 Aug	See website for respective CPD hours			
MAFC 3 day	\$790	7 - 9 April	2 - 4 June	19 - 21 May		29 Jun - 1 Jul
Time-In 2 day	\$440	23 - 24 May	26 - 27 May	30 - 31 May	2 - 3 June	
MBCT 3 Day	\$790	2 - 4 June	18 - 20 May	1 - 3 Sept	7 - 9 April	Oct
MBCT 8 wk	\$790	4 Aug - 29 Sep				
Prof Prac 1/2 day	\$130	4 June	20 May	3 Sept	9 April	Oct
Clinical App 2 day	\$540		11 - 12 Nov		23 - 24 Sept	
Mindful Rel 1 day	\$220	23 Sept	13 Aug	20 Aug		14 May

Register online at [www.mindfulnesscentre.com](http://www.mindfulnesscentre.com) | 08 8272 0046

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Please send all newsletter contributions to the editorial committee, emails above, or hard copy to the office address: AASWSA, Education Development Centre, Milner Street, Hindmarsh, SA 5007

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### ADVERTISING RATES: (ALL PRICES ARE PLUS GST)

<b>Adverts:</b>	Full page:	\$220
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	Quarter page	\$60
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	Pre printed pamphlets on non standard paper:-	\$55.00
	Discounts where 2+ inserts distributed	
	2nd A4 sheet	\$35
	3rd or more	\$30
	A one off email to members	\$60
	On the Branch website for:	
	One month	\$60
	Two months	\$110
	Three months	\$160

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### NEWSLETTER DEADLINES DATES


<b>Issue</b>	<b>Deadline</b>
March 2011	28 February 2011
June 2011	31 May 2011
September 2011	31 August 2011
December 2011	30 November 2011

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