



Alumni News

The Jansen Newman Institute Alumni Association Newsletter

June 2006

Conference in the Happiest Place on Earth

by Ebohr Munoz

In early December 2005 I joined a group of my fellow JNI counselling students on a journey to a place that credits itself as the Happiest Place on Earth – Anaheim, California. Lack of sleep and a healthy dose of jet lag had me giggling through the first day as a small group of us wandered through the commercial dreamscape of Disneyland - indeed it felt like I was in Happy Land.

Albert Ellis, family therapy gurus Salvador Minuchin and Chloe Madanes, gestalt leading light Erving Polster, existentialist guru Irvin Yalom, the couple therapy duo of the Gottmans and many others.

I found that many of the presentations involved an explanation and some elaboration of theories and approaches which to some extent seemed

like a revision rather than an expansion or new perspective on a particular field. In contrast there were a number of speakers who were overtly political and critical about the role of psychotherapy in society. Speakers such as Glasser and Szasz heaped scorn on the overuse of DSM IV. Others, including Glasser, advocated a reversal of the focus on “mental illness” and instead to emphasise strategies for the promotion of “mental health”.



Dr David Jansen, Dr Lisa Porche'-Burke, Helen Turner and Eileen Davis

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Along with almost 9000 others we attended the Evolution of Psychotherapy Conference which has been hosted by The Milton H. Erickson Foundation every five years since 1980 “to pay tribute to master clinicians and therapists”. We rubbed shoulders with many of the world’s most celebrated living therapists, among them the psychoanalyst Dr Otto Kernberg, the psychiatrist and skeptic Dr Thomas Szasz, Dr Albert Bandura, our own Michael White, the outrageously blunt



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► Continued Conference in the Happiest Place on Earth

Madanes followed this theme by criticising the hijacking of the Mental health field by the expediency of managed care and pharmacology. These speakers continually placed the field of psychotherapy into a broader social arena and prompted questions about the role of the psychotherapist as a social change agent and not just the facilitator for an individual client.

With so many demonstrations, discussion and supervision panels, presentations and debates over 4 ½ days I occasionally found myself “channel surfing” flicking myself from room to room waiting to be inspired or entertained by a parade of “gurus”. This inspiration did arise as did a number of disappointments. One unusual clinical demonstration was a live couples counselling session jointly run by Chloe Madanes and Anthony Robbins! Anthony dominated the space and had me and many others leaving the auditorium to breathe fresh air that contained some humility.

We rubbed shoulders with many of the world’s most celebrated living therapists

The most inspiring part of the conference for me was the pre-conference full day workshop by Dr Hunter “Patch” Adams, known as a pioneer of doctoring as a clown. He passionately spoke of his “political agenda” of “putting joy in the public space” and his garb of the clown was one manifestation of this intention.

His exuberance was a bit too effusive but he did tickle me to consider lightening up my intention in my own work. There is a place for humour and laughter which I can sometimes forget. As part of this strategy, amongst other things, he advocates laughing

three times per day for no reason, preferably on one occasion when a little voice inside your head says “not here!”

Chatting to others at the conference was helpful in overcoming judgments or criticisms that I had made about the different presenters because it always seemed that someone loved the presentation that I walked out of and vice versa – this seemed to illustrate the adage that for every teacher there is a student.



It seemed to me that at the foundation of the many therapeutic modalities that were presented was a passion and intellectual energy directed towards promoting human wellbeing and happiness. This common ground foundation is something that we JNI counselling students also shared with the great masters who graced the stage and I find this to be a helpful reminder and resource as I begin my own journey in the counselling field.

JNI student Faith Ellis and husband Eric at Anaheim





Review

Irvin D. Yalom, *The Schopenhauer Cure*
(Melbourne, Scribe, 2005).



For alumni of JNI, the name Irvin Yalom has a particular resonance. Who could forget those group sessions conducted according to his theory and practice of how therapeutic groups operate? Process rather than content; existential grounding; attentiveness to the nuances of interpersonal dynamics. For me (and I am sure for other alumni) group process was Yalom! So much so, that I didn't realize until much later that there were and are other approaches to conducting and experiencing a therapy group.

But Yalom has many strings to his impressive bow, and theorizing and conducting groups is only one of them. He is also a writer of fiction as well as teacher and therapist. *The Schopenhauer Cure* is his most recent novelistic offering. But it is also more than this, combining his ideas on philosophy, emotion and personal authenticity as well as relationship with others. What are the boundaries of emotion and intellect, and how do they play out in everyday interaction? To address such large issues while not ceasing to entertain is a tall order. But Yalom remains as accessible as he is erudite. 'Big questions with a light touch' could be his signature, and *The Schopenhauer Cure* is as moving at an emotional level as it is stimulating intellectually.

Julius Hertzfeld is a respected psychiatrist who is diagnosed with a malignant melanoma. After the initial shock of the news, he decides not to 'leave any un-lived life behind' by following up ex-clients he was unsuccessful in treating. Where are they now, and how are they doing? Did they succeed in finding a treatment he was unable to provide? He elects to contact Philip Slate, a sex addict whose compulsions remained intact despite many therapeutic sessions with Julius. Philip relates that

subsequently he did indeed free himself of his addiction – not by therapy, but by philosophy. The stage is set for an intriguing 'bargain' in which Philip attends Julius' therapeutic group in exchange for the supervision he needs. Since Philip is openly dismissive of emotion, and instead favours the austere philosophy of Arthur Schopenhauer, his presence in the group has major ripple effects. Again and again he challenges the need to relate intimately to others, while constantly being challenged in turn.

For Philip (as for Schopenhauer) emotion is an irritant, while for Julius and other group members it is the lifeblood of existence. This is nothing less than a clash between different therapeutic modalities as well as personalities, and the process is fascinating to follow. It is also deeply moving, as diverse defence mechanisms are challenged within the delicacy of the group process. Other group members are dynamic participants in their own right. While the main dynamics are between Philip and Julius, other characters are far from satellites and there are many surprise interactions that it would be unfair to reveal here. *The Schopenhauer Cure* is a deeply satisfying reading experience. Yalom's clinical expertise and story-telling coexist in powerful combination, and the after-effect is lingering.

Pam Stavropoulos



Graduate Grapevine

If you would like to send details on your current status and areas of specialty for our next publication please email Doreen – dorhen@bigpond.net.au

Avigail Abarbanel has a private practice 'Fully Human Psychotherapy and Counselling' based in Canberra.

Marie Anderson has a private practice in a Medical Centre at Campsie where she has set up her Sandplay collection. She is planning to study more post-grad courses to deepen the broad experience she gained at Jni.

Marie Bonney is counselling executives and professionals in career transition and after job loss involving mechanics of developing resumes, applications/networking and job market activity through to managing grief journeys and complete lifestyle changes using solution focused/strategic modalities.

Gigi de Couvreur is counselling in private practice at Woollahra and runs Evolve Therapy.

Bianca Kringas has taken up a position as a Domestic Violence Counsellor with Barnardos in Auburn, while continuing her practice part-time at Lane Cove. She works with children and parents and has recently become a court support volunteer at Parramatta, assisting women at court in the process of taking out AVO's.

Lisa Lau has returned to Hong Kong to work in a corporate environment and will be setting up a counselling practice in the near future.

Prue Mesa is currently establishing a private practice in Lindfield. She is developing a focus on relationships, families and eating disorders.

Toni McLean has a private practice in Parramatta, has counselled individuals and groups that had a special interest in domestic violence at Campbelltown, as well as completing accreditation training for the Myers Briggs Personality Type Indicator for her work in the corporate and private sectors. She has also recently been contracted to provide case management and group facilitation services to the Community Offender Services section of the Department of Corrective Services.

Monika Mischke Renner is currently doing her Masters at UTS while working at the at St. Vincent de Paul Family and Welfare Centre in Redfern counselling mostly clients with drug and alcohol problems referred to the Centre from Glebe House, a halfway house for people who are addicted to drugs, alcohol or gambling.

Ebohr Munoz has recently started work as a part time counsellor at Relationships Australia while continuing in his current position managing a family law mediation program.

Carolyn Parfitt is now the relationships writer for Notebook, a national women's magazine, and is in private practice at Chippendale in Sydney.

Doreen Patenall has a private practice at the Longueville Health Care Centre in Lane Cove, is Lecturer, Therapist and Supervisor at JNI and utilizes Sandplay therapy at both centres.

Gail Pemberton is a Group Therapist and Supervisor at JNI and has a private practice at St Ives. She has recently completed a book called 'You Can Live With Anyone, Well Almost' which is currently with literary agents in the USA.

Clinton Power is currently counselling at the Bondi Junction arm of Relationships Australia as well as running a private practice at Double Bay. He is a Group Therapist at JNI and is in his third year of the Gestalt Graduate Diploma.

Pam Stavropoulos is counselling at Lifeline Western Sydney, Parramatta, while teaching part-time at UTS Broadway campus. She is completing a book on the politics of depression, her major interest area both practically and theoretically.

Yolanda Waldman is teaching two courses - human development and mental health - at the Australasian College of Natural Therapies and is also in private practice in Darlinghurst. This year she is also studying for her Masters in Analytical Psychology at the University of Western Sydney."

Amanda Whitehead is in private practice at North Sydney while running a recruitment agency specializing in the pharmaceutical industry and utilizes her therapy skills around personal and career related issues. She is currently studying a 4 year Graduate Diploma in Gestalt Therapy.

Michele Yexley has a private practice at Dee Why and also works with Lifeline and Family Drug Support as a face-to-face and telephone counsellor. She is currently studying an accredited course in hypnotherapy.



From Doreen Patenall Alumni Association Coordinator

It was wonderful to see so many alumni at the October event last year. If you missed the talk by Clare Mann on Myths and Choices you can download the transcript from her website at www.LifeMyths.com/therapy.

I greatly appreciate Carolyn Parfitt's assistance with ideas and hands-on assistance in getting our second publication of the alumni newsletter written and published.

I am calling for volunteers to help with future publications and events, if you are interested in participating please email me at dorhen@bigpond.net.au.

Alumni members are reminded that contributions such as conference reviews or articles of interest are most welcome. Simply forward articles of interest, with relevant photos if you have them, to me at the above email address.



Next Alumni Association Evening event

I look forward to seeing you on Friday 23 June for our next Alumni Association Evening.

DATE Friday 23 June

VENUE Jansen Newman Institute, St Leonards

SPEAKER Our speaker is Dr Michael Zilibowitz who is a developmental and behavioural paediatrician and Director of the Northern Beaches Child and Family Health Services.

He has a special interest in early brain development and the importance of assisting parents and the community to provide an optimal environment in which children can develop and grow. He will be talking about "Watch, Wait and Wonder", a deceptively simple program for assisting parents of young children.

COST \$5.00 per person

RSVP By email to dorhen@bigpond.net.au by **FRIDAY 16 JUNE**



Short Courses for Professional Development

Continue your professional development at Jansen Newman with our short courses.

All short courses are accredited under the Higher Education Act of NSW and are able to be utilised for professional development hours.

They are 30 hours in duration and are held in a variety of ways: 4 consecutive days, weekends, short sessions during a semester and during Summer School in January.

The fee for all short programs is \$750.00.

Please note that our programs may be subject to change or cancellation if the minimum required number of 15 students is not reached.

Short courses include

- **Coaching Skills for Psychotherapists**
- **Counselling Adult Survivors of Sexual Abuse**
- **Couple Therapy**
- **Hypnotherapy and Creative Visualisation**
- **Introduction to Gestalt Therapy**
- **Sandplay Therapy**
- **Working with Young People**

Jansen Newman also offers Supervision to JNI graduates and other suitably qualified counsellors and psychotherapists.

Full Short Course details are available from the JNI website at

www.jni.nsw.edu.au

Currently scheduled Short Courses

Sandplay Therapy

9.00 am 5.00 pm 8 and 9 July
9.00 am 5.00 pm 22 and 23 July

Participants will need to attend all sessions.

Hypnotherapy and Creative Visualisation

6.00 - 9.00 pm 22 September
9.00 am - 5.00 pm 23 September
9.00 am - 1.00 pm 24 September
6.00 - 9.00 pm 6 October
9.00 am - 5.00 pm 7 October

Participants will need to attend all sessions.

Introduction to Gestalt Therapy

Next course commences 8 August and runs over 8 sessions, all Tuesdays 9.30 am - 12.45 pm each day.

8 and 22 August
5 and 19 September
17 and 31 October
14 and 28 November

Participants will need to attend all sessions.