



SOLAS LEIGHIS  
COUNSELLING

**INFORMATION  
PROVIDED  
FOR  
SUPERVISEES**

## Information Provided for Supervisees

Here are the links to the websites that I utilise & are useful for supervisees to start building up their PD hours, skills & knowledge.

**Mental Health Academy (MHA)** – this can be linked to your ACA account to save you having to upload documents onto the ACA website. A once a year fee of around \$350+ that give free access and certification to all their courses and summits. You register membership on the website and it retains a record of your training and certification etc that you can access whenever you wish to. All current evidence-based.

[www.mentalhealthacademy.com.au](http://www.mentalhealthacademy.com.au)

**Psychotherapy Networker (PESI)** – is an American education platform for Psychotherapist, Counsellors, Psychologists etc. Remember that there live stream seminars are in USA time zones - east coast & west coast are very different like we are here in Australia. You can join their courses for free when they are being run live & you can access a lot of freebie information as well but you will need to purchase each course if you wish certification. You register membership on the website and it retains a record of your training and certification etc that you can access whenever you wish to. If you wait until they advertise their special offers on their on-line courses it is always worth it as some costs are reduced quite substantially e.g.: \$1000+ to \$100's. Plus when you purchase the course it provides you with lifetime access to it, along with the full transcripts of each session, the video recording & /- audio recording and each power point presentation and other notes & tools referred to during the session.

All current evidence based research with some of the world's recognised experts in their specialty topic e.g.: Bessel Van Der Kolk, Dan Siegel, Pat Ogden, Peter Levine, Deb Dana, Stephen Porges, Arielle Schwartz, Ruth Buczynski, Gabor Maté etc

[Psychotherapy Networker - CE Catalog](#)

**FutureLearn** is a UK based education platform that facilitates international university courses. You can complete most of these courses free of charge but if you would like a certificate and a transcript of training you will need to purchase these. once started their courses are available in our time zone. You can also pay an annual fee of approximately \$350++ which gives you free access to all courses and certification with transcript of training from the host university, all year. Again, you register membership on the website and it retains a record of your training and certification etc that you can access whenever you wish to. All current evidence-based research.

<https://www.futurelearn.com/>

**Alison** is another USA based education platform. Again, you can complete the training free of charge but will need to purchase the certificate and a transcript of training. You register membership on the website and it retains a record of your training and certification etc that you can access whenever you wish to. All current evidence-based but very American based.

<https://alison.com/>

**MOOC** is a Tasmanian on-line platform, which is free and includes the certificate and transcript of training, however their selection is limited at this stage. E.g.: Dementia, MS, Traumatic Brain Injury (TBI). Their course run over several weeks (12 – 18) but if you leave it till the last week you can do the study over a long weekend if you're that way inclined. All current evidence-based research

[Wicking Dementia Research and Education Centre | Study Now | UTAS](#)

**National Disability Insurance Scheme (NDIS)** training is available to any practitioner as you can still work with NDIS clients, but they must be private if you are not NDIS registered. To become NDIS registered is quite lengthy & expensive.

[Worker training modules and resources | NDIS Quality and Safeguards Commission \(ndiscommission.gov.au\)](#)

**Clinical Counselling Centre (CCC)** is a relatively new Australian education platform facilitated by counsellors, which is an annual cost of \$150, which then gives free access to all their courses.

<https://www.clinicalcounsellors.com.au/join>

**Psychology Tools** – it is worth paying the basis fee once a year, to get access to more resources & as you progress in your work to pay the higher rate.

[Free Printable CBT Worksheets For Professionals And Self-Help - Psychology Tools](#)

**Therapist Aid** [Therapy worksheets, tools, and handouts | Therapist Aid](#)

The Institute of Child Psychology is website created by two Canadian Psychologists & there are several free resources available, which are really good with free webinars e.g.: Childhood Trauma and Meltdowns etc. each run for about 1 hour. They have other PDF freebies to download as well as other courses that you would need to pay a monthly fee for.

[Our Team - Institute of Child Psychology](#)

**NICABM** is another education platform similar to PESI & has several courses & you are provided with loads of resources, training material, transcripts & recordings etc. Again, some of the world's experts are invited to this platform to present.

Ruth Buczynski's webinar *How to Work with the Traumatized Brain* was free with recordings, with notes, a small quiz & certificate issued.

[NICABM - Psychotherapy & Psychology Online Training](#)

**St Luke's Innovative Resources** is one place to start building up your resources for your practice e.g.: the bear cards amongst other great ideas.

[innovativeresources.org](http://innovativeresources.org)

**Therapy Wisdom** provides courses on Trauma Informed Therapy.

<https://therapywisdom.com/>

**VIA Institute** is a great resource for identifying strength (therapist & clients), which is completed on-line. Once completed an email is sent to you or the client with a copy to keep & print.

[VIA Character Strengths Survey & Character Reports | VIA Institute](#)

**DASS 21** is the Depression, Anxiety, Stress Scale Assessment Tool – a useful tool to give out Cle at the int session and at any times during later sessions as required.

[PDFfiller - dass 21 pdf.pdf](#)

**CEN** - Childhood Emotional Neglect questionnaire was developed by Dr Jonice Webb (see book list below for her two excellent books). This is a useful tool with new clients to establish if there have been effective emotional nurturement in the client life as child, If there hasn't then the child basically has had a history of trauma & emotional abuse.

[Emotional Neglect Questionnaire | Dr. Jonice Webb \(drjonicewebb.com\)](#)

**ACE** assessment tool utilised for identifying Adverse Childhood Experiences used for client 18yrs and if they have experienced or witnessed any of the themes in the questions up to the age of 18yrs. A score of 3 or more is a high indication of childhood trauma. The research supports this that the younger the child is the more impactful the event is. There is a more recent version that includes identifying resilience.

<https://www.theannainstitute.org> or [https://www.chcs.org/media/TA-Tool-Screening-for-ACEs-and-Trauma\\_020619.pdf](https://www.chcs.org/media/TA-Tool-Screening-for-ACEs-and-Trauma_020619.pdf)

**PCL – 5** assessment tool for PTSD

[PCL5 Standard form.PDF \(va.gov\)](#)

[PTSD Checklist for DSM-5 \(PCL-5\) - PTSD: National Center for PTSD \(va.gov\)](#)

**ProQoI** self-assessment tool – this is a mist for all therapists to complete at least once year to gauge their own personal self-care risk. This is a great tool for the therapist to reflect on their personal risk of burnout, compassion fatigue &/ or vicarious trauma.

[http://texaschildrenscommission.gov/media/84774/3\\_resource-professional-quality-of-life-self-assessment.pdf](http://texaschildrenscommission.gov/media/84774/3_resource-professional-quality-of-life-self-assessment.pdf)

The Grief Recovery Method Specialist Training

[Grief Recovery Services in Australia - Grief Recovery Method](#)

Dr Arielle Schwartz Clinical Trauma Specialist – writes numerous articles on trauma & great resource

[Welcome | Dr. Arielle Schwartz \(drarielleschwartz.com\)](#)

Psychology Today is an advertising platform for counsellors, therapists & psychologists across the world

[Psychology Today: Professional Login](#)

Symbis Relationship Training

[Pre-Marriage Counseling - Facilitators | SYMBIS.com](#)

Prepare Enrich Relationship Training

[www.prepare-enrich.com](http://www.prepare-enrich.com)

Gottman Institute  
[The Gottman Institute | Relationships](#)

Therapist Training for EMDR  
[Home - Therapist Training](#)

Oliver Brooks Training IFS workshops  
[Online IFS Therapy & Workshops Perth | Oliver Brooke](#)

Tony Fitzgerald - Neurobiology  
[Predicting Better – Sharing the new science of the brain and wellbeing](#)

Mental Health Practitioners Network (MHPN)  
[MHPN | Mental Health Professionals' Network](#)

### **Links to Training Resources to share with Clients**

This is the about a 7-minute video where Dr Dan Siegel is being interviewed with an audience of parents & therapists.

[\(53\) Dan Siegel - "Flipping Your Lid:" A Scientific Explanation - YouTube](#)

This is the 2-minute video where Dr Dan explains the brain in the palm of the hand model.

[Dr Daniel Siegel presenting a Hand Model of the Brain \(youtube.com\)](#)

Name it to Claim it to Tame it  
[Dan Siegel: Name it to Tame it \(youtube.com\)](#)

This is a video on window of tolerance that I also referred to.  
[Window of Tolerance and Emotional Regulation \(Dr Dan Siegel\) \(youtube.com\)](#)

The Body Keeps the Score (Book written by Dr Bessel Van Der Kolk)  
[\(104\) The Body Keeps The Score Summary \(Animated\) — Heal From Trauma Using 3 Science-Backed Techniques - YouTube](#)

This is the link to watch the EMDR processing in action. It runs for about an hour but will give you an idea of what EMDR looks like.

<https://www.youtube.com/watch?v=L6UvKhLYf7w&t=42s>

Internal Family Systems (IFS)  
[Internal Family Systems And Trauma Explained \(youtube.com\)](#)

Poly Vagal Theory (PVT)  
[Polyvagal Theory Explained Simply](#)

## Couples Resources

[Four Horsemen of the Apocalypse | The Gottman Institute: Relationship Behaviors that Lead to Failure \(youtube.com\)](#)

[John Gottman: The Importance of Trust \(youtube.com\)](#)

[The 5 Love Languages Explained \(youtube.com\)](#)

[Dr. Gary Chapman on The Five Love Languages \(youtube.com\)](#)

[Gary Chapman - The 5 Languages of Apology \(youtube.com\)](#)

[Free Resources \(5lovelanguages.com\)](#)

The following is a list of some good books that support the therapist's growth & development:

<b>Book Title</b>	<b>Author</b>
"The Body Keeps the Score"	Dr Bessel Van Der Kolk
"The Body Keeps the Score: Workbook"	Dr Bessel Van Der Kolk
"Man's Search for Meaning"	Viktor Frankl
"The Gift of Therapy"	Irvin Yalom
"The Discovery of Being"	Rollo May
"Polyvagal Exercises for Safety & Connection"	Dr Deb Dana
The Polyvagal Theory in Therapy"	Dr Deb Dana
"Atlas of the Heart"	Brené Brown
"Waking the Tiger"	Dr Peter Levine
"Trauma and Memory: Brain and Body in a Search for the Living Past"	Dr Peter Levine
In an Unspoken Voice: How the body Releases Trauma and Restores Goodness	Dr Peter Levine
"The Complex PTSD Treatment Manual: An Integrative, Mind-Body Approach to Trauma Recovery"	Dr Arielle Schwartz

“A Practical Guide to Complex PTSD Compassionate Strategies to Begin Healing from Childhood Trauma”	Dr Arielle Schwartz
“The Post-Traumatic Growth Guidebook: Practical Mind-Body Tools to Heal Trauma, Foster Resilience & Awaken Your Potential”	Dr Arielle Schwartz
“EMDR Therapy & Somatic Psychology”	Dr Arielle Schwartz & Barb Maiberger
“The EMDR Workbook for Trauma & PTSD: Skills to Manage Triggers, Move Beyond Traumatic Memories & Take Back Your Life”	Megan Boardman & Arielle Schwartz
Polyvagal-Informed EMDR: A Neuro-informed Approach to Healing	Rebecca Kase
“Scattered Minds”	Dr Gabor Maté
“When the Body Says No”	Dr Gabor Maté
“In the Realm of Hungry Ghosts”	Dr Gabor Maté
“The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture”	Dr Gabor Maté
“What Happened to You?”	Dr Bruce Perry & Oprah Winfrey
“The Grief Recovery Handbook”	John James & Russell Friedman
“Emotional Intelligence”	Daniel Goleman
“Social Intelligence”	Daniel Goleman
“Compassion Focused Therapy”	Paul Gilbert
“Teaching the Mindful Self-Compassion Program”	Christopher Germer & Kristin Neff
“The Choice”	Edith Eger
“Internal Family Systems Skill Training Manual”	Dr Frank Anderson, Dr Martha Sweezy & Dr Richard Schwartz
“Internal Family Systems Therapy” 2 <sup>nd</sup> Ed	Dr Martha Sweezy & Dr Richard Schwartz

"No Bad Parts"	Sr Richard Schwartz
"The Spirit-Led Life: A Christian Encounter with Internal Family Systems"	Mary Steege & Dr Richard Schwartz
"Self-Therapy: A Step-by-Step Guide to Creating Wholeness and Healing Your Inner Child Using IFS, A New, Cutting Edge Psychotherapy" 3 <sup>rd</sup> Ed	Dr Jay Earley & Dr Richard Schwartz
"Transcending Trauma: Healing Complex PTSD with Internal Family Systems Therapy"	Dr Frank Anderson
"Somatic Internal Family Systems Therapy: Awareness, Breath, Resonance, Movement & Touch in Practice"	Susan McConnell & Dr Richard Schwartz
"5 Love Languages" (& various other books)	Gary Chapman
"Changes that Heal"	Dr Henry Cloud
"Boundaries" (& various other books)	Dr Henry Cloud & Dr John Townsend
"Loving People: How to Love & Be Loved"	Dr John Townsend
"Exposing the Spiritual Root of Disease"	Dr Henry W Wright
"Broken Children: Grown-up Pain"	Paul Hegstrom
"Own Your Past; Change Your Future"	Dr John Delony
"Stolen Tomorrows: Understanding & Treating Women's Childhood Sexual Abuse"	Steven Levenkron & Abby Levenkron
"Her Choice to Heal: Finding Spiritual & Emotional Peace after Abortion"	Sydna Massé
"Hidden Pain: An Insight into Childhood Sexual Abuse"	Anne R Lastman
"Redeeming Grief: Abortion and its Pain"	Anne R Lastman
"Resilient: Restoring Your Weary Soul in these Turbulent Times"	John Eldredge
"Running on Empty: Overcome Your Childhood Emotional Neglect"	Dr Jonice Webb



“Running on Empty No More Transform Your Relationships with Your Partner, Your Parents & Your Children”	Dr Jonice Webb
“Dancing on the Edge: My Journey Towards overcoming Post-Traumatic Stress, Anxiety, Depression & Insomnia”	Josephine Bartley
“10 Principles for Doing Effective Couple Therapy”	Julie Schwartz Gottman & John Gottman
“Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma & Autism”	Stanley Rosenberg, Stephen Porges & Benjamin Shield
“Working with the Developmental Trauma of Childhood Neglect: Using Psychotherapy & Attachment Theory Techniques in Clinical Practice”	Ruth Cohen
“Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation”	Dan Allender
“Healing the Scars of Emotional Abuse”	Gregory Jantz
“Dealing with Sexual Abuse: A Young Australian’s Insights”	Hannah Baker
“How to Rise Above Abuse: Victory for Victims of Five Types of Abuse”	June Hunt
“How to Forgive: When You Don’t Feel Like It”	June Hunt
“Forgiving What You Can’t Forget: Discover How to Move on, Make Peace with Painful Memories, and Create a Life That’s Beautiful Again”	Lysa Terkeurst
“Forgive & Forget: Healing the Hurts We Don’t Deserve”	Lewis Smedes
“Forgive For Good: A Proven Prescription for Health Happiness”	Dr Fred Luskin