

Hatch Counselling and Consultancies

Yourvision Yourlife.

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Who am I? I graduated from the U of Q in 1971 and over the years have been a Government veterinarian, a small animal practitioner, university staff, mixed animal practitioner and finally owned a mixed animal practice. In 1991 I left practice disillusioned and burnt-out to find myself and recharge the flat battery. I started locuming and slowly began enjoying the challenge of being a veterinarian again but I realised many veterinarians were where I was in 1991. I studied counselling receiving the degree of Diploma of Professional Counselling in 2002. The next milestone was to enrol as a post graduate at the University of Adelaide to research Workplace Stress, Mental Health and Burnout in veterinarians. This is an ongoing project being a remote and part time student.

Almost three years ago many of you would have received a questionnaire titled "Workplace Stress and Veterinarians". I received in excess of 2000 replies generating 200,000 individual pieces of data to sort out. Thank you to all of you who took the time to complete the questionnaire. Descriptive analysis is complete and a paper has been submitted to the AVJ for review and hopefully publication.

To complete the picture (and my thesis) one piece is missing and that is met and unmet expectations and aspirations. I am interested in expectations before entering university, did they change during student days and what has been the outcome in the years after graduation. If you would like to contribute via a telephone interview please email me with your telephone number so that we can organise a convenient time.

A Question – What is Counselling?

Counselling is a helping process through learning new techniques to deal with the challenges of everyday life. It is about changing behaviour through changing our thoughts and beliefs and it is noteworthy that we take no actions unless it is preceded by a thought. Put simply it enables us to respond not react.

Traditionally counselling has been face to face but recent research has demonstrated that telephone and internet counselling is just as effective. With the availability of programs like SKYPE internet video counselling is now a reality and effectively mimics the face to face situation and in the comfort of your office or lounge room. The most effective counselling method is embodied in the words cognitive behaviour techniques (CBT).

Cognitive Behaviour Techniques can also be learnt in the group situation over a weekend.

Occupational health and safety.

New legislation will soon be in force and a significant change is in the preamble where the overarching words “not only physical but mental health” appear, a significant change and a mutual responsibility of both employers and employees.

Workshops.

The predominant issues I found from the questionnaire are workplace stress and burnout resulting in my decision to begin weekend workshops. Workshops can be organised in any area where fifteen to twenty can attend. More information on workshops including the subjects focussed on can be found under opportunities on my website at home.kooee.com.au/yourvisionyourlife. Please advise me via email if you are interested in a workshop. It should be noted that attendance at a workshop contributes to Continuing Professional Development points (in NSW 16 points). Also Veterinary Defence Association members receive a 10% discount on fees.

The news in the Media.

Copy and paste the URL's into your browser

Surviving stress at work –

<http://www.abc.net.au/health/features/stories/2010/07/15/2954379.htm>

Antidepressants, placebo and medicalising mood –

<http://www.abc.net.au/rn/allinthemind/stories/2009/2574069.htm>

How do you rate?

“Man’s supreme achievement in the world is communication from personality to personality”.

Karl Jaspers, German philosopher.

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