



ELKANAH COUNSELLING

www.elkanahcounselling.com.au

Summer 2015

1 Whitehorse Road
Balwyn VIC 3103

Phone: 9817 5654
Fax: 9817 5654

Reception staff:

Helen Waterworth
Robyn Everest

Reception Hours:

10.00 am – 4.00 pm
Monday – Friday

Consultation Hours:

8.00 am – 8.00 pm
Monday – Friday

8.00 am – 12.00 pm
Saturday

Consultations by appointment
only.

After hours: Elkanah does not
operate a locum service. If you
need crisis assistance Lifeline
can be contacted on 131114.

Christmas and New Year celebrations are over for another year. After these events we often see people at Elkanah who have not had a good experience over this period. There may be unresolved family issues that flair up when families get together. Others find it a very lonely time.

We often do make New Year's resolutions, including things we need to do differently in our families but often such resolutions break down because we tend to do things in habitual ways, often learnt when young. As a family therapist, I often see people who repeat dysfunctional family patterns.

Melanie has written about being realistic when trying to change old habits and this includes ways we relate in families, as much as it does to such issues as weight loss, giving up smoking or getting fit.

There are also some addictions that are even harder to change such as alcohol, cannabis or other drug use. Worst of all at present, there is the drug "ice" which is causing a lot of problems and violence in our community. I have tried to give some useful information in regard to this very difficult problem.

Of course, we believe that counselling can assist when people are trying to change old habits, so come and see us if you would like some help in changing old or negative habits.

Lyn Shand, Psychologist & Family Therapist

INSIDE THIS ISSUE

3 "Ice" is a Highly Addictive Drug that Ruins Lives Lyn Shand

6 About That New Year's Resolution..... Melanie Birch

Our Psychologists



JOHN ANDERSEN

BA, DipPsych., MA., MSc,
Member VAFT

After completing graduate studies in the United States, John worked as a police counsellor with the Police in Los Angeles, followed by work as a marriage and family therapist in a Christian counselling centre. John specialises in relationship counselling including: marital, stepfamily/blended family issues, and working with adolescents within the context of their families.



MELANIE BIRCH

BA BBSoc. (Hons), CertPastPsych, AdvCertTrauma,
DipClinHyp MAPS,
Member, APS College of Counselling Psychologists

Melanie worked in the field of organisational development before training as a psychologist and trauma therapist. She has now practised in this area for 15+ years. The principle focus of her work is the treatment of trauma, grief, anxiety, depression and PND. She works both with people who have long standing issues and those with more recent difficulties. Melanie is also a trained hypnotherapist.



ROBERT POSTLETHWAITE

BBSoc MPsych. MAPS
Member APS College of Clinical Psychologists

Rob's long term interest in chronic pain and illness has resulted in considerable experience in the treatment of depression, anxiety and anger problems that are some of the emotional consequences of these conditions. Rob's underlying philosophy is to focus on the here and now and address the current issues in a pragmatic and problem solving manner.



SYLVIA WERBA

BEd (Psych) MAPS
Member APS College of Counselling
Psychologists & CED Psychologists

Sylvia has been a registered psychologist for over 25 years, both within the school system as well as in private practice – working with children, adolescents, adults and families. Sylvia uses an eclectic approach to work through life's complications, review goals and formulate a more optimistic and positive approach to the future. Sylvia also has experience in Psychometric assessment to help students achieve at their potential in the best possible way – including those with special needs.



KERRYL BEISSEL

BSc (Hons – Psych), MAPS
Member, APS College of Counselling Psychologists

Kerryl has experience in counselling for a wide range of personal and relationship issues. Her areas of work include management and treatment of anxiety, stress and depression; and assistance in dealing with the effects of difficult or traumatic past experiences. Kerryl has expertise in assisting people through times of transition or crisis, whether it be in their personal lives, in their workplace or ministry



EDDY KLEYNHANS

MA., MAPS
Member APS College of Health Psychologists

Eddy has been a registered psychologist for 25 years. He has also been registered with the Dutch Psychological Society, Dutch being his second language. In Australia, he has been providing Employee Assistance Programs to organisations, often travelling interstate to consult with clients. He is an ex-president of EAPA. His expertise in private practice includes working with clients from diverse cultural backgrounds



LYN SHAND

BA DipEd GradDipPsych MAPS
Member VAFT & APS Colleges of Counselling
Psychologists and CED Psychologists

Lyn has much experience working with clients who suffer from stress, anxiety & depression. As a family therapist and psychologist, much of her evening work is with couples, family relationship issues and also separation as she is a trained mediator. She has considerable expertise and experience in working with women with P.M.S., postnatal depression and anxiety and problems at menopause, having written a book on this topic. Lyn is the owner of Elkanah.



MAY WONG

BSc/BE (Hons), PG Dip Psych (Hons), MA Psych
(Health), MAPS
Member APS College of Health Psychologists

May is a health psychologist who works with chronic health issues such as diabetes, cardiac & pulmonary issues, rehab following surgery, cancer and pain. May was born in Hong Kong and grew up in Australia. She is also a member of the Hong Kong Psychological Society and in addition to English speaks fluent Cantonese and some Mandarin. As a health psychologist May focuses on the relationship between mental and physical wellbeing.

“Ice” is a Highly Addictive Drug that Ruins Lives

Lyn Shand

As was suggested in our last newsletter, we said we would put something in the next one on the drug “Ice”. It is causing extremely bad problems in our society. The following information has come from the Victorian Government web site – ice.vic.gov.au and a lecture I recently attended.

What is “ice”?

Ice is a stimulant drug which means it speeds up the messages travelling between the brain and the body. It is a type of methamphetamine, which is generally stronger, more addictive and has more harmful side effects than the powder form known as speed.

Other Names

Crystal meth., shabu, crystal, glass, shard

How is it used?

Ice is generally injected or smoked and the effects can be felt in 3 to 7 seconds. It is sometimes swallowed with 15 to 30 minutes to feel the effects, or snorted with 3 to 5 minutes to feel the effects.

Effects of ice

There is no safe level of drug use. Use of any drug carries some risk. It’s important to be careful when taking any type of drug.

The effects of ice can last around 6 hours but it might be hard to sleep for a few days after using the drug.

Ice affects everyone differently but effects may include:-

- Feelings of pleasure and confidence
- Increased alertness and energy
- Repeating simple things like itching and scratching
- Enlarged pupils and dry mouth
- Teeth grinding and excessive sweating
- Fast heart rate and breathing
- Reduced appetite
- Increased sex drive
- Injecting ice and sharing needles can increase risk of Hepatitis B & C or HIV/AIDS
- Snorting ice can damage the nasal passage and cause nose bleeds

Coming Down

It can take several days to ‘come down’ from using ice. The following effects may be experienced during that time :-

- Difficulty sleeping and exhaustion
- Headaches, dizziness and blurred vision
- Paranoia. Hallucinations and confusion
- Irritability and feeling down

Using a depressant drug such as alcohol, benzodiazepines or cannabis to help with the ‘come down’ effects may result in a cycle of dependence on both types of drugs.

Long term effects

With regular use, ice may eventually cause :-

- Extreme weight loss due to reduced appetite
- Restless sleep
- Dry mouth and dental problems
- Regular colds or flu
- Trouble concentrating
- Breathlessness
- Muscle stiffness
- Anxiety, paranoia and particularly, violence
- Depression
- Heart and kidney problems
- Increased risk of stroke
- Needing to use more to get the same effect
- Dependence on ice
- Financial, work or social problems

Ice psychosis

High doses of ice and frequent use may also cause ‘ice psychosis’. The condition is characterised by paranoid delusions, hallucinations and bizarre, aggressive or violent behaviour. These symptoms usually disappear a few days after the person stops using the drug.

Dependence

People who regularly use ice can very quickly become dependent on the drug. They may feel they need ice to go about their normal activities like working, studying or socialising or just to get through the day.

Mental Health Problems

Some people who regularly use ice may start to feel less enjoyment with everyday activities. They can get stressed easily and their moods can go up and down quite quickly. These changes can lead to longer term problems with anxiety and depression. People may feel these effects for several weeks or months after they give up ice.

Mixing ice with other drugs

The effects of taking ice with other drugs, including over the counter or prescribed medication can be unpredictable and dangerous and can cause:-

- Ice + speed or ecstasy: enormous strain on the heart and other parts of the body, which can lead to stroke
- Ice + alcohol, cannabis or benzodiazepines: enormous strain on the body and more likely to overdose. The stimulant effects of ice may mask the effects of depressant drugs like benzodiazepines or antidepressants and so can result in overdose.

Withdrawal

Giving up ice after using for a long time is very challenging because the body has to get used to functioning without it. Withdrawal symptoms generally settle down after a week and will mostly disappear after a month. Symptoms may include:-

- Craving for ice
- Increased appetite
- Confusion and irritability
- Aches and pains
- Exhaustion
- Restless sleep and nightmares
- Anxiety, depression and paranoia

So the overriding fact is ice is a drug that should be avoided as it is causing untold problems in our society, especially in rural areas.

Treatment Options

- Alcohol and Drug Services
- Withdrawal
- Counselling
- Peer Support Groups
- Telephone and on-line counselling/support

Resources & Referral Options

| | |
|-------------------------------------|--------------|
| Direct Line | 1800 888 236 |
| Family Drug Help | 1300 660 068 |
| Inner Eastern | 1800 778 278 |
| Eastern SURE | 1300 007 873 |
| also the Australian Drug Foundation | |

Lyn Shand – psychologist and family therapist

About that New Year's Resolution....

Melanie Birch

It's now some weeks since the making of those New Year resolutions. It seems a good time to check in and see how they are going.

New Year's resolutions tend to be made in either a fit of overly ebullient enthusiasm, or with grim determination. And it seems the ones that don't work fall into two camps:

1. Firstly they can be overly general. The top two resolutions (year after year) are about fitness and weight loss. In the general category this translates as "I'm going to get fit this year" or "I'm going to lose weight this year". Which are great aspirations but the nature of the statements means that if you lose one kilo during the year or increase your fitness by 1%, it's job done. And that is not what you intended.
2. Conversely there are the resolutions of "I'm going to enter an Iron Man this year" or "I'm going to lose (insert unrealistic number) of kilos this year", wildly overshooting the achievable for most people.

For the vast majority of people both of these options are doomed to fail. And most people end up kicking themselves for having failed, again, to keep an "easy" resolution.

So let's go back to the beginning. It has taken decades of practice to form the set of habits that we call lifestyle. Decades of forming strong neurological connections in our brain that result in the automatic behaviours we call habits. And there are really good reasons for doing things the way you do them. There is a cost and a payoff for every action that you do, whether it is automatic or not.

The first step then is thinking about what the payoff is for your current behaviour. It might sound too simple, but if you only put thought into the change, there is a whole lot of motivation to keep things just the way they are, sitting there tripping up your shiny new resolution without you even realising it.

The next step is the deal breaker: a cost benefit analysis of this resolution. Often our resolutions fail because although they might sound fine on the surface, what we give up to achieve them is much greater. It only takes a few weeks then for the pain to outweigh the gain and we fall back to those previous habits.

Provided you have done your analysis and change seems worthwhile, the next step is creating an achievable goal. For instance, while the weight loss industry (and some reality television) will push losing kilos a week if only you use their method, your GP will give you a much more realistic and healthy rate of loss. While it might seem boring, the opposite is the case. By setting achievable targets, you get to meet them and flood yourself with positive feedback. And while you are at it, set lots of smaller milestones. We know that you are much more likely to meet a distant goal if you have regular smaller targets that you reach along the way. Each one met gives you that wonderful motivating positive feedback.

It is also a very good idea to write down the final goal and all those smaller stepped milestones. It makes them more concrete and means they go from being vague aspirations to definite outcomes. Put it up somewhere where you can see it regularly. It's amazing how easily really important personal aspirations get forgotten in the hurley burley of life.

Then work out your plan and your start date. If there is no start date well, tomorrow never comes. Once again, it's amazing just how busy everyday life can get, crowding out all but the everyday must-do's. And then tomorrow becomes the next day, and the next, and then here we are in February, weeks away from the New Year resolution. Given that your life is already busy, prior planning is crucial. If it's weight loss, find that sustainable plan (hint: not a Hollywood celebrity diet) and organise the pantry. Then start. If it's fitness, have a sustainable plan of continuing as the months go by that is not too disruptive to the household routine or too expensive.

Beware the big trap of deciding to lead a whole new life and changing everything at once. I'm not saying it won't work for you, but it doesn't work for most people outside of a film script. It is simply too disruptive and there are too many parts to remember. I recall reading a book recently about a crack salesman who had turned all aspects of his life around by getting up at 5am, an hour earlier than usual. He felt enormously energised and apparently achieved a great deal. While that is lovely for him most of us are just plain grumpy with an hour's less sleep after one night, let alone doing it as a lifestyle choice. Don't do it all at once.

In fact, one of the secrets of achieving a New Year's resolution is in taking small steps. If your resolution is about getting fit, begin by going for a 10 minute walk a few times a week. All you have to do is put on sensible shoes, walk out the front door, and there you are, putting your resolution into action. Shortly you will begin to extend that ten minutes by another 5 and then another 5 and so on. And without scaring the horses, you are exercising regularly, enjoying it, and hitting your targets.

If your goal is weight loss, perhaps begin with substituting one item with a better choice. And then over time another and another. Again, this method may seem to take longer but because it is not setting off alarm bells in your brain it is far more likely to be sustained and take you to your achievable goal.

Lastly, remember we are all human. In Alice's Adventures in Wonderland Alice asks the Cheshire cat "Would you tell me, please, which way I ought to go from here?". "That depends a good deal on where you want to get to" said the Cat. "I don't much care where ---" said Alice. "Then it doesn't matter which way you go" said the Cat. "---- so long as I get *somewhere*" Alice added as an explanation. "Oh, you're sure to do that," said the Cat "if you only walk long enough". We need a goal to give us the direction to take to get to our destination in the most efficient way.

And every now and then we may fall back into our previous habits. That is called being human. It's not a reason to beat ourselves up and give up. It's the reason the goals are written down and put up where they can be read. So we can pick ourselves up, dust ourselves off, and get back on the path to achieving that New Year's resolution.

ELKANAH NEWSLETTER

Feedback & Change of Details

We appreciate any information and feedback that can help us in providing our newsletter and other services to you. Please complete the following if:

- You wish to advise us of a change in your mailing details
- You have feedback or suggestions for the newsletter
- You would like copies of our brochure

Please complete your details as currently listed

NAME:

POSITION/DEPARTMENT:

ORGANISATION:

ADDRESS:

POSTCODE:

TELEPHONE:

New contact details:

NAME:

POSITION/DEPARTMENT:

ORGANISATION:

ADDRESS:

POSTCODE:

TELEPHONE:

Are the above changes for: Address Change Replacement Contact Additional Contact

If you wish to be taken off the Elkanah newsletter mailing list please tick

BROCHURE REQUESTS - Number required:

Each newsletter contains articles written by members of our team of psychologists. Let us know of any of topics that you would particularly like to know more about, anonymously if you wish. Most of our psychologists are also available to present talks and seminars. Please contact reception on 9817 5654 for enquiries.

Comments:

PLEASE RETURN THIS FORM TO: ELKANAH COUNSELLING, 1 WHITEHORSE ROAD BALWYN 3103