

**Submission to The Senate Select Committee on Mental Health
By
The Cairnmillar Institute**

Cairnmillar has been involved in mental health work for over 44 years.

Its focus has been on:

- a) Psychological treatment and psychotherapy
- b) Prevention
- c) Post graduate education for mental health workers -
Psychologists, psychiatrists, social workers, medical practitioners
and trauma counsellors.

The major concern has been with wide sections of the community:

- a) In the prevention of adolescent suicide
- b) In the prevention of physical and psychological conditions
amongst the over 60's population.

We submit that:

- The emphasis on treatment is extremely costly. Planned and systematic prevention could save costs, time, suffering and much community and workplace dislocation.

1. Prevention of Adolescent Suicide

- The indications of adolescent suicide are clearly identifiable. By funding a well-planned program to be taken into schools, teachers and parents could be better informed to identify early indications of suicidal ideation and behaviour.

2. Cairnmillar's own form of Therapy

Cairnmillar over the last 20 years has developed a particular form of psychological intervention called *Contextual Modular Therapy (CMT)*.

CMT:

- Is fully “Australian-made”.
- It provides a cost-effective form of psychotherapy in modules of six sessions.
- It concentrates not only on what people say and think but also on the deeper undisclosed and unconscious influences of pathology and also potential.
- It contains the basis for a manual of therapy for the specific training of therapists and counsellors.
- If more widely used, it would provide a major method of in-depth treatment and prevention in a brief integrated plan of therapy for different problems and conditions.

The funds required to do this would be far less than the costs expended on the diffuse forms of therapy currently in use.

3. The Cairnmillar Positive Mood Clinic

Cairnmillar has established a positive mood clinic. This aims to help people develop and sustain positive moods and prevent the slide and slump into negative mood states. This program is an education and prevention program.

Research now confirms that negative mood states affect health, well-being, general functioning and work situations.

Positive mood states are health enhancing and would intercept and prevent many becoming depressed and/or non-functional because of mismanaged mood states.

We also emphasise that after physical illness and surgery, many people take considerable time to recover a positive mood and positive outlook.

The positive mood clinic aims to increase the rate of recovery and reduce costs.

4. Destigmatising Mental Illness

Cairnmillar has 44 years experience in destigmatising mental illness; and in providing highly skilled therapeutic counselling in the EARLY stages of people's difficulties.

The concentration on mental illness and psychiatric treatment has been done largely to the exclusion of designating:

- a) What are the positive ingredients of mental health;
- b) What are the indicators of emotional and mood health; and
- c) The processes whereby health factors can be mobilised as a major part of service delivery for the wider general population.

5. Relief for Trauma Survivors

Cairnmillar's pioneering work in the field of trauma therapy has revealed that:

- a) Many people remain locked in their traumatic conditions when with effective intervention they could make a substantial recovery.
- b) The widespread folklore about major trauma needs to be corrected so that people could embrace a positive expectation of recovery.
- c) People working in the field of trauma therapy (for emotional and psychological conditions) are widely under-trained and unequipped.
Specific training programs in trauma therapy such as pioneered at Cairnmillar, are needed.
- d) Effective trauma therapy, prevention of recurring traumatisation could save vast amounts of money.

6. Older People

- a) The psychological, emotional and mood conditions of older people have been neglected.
- b) The prevention of psychological problems in older people have been ignored with a result that many adopt ageist behaviour and thinking and slowly succumb into social isolation or physical decline and dependence. Major costs could be avoided by adopting a strong positive and proactive educative-therapeutic program for older people.
- c) Cairnmillar – for 20 years – has been conducting regular programs called SAGE for people between 55 and 95 years of age.

SAGE means: *Sensible Ageing (with) Growth and Enhancement*

SAGE is a proactive and positive psychology program, and has proved to be widely popular for people in Melbourne and several rural centres.

We therefore submit:

1. Proposals for a more systematic and planned therapeutic intervention that would be preventive and cost effective.
2. That attention be given to the Cairnmillar Contextual Modular Therapy as one means for training of therapists and counsellors, and particularly for rural areas, where cost-effective therapies are often in short supply. That funding be provided for such a program.
3. That attention be given to the concept of the Cairnmillar Positive Mood Clinic as a major way to reduce negative mood states and the costly dysfunction of negative mismanaged moods in individuals, families and workplaces.
4. That suicide prevention programs be introduced for teachers and parents to identify at-risk individuals, and the signs of self-destructive behaviours.
5. That attention be given to Trauma Treatment and Training such as has been developed at Cairnmillar –
 - a. To reduce long-term emotional suffering
 - b. To reduce long-term traumatised behaviours
 - c. To reduce costs involved in the supportive care of people with trauma-related illnesses.
6. That attention be given to the psychological, emotional, and mood health of ageing populations BEFORE people become too “aged”.

This could reduce costs, reduce early institutionalisation, and provide older people and their families with positive approaches to ageing and living enhanced lives across the lifespan.

We draw attention to the Cairnmillar SAGE program as one successful practical example of what can be done.

This submission is made on behalf of The Cairnmillar Institute by Cairnmillar Founder & Executive Director, Dr Francis Macnab.

Dr Macnab's Qualifications include:

AM	Member of the Order of Australia
DSc	RMIT University 1995
PhD	Aberdeen University 1960
DD	Aberdeen University 1996
FBPsS	Fellow British Psychological Society
FAPS	Fellow Australian Psychological Society
FACE	Fellow Australian College of Education
FAICD	Fellow Australian Institute of Company Directors

Dr Macnab's Achievements include:

1961 Established the Cairnmillar Institute for Psychotherapy, Psychological counselling, professional education and community education.

1982 President of the International Council of Psychologists

1982 Awarded the PSI CHI Certificate of recognition by The National Honor Society in Psychology of American Psychological Association

1990 Co-founder of the Australian Foundation for Aftermath Reactions - a foundation concerned with the treatment of people who suffer long term aftermath reactions to severe trauma.

1995 The Sir James Darling Medal awarded by the Australian College of Education.

1996-onward Led several conferences on Trauma and Trauma Therapy in Turkey, Romania, Hungary and Germany.

Has lectured in many overseas countries, including America, Britain, New Zealand, Turkey, Germany, Hungary, Romania, Japan and Taiwan.

He was appointed by the World Council of Churches to lead two conferences for 13 nations and islands of the Pacific on marriage and the family.

Author of 24 books (three translated into other languages).