



Professional Hypnotherapists Association

pha news

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Welcome to Our New Year of PHA from the New Committee

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out soon)
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Coming in early 2017

Librarian

If you know anyone who would be interested in taking on the role of Librarian please have them contact the Committee. Joint AAA members welcome for this role to share resources.

The new committee welcomes you to this new year of PHA and a new shared experience of sharing information and experiences with our newsletter— **“pha news”**.

The **pha news** will be published every second or third month as new information comes to hand. Our new Editor is Lyn Robinson, who has kindly agreed to take on this important role. So please share your experiences and knowledge with other members by sending through articles to Lyn or to Sirpa at pha@iprimus.com.au —points are awarded for all articles that are published, so what better way to share, and be rewarded with CPE at the same time.

We have some exciting new training happening this year, which Deidre Nevins has kindly organised for us, so make sure you book and take part in these events.

We as a new committee hope to foster new sharing and inclusion with each other as a part of the PHA ethos. If there is any input that you would like to make, or have comment about what you would like to see for the PHA into the future, come and join us at our meetings and trainings, for this association is here for you—its members.

So WELCOME, how exciting is it to start here sharing with you all.

Ross, Jacqui, Sirpa, Deidre, Brenda, Lyn, Michael and Allan
Your representatives for 2016-2017.

YOUR COMMITTEE 2016

Chairperson:	Ross Atkinson
Vice-Chairperson:	Jacqui Dorman
Secretary / Membership Secretary:	Sirpa Lahti
Treasurer:	Deidre Nevins & Ross Atkinson
Editor:	Lyn Robinson
Catering Officer:	Brenda Lampley
Media / Policy Officer:	Michael Werts
HCA Representative:	Allan Henshaw

**Membership enquiries to—Sirpa Lahti—pha@iprimus.com.au
(08) 93322657 0468 300 468**

PHA Training—11 September 2016

Dr. John Forbes

“Motivational Interviewing”

Commencing—11am

MOTIVATIONAL INTERVIEWING

Motivational Interviewing (MI) is a technique that is used wherever a person’s behaviours need to change as part of the treatment process. It can be thought of as a directive, client-centred approach for eliciting behaviour change by helping clients to explore and resolve ambivalence. It is inappropriate to think of motivational interviewing as a technique or set of techniques that are applied to or (worse) "used on" people. Rather, it is an interpersonal style, not at all restricted to formal counselling settings. It is a subtle balance of directive and client-centred components, shaped by an understanding of what triggers change in a person. This brief introduction to MI will give an overview of the area, so that participants can consider whether it might be applicable to their clinical setting.



Dr John Forbes

Your presenter is Dr John Forbes. John is a Clinical Psychologist, and the owner of Delta Psychology - a psychology practice offering rapid, low-cost services in the northern suburbs. John has worked in hospital, community and corporate environments. John was the Mental Health Program Manager at the Osborne Division of General Practice (now Panorama Health Network), and the Assistant Director of Health and Welfare Services at the WA Police. John has also been a sessional lecturer in the postgraduate psychology program at Edith Cowan University, and has provided motivational interviewing training to a wide range of organisations. As well as being a psychologist, John is also a Certified Practising Accountant and computer scientist, and has worked in these capacities at both the WA Police and the Office of the Auditor General for Western Australia. His areas of special interest include: positive psychology, optimal psychological functioning, post-traumatic stress disorder, grief, substance use, EMDR and hypnosis.

For bookings—please contact Deidre Nevins on nevins246@iinet.net.au

This training is open to AHA members.

PHA Training—13 November 2016

Hannelie Scheffer

“Mindful Based Therapy”

Commencing—11am

Why Mindfulness Based Therapeutic Modalities are Beneficial for Therapist and Clients

Mindfulness has entered main-stream psychology. There has been a dramatic growth of interest by researchers, clinicians and their clients in mindfulness-based approaches to wellbeing and stress management, and for the treatment of a wide range of “conditions”. Incorporating these very simple but powerful methods into one’s personal life and skillset as a therapist opens up many possibilities for self-improvement of therapists and clients alike. It initiates an evolutionary growth process within an individual that enables better coping mechanisms for the increasingly fast moving pace of the modern world and its demands on everyday life. It enables therapist and client alike to deal better with the demands of everyday life.

Research has shown that therapists have to practice Mindfulness themselves to be effective in using it as a therapeutic device. Mindfulness is also a way for therapists to grow as human beings and to prevent stress and burnout. Mindfulness practice actually changes the brain. The workshop aims to provide a basic overview of the scope of Mindfulness practices for therapist and client. A few exercises will facilitate a basic experience of Mindfulness and how this can be integrated into daily practice and treatment strategies.

A few key concepts that will be covered includes: Mindfulness concepts; the Neuroscience and Neurobiology of Mindfulness; Neuroplasticity; Attitude and Technique; Compassion and Self-Compassion; Mirror Neurons; the Mindful therapist to name a few.



Hannelie Scheffer MA (Clinical Psychology);
International Registered Imago Therapist;
Mindfulness Practitioner and Trainer.

ABOUT THE PRESENTER

Hannelie Scheffer is a Clinical Psychologist and an accredited International Imago Relational Therapist. She has been practicing psychology since 1995 and her therapeutic modalities include Hypnotherapy, Jungian therapy, EMDR, Imago therapy, ACT, DBT, MBCT, MBSR and MBLC to name a few. Hannelie has trained in all the various hypnotherapy modalities with the South African Society of Clinical Hypnosis where she was chairperson for the special interest group on Transpersonal Hypnotherapy before relocating to Australia.

Hannelie has been practicing and training mindfulness techniques for many years and uses this experience in both her personal and professional capacities. She received her training in Mindfulness from Lorraine de Raay and Rob Nairn – both international experts in the Mindfulness Field. She completed the One Year Foundation Training in Mindfulness that was presented by Rob Nairn as the Mindfulness Training Director of Samye Ling College, Scotland. She runs regular 8 week Mindfulness Based Living Courses (MBLC) in Perth, WA

For bookings—please contact Deidre Nevins on nevins246@iinet.net.au

This training is open to AHA members.