

Dr Stan Steindl, PhD

Clinical Psychologist and Adjunct Associate Professor

Registered: Psychology Board of Australia

No. 932624

Key Areas of Interest

Dr Stan Steindl is the director of Psychology Consultants Pty Ltd and has been a registered psychologist since 1993. Beginning work as a psychologist in a variety of public sector organisations, he has conducted a part-time private practice since 1996, moving into private practice full-time in 1999. His practice incorporates individual and group clinical work, the delivery of workshops and lectures, and clinical supervision of probationary and fully-registered psychologists, clinical psychologists and social workers.

His clinical interests lie broadly across clinical psychology services. He has expertise in a variety of clinical approaches, including cognitive-behaviour therapy, acceptance and commitment therapy, compassion-focused therapy, schema-focused therapy and motivational interviewing. His PhD examined motivational interviewing techniques and cognitive-behaviour therapy in the treatment of combat veterans with comorbid posttraumatic stress disorder and alcohol dependence. His areas of clinical interest include the treatment of anxiety and depressive disorders, adjustment disorders and posttraumatic stress disorder, as well as behavioural couples therapy and behavioural family intervention.

As an area of specialty, Stan has a strong interest in motivational interviewing techniques and early in 2007 he participated in a 'train-the-trainer' workshop in Chicago, USA, conducted by Professor Bill Miller, co-developer of the motivational interviewing approach, and Dr Terri Moyers. He is a member of the international Motivational Interviewing Network of Trainers. In 2009, he was mentored by highly experienced and innovative MI trainer Steve Berg-Smith in San Francisco, USA. In 2012, 2013 and 2015 he attended and presented at the International Symposium in Motivational Interviewing. He has presented workshops nationally on the topic of Motivational interviewing and his expertise in MI and MI training delivery is highly-regarded. Among other training programs, he recently conducted a statewide MI training program on behalf of National Heart Foundation, training over 1000 health professionals in three years.

Regarding other professional development received, in 2011, Stan participated in a five-day workshop on mindfulness-based relapse prevention conducted by Professor Alan Marlatt and Drs Sarah Bowen and Neha Chawla in Joshua Tree, USA. In 2012, he participated in a feedback-informed treatment three-day train-the-trainer workshop in Chicago, USA, conducted by Dr Scott Miller. In 2014, he participated in a five-day workshop on mindful self-compassion conducted by Dr Kristin Neff and Christopher Germer in Joshua Tree, USA. In 2015, he participated in a three-day workshop on compassion-focused therapy conducted by Professor Paul Gilbert in Byron Bay, Australia.

He is an experienced presenter, lecturing for The University of Queensland, Griffith University and QUT, and conducting regular workshops throughout Australia on motivational interviewing, cognitive-behaviour therapy, mindfulness-based relapse prevention and compassion/self-compassion for such organisations as the Australian Psychological Society,

Queensland Health, Cancer Council of Queensland, Vietnam Veterans' Counselling Service, National Stroke Foundation, and National Heart Foundation.

He is an Adjunct Associate Professor at the School of Psychology, The University of Queensland, and has been a Clinical Consultant and Supervisor at the Psychology Clinic, The University of Queensland, since 1999. He has supervised a post-graduate clinical psychology student at UQ every semester for the last 17 years since he first became a supervisor, and in many semesters he has presented lectures, workshops or case presentations as part of the post-graduate clinical psychology program.

In 2014, Stan established the UQ Compassion Symposium through a recurring donation he has made to the University. This inaugural event was well-attended with over 350 participants coming to the Keynote Address and nearly 100 people attending the symposium day. The event was run again in 2015 to a sold out audience with 98% of people stating they intend to return to the symposium in 2016. This event is designed to inspire researchers and practitioners to explore this topic of compassion, especially as it relates to cultivating a more compassionate society.

Education

1997 – 2004	Doctor of Philosophy in the Field of Clinical Psychology The University of Queensland
1999	Certificate IV Workplace Assessor and Trainer The Bremer Institute of TAFE
1993 – 1995	Master of Clinical Psychology The University of Queensland
1992.	Post-Graduate Diploma in Psychology The University of Queensland Awarded with Distinction
1989 – 1991	Bachelor of Arts The University of Queensland
1984 – 1988	Brisbane Grammar School
1976 – 1983	Indooroopilly State School

Work Experience

1999 – current	Clinical Psychologist and Director Psychology Consultants Pty Ltd
1999 – current	Clinical Consultant Psychology Clinic, The University of Queensland

- 2006 – current **Adjunct Associate Professor**
School of Psychology, The University of Queensland
- 2006 **Lecturer in Clinical Psychology (casual)**
School of Applied Psychology, Griffith University
- 2004 **Lecturer in Clinical Psychology (part-time)**
Department of Psychiatry, The University of Queensland
- 2002 – 2003 **Clinical Consultant**
Psychology Clinic, Griffith University
- 1997 – 1998 **Clinical Psychologist**
West Moreton Alcohol and Drug Services, Queensland Health
- 1996 – 1997 **Clinical Psychologist (Registrar)**
Disability Services Commission, Western Australia
- 1995 – 1995 **Clinical Psychologist (temporary, half-time)**
Royal Brisbane Hospital
- 1995 – 1995 **Associate Lecturer (temporary, half-time)**
Department of Psychiatry, The University of Queensland
- 1995 – 1995 **Student Counsellor (casual)**
Student Services, University of Southern Queensland
- 1994 – 1995 **Psychologist**
Wolston Park Hospital Complex
- 1994 **Research Assistant (temporary, quarter time)**
Department of Psychiatry, The University of Queensland
- 1993 **Tutor (casual)**
Department of Psychology, The University of Queensland
Department of Applied Psychology, Griffith University
- 1991 – 1993 **Telephone Counsellor (casual)**
Kids Help Line

Publications

- Boyle, G.J., Ward J. & **Steindl S.R.** (1994). Psychometric properties of Russells' short form of the Booklet Category Test. *Perceptual and Motor Skills*, 79, 128 – 130.
- Halford, W. K., **Steindl S.R.**, Varghese, F.N., & Schweitzer, R.D. (2000). Observed family interaction and outcome in patients with first admission psychoses. *Behaviour Therapy*, 30, 555–580.
- Matias, M. A., **Steindl, S. R.**, Plonka, K. A., Pukkallus, M., Palmer, J., Holcombe, T., Seymour, G. J. and Marshall, R. I. (2013) Do school based anti-smoking campaigns delivered by oral health therapists work?. *Australian Dental Journal*, 58 3: 301–305.
- Steindl, S. R.**, & Boyle, G. J. (1995). Use of the Booklet Category Test to assess abstract concept formation in schizophrenic disorders. *Archives of Clinical Neuropsychology*, 10(3), 205–210.
- Steindl, S.R.**, & Connor, J.P. (2010). Facilitating Behavioural Change. In M. Groves & J. Fitzgerald (Eds) *Communication Skills in Medicine: Promoting Patient-Centred Care*. pp. 33–47. IP Communications Pty Ltd., Australia.
- Steindl, S. R.**, Garcia, A., & Kirby, J. (paper submitted for publication). *Convergence: The Science, Art and Spirit of Compassion*.
- Steindl, S. R.**, Young, R. McD., Connor, J., & Kavanagh, D. (In Preparation). Development of the Coping Self-Efficacy Questionnaire.
- Steindl, S. R.**, Young, R. McD., Creamer, M., & Crompton, D. (2003). Hazardous Alcohol Use And Treatment Outcome In Male Combat Veterans With Posttraumatic Stress Disorder. *Journal of Traumatic Stress*, 16(1), 27–34.
- Steindl, S. R.**, Young, R. McD., Crompton, D., & Creamer, M. (In Preparation). The Process of Change in Comorbid PTSD and Alcohol Problem Treatment.

Conference Presentations

- Dudgeon, P., **Steindl, S. R.**, Cranney, J., Gilles, C., & Cubillo, C. (2008). Establishment of the Australian Indigenous Psychologists' Association. Paper presented at the 43rd Australian Psychological Society Annual Conference, Psychology Leading Change, Hobart, Australia.
- Steindl, S. R.** (2012). Engagement, Alliance, Commitment, Outcome. Paper presented at International Symposium in Motivational Interviewing, Auckland, New Zealand.
- Steindl, S. R.** (2013). Motivational Interviewing and compassion: Beyond the science. Paper presented at International Symposium in Motivational Interviewing, Melbourne, Australia.
- Steindl, S. R.** (2014). Self-Compassion. Paper presented at the UQ Compassion Symposium, Brisbane, Australia.

- Steindl, S. R.** (2014). Self-Compassion. Paper presented at the EXPOsing Diabetes Conference, Diabetes Queensland, Brisbane, Australia.
- Steindl, S. R.** (2015). Self-Compassion. Paper presented as part of “Key Skills with the Experts” at the 13th Annual Conference of the Australia and New Zealand Academy for Eating Disorders, Gold Coast, Australia.
- Steindl, S. R., & Garcia, A.** (2015). Convergence: The Science, Art and Spirit of Compassion. Paper presented at the UQ Compassion Symposium, Brisbane, Australia.
- Steindl, S. R., Halford, W. K., Schweitzer, R., & Varghese, F.** (1995). Observed family interaction and outcome in first admission psychoses. Paper presented at the Schizophrenia Research Conference, Brisbane, Australia.
- Steindl, S. R., & Boyle, G. J.** (1995). Use of the Booklet Category Test to assess abstract concept formation in schizophrenia. Poster presented at the Schizophrenia Research Conference, Brisbane, Australia.
- Steindl, S. R., Young, R. McD., & Kavanagh, D.** (1997). Brief interventions for problem drinking: The process of change. Poster presented at the 32nd APS Annual Conference, Psychology: Exploring the Links, Cairns, Australia.
- Steindl, S. R., Young, R., McD., Kavanagh, D., & Connor, J. P.** (2008). Coping self-efficacy and alcohol misuse: Development of the Coping Self-Efficacy Questionnaire for predicting alcohol misuse. Poster presented at the Addiction Summit: A Climate for Change, Melbourne, Australia.

Current Research Projects

Dr Steindl is currently involved as an investigator in a number of research projects.

Development of the Compassion Motivation and Commitment Scale, a collaboration between UQ School of Psychology and Stanford University’s Centre for Compassion and Altruism Research and Education (CCARE). Investigators include Dr Steindl, Dr James Kirby, Professor James Doty and Dr Emma Seppala.

Compassion Cultivation Programs: A Meta-Analysis. Investigators include Dr James Kirby, Dr Cassandra Tellegan and Dr Steindl.

Compassion-Focused Therapy and Body Image. Investigators include Dr Steindl and Dr Kiera Buchanan.

Convergence: The Science, Art and Spirit of Compassion. Investigators include Dr Steindl, Dr Anthony Garcia and Dr James Kirby.

Loving-Kindness Meditation with First Time Mothers Who Have Experienced Birth Trauma and Breastfeeding Difficulties. Investigators include Dr Koa Whittingham, Dr Amy Mitchell, Dr James Kirby and Dr Steindl.

Dr Steindl is currently involved as a consultant to a number of research projects.

A New, Low-Cost E-Health Treatment for Alcohol Use Disorder Using Mental Imagery. A project run by a collaboration between UQ, QUT and Plymouth University. Chief Investigator Professor David Kavanagh. Dr Steindl is providing the introductory and advanced motivational interviewing training to clinicians as part of the research.

Beyond Bullying-Positive Change for All. A project run by Telethon Kids Institute, Western Australia. Chief Investigator Professor Donna Cross. Dr Steindl is providing introductory and advanced motivational interviewing training to teachers as part of the research.

Motivational Interviewing and Family Dispute Resolution. A project run by UQ. Chief Investigator Professor Kim Halford. Dr Steindl is providing introductory and advanced motivational interviewing training to mediators at Relationships Australia Queensland as part of the research.

Sample Workshops and Presentations

Via workshops and lecturing, Dr Steindl presents an average of one day per fortnight.

Compassion and Self-Compassion. A one-day workshop presented to QUITline telephone counsellors (QHealth) (three times), 2014-2015.

The Science and Practice of Compassion and Self-Compassion, 1-day workshop presented for the Australian Psychological Society, Brisbane, Australia, 25 September 2015.

The Compassion Invitation. A two-hour workshop presented to Psychology Department, Princess Alexandra Hospital, Brisbane, Australia, 27 May 2015.

The Science and Practice of Compassion and Self-Compassion. A public one-day workshop presented in Toowoomba, 5 June 2015.

Motivational Interviewing. Presented for the National Heart Foundation: 2010 - 2014. Workshops presented throughout Queensland with participants having completed the workshop now numbering over 1000.

Introduction to Motivational Interviewing. Presented for the Australian Psychological Society in Sydney (twice), Brisbane (twice), Perth (twice), Albany and Darwin: 2007 - 2008.

Motivational Interviewing. Presented to Cancer Council of Queensland, St Andrews Prevention and Rehabilitation, and Vietnam Veterans Counselling Service in Brisbane: 2007 -2010.

Advanced Cognitive Behavioural Therapy. Presented for the Australian Psychological Society in Brisbane, Toowoomba, and Mackay with Mark Boschen: February to May 2004.

The Science and Practice of Compassion and Self-Compassion, four workshops presented for Australian Psychological Society in Perth, Melbourne, Sydney, Cairns and Brisbane, 1, 15, 16, 22 and 23 July 2016.

Memberships

Member of the Australian Psychological Society
Member of the Australian Psychological Society College of Clinical Psychologists
Past Member of the Australian Psychological Society College of Forensic Psychologists
Member of the Motivational Interviewing Network of Trainers (MINT)
Secretary for MI Oceania
Member of the Australian Working Group for the Charter of Compassion

Referees

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