

The Centre for Ethics Newsletter

Volume 72 - Term 1, 2014



Martin Seligman

Many readers will immediately recognise the name of psychologist Martin Seligman. Seligman is the Zellerbach Family Professor of Psychology in the University of Pennsylvania's Department of Psychology. He was previously the Director of the Clinical Training Program in the department. He is the director of the university's Positive Psychology Center. In 1998, Seligman was elected President of the American Psychological

Association. He is the founding editor-in-chief of *Prevention and Treatment Magazine* (the APA electronic journal) and is on the board of advisers of *Parents* magazine. Dr Seligman's books include *The Optimistic Child*, *Child's Play*, *Learned Optimism*, *Authentic Happiness*, and *Flourish*. Many parents at our school are familiar with his ideas.



Pleasure, engagement, relationships, meaning and accomplishments

Seligman makes the point that happiness is related to pleasure, engagement, relationships, meaning and accomplishments. He is talking about such simple pleasures as tasty food and warm baths. He is also talking about the sort of engagement that leads to absorption in an enjoyable and challenging activity. He tells us that happiness is having significant social ties and a sense of belonging to a community and that it has to do with the quest that is about transcendence: the sense of and the seeking for something bigger. It is also about achieving goals. So happiness is not about short-term gratification. It is about the inner world and is not derived from external, momentary pleasures.

Living in the present moment

The Buddhist teacher Sakyong Mipham Rinpoche has written about happiness. Like almost all Buddhist teachers, as he reflects on happiness, he talks about meditation and he moves on to the notion of contentment which he reminds us is about mindfulness and being fully present:

"Sometimes 'contentment' implies that we couldn't get the best, so we're making do. That's not what we are talking about; in this context, we're referring to the mind being satisfied with what is happening now. If we don't develop contentment, we can never have what we want or enjoy what we have."



Robert Johnson

The Anglican priest, Jungian analyst and lecturer Robert Johnson has written about happiness and contentment. Johnson is the author of *We: Understanding the Psychology of Romantic Love* and *Owning Your Own Shadow: Understanding the Dark Side of the Psyche*. His book *Contentment: A way to true happiness* was co-written with the psychotherapist Jerry Ruhl.

Epidemic of discontentment

Johnson and Ruhl begin with the observation that there is an epidemic of discontentment within the contemporary Western world. This has arisen over the false and damaging assumption that possessions, power, prestige and romantic love will satisfy us. By expecting these things to carry an impossible psychological burden, people have become unhappy.

“Just as soon as...”

There is a naïve belief that ‘Just as soon as I have this or do that or am regarded in a particular way by another person or other people, then I will be contented.’ As we observe the lives of others, it is easy enough to see the falsity of this belief. Yet, self-delusion so often goes unchallenged and unchecked.

The need for inner work

For Johnson and Ruhl, advertising is central to the problem. It made me think of the splendid television programme *Mad Men*. The term ‘Mad Men’ was a slang term coined in the 1950s by advertisers working on Madison Avenue to refer to themselves. Although the authors recognise the influence of advertising, they know that the widespread emotional restlessness has deeper origins. They point out that much of the popular culture today, not just advertising, is simply propaganda aimed at stirring our discontent. I cannot help wondering whether they are including television news. At any rate, they write: “More vacations, more projects, more lovers will not lead to contentment.” Instead, they argue, we need to develop greater self-awareness and understanding. For this we need to undertake inner work.

“What is...”

The opposite of the ‘just as soon as’ approach to life is an honouring and celebrating of ‘what is’. In place of a relentless manipulation of reality, the task may be one of acceptance. It is at this point that they turn to Shakespeare, always a good idea if one is trying to gain some insight into the human condition.



Partial consciousness

Johnson and Ruhl spend time reflecting on *The Tragedy of King Lear*. They see the play as a study of partial consciousness and the tragedy caused by a total lack of awareness. Johnson and Ruhl write about the characters in *King Lear* who have not gone into themselves in any depth and who, therefore, lose their capacity for contentment. They identify a link between the emotional shallowness of these characters and the sufferings they bring upon themselves and those around them.

A path of transformation

Some characters, like the King himself, are able to venture down a path of transformation. Others never go beyond their inner paralysis. They cannot take the first step. They remain stuck. This is particularly the case if they find the ego has become inflated and they feel powerless to do anything about it.

Moods come and go

As Johnson and Ruhl point out, some ego inflation is inevitable as our moods come and go. In our culture, we tend to push the opposites to dangerous extremes. It is necessary to stop every now and then to regain our equilibrium. Most religious traditions recognise a middle way. Indeed, Anglicanism has often been noted for its ability to find a ‘via media’. Some Buddhists speak about ‘walking on the razor’s edge’. According to the authors, “It is precisely that middle place, where you are neither more nor less than you are, that is the holy place. Most people in the West don’t believe that the middle ground is the solution; instead, we

want to inflate, grab hold of emotional ‘highs’ and force reality to go our way. But the appetite for ‘too-muchness’ only brings us ‘not enoughness’ and keeps us in the painful cycle. To realise more contentment, it is essential to begin each day by reminding yourself to be just who you are, no more and no less. However, when inflation or deflation has taken over, the only cure is a sacrifice.”

Beyond suffering to happiness

According to Johnson and Ruhl, the lessons that come out of suffering offer us an opportunity to find happiness. Discussing *King Lear*, they claim that it is precisely at the time of breakdown that a breakthrough of consciousness is possible. They write: “What is needed is not for the ego to give up, but for it to give up its pretensions. The deepest disappointments and sufferings in life bring us face-to-face with the greatest mysteries. Suffering may shake us out of the stupor of a provisional life, shatter the illusions of control, throw over naïve and immature attitudes and force us to consciously consider our relationships with other people and with God.”

The parable of the investment banker and Mexican fisherman

Another way of looking at all this may be found if you go the web and type in “Parable of the investment banker and the Mexican fisherman”. There are numerous references to this story about when enough is enough. I suggest that readers search for the story.

Frank Sheehan

School Chaplain

Director of the Centre for Ethics

James Fitzpatrick

Dr James Fitzpatrick is a consultant Paediatrician working in the Western Australian Kimberley and at Princess Margaret Hospital for Children, a researcher at the Telethon Institute for Child Health Research, Perth and a PhD candidate with the University of Sydney. In 2001 James was named Young Australian of the Year for his longstanding dedication to addressing rural and Indigenous health issues. He spoke for the Centre for Ethics at the time.

James is passionate about delivering the best possible health services to children living in remote Aboriginal communities. To do this he founded Patches Paediatrics, a child health service that is revolutionising child health services in remote communities by running clinics in schools, bringing the health and education sectors together.

He sees the power of research in understanding health issues and building a case for change, and from 2009 to 2013 James led a research team in partnership with Aboriginal organisations Nindilingarri Cultural Health Services and Marninwarntikura Women's Resource Center to estimate,

for the first time in Australia, the prevalence of Fetal Alcohol Spectrum Disorder (FASD) in the 40 remote communities of the Fitzroy Valley.

Having documented the prevalence of FASD through this study, via Patches Paediatrics, James is now working with health and education partners to develop a child health clinic run in schools to help young people reach their educational potential.

James has been a rabble-rouser and activist for some time. As the chairman of the National Rural Health Students Network in 2000, James shifted the focus of this organisation of 5000 medical and allied health students to deliver community service activities to some of Australia's most remote communities. In that year he helped to establish the Carnarvon Children's Festival in Western Australia in response to alarming rates of youth suicide. Through the Children's Festival members of the Indigenous and non-Indigenous communities they were encouraged to come together and celebrate the value of young people within the community.



In order to establish a sustainable approach to youth suicide prevention, he founded True Blue Dreaming in 2004. True Blue Dreaming is committed to supporting and strengthening young lives in rural and remote communities. They are a youth and community development mentoring programme engaging young people in rural and remote Australia. Their programmes have been successful in the Wheatbelt and Kimberley regions of Western Australia.

Greg Mitchell

Just because you only have one brain doesn't mean that you are intelligent in only one thing. We have known for a very long time that every individual has a range of talents, capacities, interests and abilities. We also know that not everyone is equally capable in all ways.

Howard Gardner, a Harvard University professor, has over the last couple of decades tried to identify and describe eight Multiple Intelligences which we all possess to a greater or lesser degree.

Greg Mitchell, a teacher with over thirty years of enthusiasm for new ideas, helps

students, teachers and organizations, explore their Multiple Intelligences so that they understand their dominant operating styles, their areas which may need to be developed more and how to create a way of operating that takes advantage of all the intelligences we have available to us.

In this workshop, Greg uses a bundle of engaging activities to help boys find their strengths, stretch their weaknesses and celebrate all of their abilities.



Holly Ransom

"Ready, Aim, Fire!" is a two hour workshop which teaches high school students about leadership, goal setting techniques, and ways of taking action so as to find personal, professional and academic success. The workshop is based on goal setting and leadership skills gleaned from top CEO's, entrepreneurs and leaders from around the world. It draws on the experiences of HRE Director, Holly Ransom, a highly successful social entrepreneur, motivational speaker and businesswoman.

The techniques Holly teaches in her "Ready, Aim, Fire!" workshops will help students succeed in all areas of their lives. If you're a student who would like to learn how to lead with confidence, set goals and put a plan of action in place then please contact Teresa Scott at tscott@ccgs.wa.edu.au



The Reverend Chris Beal

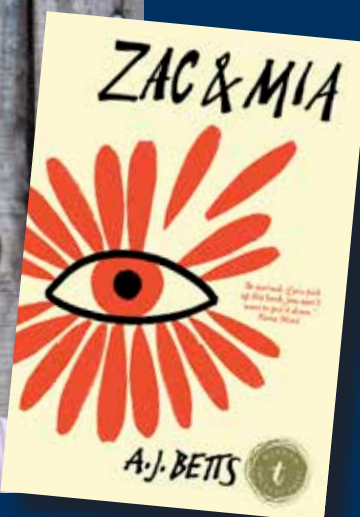
The Reverend Chris Beal is the senior chaplain at Peter Moyes Anglican Community School.

Chris taught English and History at Ballarat Grammar School and then trained as a priest in Adelaide where he worked as a parish priest and school chaplain in the Diocese of Adelaide for twenty five years.

Chris's interests are in poetry, surfing, aboriginal art and history and the works of Tim Winton.

He is currently completing a Masters of Religious Education at The University of Notre Dame in Fremantle.

Amanda Betts



Amanda grew up in Far North Queensland, surrounded by sugar cane. When she finished high school she moved south to Brisbane where she studied education and spent a few years teaching. Her curiosity took her to the United Kingdom where she taught and travelled extensively. In 2004, Amanda drove across Australia to Perth, where she finished work on her first manuscript. Amanda has published three novels, the most recent being *Zac and Mia*, winner of the 2012 Text Prize. She divides her time between writing, speaking, teaching, lecturing, cycling, baking and daydreaming.

Patrick McGorry

Patrick McGorry is Professor of Youth Mental Health at the University of Melbourne and Director of Orygen Youth Health and Orygen Youth Health Research Centre in Victoria. Prof McGorry received his medical degree from the University of Sydney and his doctorates from Monash University and the University of Melbourne in Victoria. He is a world-leading clinician, researcher, and reformer in the areas of early psychosis, early intervention and youth mental health.

Prof McGorry's work has played an integral role in the development of safe, effective treatments and innovative research involving the needs of young people with emerging mental disorders, notably psychotic and severe mood disorders. The result has been the creation, evaluation and upscaling of stigma-free, holistic and recovery oriented models of care for young people and their families. The work of Prof McGorry and key research colleagues at the Early Psychosis Prevention and Intervention Centre (EPPIC) and Orygen has influenced health policy in Australia and many other countries and he has advised governments and health systems in many jurisdictions.

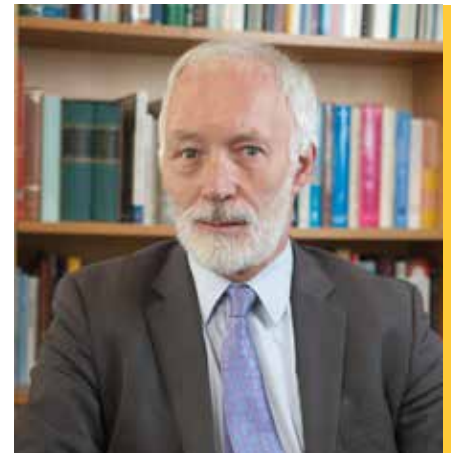
Prof McGorry has published more than 400 peer-reviewed papers and reviews, over 50 book chapters and has edited six books. He is a Fellow of

the Academy of the Social Sciences in Australia and has been the recipient of numerous awards, including the Australian Government Centenary Medal in 2003, the Founders' Medal of the Australian Society for Psychiatric Research in 2001 and the 2010 Australian of the Year.

Prof McGorry serves as Editor-in-Chief of *Early Intervention in Psychiatry* and is a founding board member of the Australian National Youth Mental Health Foundation: *headspace*, of Headstrong; the National Youth Mental Health Foundation of Ireland, and past-president and treasurer of the International Early Psychosis Association. He has been a member of the National Advisory Group on Mental Health Reform for the Federal Government and of the Victorian Mental Health Reform Council.

As well as his contributions to the field of early psychosis and youth mental health, Professor McGorry has interests in refugee mental health, youth suicide, youth substance use and the treatment of emerging personality disorder.

Professor McGorry is speaking at Christ Church Grammar School in support of the Meeting for Minds Forum which will be held at the Western Australian Maritime Museum in Fremantle in May 2014. This will be a conversation



style forum among neuroscientists, mental health researchers, clinicians and people with experience of mental illness. The event will host Australian and international leaders in mental health and neuroscience. The objective is to provide a platform for discussion and collaboration to improve outcomes for all who live with mental illness.

Please see www.meetingforminds.com.au to register for the event and information.

Kindly book your tickets: \$25.00
www.trybooking.com/EHUY



Why youth mental health?

We believe that our mission to reduce the impact of mental ill-health on young people, their families and societies has the potential to deliver major positive health, social and economic outcomes in Australia, and world-wide.

Youth mental health is everyone's business because of:

- The high prevalence and burden of mental ill-health in young people and the related impact on their families, communities and society
- The significant contribution of currently identifiable and solvable problems to the burden of mental ill-health in young people
- The compelling evidence of both unmet need and the availability of solutions that can inform better public understanding, better interventions and better policy
- The enormous potential for further future development of better treatments and improved service design.

Statement from the Orygen website about the significance of youth mental health. Please see www.oyh.org.au for more information.

Glen Ella

Glen and Gary Ella were born in Sydney - they both represented Australia in rugby union.

Glen Ella's illustrious career in professional sport spans more than 30 years as an athlete, coach, talent manager, media personality and indigenous development advisor.

His playing career began in rugby union. He was a school boy representative and progressed to four test matches for Australia between 1982 to 1985.

Following his retirement from professional rugby, Glen entered the corporate world where he spent fifteen years in sales and marketing at TNT.

Glen worked with the Wallabies as Assistant Coach during the 1995 and 2003 Rugby World Cups and as Head

Coach of the Australian Sevens team for the 1994/95, 2001/02, 2005/06 and 2006/07 IRB World Sevens Series as well as the 2006 Commonwealth Games.

Glen has also had other coaching roles with the ACT Brumbies, Papua New Guinea, Japanese, Italian, Canadian and Fijian national teams.

In 2004, alongside his twin brother Mark, Glen founded Ella Management & Events, which focused on providing opportunities for young indigenous athletes in rugby union and rugby league, as well as providing management services for high profile athletes across many other sports including, cricket, athletics, swimming, golf and motorsport.

Glen has always been committed to the development of Indigenous communities, working as the Indigenous



programme manager of the Master Builders Association and the head of the indigenous employment strategy for Coca-Cola Amatil.

Glen worked with the Lloyd McDermott Rugby Development Team Inc. for 15 years including seven years as CEO and has recently founded the Ella Foundation, which is now his main focus. It aims are to promote indigenous health, education and employment.

The Lloyd McDermott Rugby Development Team

The Lloyd McDermott Rugby Development Team (LMRDT) was founded in 1992 by Australia's most famous Indigenous Wallaby, Lloyd McDermott. Through his own personal experience, Lloyd recognised the transformational impact education could have on the lives of young Aboriginal and Torres Strait Islanders boys and girls. Lloyd also understood very early on that sport could act as a powerful motivating force to encourage young Indigenous children into education and as a means of cultivating and promoting Indigenous excellence.

The LMRDT and its partners have enjoyed a rewarding and mutually beneficial relationship over the past twenty years which has helped to promote this goal of engaging young Indigenous men and women with education. They have been able to

support young Indigenous men and women from across Australia to take part in the highly successful LMRDT National U16s & 18s events, Australian Schools Rugby Union, Australian Rugby Union Titles and all our Ella Sevens. On a number of occasions they have been able to send teams overseas. In New Zealand they have a history of taking male and female teams and exposing participants to the Maori culture.

Importantly, participation in LMRDT activities is about far more than simply engaging in sport and physical activity. Participants in their programmes and events are provided with education and employment opportunities and other vital services. As a result, their programme has become an important pathway for young Indigenous men and women seeking further opportunities, particularly through scholarships to

some of Australia's leading schools.

The LMRDT is looking to extend its vision of supporting Aboriginal and Torres Strait Islander education through sport.

Matt Hodgson, Captain of the Western Force, is one of only 11 players of Aboriginal descent to ever play Rugby Union at the most senior level in Australia and Matt will continue his work with the Lloyd McDermott Foundation to see that the number grows in future years.

Glen Ella was involved with the Lloyd McDermott Rugby Development Team for 15 years.

Please see www.rugby.com.au for more information.

Gary Ella

Since August 2012 Gary has worked as the Regional Director of Aboriginal Affairs in Sydney's greater metropolitan region. His career includes a number of previous management positions with both State and Federal government agencies and a period when he coached Rugby Union on a professional basis. Prior to his current position with

Aboriginal Affairs NSW, he held the position of Co-ordinator of Community Programs and Partnerships at Randwick City Council.

Other positions held by Gary during his career included the position of Program Manager for Aboriginal and Torres Strait Islander Relations programme for the

Sydney Olympic Games Organising Committee (SOCOG). His responsibilities included coordinating SOCOG's dealings with Australia's Indigenous communities and encouraging their participation in the preparation and staging of the Sydney 2000 Olympic Games.



Bruce Robinson

We are delighted to welcome back Professor Bruce Robinson who has given a number of talks at the school.

For almost twenty years, Professor Robinson has lectured to thousands of people in several countries about the topic of fatherhood. He has written the widely read books *Daughters and their Dads*, *Fathering in the Fast Lane* and *The Blue Book for Fathers and Father-Figures*. He has also produced a short DVD entitled *What kids really need from their dads*.

Bruce leads the "Fathering Project" team at the University of Western Australia. His work with this project is one of the reasons he was selected as Western Australian of Year in 2013. Bruce is renowned for his medical research and has published more than 150 papers as a result of this research and has received numerous awards.

Bruce is a supporter of "Youth Focus" and "Ride for Youth". He will speak in support of both when he comes to the Centre for Ethics to promote his views about parenting and the support structures parents need to have in place for their children.

Bruce is giving freely of his time for this address. The money raised will go directly to "Ride for Youth" which is one of Australia's premier charity events. The five day seven hundred kilometer ride is held every year starting in Albany. Riders visit Walpole, Pemberton, Busselton, Bunbury, Bridgetown, Collie and Mandurah before reaching Perth. On their way, the participants visit high schools and engage in conversations with students about youth suicide, depression and self harm - the services that Youth Focus provides to counter these challenges.

Youth Focus is a unique, independent, not-for-profit organisation which supports vulnerable young people in Western Australia by offering a range of mental services. It makes available a team of psychologists, social workers and occupational therapists to provide early intervention and prevention services at no cost.

We thank Mr Clark Wight for his energetic involvement in this project and we hope that you might join us for an engaging evening.

The website for the fathering project is thefatheringproject.org

Kindly book your tickets: \$20.00
www.trybooking.com/EHBN

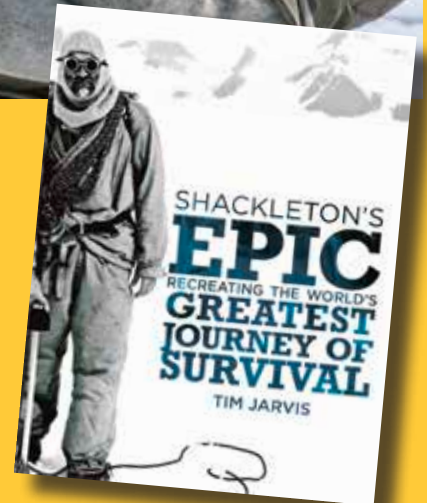


Tim Jarvis

Tim is an environmental scientist, author and adventurer with Masters degrees in environmental science and environmental law. He is committed to finding pragmatic solutions to major environmental issues related to climate change and biodiversity loss and he uses his public speaking engagements, films and books about his expeditions and sustainability work to promote progressive thinking in these areas. He has undertaken unsupported expeditions to some of the world's most remote regions.

Tim holds the record for the fastest unsupported journey to the South Pole and the longest unsupported journey in Antarctica. Tim most recently retraced polar explorer Sir Ernest Shackleton's "double": sailing a

replica James Caird boat 1500kms across the Southern Ocean from Elephant Island, Antarctica to South Georgia and climbing over South Georgia's mountainous interior using the same period equipment and technology as Shackleton. Tim was made a Member of the Order of Australia (AM) for services to the environment, community and exploration in the 2010 Australian honours list and was made a Fellow of the Yale World Fellows Program, 2009. In 2013 Tim was named Australian Geographic Adventurer of the Year for his re-enactment of Shackleton's 1916 journey. Tim leads innovation in the sustainability for international engineering and environmental services firm Arup. Tim has written 4 books looking at solving problems by action and not by advocacy.



Tim Jarvis recently returned from Antarctica where he led a team of six men who successfully retraced legendary leader Sir Ernest Shackleton's 1916 southern ocean voyage of survival and crossing of South Georgia. He will give insight into the leadership and motivational challenges of this larger-than-life adventure, the Shackleton Epic, as well as the account of extraordinary achievement with scientific information about the Antarctic's natural environment and stories of his other history-making polar expeditions.

We are always delighted to welcome back speakers whose talks have been so interesting and helpful. For more information on any of our speakers please contact Teresa Scott at tscott@ccgs.wa.edu.au

The Centre For Ethics Calendar

Date	Event and topic	Speaker	Time	Location
Thursday 20 February	True Blue Dreaming	Dr James Fitzpatrick Young Australian of the Year 2001	9.00am	Chapel
Tuesday 24 February	Ethics Book Club	Frank Sheehan	7.30pm	RSVP 9442 1705
Tuesday 25 February	The Encounter Programme	Anglican Board of Mission	Morning	Classroom
Wednesday 26 February	Multiple Intelligences	Greg Mitchell	Morning	Classroom
Thursday 27 February	Ready, Aim, Fire!	Holly Ransom	Morning	RSVP 9442 1705
Tuesday 4 March	Sea, Spirit and Salvation – Spirituality in the works of Tim Winton	Reverend Chris Beal	7.30pm	RSVP 9442 1705
Wednesday 5 March	Zac and Mia Author Talk	Amanda Betts	Morning	Classroom
Friday 7 March	Why Youth Mental Health?	Professor Pat McGorry Australian of the Year 2010	7.30pm	Chapel www.trybooking. com/EHUY
Sunday 16 March	Supporting the Vision: Encouraging Young Aboriginal Men and Women to Fulfill their Dreams	Glen and Gary Ella	6.00pm	Chapel
Thursday 20 March	Harmony means a lot more than tolerance	Richard Pengelley	9.00am	Chapel
Tuesday 25 March	Supporting our Sons	Professor Bruce Robinson National Finalist, Australian of the Year 2014	7.30pm	Chapel www.trybooking. com/EHBN
Wednesday 26 March	Shackleton's Epic	Tim Jarvis Member of the Order of Australia	7.30pm	Senior School Staff Room Tickets: Lane Bookshop Tel: 9384 4423
Thursday 27 March	Shackleton's Epic	Tim Jarvis AM	Morning	Classroom
Monday 31 March	The Key to Cyber Safety	Nina Hobson	Period 2 Year 7	Chapel
Monday 31 March	Space Safe Kidz	Nina Hobson	Period 3 Year 7	Chapel
Friday 4 April	Family Voice Australia	Dr Patrick Sookhdeo International Director of the Barnabas Fund	7.00pm	RSVP 9442 1705
Tuesday 15 April	The meaning of Easter	Frank Sheehan	7.30pm	RSVP 9442 1705

Please contact **Teresa Scott** on **9442 1705** beforehand, in case there is a change in the programme.

A map of Christ Church Grammar School is available on our website www.ccgs.wa.edu.au/about-us/our-location/campus-map