

Jan Resnick

Amygdala Consulting
Claremont Medical Centre
206 Stirling Highway, Claremont
Ph: +61 8 9383 3132
Email: jan@meaningfullivingseries.com



"Making a difference by addressing the issues that matter"

Individual psychotherapist, couples and family therapist, counsellor, management consultant, teacher, supervisor, author

Career Highlights and Major Achievements

2016 – completed my 40th year of clinical practice as a psychotherapist, couples counsellor and family therapist, management consultant and supervisor.

2016 - 100 publishing credits, papers, journal articles, book chapters, etc., culminating in the publication of my first major book *How Two Love, making your relationship work and last*, See www.meaningfullivingseries.com

2013 – present: Supervisor of Developmental Paediatricians at the State Child Development Centre.

2012 – present: Advisory Panel member of ASCA, Adults Surviving Child Abuse, now re-named Blue Knot Foundation.

2011 – present: Supervisor of Amygdala Supervision Group for Psychiatrists.

2014 – 2016 – Supervisor at *knowmore*, the legal firm advising clients of the Royal Commission into Institutional Responses to Child Sex Abuse.

1995 – 2015 Editorial Advisory Board member of *Psychotherapy in Australia*.

2011 – Editorial Advisory Board member of Virtual Medical and Psychiatry Centres.

1991- 2008 – Founding Director of Training of The Churchill Clinic, Inc a Registered Training Organisation and later a registered health promotion charity; it became the largest training organisation for Analytic Psychotherapy and Counselling in Australia.

1997 – 2001 – Vice President of Australia Dreaming, a children's charity.

1998 - Founding Member of the Management and Training Standards Committees of the Psychotherapists & Counsellors Federation of Australia.

1993 – 1997 Founding President of the Psychotherapists & Counsellors Association of Western Australia, Inc serving 10 years on the Management Committee and in 2003 -received an Outstanding Achievement Award.

1986 – Chairman of The Asclepion Trust, a mental health charity for those suffering psychiatric disorders.

1977 – Co-founder and Director of The Oxford Centre for Human Relations (a psychotherapy and education charity).

Qualifications

- PhD in Psychology, William Lyon University (USA), 1990,
- Psychotherapy training The Philadelphia Association (London) 1982,
- Psychotherapy training Guild of Psychotherapists (London) 1981,
- Bachelor of Arts in Music & Philosophy (Franconia College, USA), 1974,
- Cert IV in Assessment & Workplace Training from West Coast College of TAFE (Perth), 2004,

Accreditations

- Accredited as Supervisor of Psychiatry Registrars for psychotherapy by the RANZCP, 2008,
- Accredited as Mental Health Practitioner by the University of Canberra and the PACFA 2011,
- Accredited as Collaborative Practitioner by the Melbourne Collaborative Alliance, 2013.

meaningfullivingseries.com
janresnick.com
amygdala.com.au

List of Publications

1. A Therapeutic Household in Oxford published in "Viewpoint", the Journal of the Guild of Psychotherapists, Spring 1979,
2. The Traditional Acupuncture China Tour a short self-published booklet on our group visit to People's Republic of China in 1980,
3. Diagnosis published in "Body-Mind", Transcript of The Society of Students of Holistic Health Convention (London) March 1984,
4. edited and contributed to Bodymind Energetics a book by Mark Seem published by Thorson's in 1987,
5. edited and contributed to How to Survive Medical Treatment A Holistic Approach to the Risks and Side-Effects of Orthodox Medicine a book by Dr. Stephen Fulder published by Century Hutchison in 1987,
6. Two Stories of Infertility from a Holistic Practice published in "The Journal of Traditional Acupuncture" (U.S.A.) Vol. 8, No. 2, Autumn 1985, and re-printed in "The Australian Journal of Acupuncture", No. 11, November 1989,
7. Causative Factor: a concept unnatural to ancient Chinese thinking published in the Journal of Traditional Chinese Acupuncture" (U.S.A.) Vol. X, No. 1, Spring 1988,
8. The Ronald I Knew: an obituary of R.D. Laing "The European Journal of Humanistic Psychology", Vol. 17, No. 8, Sept./Oct. 1989,
9. R.D. Laing: Remembered published in "Asylum" "*The Journal for Democratic Psychiatry*" Vol. 4, No. 2, February 1990,
10. The Psychosomatic Metaphor: a case report published in "The Australian Journal of Acupuncture" No. 12, April 1990, and re-printed in "The Journal of Traditional Acupuncture" (U.S.A.) Summer 1991,
11. edited and contributed to Natural Pregnancy a book by Janet Balaskas published by Sidgwick & Jackson, 1990,
12. The Poetics of Chinese Medicine published in "The Australian Journal of Acupuncture" No. 13, August 1990,
13. Causative Factor in Acupuncture Diagnosis published in "The Australian Journal of Acupuncture" No. 14, December 1990,
14. Depression Can Be the Start of a Better Life published in The Australian newspaper, on June 14th, 1991,
15. Male Anorexia published in the Australian newspaper on Saturday/Sunday, September 14th/15th, 1991,
16. Symptom as Metaphor published in "The Journal of Traditional Acupuncture" (U.S.A.) Volume XIII, Number 1, Autumn 1991,
17. Health of Hearts and Minds Outpaces Science published in the Australian newspaper on December 27th, 1991,
18. The Body of Orthodox Medicine published in "The Australian Journal of Acupuncture" No. 16, August 1991,
19. A Case of Acupuncture and Psychotherapy Working Together "The Australian Journal of Acupuncture" No. 17 December 1991,
20. The Psychosomatic Metaphor published in Conscious Living magazine, Dec. 1991,
21. What is driving us to drink? published in the Australian newspaper on September 25th, 1992,
22. When Acupuncture Doesn't Work published in "The Australian Journal of Acupuncture" No. 19 Spring 1992,
23. Acupuncturists Beware! published in "The Australian Journal of Acupuncture" No. 20 Autumn 1993,
24. Schizophrenia: No Simple Cure published in the Australian newspaper on June 3rd, 1994,
25. Discourse and Development in the Psychotherapy of Physical Conditions "Psychotherapy in Australia" Vol. 1 No. 2 Feb 1995,
26. The Churchill Clinic - Interview with Dr. Jan Resnick "Psychotherapy in Australia" Vol. 1 No. 2 February 1995,
27. Towards a Philosophy of Science for the Art of Psychotherapy "Psychotherapy in Australia" Vol 3 No. 3 May 1995,
28. Jan Resnick replies to Bernard Kemp published in the journal "Psychotherapy in Australia" Vol 1 No 4 August 1995,
29. So You Want to Become a Psychotherapist? "Psychotherapy in Australia" Vol 2 No 1 November 1995,
30. Love, Hate, Truth and Death - Marlene's Story published in the journal "Psychotherapy in Australia" Vol 2 No.4 August 1996,
31. Questioning the Unanswerable published in the journal "Psychotherapy in Australia" Vol 2 No 4 August 1996,
32. A Traumatic Tale published in the journal "Psychotherapy in Australia" Vol 2 No.5 November 1996,

33. Where Does the Erotic Reside? published in the journal "Psychotherapy in Australia" Vol 3 No.2 February 1997,
34. A Shining Example published in the journal "Psychotherapy in Australia" Vol 3 No.3 May 1997,
35. The Psychotherapeutic Attitude toward Depression "Psychotherapy in Australia" Vol 3 No.4 August 1997,
36. Death of a Princess published in the journal "Psychotherapy in Australia" Vol 3 No.5 November 1997,
37. Prozac can never replace good therapy published in the Australian newspaper on October 23rd, 1997,
38. Cutting through Spiritual Materialism published in the journal "Psychotherapy in Australia" Vol 4 No. 3 May 1998,
39. Formation of the Psychotherapists & Counsellors Federation of Australia "Psychotherapy in Australia" Vol 4 No. 4 Aug 1998,
40. The Meaning of Money published in the journal "Psychotherapy in Australia" Vol 5 No. 1 November 1998,
41. The Conundrum of Acceptance published in the journal "Psychotherapy in Australia" Vol 5 No. 2 February 1999,
42. In Praise of Depression published in the journal "Psychotherapy in Australia" Vol 5 No. 3 May 1999,
43. The Origins of Experience published in the journal "Psychotherapy in Australia" Vol 5 No. 4 August 1999,
44. Why Personal Therapy? published in CONNECT Mental Health Matters in Western Australia Volume 5 Issue 3 Spring 2000,
45. What is Most Distinctive about Psychoanalytic Psychotherapy published in CONNECT Volume 5 Issue 3 Spring 2000,
46. Reflections Upon Self-Interest in the Pond of Desire published in "Psychotherapy in Australia" Vol 6 No. 4 August 2000,
47. A Disarming Subject - that could leave you legless published in "Psychotherapy in Australia" Vol 7 No. 2 February 2001,
48. Psychotherapy with Psychosis in Mind in CONNECT Mental Health Matters in West Australia Volume 6 Issue 2 Winter 2001,
49. The Therapeutics of Ecstasy published in the journal "Psychotherapy in Australia" Vol 7 No. 4 August 2001,
50. The Thorny Issue of Professional Boundaries, published in the journal "Psychotherapy in Australia", Vol 8, No 3, May 2002,
51. Loving Children, published in the journal "Psychotherapy in Australia", Vol 8, No 4, August 2002,
52. The Object of Psychoanalysis – published in the journal "Psychotherapy in Australia", Vol 9, No 4, August 2003,
53. R.D Laing Creative Destroyer, Edited by Bob Mullan, published by Sage Publications (London, August 2003) contributed a chapter called "The Politics of Compassion",
54. Toxic Gossip and the Hypo-critical Political published in "Psychotherapy in Australia", Vol 10, No 2, February 2004,
55. The Clinical Implications of Dependency and Counter-dependency, "Psychotherapy in Australia", Vol 10, No 3, May 2004,
56. Psychanalytic Psychotherapy: A Practitioner's Guide, by Nancy McWilliams published by The Guildford Press (New York, 2004) acknowledged to have edited the complete manuscript and contributed bits and pieces of the content,
57. The Unconscious Purchase of Payback, published in the journal "Psychotherapy in Australia", Vol 10, No 4, August 2004,
59. Authenticity or Choice: What personality shall I wear today?, "Psychotherapy in Australia", Vol 11, No 4, August 2005,
60. Remembering Unconscious Experience, published in the journal "Psychotherapy in Australia", Vol 12 No 1 November 2005,
61. Psychic Space, published in the journal "Psychotherapy in Australia", Vol 12, No. 2 February 2006,
62. Response to Thomas Szasz, published in the journal "Psychotherapy in Australia", Vol 12, No 3, May 2006,
63. Mind Full or Empty, published in the journal "Psychotherapy in Australia", Vol 12, No 4, August 2006,
64. The Newest Football Club in Melbourne, published in the journal "Psychotherapy in Australia", Vol 14, No 1, February 2007,
65. Psycho-Logic, published in the journal "Psychotherapy in Australia", Vol 13, No 2, May 2007,
66. Lars and the Real Girl, published in the journal "Psychotherapy in Australia", Vol 14, No 3, August 2008,

67. Fiscal Madness and the Hyper-genesis of Toxic Fear, "Psychotherapy in Australia", Vol 15, No 1, February 2008,
68. The Zeitgeist Movement, published in the journal "Psychotherapy in Australia", Vol 15, No 2, May 2008,
69. The Mental Health Professionals Network, published in the journal "Psychotherapy in Australia", Vol 15, No 3, August 2008,
70. The Pursuit of Happiness, published in the journal "Psychotherapy in Australia", Vol 15, No 4, November 2008,
71. Free Dissociation, published in the journal "Psychotherapy in Australia", Vol 16, No 1, February 2009,
72. Have a Heart, published in the journal "Psychotherapy in Australia", Vol 16, No 2, February 2010,
73. Burnt Toast, Cactus and other forms of Trainwreck, published in "Psychotherapy in Australia", Vol 16, No 3, May 2010,
74. The Identity Crisis of our Profession? Published in the journal "Psychotherapy in Australia, Vol 16, No 4, August 2010,
75. We're Here!, published in the journal "Psychotherapy in Australia", Vol 17, No 1, November 2010,
76. The Meaning of Transitional Experiencing and its Implications for Psychotherapy Practice, Published in the journal "The Australasian Journal of Psychotherapy", January 2011, Vol 29 No 1 & 2,
77. Lilly's Story, Published in the Journal "Psychotherapy in Australia", Vol 17, No 2, February 2011,
78. The Objectum of Desire, Published in the Journal "Psychotherapy in Australia", Vol 17, No 3, May 2011,
79. Far-Out Phobias and Phobias, Published in the Journal "Psychotherapy in Australia", Vol 17, No 4, August 2011,
80. Food, Glorious Food, - The Junkmail of the Mind's Inbox, "Psychotherapy in Australia", Vol 18, No 1, November 2011,
81. A Tale of Two Psychopaths, Published in the Journal "Psychotherapy in Australia", Vol 18, No 2, February 2012,
82. The Dumb, Stupid Manual, Published in the Journal "Psychotherapy in Australia", Vol 18, No 3, May 2012,
83. New Guidelines for Treating Complex Trauma, Published in "Psychotherapy in Australia", Vol 18, No 4, August 2012,
84. New Guidelines for the Treatment of Complex Trauma, Published in Consult Magazine, The Australian Medical Magazine for Specialists and GPs, Spring 2012,
85. Why Cry? Published in the Journal "Psychotherapy in Australia", Vol 19, No 1, November 2012,
86. Psychotherapists Anonymous (& The Social Media Circus) "Psychotherapy in Australia", Vol 19, No 2, February 2013,
87. Oh What a Pity! Sex in the City Published in the Journal "Psychotherapy in Australia", Vol 19, No 3, May 2013,
88. Psychotherapy Ergo Sum Published in the Journal "Psychotherapy in Australia", Vol 19, No 4, August 2013,
89. The Impossibility of Empathy Published in the Journal "Psychotherapy in Australia", Vol 20, No 1, November 2013,
90. Slaves of our Desires Published in the Journal "Psychotherapy in Australia", Vol 20, No 2, February 2014,
91. Love, and other algorithms Published in the Journal "Psychotherapy in Australia", Vol 20, No 3, May 2014,
92. Originality & Aboriginality Published by the Journal "Psychotherapy in Australia", Vol 20, No 4, August 2014,
93. The Last Word Published by the Journal "Psychotherapy in Australia", Vol 21, No 1, November 2014,
94. How to Target Depression through Psychotherapy published by yourtango.com (website article) June 14th, 2015,
95. Psychotherapy – An Affective Way of Dealing with Anxiety for good published by yourtango.com June 14th, 2015,
96. Psychotherapy for Depression a video presentation produced by Virtual Medical Centre for website, posted August 12th, 2015,
97. Psychotherapy for Anxiety a video presentation produced by Virtual Medical Centre for website, posted August 12th, 2015,
98. 4 Things that Happen that Make People Seriously Regret Cheating published by yourtango.com (website) October 22nd, 2015,
99. Tis the season to be ... cheating Published by The New Daily (website article) January 3rd 2016,
100. How Two Love *Making your relationship work and last* Published by Amygdala Publishing (Perth) – my first published book based on my work with couples, and first of a series of (planned) 7 books, May 2016.