

Biography

Dr Matthew Berry is a clinical psychologist with particular interest in addiction, substance use and related compulsive appetitive behaviours. These include compulsive sexual behaviours, overeating, and compulsive use of electronic media /internet.

He is currently in private practice, providing consultancy, supervision and psychotherapy in Melbourne and nationwide. His career to date has primarily been in the alcohol and other drug sector, working in voluntary and forensic, private and public, community and residential settings.

For the past 11 years he has taught post-graduate addiction counselling and is an experienced trainer having developed and delivered more than 100 workshops on a range of topics including in addiction, motivational interviewing, managing challenging behaviors, and supervision skills. He is currently contracted by both the Australian Psychological Society and the New Zealand Psychological Society to deliver training on addiction and substance use to their membership.

Recently consultancy roles have included to the Victorian Department of Health and Anglicare Victoria developing both voluntary and forensic drug and alcohol treatment guidelines.

Matthew is also finishing off his first textbook about the management and treatment of addiction and associated disorders.

Curriculum Vitae

Name	Dr Matthew Berry	Mobile	0414 936 832
Professional Registration	AHPRA Registered Psychologist #1123190 <i>(Clinical endorsement, Registered supervisor)</i>	Email	mat@matthewberry.com
Professional Associations	Australian Psychological Society (Clinical College)	Citizenship	Australian & British

Education and Formal Qualifications

2008 - 2009	Swinburne University of Technology Hawthorn, Victoria, Australia	Graduate Diploma of Science <i>(Clinical Psychology)</i>
Feb 2000 – 2007 <i>(part-time)</i>	Swinburne University of Technology Hawthorn, Victoria, Australia	Professional Doctorate of Psychology <i>(Counselling Psychology)</i>
Oct 1990 - June 1994	Exeter University Exeter, Devon, U.K.	Bachelor of Science with Honours <i>(Psychology)</i>
Nov 2005	Mission Australia Melbourne, Victoria, Australia	Cert IV Workplace Assessment and Training
June 2003	Geelong Adult Training & Education Geelong, Victoria, Australia	Diploma of Alcohol & Other Drug Work CHC51102

Key Skills

Program and Service Management	Produce Development and Marketing
Individual and Group Supervision	Project Management
Coaching and Mentoring	Development and Delivery of Training Packages
Critical Incident Debriefing	Psychotherapy and behaviour change.

Areas of Professional Interest and Expertise

Developing Staff Supervision Skills	Substance use and Addictive Disorders
Leadership and Management Skills	Personality Disorders and Antisociality
Motivation and Attitudes to Change	Resistant and Challenging Behaviours

Employment History

Jan 2013 – Current	Hurstwood Consulting	Director. Provision of clinical supervision and clinical services. Consultancy to government. Delivering expert training, including nationwide training through the APS and NZPS around addiction.
Jan 2008 – Dec 2012	Caraniche Fitzroy, VIC	Manager: Research, Training and Projects Management and development calendar and customised training. Development and delivery of training. Internal evaluation and quality assurance (ISO 9001:2008) Commercial research and evaluation. Consultancy to government regarding psychological interventions. Marketing and product development.
Aug 2001 - Current	Swinburne University of Technology Hawthorn, VIC	P/T Principal Lecturer. GradDip Health Sciences Counselling - Addiction Counselling. Development and delivery of course materials (24 contact hours).
Nov 2005 – Current	Private Practice Richmond, VIC	Psychologist Private supervision as well as psychotherapy of patients with anxiety, stress, performance, motivation or addiction related problems. Supervision for Internship programs and registrar programs.
Aug 2006 – 2008	Monash University Caulfield, VIC	P/T Subject Convenor and Principal Lecturer Masters/Doctorate Organisational Psychology - Applications of psychology in organizations. Subject development and delivery.
Nov 2004 – Dec 2007	SJG Pinelodge Clinic 1480 Heatherton Rd Dandenong, VIC	F/T Psychologist Grade 4 - Coordinator Rehabilitation Services Coordination and development of a 28-day residential AOD rehabilitation program. Marketing and networking. Clinical supervision and mentoring of staff and students. Development of group programs. Provision of group and individual therapy.
Jul 2002 – Oct 2004	DAS West Western Hospital Footscray, VIC	F/T Psychologist Grade 2 - Assessment coordinator Comprehensive assessment, case management, and psychotherapy of complex (inc. forensic and dual-diagnosis) substance-dependent clients. Review of systems, policies and procedures. Secondary consultation and brief-interventions. Bed management and liaison.
Feb 2000 – Jun 2002	Y.O.T. DAS West Western Hospital Footscray, VIC	F/T Forensic Youth Drug and Alcohol Counsellor. Case management, counselling and coordination of complex AOD-using voluntary and forensic clients up to the age of 21. Court reports and appearances.
April 1999 - Mar 2000	DePaul House St Vincent's Hospital	Casual Support Worker. Case management, referral, assessment, and counselling of clients in a residential withdrawal program.

Research and Publications

Anglicare Victoria, VIC (Sole Author)	2012	Service Manual- “Pillars of Practice: Treating Alcohol and Other Drug related issues” (350 pages). A comprehensive AOD treatment services manual that integrates current clinical wisdom into an integrated model. This text covers understanding substance use, assessment, interventions, working with families, integrating peer support programs, dual needs and much more.
APSAD (Australasian Professional Society on Alcohol & Other Drugs) (Principle Author)	2012	Presentation: Introducing the MASCOT (Melbourne Attitudes to Substance use, Change and Openness to Treatment scale) . A new clinical tool for the assessment of attitudes to substance use suitable for use in all settings, and also as a pre-post measure.
Department of Health, VIC (Principle Author)	2011	Report: A new framework for the Forensic Drug and Alcohol Treatment in Victorian (200 pages). The first part reviewed the evolving forensic AOD treatment needs in Victoria, as well as presenting a typology for the relationship between AOD use and offending behaviour. Part two presented an holistic model for a new forensic AOD system, mapping out processes, recommended staff and agency types, assessment and screening, and quality assurance.
APS Forensic College Conference (Principle Researcher)	2011	Presentation: A new framework for community-based forensic AOD treatment in Victoria , based upon a new model for the relationship between AOD use and offending behaviour. Conference paper presenting the new typologies described in the report above.
ACSO COATS, VIC (Principle Author)	2009	Report: - What works with Young AOD-Using Offenders . Comprehensive review of the literature that looked at best and evidence based treatment approaches for working with young AOD-using offenders, with a particular focus upon community settings.
APSAD (Principle Researcher)	2007 Auckland	Presentation: The relationship between life-contentment, depression and desired/ actual substance use... what we clinicians can do to help . A model of well-being and contentedness of particular use for depressed and also AOD using populations was developed and tested upon a group of inpatients reporting both depressive and AOD problems. The findings strongly indicated particular life areas needing to be fulfilled for contentment to occur.
RANZCP College of Psychiatrists Congress (Ass. Researcher)	2007 Melb	Poster: An investigation of the impact of detoxification upon depressive symptoms amongst alcohol-dependent patients . Review of pre-post testing on patients detoxified at an inpatient unit in Dandenong.
APSAD (Extract from Doctoral Thesis)	2006 Cairns	Poster: Motivation for the new Millennium. A new multidimensional model for both enhancing and maintaining motivation to change . Doctoral thesis presented a new 8 dimensional model of motivation that could help explain factors that influence motivation to sustain changed behaviours and how these differ from factors that initiate behaviour change.

Consultancy and Other Commercial

I have been fortunate to provide consultancy around substance use issues to Department of Health, Department of Justice, Victorian Association of Alcohol and other Drug Agencies (VAADA), as well as a range of individual agencies and providers. More formal projects delivered have included the following:

Australian Football League Players Association	2009	<i>Development of an online Alcohol Policy Dashboard</i> - Vic Health award winning project helping AFL clubs to monitor, maintain and develop their Responsible Alcohol policies.
Department of Justice – Courts Division	2008-2009	<i>Evaluation of the Court Family Violence Programs</i> – 3-year evaluation of Family Violence Court Division, and Specialist Family Violence Service pilot programs).
SEADS (Principle Author)	2009	<i>Consultancy and development of the Forensic Interventions Unit.</i> – support and then evaluation of an enhanced community based service for forensic clients with drug and alcohol problems
Department of Health, (Principle Author)	2011	<i>Evaluation of Parents under Pressure</i> – 1 year evaluation of a 12-session manualised AOD intervention for parents with substance use problems
Department of Health (UnitingCare Moreland Hall/ReGen) (Project Manager)	2010 - 2012	<i>Evaluation of Catalyst</i> – 3 year evaluation of a new 6-week modularised, community-based drug and alcohol rehabilitation program.
Department of Health (Anglicare Victoria) (Project Manager)	2010 - 2012	<i>Evaluation of the Linking Families and Youth Together program.</i> – 3 year evaluation of a pilot program targeting young people with AOD problems
VicRoads (Project Manager)	2012	<i>Safe Driving Program for Hoon Offenders</i> – development of a world-first 5-hour mandatory behaviour change program targeting drivers convicted of hoon driving offences.