Family violence is a major contributor to both justice and public health costs in Australia. Aboriginal people continue to experience family violence, as both victims and offenders at disproportionate rates, than those experienced by other Australians. To date, there has been insufficient attention drawn to the relationship between traumatic stress attributable to unresolved intergenerational trauma and the perpetuation of cycles of family violence. Intergenerational trauma is an area that has yet to be adequately researched and may help provide a better understanding of underlying determinants of family violence and overrepresentation of Aboriginal people in the justice system. This paper seeks to explore whether a trauma-informed approach, in the context of Aboriginal families experiencing family violence with complex needs and offers a timely and strategic way in strengthening treatment responses and facilitating enhanced therapeutic justice outcomes. A further aim is to encourage momentum for a national commitment for an integrated therapeutic justice response to family violence that may help raise awareness in relation to trauma, healing and recovery. It is argued that the promotion of an Integrated Therapeutic Justice approach (ITJ), offers a more holistic and strength-based alternative to meaningfully address intergenerational cycles of family violence. This in turn has the potential to facilitate culturally responsive models of treatment delivery and promote more sustainable therapeutic justice outcomes that aim to balance the needs of family safety and wellbeing. The author further considers some implications for trauma-informed care and practice, and new directions for integrated therapeutic justice reform.

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Counselling psychology in Australia: Challenges and future directions
Catriona Davis-McCabe, Mr Michael Di Mattia

Concurrent Session 3D, Room C3.3, Level 3, September 27, 2018

Previous research highlights the Better Access two-tier system has placed counselling psychology in a vulnerable position. But, is this the only threat to the profession? This study sought to establish what Australian counselling psychologists perceive as the challenges facing the profession. A web-based survey was distributed to members of the APS College of Counselling Psychologists and the Association of Counselling Psychologists seeking information on a range of demographic and professional characteristics. The survey collected information on various aspects of professional identity and practice, such as, years of practice, employment settings, services provided, client groups and areas of practice. The survey also asked respondents to identify what they see as the challenges facing counselling psychology. A total of 346 respondents completed the survey. Respondents highlighted issues relating to inequalities in rebate schemes between clinical and non-clinical psychologists, ingrained biases towards clinical psychology resulting in power imbalances, divides, and in-fighting within the profession, difficulties demarcating the unique identity of counselling psychologists (both from within and outside), and changes threatening the existence of counselling psychology as a viable training pathway in Australia. This presentation will provide an overview of findings from the study and discuss the key challenges facing counselling psychologists in Australia, recommendations for change at the individual and system levels, and directions for the future of the profession.

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The importance and increasing opportunity for psychologists in the treatment of insomnia
Leon Lack

Concurrent Session 6B, Room C3.1, Level 3, September 28, 2018

Insomnia is the most common sleep disorder affecting 5–10% of the population, causing significant cognitive and emotional impairments and societal health and economic burden. It is associated with heightened anxiety and fatigue and it increases the risk for the development of depression. Insomnia is often self-treated with over the counter preparations and devices with little evidential support of any efficacy. It is treated by medical practitioners largely with the use of hypnotic and other drugs often with significant side effects and increased drug dependence with little or no long term benefit beyond the period of administration. Therefore, the highly prevalent sleep disorder of insomnia is presently under treated or inappropriately treated.

Cognitive and, particularly, behavioural therapies (CBT-I) are effective in treating chronic insomnia sleep symptoms and daytime impairments and extend well beyond the period of treatment. CBT-I is the preferred treatment for insomnia and can be administered effectively by psychologists, especially those with an understanding of the basic biology of sleep and the possible presence of other sleep disorders such as obstructive sleep apnoea (OSA).

Sleep Disorders Medicine has expanded rapidly over the last three decades with hundreds of sleep clinics in Australia and tens of thousands worldwide. However, these clinics are almost exclusively directed by pulmonary or thoracic physicians with their business focused on the diagnosis and treatment of obstructive sleep apnoea (OSA).

Recent research has shown that obstructive sleep apnoea is commonly co-morbid (30–60%) with insomnia and that co-morbid insomnia decreases compliance to the most common treatment for OSA, that of continuous positive airway pressure (CPAP) using a face mask. Our recent research has shown that the pre-treatment of the co-morbid insomnia with CBT-I increases adherence to CPAP treatment and improves outcomes. The sleep medicine community is gradually recognizing the presence of co-morbid insomnia with OSA and the need to treat it. This should increase demand from the sleep medicine community for registered psychologists with CBT-I experience.

The treatment of insomnia by psychologists can be at least partly supported by Medicare through referrals from GPs with Mental Health Care Plans. Therefore, whether working privately or in conjunction with one of the many sleep clinics in Australia, psychologists can play an increasingly important role in the more effective treatment of insomnia, a serious condition affecting more than 2 million Australians.

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What happened to sex?
Dr Bob Montgomery, Dr Laurel Morris

Concurrent Session 7G, Room C2.1, Level 2, September 29, 2018

In a representative sample of the Australian population (10,173 men and 9,134 women) 46.5% of men and 70.9% of women reported at least one sexual difficulty. These findings indicate sexual problems are amongst the most