

**NZAP Conference ‘...as we grow...’ ‘e tipu ana’
Dunedin 15 – 18 March 2018
Conference programme**

Thursday 15th March:

3.15 Mihi Whakatau
5.00 – 5.45 Registration
5.45 – 6.30 Whakawhanaungatanga
6.30 – 9.00 Meal and welcome to new members

Friday 16th March:

8.00 – 9.00 Registration
8.45 – 9.00 Daily welcome and notices
9.00 – 10.30 Keynote address: Dr. Tess Moeke-Maxwell
10.30 – 11.00 Morning tea
11.00 – 12.30 Papers
12.30 – 2.00 Lunch
2.00 – 3.00 Keynote address: Dr. Sandhya Ramrakha

Saturday 17th March:

8.15 Daily welcome and notices
8.30 – 10.00 Keynote address: Dr. Anne Alvarez
10.00 – 10.30 Morning tea
10.30 – 12.00 Keynote address organised by TTBAC – speaker to be confirmed
12.00 – 1.30 Lunch
1.30 – 2.30 Forum
2.30 – 3.00 Afternoon tea
3.00 – 4.30 AGM
6.15 – 12.00 Dinner dance, including awarding DSAs etc.

Sunday 18th March:

8.45 Daily welcome and notices
9.00 – 10.00 Papers
10.10 – 11.10 Papers
11.10 – 11.40 Morning tea
11.40 – 12.10 Farewell and reflections
12.10 – 1.00 Whakakapi

Papers, Abstracts and Bios

Friday 16 March 11.00-12.30

Dr Megan Bryan and Monique Lammers

‘As We Grow: Ashburn Clinic and the opportunity for residential psychotherapy’

Kay Ryan

‘Tua o te aria – Doorways into dying: Meaningful encounters at end of life.’

John O’Connor

‘Madness of the mind: Growing the self in the mind of the other, and in the psychotherapeutic relationship’

Sunday 18 March 9.00-10.00

Olli Antilla

‘An octogenarian perspective’

Crispin Balfour

‘Te Tipu Haere: Growing into being ‘

Sue Bradshaw

‘Frustration: A portal to creativity and growth’

Sunday 18 March 10.10-11.10

Anna Fleming

‘Ngā Tāpiritanga – Secure attachments from a Māori perspective’

Kerry Thomas-Antilla

‘How do psychotherapists grow?’

Mark Thorpe

‘Teaching psychotherapy in a behavioural world: An autoethnographic account’

Friday 16 March 11.00-12.30

As We Grow

Ashburn Clinic and the opportunity for residential psychotherapy: Living, learning and growing in the therapeutic community culture and supported and augmented by psychosocial model of nursing and care

by Dr Megan Bryan and Monique Lammers, joined by colleagues from and residents at the Ashburn Clinic

Abstract

In this paper Megan and Monique will briefly look at the history of therapeutic communities and then specifically the Ashburn Clinic. They will outline the factors which are thought to contribute to the therapeutic potential of therapeutic communities. They will then discuss the place of psychotherapy, both the psychodynamic understanding that people obtain and the residential elements of it. They will also look briefly at group psychotherapy.

They plan to have a small number of residents currently at the Ashburn Clinic to present their lived experience of this type of work in a question and answer format.

Megan and Monique will finally review what is known regarding outcomes from this type of experience and treatment, what is known regarding the Ashburn Clinic's outcomes to date and areas for future research.

Biography

Megan Bryan worked in General Practice for 10 years before beginning training in psychiatry in 1998. She joined the Ashburn Clinic team in 2005 to complete her advanced training in psychotherapy. She obtained a Consultant Psychiatrist position there which began in 2009. She is a Provisional Member of NZAP.

Monique Lammers is a Registered Mental Health Nurse who trained at Cherry Farm Hospital, graduating in 1987. After working in various mental health facilities and some time travelling, she started working at the Ashburn Clinic in 1993, initially as a casual psychosocial nurse and then as a full time employee. In 2012 Monique left the Ashburn Clinic and worked for the Primary Health Organisation for five years. She has recently returned to the Ashburn Clinic in the role of Director of Nursing and Allied Health.

Friday 16 March 11.00-12.30

Tua o te ariā – Doorways into dying: Meaningful encounters at end of life.

by Kay Ryan

Abstract

End of life is a time of profound growth, psychologically and spiritually. As therapists, friends, or family members, at end of life we can be confronted by experiences and states of consciousness in others that are outside of our usual framework or ways of understanding. We find ourselves at a loss in knowing how to intervene or connect with that person. We may try to bring them back to their usual identities or communicate in a way that will help them regain former competencies, but often to no avail.

What is being asked of those who attend to the chronically ill or dying, is another frame of reference, another way of joining and connecting with that person. This workshop, based on the work of Arnold Mindell, will focus on methods and skills that can be harnessed to enter the world of clients, and assist them in finding meaning in their experience.

Biography

Kay has been a psychotherapist for over 30 years. Over the past 10 years she has focused on bringing the methods and skills of Process Oriented Psychology to palliative care. She has recently co-authored the book "Doorways into Dying: Innovative Teachings for End of Life".

Friday 16 March 11.00-12.30

Madness of the mind: Growing the self in the mind of the other, and in the psychotherapeutic relationship

by John O'Connor

Abstract

*"O wad some Power the giftie gie us
To see oursels as ithers see us!"*
(Robbie Burns, 1890, p.199)

“... the act of having oneself given back by the other is not a returning of oneself to an original state; rather, it is a creation of oneself as a (transformed, more fully human, self-reflective) subject for the first time.” (Ogden, T. 2004, p.189)

The art of psychotherapy has been defined as the capacity of the psychotherapist’s mind to receive the psyche of the patient, particularly its unconscious contents. This deceptively simple definition implies the enormously complex art of receiving the most disturbed, dissociated, maddening, often young and primitive, frightening, and fragmented aspects of the patient’s multiple ages and selves, in the hope perhaps that we might make available to our own mind, to the patient’s mind, and within the therapeutic relationship, whatever it is that we discover together, perhaps with the possibility that this may allow that these dissociated, fragmented, lost, and potentially transformative aspects of self might become more accessible to both therapist and patient. The complexity of this process is further intensified when cultural difference is a central aspect of the therapeutic engagement.

This paper will explore this rich and complex art. It will include exploration of psychoanalytic, relational, indigenous and transpersonal psychotherapeutic perspectives as they inform the potentials and mysteries of this deeply receptive process. The paper will consider the potential this receiving of the other might have for the growth of both the therapist and patient within the life span of clinical engagement.

Psychotherapy literature is rich with writings about this often deeply disturbing, and potentially transformative process. Bion (1962) offers us the containing mind, providing the possibility of a receptive home for thoughts without a thinker. Ogden (2004) develops the potential that containing offers. Winnicott (1965) and later Slochower (2014) offer us the rich metaphor of holding that might enable the birth and rebirth of lost aspects of self. More recently Donna Orange (2011), drawing on the philosophy of Gadamer (1976), invites us to make a hospitable place in our minds for the suffering of the other, whilst the relational psychoanalyst Donnel Stern (2010) articulates the inherently receptive inter-subjectivity of psychotherapeutic experience as he suggests that enactments between therapist and patient are dissociation interpersonalised. Jung and the post-Jungians (Hillman, 1978; Clark, 2006), in developing Jung’s alchemical metaphor involving the mixing of both the therapist’s and patient’s unconscious and the recycling of madness this involves, gesture towards the transformative and transpersonal potentials such a deep engagement might offer. Similarly from an indigenous perspective the Māori concepts of mauri and wairua gesture towards the inherently spiritual engagement involved in the receptiveness with which the therapist is invited to receive the patient, and the patient to receive the therapist.

Clinical vignettes illustrating and informing the ideas explored in this paper will be woven throughout the paper.

Biography

John O’Connor has worked as a counsellor and psychotherapist for over 29 years, and has a wide range of clinical experience, particularly in working with clients with severe trauma histories, in providing group psychotherapy, and in working cross-culturally. He is a former Director of Youthline Counselling Service (Auckland) and the Human Development and Training Institute. He also formerly worked at Segar House (part of ADHB Mental Health Services), and was a founding member of the therapeutic team at Segar which developed a residential treatment service (currently operating as a day programme) for clients with personality disorder diagnoses. He has worked as a lecturer at the Auckland University of Technology within the Discipline of Psychotherapy since 1999, and was formerly Programme Leader of the Master of Psychotherapy (adult programme) at AUT. John also conducts a private practice in Mangere Bridge. John is currently a candidate in training as a Jungian Analyst with the Australia New Zealand Society of Jungian Analysts, and is

undertaking his PhD exploring the discourses underpinning bicultural clinical encounters in Aotearoa New Zealand.

Sunday 18 March 9.00-10.00

An octogenarian perspective

by Olli Antilla

Abstract

Coming to New Zealand Aotearoa was a life transforming event for Olli. He felt very blessed and the same sense of blessedness has been with him since. He felt that he had arrived home. Coming to these blessed shores helped him to transform his view of life to a higher level. He had been a 'believer' all his life, by which he means that he had had an explainable sense of being protected by a higher force. In this country it became more palpable.

Over the last thirty years Olli has changed from manhood to old age. He had seen his grandparents and parents reaching old age and they had by their talking and by their ways of being made old age familiar to him. It was, however, through his own maturing that he started to comprehend what this life is about. There are said to be three intense developmental spurts in human life: the first being the first five years, the second is adolescence and the third is old age. Olli is now in the third stage and his experience is that moving into old age is like moving from Beethoven's Third to the Ninth Symphony or from Mozart's "The Marriage of Figaro" to his "Requiem". It is seeing the divine in a new way and really dwelling in it.

He would like to share some of his experiences with other Conference attendees and will talk about what he sees as an essence in psychotherapy and about Wilfred Bion's idea that the primary force in all of us human beings is the need to grow and to understand ourselves and our place in the world. As Socrates has been quoted as saying: "The unexamined life is not worth living."

He will also talk about psychoanalytical studies about retirement and when and how to end one's practice in a good way.

Biography

Dr Olli Antilla was born in Finland in 1937, two years before WWII. His father was in the war and his grandfather, who lived in the same house, then became his father figure. He was a remarkable man, MP and mayor of the township. Olli went to church with him every Sunday and they often spent week-nights together, Olli rocking his chair while his grandfather explained the mysteries of the holy texts. Olli has felt all his life that he was old, and now, being really old, feels very much at home in his current life with his wife of fourteen years, their four children and two grandchildren. Olli is in his second marriage and is a good friend with his first wife. He immigrated to Aotearoa New Zealand when he was fifty years old, in 1988. Olli was educated in Finland, at Helsinki Medical School, became a psychiatrist and psychoanalyst and works in private practice in Auckland.

Sunday 18 March 9.00-10.00

Te Tipu Haere – Growing into being

by Crispin Balfour

Abstract

For many years Crispin's practice of psychotherapy has been informed by two papers written nearly sixty years ago by Donald Winnicott: "The Capacity To Be Alone" in 1958 and "The True And False Self" in 1960.

Crispin often finds himself sitting with the experience of someone searching for themselves ‘in me’, sometimes insisting that their therapist tells them how to be themselves. It seems that the therapist is supposed to know who they are better than they do themselves. Often there is a sense of seduction associated with this experience.

Recently Crispin connected with a quote from Urie Bronfenbrenner: “In order to develop normally, a child requires activity with one or more adults who have an irrational emotional relationship with the child. Somebody’s got to be crazy about that kid. That’s number one. First, last, and always.”

In this paper Crispin will be speaking about how his patients have taught him both how to be alone with them and also be crazy about them, so they can grow themselves.

Biography

Crispin Balfour works in general practice as a psychoanalytic psychotherapist in Auckland. His background includes working as an architect, actor, accountant, engineer and inventor. Always interested in what it means to be a ‘human being’, he studied Buddhism for many years, explored psychodrama, taught at university, and directed theatre. He began his psychotherapy training with the Institute of Psychosynthesis, where he went on to teach experiential groups for ten years. In 2001 he discovered a passion for psychoanalytic theory and practice. Since then he has extensively studied psychoanalysis and psychoanalytic psychotherapy, completing a Postgraduate Diploma in Psychoanalytic Psychotherapy in 2003 and a Masters in Psychoanalytic Studies in 2011. In 2006 he completed an Introductory Course in Group Analysis and has conducted psychotherapy groups since 2007.

Sunday 18 March 9.00-10.00

Frustration: A portal to creativity and growth

by Sue Bradshaw

Abstract

Learning to tolerate and manage frustrating experiences is an essential part of growth for all children. Many of the children and teenagers Sue sees in her practice as a child and adolescent psychotherapist struggle with various aspects of frustration. She intends to demonstrate how previously unbearable frustration can become an opportunity for growth and creativity.

Influenced by the ideas of Donald Winnicott (psychoanalyst and paediatrician), Lynne Murray (developmental researcher), Sue Gerhardt (psychoanalytic psychotherapist), Arietta Slade (attachment theorist, researcher, and infant mental health specialist) and neuropsychologist, Allan Schore, Sue will use examples from her clinical practice to outline how the transformation of previously intolerable frustration can promote important growth promoting capacities.

Biography

Sue Bradshaw is a Full Member of NAZP and trained as a child psychotherapist as AUT, completing her training in 2000. Since then she has worked in child and adolescent mental health for NGOs focusing on trauma and parent-child relationships, and for the past 9 years she has been in private practice on Auckland’s North Shore. Her particular areas of interest include working with children and teenagers with ASD, with anxiety based issues, and with a wide range of relationship difficulties.

Sunday 19 March 10.10-11.10

Ngā Tāpiritanga – Secure attachments from a Māori perspective

by Anna Fleming

Abstract

While western attachments have tended to focus on the interpersonal attachments between people, indigenous Māori attachment perspectives have always included connections and relationships to aspects outside of the interpersonal domain. Collective, cultural and tikanga-based extrapersonal relationships are significant in Te Ao Māori and include connection to whānau/hapū/iwi (extended family and community groups), whenua (land and the natural world) and wairua (interconnection and spirituality). Alongside vital interpersonal relationships, these extrapersonal connections are substantial to the development of an indigenous Māori self which is well and supported within a holistic framework.

This paper is informed by Anna's 2016 Master of Psychotherapy dissertation, Ngā Tapiritanga. This presentation aims to explore the extrapersonal connections outlined above, their importance to hauora Māori and the implications for the practice of psychotherapy in Aotearoa New Zealand.

Biography

Anna Hinehou Fleming – Ngāpuhi, Tūhoe is current Secretary and rūnanga member of Waka Oranga, a Provisional Member of NZAP and a member of NZAP's Te Tiriti Bicultural Advisory Committee. A social worker for over ten years, Anna trained in psychotherapy at AUT and graduated with a Master of Psychotherapy in 2017. Anna's approach combines her working and personal experiences, with a recent focus on attachment and developmental theory particularly from an indigenous Māori perspective. She lives in Auckland, works as the Counsellor for Māori at AUT and operates a small private practice.

Sunday 19 March 10.10-11.10

How do psychotherapists grow?

by Dr Kerry Thomas-Antilla

Abstract

It is a familiar experience for psychotherapists to feel somewhat out of step with contemporary thinking about professional learning and development. Psychotherapy has a knowledge base that is founded on clinical work and psychotherapists have a tacit understanding that much of their ongoing learning goes hand in hand with the practising of psychotherapy, reading and discussing case-based literature, and developing as a person. In this presentation Kerry will speak about research she carried out as part of her PhD, in which she spoke with psychotherapists in Aotearoa New Zealand about their actual lived experiences of learning. She will tell some of the therapists' stories and will speak about the key findings of this research, referencing selected psychoanalytic and hermeneutic phenomenological writings.

Biography

Dr Kerry Thomas-Antilla is a lecturer and programme leader in the Discipline of Psychotherapy, Auckland University of Technology. She also works as a psychoanalytic psychotherapist in private practice. Kerry is married to Dr Olli Antilla and between them they have four adult children, one grandchild and another on the way.

Sunday 19 March 10.10-11.10

Teaching psychotherapy in a behavioural world: An autoethnographic account
by Mark Thorpe

Abstract

In this presentation, Mark will provide an autoethnographic account of his struggle to maintain a cultural, relational, phenomenological, and depth psychotherapeutic sensibility while teaching an undergraduate university psychology paper (“Approaches to Psychological Intervention”) in Aotearoa New Zealand. He will discuss the growth and relentless social and academic pressure to kill off any existential, humanistic and psychodynamic parts of the paper in favour of behaviourism, Cognitive Therapy, ACT and Dialectical Behaviour Therapy. The presentation concludes with some tentative suggestions, based upon his eight years of teaching the paper, on how we may continue to grow human students within the heart of relational darkness.

Biography

Dr Mark Thorpe is a senior lecturer at Auckland University of Technology and practices as a clinical psychologist at Psychotherapy at Apollo. He trained in a variety of therapeutic modalities and worked in private, governmental, and university settings in South Africa and Aotearoa New Zealand. Mark is Chair of Training for the New Zealand Institute of Psychoanalytic Psychotherapy, and a member of the Psychoanalytic Psychotherapy Association of Australasia and the International Association of Relational Psychotherapy and Psychoanalysis. He has held the positions of Vice President of the South African Institute of Psychotherapy, Chairperson of the Cape Town Psychoanalytic Society, Psychology Professional Advisor for Pacific Health DHB, Committee Member of the NZ Institute of Counselling Psychology, and Head of Psychology at Auckland University of Technology.