

Its Axiomatic!
WINTER 2013 edition

NEWS FROM AXIOM PSYCHOLOGICAL & COACHING SERVICES

We trust you had a good year so far.

You may also be aware that the Diagnostic and Statistical Manual of Mental Disorders (DSM) has recently been updated by version 5 (DSM 5), with some controversial changes and inclusions of what some may consider to be anything but a disorder.

One of these changes concerns grief and depression. The exclusion of bereavement that applied to people experiencing depressive symptoms lasting less than two months has been removed and replaced with annotations that guide clinical judgment. The criteria for Autism Spectrum disorders have been changed and now incorporate several diagnoses into one, thereby removing the ability to more specifically diagnose for example Aspergers Disorder.

These are some examples and how this will affect current clinical practice remains to be seen. We shall keep you informed as information filters through from greater minds than we can lay claim to. In the meantime, trust **your own clinical judgement** and when in doubt, simply refer to us for advice, and we will get back to you with our best efforts.

However we are in state of limbo in regard to various legislative requirements such as Workcover or Motor Vehicle Accident Authority, because in relation to psychological injuries the regulations state satisfaction of DSM-IV criteria. To get clarification of this dilemma we had written to the Premier who has replied that he has passed our request to the relevant Ministers. We wait with interest!

You will note the change in nomenclature from using Roman numerals to Arabic numbers. The reason is to make it easier to make version changes. Word on the street is that we are likely to get version 5.1 in the not too distant future!

Together we shall survive even DSM 5.

Our News

In our Summer edition we highlighted our **coaching & mentoring** (executives and others) Services.

Two new areas we are developing are:

- **sports psychology.** Carlos Comacho was introduced to you in our last edition. Carlos is multi talented. He speaks Spanish fluently, works with children and young people as well as adults and has extensive skills and experience in sports psychology.
- **HSC students.** Today the pressure on HSC students – and their parents is greater than ever before. To address this need we have developed a snappy program. The program has been developed after extensive research by our new Intern psychologist, Cora Pereira and Sandy Gilbert. Sandy is a teacher, mother of high school students and a recent psychology graduate.

The program is interactive and experiential with learning aids. It aims to provide the students with strategies to help them to learn smarter and how to deal with emotional stressors. The program also is designed to help establish realistic expectations for themselves and also help deal with parent and teachers expectations but still taking into account the competitive environment that currently prevails.

We are taking enquiries **now**. Just phone our friendly and helpful receptionists on **4324 5400**.

Introducing our team at Kanwal

Axiom has two centres – our main office in East Gosford and our Kanwal rooms located in the Kanwal Medical Centre.

Our Kanwal team is Practice Principal **Ian Kilpatrick**. Ian divides his time between both East Gosford and Kanwal.

Carlos Camancho Carlos has been described previously.

John Labone has been servicing clients ‘up north’ for the last year. John has extensive experience young children and adolescents and is also responsible for our **Psychometric assessments of children, particular within a school environment**, where such assessments are used to access funding and allocation to the appropriate class level within the school.

Leanne Taplin O'Donnahue Many of you will remember Leanne when she was the Mental Health Program Manager at Central Coast Medicare Local. She has recently returned from the U.S. where she has worked for a while. As an experienced psychologist she also works with children of all ages and presentations across the life span. She is experienced in trauma – especially children who have been sexually abused.

New staff

Our new staff are:

- **Cora Pereira.** Cora is currently our intern, but she is in fact a fully qualified and experienced psychologist and social worker in her native Germany. In the Australian context AHPRA have deemed her qualifications to be equivalent to five years. Hence to gain full registration she is required to complete a one year internship. She is skilled with all ages and has speciality with loss and grief
- **Sandy Gilbert.** As noted above Sandy has many talents and experiences (ask her about how she helped President Obama win the last USA election!). She has completed her Bachelor degree and is considering how she will satisfy AHPRA's requirements for registration. In the meantime she will work as a generalist counsellor and help with program development.
- **Stella Bowring.** After an illustrious career in administration, especially legal administration Stella has recently completed her Master of Clinical Psychology. She is Medicare registered and ready to take on her own client portfolio.

Multi lingual Axiom

As well as Strine and English we have native speakers in Spanish (Carlos) and German (Cora & George).

Extended hours

We have recognised that for many people seeing a psychologist in the so called normal business hours can be a challenge. Therefore our new hours are:

Monday, Wednesday, Friday 8.00 am – 6.00 pm

Tuesday, Thursday 8.00 am – 8.00 pm

Saturday 9.00 am – 1.00 pm

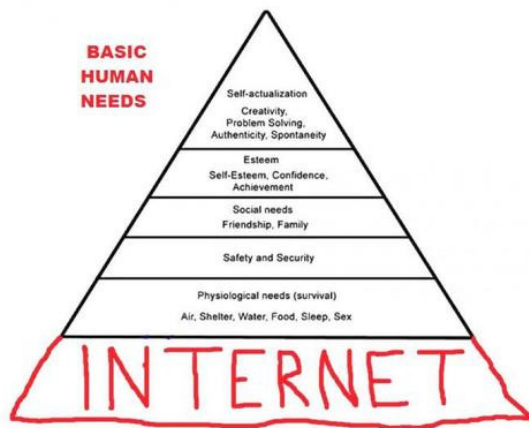
In certain cases we will see people by special appointment outside of these hours.


Feedback

We just lurve feedback! Please tell us what you think. What are your needs? Are we satisfying them? If not how can we improve to better serve you and your patients? Please let us know – email, phone, fax, personal contact, even courier pigeon.

Funny bone

Not only has the DSM been revised – so too has Maslow's Hierarchy of needs!



 9GAG is your best source of fun.

This edition of *Its Axiomatic!* was prepared on 21 June - Winter Solstice.
Longer & warmer days are ahead!

As always looking forward to working with you and your patients.

Best wishes

The Axiom Team.

Because We Care

***Proud supporters of the Central Coast Mariners
Supporting Central Coast Huntington Disease Group
Member Central Coast Suicide Safety Network***