

A submission by The Australian and New Zealand Society of Jungian Analysts (ANSJA) on the Report and findings prepared by Professor Margot Schofield on Best Practice Self-Regulation Models for Psychotherapy and Counselling in Australia submitted to the Department of Human Services, Victoria.

Mr Dan Harvey
Service and Workforce Planning Branch
Department of Human Services
GPO Box 4057
Melbourne 3001

practitioner.regulation@dhs.vic.gov.au

This submission represents the views of the members of the Australian and New Zealand Society of Jungian Analysts (ANZSJA), many of whom are distinguished authors, psychiatrists and psychologists as well as being qualified Jungian Analysts.

Jungian analysis is the branch of depth psychology developed by C.G. Jung, the distinguished Swiss psychiatrist, who, together with Sigmund Freud, was the co-founder of Psychoanalysis. Jungian analysis is also sometimes known as Jungian psychology, Analytical psychology, or Jungian psychoanalysis.

Jungian analysis has had an illustrious international history for over one hundred years. In short, the Jungian and Freudian history and tradition have laid the foundation of modern psychodynamic psychotherapy. It also has a very strong evidence-base. A list of references to recent European psychotherapy effectiveness studies is included at the foot of this letter.

Ironically, Jungian analysts in this country are not allowed to use the term “psychologist” or “psychology” despite the movement’s history and nomenclature predating the substantive majority of the development of psychology in Australia.

The Zürich-based International Association for Analytical Psychology (IAAP) is the highest authority in Analytical Psychology throughout the world and has existed for over fifty years as an international psychological society. It certifies, accredits and monitors the professional practice of Analytical Psychology throughout the world. The organization was co-founded by C.G. Jung to assure quality control in Analytical Psychology.

The Australia and New Zealand Society of Jungian Analysts (ANZSJA) was formed in 1978 and is one of thirty-eight worldwide member societies functioning under the aegis of the IAAP. It is the only IAAP society in Australia and New Zealand, and therefore the only official professional body

The C. G. Jung Institute of ANZSJA is the educational and professional training body of ANZSJA. Training takes between five and seven years and is a post-professional training. Training is expensive, as an integral part of the training is a personal psychoanalysis (paid for by the trainee) of at least 350 hours. This “training analysis” ensures that the future analysts have a secure self knowledge and a first hand experience of the dynamics of psychotherapy. Any trainees accredited by the C. G. Jung Institute of ANZSJA are eligible to join ANZSJA (the professional association) and thus become members of the IAAP. These members are then automatically members of PACFA.

As a professional society, ANZSJA is sensitive to the particularities of the Australian context and is committed to the maintenance of high professional and ethical standards in the practice of Jungian Analysis and psychotherapy. Opportunities for training and continuing education, research and reflection are also a particular priority for the society. Members of the society are also engaged in a wide range of cultural and academic activities from the perspective of Jungian Psychological tradition.

ANZSJA is a founding member of The Psychotherapy & Counselling Federation of Australia (PACFA) being a member of the “Psychoanalysis and Psychoanalytic Psychotherapy” section of this organization.

The members of ANZSJA unequivocally support the efforts of PACFA in their efforts to develop a best practice model for self-regulation of the counselling and psychotherapy professions in Australia.

As such, we suggest:

1. that all government agencies move toward an acceptance of the fact that the profession of psychotherapy provides a comprehensive and professional source of support, maintenance and development for the mental health of the Australian population. We believe that the implementation of the Register of Counselling and Psychotherapy (RCAP) is the most appropriate credentialing system to continue and enhance this situation. (As a profession with a history of over one hundred years we find it particularly galling to not see our profession recognized by government and its agencies).
2. the recognition of psychotherapists as an allied health profession under the allied health and chronic disease plans, Work Cover and as a source of qualified mental health professionals and other funded counselling services. This would include
 - a) access to employment positions designated as requiring the competencies of persons listed on the ARCAP
 - b) a recognition of the minimum standards established in the ARCAP for psychotherapy and that the services of psychotherapists be granted the same status in laws and regulations as is applied to professional associations recognised under Part 9 of the Private Health Insurance (Accreditation) Rules 2008

c) the inclusion of psychotherapists in government-funded schemes such as Medicare. As indicated earlier, the psychoanalytic profession has been treating serious mental illness successfully for over one hundred years.

d) that governments provide an effective public education program that enables the public to recognize the existence of ARCAP and their right to access clinical and professional psychotherapeutic services.

Patrick Burnett

Jungian Analyst and Psychotherapist

PACFA representative for ANZSJA

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