

Huntingdale Psychology, Counselling & Clinical Hypnotherapy

Offices at Huntingdale & Perth (East)

7 Bronzewing St, Huntingdale, W.A. 6110 & 305 Pier St, Perth WA 6000

Colin Longworth – Psychologist, Counsellor & Clinical Hypnotherapist Phone 1300 50 67 68

B Psych ECowan, GradDipCounselMurdoch, Assoc. MAPS

(bookings)



Professional Psychology Supervision

Basic background info: I am a mature aged Cisgender Gay Male Generalist Psychologist, who has been a Registered psychologist since 2008. My training includes a *Postgraduate Diploma in Counselling*, training in *Clinical Hypnotherapy* and I recently became a *Psychology board approved Supervisor for 5+1 Psychology graduates*. In addition, I also passed all the academic parts of a Postgraduate degree in teaching (Primary).

My experience is extensive and covers the more common presentations such as, Depression, Anxiety and Stress. I also work with clients who present with difficulties in the workplace such as: bullying and related matters. Other presentations I am skilled in, include grief and loss and domestic violence. I also have experience and a professional interest in substance use disorders, as well as Gay, Bisexual and Lesbian issues¹.

As a sole practitioner, I see clients from aged 16 years old upwards (i.e. I do not see children). A majority of my clients are male and include “tradies” and various manual workers. I have also worked with clients for whom English is a second language, as well as Aboriginal clients. From time to time I provide couples counselling (Admittedly not a large part of my client load.) As well as Gay, Lesbian and Bisexual clients, (who may seek me out as a member of the LGBTI community, familiar with issues impacting them²) in relation to GLB related matters and the usual sorts of things other clients may come to see me about.

I see clients under *Medicare*, the *NDIS (National Disability Insurance Scheme)* and (occasionally) fee-for-service or *Employee Assistance Program (EAP)* arrangements.

Clients are seen, both in person and via Telehealth (using Doxi.me) for weekday, evening and Saturday morning appointments. Occasionally due to technical issues, I may as an alternative to video consultations, provide services (via audio only) over the phone.

As a psychologist who is also Gay, I can relate to the comments of the Psychiatrist Dr Mark Cross, in his 2020 book *“Anxiety”* (that I often recommend to clients) who notes:

As with anyone who has to deal with labels, I don't want to be the 'gay psychiatrist'. I want to continue being the objective, caring professional, working within a compassionate framework. Someone who, when it is relevant, is open about being gay (p.76)

I expect potential supervisees may seek me out because of my experience with; Blue-Collar males; Gay, Lesbian and Bisexual clients; Domestic Violence cases; Alcohol and Other Drug (AOD) clients; Clients in difficult workplace scenarios, apart from more general experience.

C Longworth

Colin Longworth

B Psych ECowan, GradDipCounselMurdoch, Assoc. MAPS, Psychologist (AHPRA Reg. No. PSY0001673892 – Supervisor: 1673105825)
Medicare Provider No. 449 8226W – Huntingdale-Thornlie, 4498227F – Perth (East)

¹ Due to a lack of experience and training I do not feel competent to provide supervision related to Trans or Intersex issues.

² I've also written a number of articles for the local LGBTI online blog, www.outinperth.com – search for “Longworth” on their website, for examples.

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Some of my PD and related activities over the years:

Conferences – I've been to many over the years, some of the more memorable include:

- Better Together – Australia's 4th National LGBTIQ+ Conference (Adelaide) 17th to 19th June 2021
(Included presentation by me of *"What you as an LGBTI Person can do to improve your Mental Health"*)
- Australian & New Zealand Addiction Conference (Gold Coast, Queensland 28th–30th May 2018)
- New Male – National Male Health Conference (March 2-3, 2017, Sydney)
- Bridging the Couple Chasm - *Gottman Couples Therapy: A Research-Based Approach* Relationships Australia (South Australia) & Kassin Events (Adelaide) 16 - 17 February 2012
- National Men's Health Gathering 2011 - Australasian Men's Health Forum (Perth) 19th & 20th September 2011
- American Psychological Association 118th Annual Convention (San Diego, California) August 12th to 15th 2010
- Integrating motivational interviewing with CBT for drug and alcohol problems - The University Centre for Rural Health (UCRH)/CBT Training, 4-5 April 2011
- *The Refugee Experience and Domestic Violence – ASSETTS 26th May 2010*
- *Advanced Domestic Violence: Alan Wade & Relationships Australia 18-19th March 2010*
- 11th Trans-Tasman Community Psychology Conference. (Fremantle) July 15th – 19th 2009

Published articles and other items I've written over the years include:

["Better Together Adelaide 17 – 19th June Australia's 4th National LGBTIQ+ Conference – One attendee's observations."](#)
(OutInPerth: 28th June 2021 & LinkedIn)

[Religious freedom, misinformation and 'conversion therapy'](#) (OutInPerth: 6th March 2021)

[Reaching out and sharing stories under the cloud of 'religious freedom'](#) (OutInPerth: 25th October 2019)

[I feel like Oliver Twist: "Please, sir, I want some more." after a small increase in Medicare rebates](#)
(LinkedIn: July 2nd 2019)

[Biographies and Autobiographies in a time of "Black Lives Matter"](#) (LinkedIn: June 19, 2020)

[Cost-Benefit Of Psychological Services: Psychology – Doesn't Cost It Pays](#) (Blog: May 2018)

["A Drought of a different kind"](#) (Letter to the editor: APS InPsych April 2018)

[Breathe- An inspirational film about overcoming adversity and Polio](#) (Film Review: LinkedIn February 19, 2019)

[A Drought of a different kind](#) (Letter to the editor: InPsych 2018 Vol 40)

[Review: The Asshole Survival Guide – How To Deal With People Who Treat You Like Dirt](#) (Blog: January 1, 2018)

[Top tips for getting the most out of Mardi Gras](#) (OutInPerth: 2nd March 2017)

[Gay & Bisexual Men Living with Prostate Cancer: From diagnosis to recovery. \(Ussher, Perz & Rosser Eds.\) A new book on a subject not often discussed.](#) (Book review: LinkedIn 15th December 2015)