

# NATIONAL GUIDE TO TRAINING PROGRAMS IN PSYCHOTHERAPY AND COUNSELLING

PSYCHOZ  
PUBLICATIONS



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The **NATIONAL GUIDE TO TRAINING PROGRAMS IN PSYCHOTHERAPY AND COUNSELLING** available online at [www.psychotherapy.com.au](http://www.psychotherapy.com.au) brings together independent and detailed information about training programs offered throughout Australia and New Zealand. The Training Guide receives over 7,500 visits per month and is promoted extensively through the wide network of PsychOz Publications with 30,000 brochures each year and through Google advertising and web optimization. **An Annual Listing in the Training Guide costs \$99.00.** Details can be added or updated at any time.

1. **NAME OF TRAINING BODY:** \_\_\_\_\_

2. **CONTACT PERSON:** \_\_\_\_\_

3. **POSTAL ADDRESS: (not to appear in the Training Guide)** \_\_\_\_\_

STATE: \_\_\_\_\_ POSTCODE: \_\_\_\_\_

4. **PHONE NUMBERS: maximum of 2 (please include area code for landlines)**

LANDLINE \_\_\_\_\_ OR MOBILE NO. \_\_\_\_\_

LANDLINE \_\_\_\_\_ OR MOBILE NO. \_\_\_\_\_

5. **EMAIL ADDRESS:** \_\_\_\_\_

6. **WEBSITE ADDRESS:** \_\_\_\_\_

7. **REGIONS OR STUDY MODE IN WHICH TRAINING IS OFFERED:**

- |  |  |  |
|--|--|--|
| <input type="radio"/> Australian Capital Territory | <input type="radio"/> New South Wales    | <input type="radio"/> Northern Territory         |
| <input type="radio"/> Queensland                   | <input type="radio"/> South Australia    | <input type="radio"/> Tasmania                   |
| <input type="radio"/> Victoria                     | <input type="radio"/> Western Australia  | <input type="radio"/> New Zealand - North Island |
| <input type="radio"/> New Zealand - South Island   | <input type="radio"/> Distance Education |  |

8. **GENERAL AREAS OF TRAINING OFFERED:**

- |   |   |  |
|---|---|--|
| <input type="radio"/> General Psychotherapy/Counselling     | <input type="radio"/> Child and Adolescent Psychotherapy/ Counselling | <input type="radio"/> Group Psychotherapy/ Counselling                                     |
| <input type="radio"/> Adult Psychotherapy/ Counselling      | <input type="radio"/> Couples/ Relationship Therapy/ Counselling      | <input type="radio"/> Clinical Supervision/ Professional Practice Issues/ Private Practice |
| <input type="radio"/> Adolescent Psychotherapy/ Counselling | <input type="radio"/> Family Therapy/ Counselling                     | <input type="radio"/> Corporate Organisational Training/ Leadership[/ Teams                |
| <input type="radio"/> Child Psychotherapy/ Counselling      |   |  |

## 9. GENERAL DESCRIPTION OF TRAINING BODY (maximum of 100 words - include Accreditations and eligibility for Professional Memberships on completion of training program.)

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## 10. THERAPEUTIC APPROACH – Select up to five categories that are offered in a DIRECT and SPECIFIC way in training programs

- |   |  |  |
|---|--|--|
| <input type="radio"/> Acceptance and Commitment Therapy (ACT) | <input type="radio"/> Family/ Systemic Therapy           | <input type="radio"/> Pastoral Counselling                   |
| <input type="radio"/> Adventure Therapy                       | <input type="radio"/> Gestalt Therapy                    | <input type="radio"/> Personal Construct Therapy             |
| <input type="radio"/> Analytic Psychotherapy/ Counselling     | <input type="radio"/> Grief/Loss Counselling             | <input type="radio"/> Phonophonetics Counselling             |
| <input type="radio"/> Analytical Psychology                   | <input type="radio"/> Group Analysis                     | <input type="radio"/> Play Therapy                           |
| <input type="radio"/> Art Therapy                             | <input type="radio"/> Group Psychotherapy/ Group Work    | <input type="radio"/> Positive Psychology                    |
| <input type="radio"/> Behaviour Therapy                       | <input type="radio"/> Guided Imagery                     | <input type="radio"/> Process Oriented Psychology            |
| <input type="radio"/> Body Psychotherapy/ Therapy             | <input type="radio"/> Hakomi Psychotherapy               | <input type="radio"/> Psychoanalysis                         |
| <input type="radio"/> Brief Therapy                           | <input type="radio"/> Hoffman Quadrinity Process         | <input type="radio"/> Psychodynamic/ Psychoanalytic          |
| <input type="radio"/> Buddhism and Psychotherapy              | <input type="radio"/> Humanistic Psychotherapy           | <input type="radio"/> Psychodrama                            |
| <input type="radio"/> C.G. Jung Psychological Types           | <input type="radio"/> Hypnosis/ Hypnotherapy             | <input type="radio"/> Psychophonetics Counselling            |
| <input type="radio"/> Christian Counselling                   | <input type="radio"/> Imago Relationship Therapy         | <input type="radio"/> Psychosynthesis                        |
| <input type="radio"/> Client Centred                          | <input type="radio"/> Infant/Parent Psychotherapy        | <input type="radio"/> Radix Body Centred Psychotherapy       |
| <input type="radio"/> Coaching                                | <input type="radio"/> Integrative Psychotherapy          | <input type="radio"/> Reality Therapy                        |
| <input type="radio"/> Cognitive Behavioural Therapy           | <input type="radio"/> Interpersonal Psychotherapy        | <input type="radio"/> Sand Play                              |
| <input type="radio"/> Counselling                             | <input type="radio"/> Journal Work                       | <input type="radio"/> Schema Focused Therapy                 |
| <input type="radio"/> Couples/Relationship Therapy            | <input type="radio"/> Jungian Analysis                   | <input type="radio"/> Self Psychology                        |
| <input type="radio"/> Creative Arts Therapies                 | <input type="radio"/> Jungian Psychotherapy              | <input type="radio"/> Sex Therapy                            |
| <input type="radio"/> Cross Cultural Counselling              | <input type="radio"/> Jungian Studies                    | <input type="radio"/> Sociodrama                             |
| <input type="radio"/> Dance Movement Therapy                  | <input type="radio"/> Life Coaching                      | <input type="radio"/> Solution Oriented Counselling/ Therapy |
| <input type="radio"/> Depth Psychotherapy                     | <input type="radio"/> Logotherapy                        | <input type="radio"/> Somatic Psychotherapy                  |
| <input type="radio"/> Drama Therapy                           | <input type="radio"/> Mediation                          | <input type="radio"/> Soul Centred Psychotherapy             |
| <input type="radio"/> Dream Work                              | <input type="radio"/> Meditation                         | <input type="radio"/> Sound and Movement Therapy             |
| <input type="radio"/> EMDR                                    | <input type="radio"/> Metaphors/ Story Telling           | <input type="radio"/> Systemic Therapy                       |
| <input type="radio"/> Emotional Freedom Techniques            | <input type="radio"/> Mindfulness and Psychotherapy      | <input type="radio"/> Telephone Counselling                  |
| <input type="radio"/> Emotional Intelligence                  | <input type="radio"/> Morita Therapy                     | <input type="radio"/> Thought Field Therapy                  |
| <input type="radio"/> Emotional Release Counselling           | <input type="radio"/> Movement Therapy                   | <input type="radio"/> Transactional Analysis                 |
| <input type="radio"/> Emotionally Focused Therapy             | <input type="radio"/> Music and Imagery Therapy          | <input type="radio"/> Transpersonal Breathwork               |
| <input type="radio"/> Ericksonian Hypnosis                    | <input type="radio"/> Music Therapy                      | <input type="radio"/> Transpersonal Psychotherapy            |
| <input type="radio"/> Existential Psychotherapy               | <input type="radio"/> Myers Briggs Type Indicator        | <input type="radio"/> Voice Dialogue                         |
| <input type="radio"/> Experiential Psychotherapy              | <input type="radio"/> Narrative Therapy                  | <input type="radio"/> Wilderness Therapy                     |
| <input type="radio"/> Expressive Therapies                    | <input type="radio"/> Neuro Linguistic Programming (NLP) | <input type="radio"/> Other _____                            |

## 11. HUMAN ISSUE – Select up to TEN categories that relate DIRECTLY to SPECIFIC Trainings offered:

- |   |  |  |
|---|--|--|
| <input type="radio"/> ADD/ADHD                            | <input type="radio"/> Divorce Recovery                 | <input type="radio"/> Pain Management                    |
| <input type="radio"/> Addictions                          | <input type="radio"/> Domestic Violence                | <input type="radio"/> Panic and Phobias                  |
| <input type="radio"/> Adolescent Issues                   | <input type="radio"/> Eating Disorders                 | <input type="radio"/> Parent and Child Counselling       |
| <input type="radio"/> Adult Psychotherapy/Counselling     | <input type="radio"/> Educational/Developmental Issues | <input type="radio"/> Parenting Issues                   |
| <input type="radio"/> Alcohol/Drug Abuse                  | <input type="radio"/> Empowerment                      | <input type="radio"/> Parkinson's Disease                |
| <input type="radio"/> Anger Management                    | <input type="radio"/> Executive Coaching               | <input type="radio"/> Personal Development               |
| <input type="radio"/> Anxiety and Panic Attacks           | <input type="radio"/> Expressive Arts                  | <input type="radio"/> Personality Disorders              |
| <input type="radio"/> Anxiety and Phobias                 | <input type="radio"/> Family Issues                    | <input type="radio"/> Physical Illness                   |
| <input type="radio"/> Anxiety/Depression                  | <input type="radio"/> Family Law Issues                | <input type="radio"/> PMS/Menopause                      |
| <input type="radio"/> Assertiveness Training              | <input type="radio"/> Forensic Issues                  | <input type="radio"/> Post Traumatic Stress              |
| <input type="radio"/> Behaviour Problems                  | <input type="radio"/> Gambling                         | <input type="radio"/> Postpartum Psychological Disorders |
| <input type="radio"/> Bipolar Disorder                    | <input type="radio"/> Gay and Lesbian Issues           | <input type="radio"/> Pre-Marital Counselling            |
| <input type="radio"/> Blended Families                    | <input type="radio"/> Gender and Sexuality             | <input type="radio"/> Psychological Assessment           |
| <input type="radio"/> Blushing                            | <input type="radio"/> Genetic Counselling              | <input type="radio"/> Psychosomatic Conditions           |
| <input type="radio"/> Body Image Conditions               | <input type="radio"/> Grief/Loss                       | <input type="radio"/> Rehabilitation                     |
| <input type="radio"/> Borderline Personality              | <input type="radio"/> Health Issues                    | <input type="radio"/> Relationships                      |
| <input type="radio"/> Business Consulting                 | <input type="radio"/> HIV/AIDS                         | <input type="radio"/> Self Esteem                        |
| <input type="radio"/> Career/Vocational Counselling       | <input type="radio"/> Holocaust Survivors              | <input type="radio"/> Self Psychology                    |
| <input type="radio"/> Child and Adolescent Issues         | <input type="radio"/> Incest                           | <input type="radio"/> Sex Offenders                      |
| <input type="radio"/> Child Behavioural Problems          | <input type="radio"/> Infertility                      | <input type="radio"/> Sexual Abuse: Adult                |
| <input type="radio"/> Childbearing Issues                 | <input type="radio"/> Infidelity                       | <input type="radio"/> Sexual Abuse: Child                |
| <input type="radio"/> Childhood Trauma                    | <input type="radio"/> Interpersonal Effectiveness      | <input type="radio"/> Sexual Addiction                   |
| <input type="radio"/> Chronic and Terminal Illness        | <input type="radio"/> Intimacy Issues                  | <input type="radio"/> Sexual Difficulties                |
| <input type="radio"/> Coaching                            | <input type="radio"/> Learning Disabilities            | <input type="radio"/> Sexuality                          |
| <input type="radio"/> Co-Dependency                       | <input type="radio"/> Life Enhancements                | <input type="radio"/> Shyness and Social Anxiety         |
| <input type="radio"/> Communication                       | <input type="radio"/> Life Transitions                 | <input type="radio"/> Sleep Disorders                    |
| <input type="radio"/> Conflict Resolution                 | <input type="radio"/> Life/Career Counselling          | <input type="radio"/> Smoking                            |
| <input type="radio"/> Couples/Relationship/Marital Issues | <input type="radio"/> Maternity Bereavement            | <input type="radio"/> Spirituality and Religion          |
| <input type="radio"/> Creativity Issues                   | <input type="radio"/> Mediation                        | <input type="radio"/> Sports Psychology                  |
| <input type="radio"/> Crisis Counselling                  | <input type="radio"/> Meditation                       | <input type="radio"/> Step Family Issues                 |
| <input type="radio"/> Critical Incident Stress            | <input type="radio"/> Men's Issues                     | <input type="radio"/> Stress Management/Relaxation       |
| <input type="radio"/> Cross Cultural Counselling          | <input type="radio"/> Mental Health                    | <input type="radio"/> Tragic Loss – Suicide and Homicide |
| <input type="radio"/> Cross Dressing Issues for Men       | <input type="radio"/> Mid Life Issues                  | <input type="radio"/> Transgender/Transsexual Issues     |
| <input type="radio"/> Custody and Co-Parenting            | <input type="radio"/> Money/Financial Issues           | <input type="radio"/> Trauma and PTSD                    |
| <input type="radio"/> Depression                          | <input type="radio"/> Mother/Daughter Relationships    | <input type="radio"/> Victims of Crime                   |
| <input type="radio"/> Dieting and Eating Issues           | <input type="radio"/> Motivation                       | <input type="radio"/> Voice Difficulties                 |
| <input type="radio"/> Difficult Cases                     | <input type="radio"/> Obsessive Compulsive Disorders   | <input type="radio"/> Weight Management                  |
| <input type="radio"/> Disability Issues                   | <input type="radio"/> Organisational and Team Dynamics | <input type="radio"/> Women's Issues                     |
| <input type="radio"/> Dissertation Consulting             | <input type="radio"/> Organisational Consultancy       | <input type="radio"/> Workplace Issues                   |
| <input type="radio"/> Dissociative Disorders              | <input type="radio"/> Organisational Issues            | <input type="radio"/> Other _____                        |

## 12. TITLES OF **FORMAL TERTIARY** QUALIFICATIONS OFFERED (PLEASE DO NOT USE ABBREVIATIONS):

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## 14. PAYMENT DETAILS

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