Hurry Up! Don’t Miss- out

NAHSSS Scholarship Applications close soon!

Thinking of Studying next year? Attending a Conference?

Funds are available for allied health students and professionals

NAHSSS Allied Health Continuing Professional Development Scholarship:
Supports practising allied health professionals to attend continuing professional development activities such as short courses, conferences, non-award postgraduate modules and clinical placements. Funding of up to $3,000 per scholarship is available. Visit the Continuing Professional Development Scholarship Home Page for more information.

NAHSSS Allied Health Postgraduate Scholarship:
Supports practising allied health professionals to study at the Graduate Certificate, Graduate Diploma and Masters or PhD level. The Scholarship is valued at $15,000 (FTE) per annum for a maximum of 2 years. Visit the Postgraduate Home Page for more information.

NAHSSS Allied Health Clinical Psychology Scholarship:
Supports psychologists who are currently studying or intending to study Masters or Doctoral level courses to gain endorsement as a clinical psychologist. Only APAC Accredited courses are eligible. The Scholarship is valued at $15,000 (FTE) per annum for a maximum of 2 years. Visit the Clinical Psychology Home Page for more information.

Additional Scholarships for Tasmania
As part of the Australian Government’s Tasmanian health package, SARRAH will offer 11 additional scholarships available for Postgraduate and CPD activities in 2015.

The eligibility criteria and application process for these scholarships is the same as for the current scholarship, noting that these additional scholarships can only be awarded to practicing Tasmanian Allied Health Professionals.

Additional Scholarships Funded through the 2014-2015 Federal Budget
There will be 28 additional scholarships under the NAHSSS Allied Health Postgraduate Scholarship Stream and 36 additional scholarships (18 in the 1st Round and 18 in the 2nd Round) available under the NAHSSS Allied Health Continuing Professional Development Scholarships in 2015 in the identified areas of practice i.e. primary care, aged care, mental health as well as Indigenous Health service.

If you would like to talk to the Postgraduate Team about any of these scholarships please call us on 1800 338 061 or to e-mail postgrad@sarrah.org.au.

The Nursing and Allied Health Scholarship and Support Scheme (NAHSSS) is funded by the Commonwealth Department of Health
Scholarship Statistics

NAHSSS Allied Health Clinical Psychology Scholarship - 2014
Scholarships awarded by home suburb

NAHSSS Allied Health Clinical Psychology Scholarship - 2014
Applied and Awarded by Age Group

2014 Clinical Psychology Scholarship - Applied, Awarded and Success Rate by Age Group

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Scholarship Statistics

NAHSSS Allied Health Postgraduate Scholarship - 2014
Scholarships Awarded by Home Suburb

NAHSSS Allied Health Postgraduate Scholarship - 2014
Scholarships Applied and Awarded by Age Group

NAHSSS Allied Health Postgraduate Scholarship - 2014
Applied, Awarded and Success Rate by Age Group
Scholarship Statistics

NAHSSS Allied Health Continuing Professional Development Scholarship - 2014
Scholarships Awarded by Home Suburb

NAHSSS Allied Health Continuing Professional Development Scholarship - 2014
Applied and Awarded by Age Group

NAHSSS Allied Health Continuing Professional Development Scholarship 2014 - 2nd Round
Applied, Awarded and Success rate by Age Group
In 2008, fresh out of high school in Geraldton (WA), I travelled to the “big smoke” of Perth to begin my degree at the University of Western Australia (UWA). While I studied Arts to keep my options open, I soon realised, maybe after the performing arts class where I, known to have an aversion to stretching, learnt how to express my body through rolling… yes, rolling around on the ground, that psychology was where I wanted to focus. I completed the undergraduate degree and honours at UWA before, to my astonishment, being accepted into the Clinical Psychology Doctorate program. As a naïve 18 year old staying at a residential college for my undergraduate degree – life was sweet. Food was provided for me every meal (although not always desirable when the fourth iteration of Sunday steak was served up – usually a stew or curry by that time), transport was no issue and cleaning and household things were never on my mind.

“The scholarship has made it possible for me to more actively engage in the field by being able to attend workshops, purchase resources and go on pracs that require considerable travel”

The move to a postgraduate degree saw me want to forge some independence and no longer deal with classic college issues, i.e. what should I do now that I have left my room key inside my room and in deciding to have a quick shower am only wearing this towel? This made life a bit tougher in the financial stakes however. My wonderful parents have always been my biggest supporters and have and would sacrifice to make sure I was able to achieve my dream of becoming a clinical psychologist. Being awarded this scholarship, has meant, however, that they have not had to pick up the bill when I need to buy groceries, pay university services and amenities fees or on the odd occasion indulge in an amber thesis ale at the end of the week.

Further, the scholarship has made it possible for me to more actively engage in the field by being able to attend workshops, purchase resources and go on pracs that require considerable travel. I am currently in the depths of the final few months of my degree and hope to next year become employed as a clinical psychology registrar. I am aware of the great demands for mental health care in regional settings. Unfortunately, I believe ready access to such best possible evidence-based psychological treatment in regional settings is currently limited. My eventual plan is to go home to Geraldton and work as a clinical psychologist and provide the standard of psychological care that all clients deserve, regardless of location. I feel incredibly grateful to be awarded the SARRAH clinical psychology scholarship and look forward to giving back to regional and rural communities.

“My eventual plan is to go home to Geraldton and work as a clinical psychologist and provide the standard of psychological care that all clients deserve, regardless of location”
The decision to pursue a career in psychology never felt particularly pre-determined but rather evolved after a series of life experiences and personal interest into just what makes us tick as humans. Now in the final years of my doctrine in clinical psychology, I could never have imagined being fortunate enough to have the opportunities to pursue this interest well into higher education and furthermore, now be in a position able to outwork some of the skills and lessons learnt along the way. Yet this journey was no walk in the park, and certainly opened my eyes to some of the difficulties living and wanting to practice in regional areas in Australia.

Having lived in regional Victoria for the most part of my life, I resisted the need to move to study in urban areas in order to complete my studies in psychology, yet practically this was very challenging. When I first commenced my course in psychology in 2012 I was traveling six hours a day three times a week to attend lectures and course requirements. The cost physically and financially of this was a great burden and led to me needing to stay closer to the university for the latter half of the year. Though this may sound like an easy compromise, it involved changing my employment and living away from friends, family and my newlywed husband. By the second year in the course, placement commitments increased and due to no local placement opportunities and no local supervisors, I again needed to stay away from home to complete the course requirements. Not only did this mean that I was removed from my home, but it meant the influence of my clinical work was not servicing the area in which I lived, an area greatly in need of psychological services.

“I am greatly appreciative to the opportunities this scholarship has provided, not only to me but others studying psychology and are committed to contributing to regional mental health initiatives”

And so I became aware of an alarming cycle within the psychology sector. No training opportunities were present in my community, no placement opportunities and little incentive to stay in a community so in need of psychological services.

Unfortunately I cannot say I have the answers to this cycle of disadvantage in regional areas, and my clinical training did not get any easier in the final years. However, through the support of the NAHSS Clinical Psychology scholarship I have been able to stay in my local community and though I still travel weekly to complete my placement, I am more determined than ever to stay in my community once completing my degree and be even just a small change within this ongoing cycle. Hence I am greatly appreciative to the opportunities this scholarship has provided, not only to me but others studying psychology and are committed to contributing to regional mental health initiatives. I certainly believe small changes can trigger great changes and I endeavour to contribute in the future to my local area by gaining experience and qualifications to supervise students who may face the same challenges in staying in regional areas whilst studying psychology.
Larissa Collins

About two years ago I attended the introductory training for Acceptance and Commitment Therapy (ACT). Since then I had not had the finances or time to attend the advanced training, although I really wanted to. Living in a rural area, most of our training access involves travelling to a capital city such as Sydney, Brisbane or Melbourne. Working in private practice it is also the loss of income that makes training less accessible. Thanks to SARRAH I was able to attend this advanced training.

The reason ACT appeals to me so much is the practicality of it. After many years of using CBT as a primary therapy type, it is exciting to have a viable alternative. I have found that some people do not have the capacity to make negative thoughts go away, or to restructure them, or that even when people do, they do not believe the new, more realistic version. Hence ACT offers a different approach that is getting increasing evidence bases across conditions and age groups.

After the introductory workshop I had been using small amounts of ACT, but was not very confident and had a lot of knowledge gaps and did not feel skilled enough to do this properly. The advanced course, full of practical exercises to learn and experience these new techniques has certainly helped to improve my confidence and I have already started using more strategies with clients. Probably my favourite tool is in the “Reality Slap” book which is the “Resilience Formula”. This can be applied to almost any situation to help people to make decisions.

The four approaches to any problem or difficult situation (as written by Dr Russ Harris) are;

- Leave the situation
- Stay and change what you are able to change
- Stay and accept what can’t be changed and live your life by your values
- Stay and give up and do things that make the situation worse

With the scholarship funding I purchased some resources to help me apply this therapy with clients. One of these was the recently released Values, goals and barriers cards and upon returning from this training, I have already used these with a client to help clarify and prioritise her values. This will help us to move forward with therapy and her to make the choices and taken action oriented steps towards her goals in life.

“Thanks to SARRAH I was able to attend this advanced training. Working in private practice it is also the loss of income that makes training less accessible”

Another bonus is that ½ the profits from these cards goes to Sanjiwani (a health service in Nepal) hence money raised is helping villagers there who have minimal supports and resources. I have struggled with “I don’t know” responses from clients in the past around their own values, and even with a list it can be difficult for some individuals to identify what is important to them, hence by using these cards, which have lovely visual pictures as well, this will be easier for clients to relate to and identify. I look forward to using the barrier cards to help with problem solving barriers to achieving goals.
The additional content in the advanced course gave practical suggestions of how to work with challenging or resistant clients and how to apply ACT to different clinical presentations.

There is a dearth of client worksheets and exercises that accompany the workshop material which makes techniques user friendly for clinicians and clients. Another benefit is that as a result of this training, I now understand the ‘self as context’ part of the ACT hexaflex (which the six core processes in ACT are explained), which evaded following the introductory training.

Russ Harris has such a genuine and reasonable approach to therapy that he provides with such conviction during role plays at training. He managed to keep the most challenging or verbose client on track with apparent ease. He describes or ‘markets’ ACT to clients in terms of long-term skills they can use to live their life in the fullest, most meaningful way. He described the role of clients repeatedly venting to a therapist as providing short-term feelings of improvement, however not providing the client with any long-term strategies to improve their life or problem area, which is true.

“A scholarship like this is amazing, because it recognises the challenges associated with regional, rural and remote living, such as patchy, inconsistent internet, lack of access to public transport and public libraries, expenses of petrol when having to drive long distances to get anywhere – the list goes on”

Now that I am nearing the end of my degree, I am in a good position to follow my passion of working with rural and remote communities. A program like this has far reaching benefits beyond the individuals that it funds – it allows people to put back into their community. I work mainly with children and youth, and have already had young people say to me, “I want to be a psychologist” or “I want to help people” which makes me proud and hopeful for the future. This scholarship has given me the opportunity to encourage and inspire others to support marginalised, isolated communities who often need it most, and for that I am extremely grateful.
My name is Erin Dolan, for the last nine years I have worked in my own practice in Warragul. Originally, I started coming to Warragul to see 2-3 clients, one day a week. I remember struggling with the commute as I was living in the city at the time. As the years past I was able to build the practice to create enough work for a multidisciplinary team of ten. Given the size of the practice and the need to supervise staff, I decided it was time to return to university and complete my Clinical Masters. This was a hard decision, as I had a young family, my own business and a farm. I almost did not accept my offer at university as I was concerned about finances and the commitment to complete the Masters. Lucky with the support of my family and colleagues, I decided to go ahead and study.

It was not until, I was half way through the course, that I was informed of the SARRAH scholarship. When I was awarded the scholarship, it gave me the chance to focus on my studies and complete the placements rather than trying to juggle work and course requirements. Through my studies, I met other SARRAH scholarship students who also stated that they were able to access financial support to pay for the course as well as fund placements. This is an amazing opportunity and gift as these students were able to work in remote and rural placements that were previously unobtainable due to finances.

The knowledge gained from the clinical masters has allowed me to enhance my confidence and professional skills when working with complex client in a variety of settings. Although my journey to date has been extremely rewarding and achievable, there were many challenges along the way. These included the lack of accredited clinical supervisors in Gippsland and the high costs of supervision.

Sadly I had to access supervision in the city, which costed more than the hourly rate charged by my supervisor as it also encompassed 3 hours of travel each session. This was often unmanageable, as I would often have to take a day of work to meet the supervision requirement.

Overall, I would encourage any professional to take on the challenge of completing their Masters and enhancing the skill set of professionals in rural and remote areas. SARRAH through its scholarships has allowed me to achieve my goal of completing my clinical masters and reduced the financial burden.

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“Intelligence plus character—that is the goal of true education.”
— Martin Luther King Jr.
11th SARRAH National Conference for Rural and Remote Allied Health Professionals was successfully concluded on 20th September 2014 at Mantra on Salt Beach, NSW. SARRAH postgraduate team would like to share some photos taken at the conference.

Conference Attendees

SARRAH President Tanya Lehmen addressing the Conference, and Rod Wellington CEO, SARRAH

Welcoming conference attendees
Cashew Chicken Stir-Fry with Cauliflower Rice

Ingredients

- 2 cloves garlic, crushed
- 2 tsp ginger, grated
- 1 tbs reduced-salt soy sauce
- freshly ground or cracked black pepper
- 2 small skinless chicken breasts, trimmed of fat, thinly sliced
- 3/4 cup unsalted cashews
- olive or canola oil spray
- 1/2 cauliflower, roughly chopped
- 1 head broccoli, cut into florets
- 2 tbs honey
- 2 tbs oyster sauce
- 200 g snow peas, ends trimmed
- 410 g can baby corn spears, drained
- 4 small spring onions (including green tops), cut into 2-3 cm pieces

Method

1. Combine garlic, ginger, soy sauce, pepper and chicken in a small bowl; set aside to marinate while vegetables are prepared.
2. Heat a non-stick wok or large frypan to high. Add cashews and dry-fry for a minute or until browned; remove from pan and set aside.
3. Chop cauliflower very finely or place into the bowl of a food processor and process with blade attachment until it looks like couscous. Transfer to a large microwave-safe bowl, cover and cook on HIGH (100%) for 6-8 minutes until cauliflower grains are tender. Keep covered and set aside.
4. Meanwhile, spray pan with oil and heat to high. Add half the chicken (with its marinade) and stir-fry for 2 minutes until browned. Set aside and repeat with remaining chicken.
5. Respray pan, add broccoli and stir-fry for 3 minutes, until just tender.
6. Add honey, oyster sauce and 2 tablespoons water to the pan along with snow peas, corn, spring onions and chicken including any juices; stir-fry for another 3 minutes til heated through.
7. Divide cauliflower and chicken stir-fry between plates and serve sprinkled with cashews.

Hint
Cover dish, refrigerate and marinate chicken for as long as time permits, from 30 minutes to overnight. Do not discard the broccoli stalk; use a peeler to remove the hard outer layer then dice the remaining vegetable and add to stir-fry.

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