

Treatment Strategies...

CBT

Cognitive-Behavioural Therapy

This development of REBT (see below) places more emphasis on the logical testing of one's thinking and behaviour and less attention to the philosophical aspects.

REBT

Rational Emotive Behaviour Therapy

Incorporates the wisdom of ancient and modern philosophers to address the self defeating thinking patterns that lead to dysfunctional emotional and behavioural responses to adverse circumstances.

TFT

Thought Field Therapy

A reformulation of the exposure technique of reciprocal inhibition utilising the interface of the energy meridian system rather than that of the ANS - and thereby often achieving a maximising of effectiveness and efficiency in clinical psychology practice.

Clinical Hypnosis

Accesses the subconscious mind to favourably alter its patterns resulting in benefits for dealing with issues such as pain, addictive urges and childbirth.

ACT and Mindfulness Meditation

Acceptance and Commitment Therapy

ACT is a new and rapidly evolving approach focussed upon living life well in the moment even in the face of difficulty and hardship.

**Medicare rebates may
apply subsequent to GP billing
MBS Item 2715 (amongst others)
- GP Mental Health Care Plan**

Training...

Christopher is an internationally accredited trainer in REBT and TFT.

He has been training psychologists and other health care professionals for many years and has in the past run a number of training courses for the professional staff at a number of centres in Perth. Christopher is available for in house training and speaking engagements.

Log on to www.tftau.com for further information.

Clinical Psychology Services

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Clinical Psychology Services



*Rapid and enduring
emotional balance*

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Credentials...

Cognitive-Behavioural Therapy (CBT)

Chris is one of fifteen Australian members of the International Association for Cognitive Psychotherapy (IACP). He has trained with most of the leading international figures in CBT, regularly attending major international meetings.

Rational Emotive Behaviour Therapy (REBT)

Chris is one of six Australians on the International Referral List published by the Albert Ellis Institute in New York. He has trained with Albert Ellis several times in New York and also in other international locations including Oxford, England; Toronto; & Copenhagen. REBT was developed by Ellis in 1955 and is the first of the cognitive behavioural therapies.

Thought Field Therapy (TFT)

TFT is one of the new generation of clinical psychology approaches resulting in often very rapid resolution of the emotional distress associated with particular issues. Since taking up TFT in 1997, Chris regularly finds that he sees clients for six sessions or less to achieve resolution of their presenting disturbances. Chris has trained several times in California with Dr Roger Callahan, the originator of TFT. He was invited to be a foundation and life member of the Association for Thought Field Therapy (ATFT). In 2004 Chris was appointed as the first non American director of ATFT.

Clinical Hypnosis

Chris has held a Diploma of Clinical Hypnosis from the Australian Society of Hypnosis since 1984. He uses the technique for assisting with addictive behaviors, chronic pain and preparation for child birth.

Specialty Services...

- **Anxiety, panic disorder and phobias** – Chris has focused on the treatment of these disorders for twenty-five years. He has trained with the leading clinicians in these areas and uses the latest developments in effective techniques.
- **Traumatic Stress** – Epidemiological studies attest to the unfortunate prevalence of traumatic experiences in peoples' lives including sexual assault (>25% of women affected by age 18). The existence of unresolved trauma can contribute to the chronicity of emotional and biomedical conditions – including non-specific infertility. Fortunately the latest developments in clinical psychology can facilitate the very efficient and effective resolution of such trauma in most cases.
- **Pain management** – By assisting clients to develop and implement psychological skills and strategies, they are encouraged toward a self management approach for limiting the extent to which pain interferes with their lives. Chris has been a partner in Cambridge Pain Management since its inception in 1994.
- **Smoking cessation** – Chris addressed this problem in his Masters degree dissertation and has presented on this topic at National and State level professional conferences. Several approaches are utilised in what is usually a one session treatment with provision of CD and telephone follow up as required. This psychological approach can compliment Zyban and nicotine replacement programs in a comprehensive system of treatment.
- **Unresolved grief** – Grieving is a normally healthy process. Grief can become morbid and prolonged contributing to significant interference in peoples' lives. This disturbance can now be very effectively and efficiently resolved in most cases.
- **Heart disease** – There is now an extensive literature detailing the relationships between anxiety and depression and increased morbidity from CHD. The latest developments in clinical psychology relate to the demonstrable objective optimizing of heart rate variability (HRV) by way of the successful treatment of psychological and emotional conditions. Cardiologists have recognized for many years that low HRV is the most powerful predictor of all cause mortality. Until very recently there were no reliable techniques for lowering HRV. Chris now regularly achieves this.
- **Depression** – Recommended in most treatment guidelines is a comprehensive approach to depression that involves psychological therapy in addition to any anti-depressant medication that might be indicated.

Appointment Availability

With the new generation of clinical psychology approaches such as TFT facilitating often quite rapid responses to treatment, Chris frequently sees clients for only a few sessions and accordingly, appointment availability is most often within a week or two.