

# Access Psychology

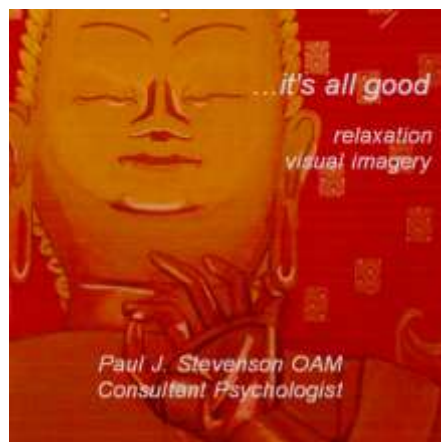


**Paul J. Stevenson OAM**

CSW. B.A (Mus) Dip.Psych. MOP. MAPS. Fellow Clin.Psych. ACCP.

**Former National  
President - Australian  
College of Clinical  
Psychologists**

*Presents*



## ***...it's all good* – Relaxation and Visual Imagery**

This seminar takes the participant on a journey through problem formation and problem resolution.

Based on the compact disc of the same name, with original music composition and lyrics, you will be able to achieve and appreciate complete physical and mental relaxation.

The first part contains an experiential muscle relaxation exercise, followed by visual imagery experience, aimed to put complex problems into a better perspective.

The second part investigates the causes, consequences and treatments for stress, focussing on Biological, Cognitive, Phenomenological and Behavioural aspects of Stress Management.

# About the seminar

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# About the presenter

Paul J. Stevenson OAM is a registered Psychologist with thirty-six (36) years experience in the Human Services Industry, evenly divided between Social Work and Psychology, and to the private and public sectors. He is a Clinical Psychologist, who also holds a Masters Degree in Organizational Psychology. Over the past fifteen (15) years, he has specialized in the clinical treatment of victims of trauma, and the strategic design and evaluation of Disaster Management interventions. He is a former National President of the Australian College of Clinical Psychologists, a former Consultant to the Psychologist's Board of Queensland, a presiding member of the Queensland Health Practitioner's Tribunal, a member of the Australian Strategic Policy Institute, a Forensic Consultant to the Queensland Police Service, and a former lecturer for Bond and Griffith Universities.

In these capacities, Paul has provided an on-site consultancy service to most major disasters in Australia (over the past fifteen years), and more recently to international disasters involving Australians. These include the Moura Mine Disaster, the Charleville Floods and Droughts, the Port Arthur Shootings, the Thredbo Landslip, the Margaret River Landslide, the Bali Bombings, the J.W. Marriott Hotel Bombing (Jakarta), and businesses affected by the Australian Embassy Bombings in Jakarta. Paul was also an adviser to the Prime Minister during the Indian Ocean Tsunami campaign, and has provided assessment services to the custodial staff of the Asylum Seekers on Nauru.

During the Port Arthur campaign, Paul was Queensland Coordinator of the Incident Recovery Service, and was engaged in the strategic planning and evaluation of counselling and debriefing services for sixteen (16) months subsequent. In Bali, Paul worked directly with the Consular-General, and conducted debriefing services to the Bali International Medical Clinic, during the first week of the crisis. Paul was honoured with an Order of Australia Medal in 2004, in recognition of his International Disaster Management interventions. (For more details: [www.accesspsychology.com](http://www.accesspsychology.com)).

*Publications on sale during the seminar will include:*

*“Postcards from Ground Zero” RRP \$27.95 (GST incl.)*

*“Its All Good” RRP \$33 (GST incl.)*  
*“Best Practice for Human Services RRP \$66 (GST incl.)*

*“Are We There Yet?” RRP \$33 (GST incl.)*