



# **THE NEWSLETTER**

**New Zealand Association  
of  
Psychotherapists Inc**

**Te Rōpū Whakaora  
Hinengaro**

**May  
2018**

# New Zealand Association of Psychotherapists Inc

Te Rōpū Whakaora  
Hinengaro

## THE NEWSLETTER

May 2018

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sean-manning@xtra.co.nz

The opinions expressed in this Newsletter are not  
necessarily those of the Editor or of NZAP.

**NZAP Council Members**

**Gerald Maclaurin**

**President**

Ph (09) 630 6063; 021 029 07479

[gerald.m@xtra.co.nz](mailto:gerald.m@xtra.co.nz)

**Sheila Larsen**

**Past President**

Ph (03) 338 6433; 027 318 1679

[sheilalarsen@xtra.co.nz](mailto:sheilalarsen@xtra.co.nz)

**Sue Jones**

**Honorary Secretary**

Ph 021 708 597

[sue.grace.jones@snap.net.nz](mailto:sue.grace.jones@snap.net.nz)

**Vicky Blake**

**Honorary Treasurer**

Ph (03) 377 6118; 027 810 3773

Fax (03) 474 1094

[vicky@vickyblake.co.nz](mailto:vicky@vickyblake.co.nz)

**Wiremu Woodard**

**Waka Oranga**

Ph 021 251 2829

[wiremu.woodard@aut.ac.nz](mailto:wiremu.woodard@aut.ac.nz)

**Cherry Pye**

**Waka Oranga**

Ph 021 026 70418

[cherrympye@gmail.com](mailto:cherrympye@gmail.com)

**Siobhan Collins**

**Chair, ACP Committee**

Ph 03 329 9205; 021 265 55550

[Siobhan@collins-consulting.co.nz](mailto:Siobhan@collins-consulting.co.nz)

**Stephanie Forde**

**Chair, Ethics and Professional Standards Committee**

Ph (09) 377 2602 (work); 027 245 5851

[stephforde@aim.com](mailto:stephforde@aim.com)

**Lynne Holdem**

**Chair, Public Issues**

Ph (06) 769 6050 (work); 027 480 3523

[lynneholdem@gmail.com](mailto:lynneholdem@gmail.com)

**Gabriela Mercado**

Ph 021 237 5417

[gabriela@orcon.net.nz](mailto:gabriela@orcon.net.nz)

**Victoria Smith**

Ph (04) 472 5503

[Vsvictory@gmail.com](mailto:Vsvictory@gmail.com)

**Geraldine Lakeland**

Ph (04) 471 1241

[geraldine@glakeland.co.nz](mailto:geraldine@glakeland.co.nz)

**NZAP Executive Officer:**

**Nikky Winchester**

PO Box 57025, Mana

Porirua 5247

Ph (04) 475 6244

Fax (04) 475 6254

[executive-officer@nzap.org.nz](mailto:executive-officer@nzap.org.nz)

# OUR TREATY PARTNER



**Kaumātua**

Haare Williams

**Kuia**

Hinewirangi Kohu Morgan

## **Executive**

**Chair** – Wiremu Woodard

**Secretary** – Anna Fleming

**Treasurer** – Cherry Pye

## **Rūnanga Members**

Alayne Hall

Russell Waetford

## **NZAP Council Representatives**

Wiremu Woodard

Cherry Pye

[wakaoranga2007@gmail.com](mailto:wakaoranga2007@gmail.com)



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# Editorial

## Seán Manning

Lily Tomlin famously observed that human beings invented language because of a deep-seated need to complain. Every so often I feel the itch, and this editorial is the perfect vehicle, so here goes.



Later in this issue you will see that this year our Council and our Treaty Committee (TTBAC, correctly) are both up for review. You will find below an open letter to the Treaty Committee, so here I will focus on Council.

My problems with Council began last year, in June I think, when I learned ‘from an informant’ that a report on the future of conferences and continuing education had been tabled at Council. I asked for a copy so that I could summarise or comment on it in the Newsletter. I was told that I could not have it because it had gone to Waka Oranga for their consideration. I thought it was generous of Waka Oranga to take the time to consider the matter, but I could not see why it should be available to a section of the membership and not to the rest of us. I never did get it until it was published on the website, untouched, as far as I know, but by that stage a decision had been made to hold conferences every two years (it would not be formalised until March 2018, but it was clearly a done deal), so there was little point commenting or inviting more discussion.

My view is that any document that arrives on the Council Table is the property of the membership and should be available to them. Council meetings are open to the membership, and when the Newsletter editorship moved off Council at the end of 2008, there was concern about how to keep the editor informed since historically they had always been at the table.

My next tactic was to ask if I could see the Council minutes. The answer was that I could not, at least until they were ratified at the following meeting. So I asked if I could have them then. I did not plan to publish them (though they are in theory a public document). I just wanted to know what was going on. I would then know what questions to ask, and be able to inform the membership of the matters being discussed, the issues that were before Council, the feeling around the issues. I wanted to have the process, not just the content, I wanted the discussion, not just the results, which are summarised anyway in the Hon Sec's excellent 'From the Council Table' report. Still, no minutes were supplied, ratified or otherwise despite assurances from two presidents that I could have them.

I then wrote, twice, asking that any documents tabled at Council be made available to the Newsletter editor unless there were privacy concerns. Again there has been no reply (and no documents) although I have had several conversations with individuals on Council, including two presidents. We discussed the issue of trust – could the editor of the newsletter be trusted with the minutes and other documents? The idea that Council might have reservations about trusting the membership at large and this editor in particular, was, I admit, a bit of a shock.

Now this might seem a bit picky. It might seem fine to everyone else that Council and the Māori caucus have access to reports that no-one else can see until the decision making process is complete. However, consider that both the Treaty Committee and Council itself are to be reviewed this year and the review bodies, one hopes, will want some input. How are we to contribute to that process when we don't know what those groups are actually doing, except for the manicured information they supply? I suspect that the ACP Committee and the Treaty Committee and so on would be only too happy to share their activity – but actually I have little idea of what they do because they report to Council and I, and you for that matter, do not have access to those reports.

The problem was illustrated in a very helpful conversation with the current president, Gerald McLaurin, after the deadline for this issue. Gerald wanted to know what my questions are. Well, I couldn't answer

that since without knowing what is being discussed I don't know what to ask. Gerald helpfully went through the minutes on the spot (though he could not give them to me). Immediately I had several questions – why has the word 'partnership' been replaced with 'relationship'? What is the future of the Members' Forum? Who is reviewing the Council and the Treaty Committee?

This process runs deep. We have a problem finding people to fulfill voluntary roles within NZAP. We have a problem eliciting responses to requests for input on various issues - conferences, continuing education, forum and partnership included. This reluctance is given as a reason for having conferences only every two years. It is a trap. In response to reluctance to be involved, we will involve you less. I see the job of the Newsletter being to counter this edging towards centralisation - not just to inform you, but to involve you, to get your attention, to stimulate your interest and recruit your energy.

I know that everyone is trying to do a good job. I don't want to insult anyone or denigrate their work. Secrecy becomes a habit without anyone really wanting it to be so. Jefferson knew this when he borrowed a quote about the price of freedom being eternal vigilance. (At the same time, he owned slaves, and did not see the contradiction.)

So without access to Council or committee processes I have been fossicking around, and in the process have begun agitating for more openness. Only after exhausting all the avenues I could think of have I brought my complaints here.

You will be pleased to know that aside from my ranting there are some wonderful articles in this issue – I particularly recommend Sandra Buchanan's heartfelt piece on a suicide, and several reviews of the Dunedin conference. I hope you enjoy reading, and I invite you to contribute your own views, and to respond to the writers who have done so here.

# President's Column

**Gerald McLaurin**

**Te Wero me Te Tumanako  
(Challenge and Hope)**

Kia ora koutou katoa, nga mihi mahana  
ki a koutou



## **Te Wero**

As I considered what to say in this first column as your new President, I found myself thinking that although almost all of the psychotherapists I know have a strong love of their work, a deep belief in its value, and a passion for the truth, many of us in NZAP are also powerfully tribal in our affiliations, perhaps geographically, but more significantly in terms of our identified modalities of practice. Indeed, many of us might even identify more strongly with our particular approach, or learning heritage, than with our profession as psychotherapists and our Association as a professional 'home'. Compounding this is the fact that psychotherapy is also very marginalised in NZ society compared to professions such as medicine or psychology. Most people have little idea of what a psychotherapist actually does, and if they think about us at all, they think we might be doing 'counselling' by another name. Even among most mental health professionals there is a significant uncertainty about the difference between counselling and psychotherapy, and not a small amount of doubt concerning our supposed specialised approach.

The implication of such a state, I believe, is that we remain, as a profession, potentially weak and full of self-doubt, as if we didn't have enough of this already in our day to day work. In the face of such difficult terrain it is hard for us to resist versions of what Milan Kundera in his book "The Unbearable Lightness of Being" calls the Grand March. We tend to look for places to coalesce where we can find a home and maybe

where we can find a conflict worthy of our passion. So, we can unanimously argue against heartless government meanness in the treatment of mental health needs, poverty and childhood suffering. Some of us can fight the bicultural fight, challenging each other directly in NZAP, addressing those who do not seem to fully support the dream of a biculturally equitable NZAP if not the whole of Aotearoa NZ. Others of us can argue for easily accessible (read short term or manualised) psychotherapy approaches that can be effective for all people (never mind the fact that the vast majority of ordinary people have a horror of exposing their mental difficulties to someone purporting to care, as long as they are paid).

So, you might ask, what am I trying to do here – depress and irritate you all with provocative statements? Perhaps I am wanting to help us face the difficulties of our vocation and consequently of belonging, to psychotherapy as a profession and NZAP as an organisation. Perhaps if we can face such difficulties we can more creatively respond to the challenges involved.

Neville Symington, a presenter at one of the upcoming professional development events that NZAP is supporting early next year, has argued that for a first session a therapist needs to engender both a degree of hope and of challenge to the person attending. In this way we lay the seeds for a productive engagement. Perhaps this is my wish, in my first President's Column. So, you ask again, where might the hope be found?

### **Te Tumanako**

To my mind the hope lies at the heart of our difficulty; the issue of doubt and uncertainty in our work.

we are, at least  
theoretically, trained to  
... speak about the  
unspeakable

Again, to quote Kundera in his critique on 'political kitsch' (an orientation that will not tolerate 'shit' in human affairs): what is actually intolerable to political kitsch is a person who questions, who has doubts and is prepared to voice them. The

heart of our difficulty is also the heart of our hope – that we are trained

to tolerate doubt and to wonder at what is really going on behind the apparent difficulties our clients bring. And this means we are, at least theoretically, trained to tolerate the same when faced with problems in our own organisation, our own profession, and to wonder what lies beneath, to speak about the unspeakable in our home.

### **Forums**

So, to my first offering of hope, that instead of the usual one-hour long Forum at the AGM, I would like to support a number of ‘rolling forums’ to be conducted in branches throughout the country towards the end of this year. I envisage that such forums will allow space for deeper and wider reflection on the challenges we face together, and, in particular, on the differences that we feel inhibit us to speak openly towards each other on a range of matters – to bear difference and to think rather than to react to each other. I envisage that local members of Council and myself will be present at such gatherings, and with those of you present, can grapple together with issues both local and national.

### **Public Issues**

A second area of hope lies in the work of Council’s Public Issues portfolio and the energetic, intelligent, “onto it” people who have inhabited this role. I am thinking particularly of Kyle MacDonald who previously held the role on Council and now Lynne Holdem. I have been tremendously impressed with their awareness of all that is happening in the wider political scene and how psychotherapy has important points to make to those in power and our wider society. They combine this knowledge with awareness of the various ways and forums to exercise this transfer of knowledge and challenge. We can be grateful and proud of them, and the work they encourage us to do.

### **Review process**

Another area of excitement and to my mind hope is the ongoing energy of our widely scoped, Council initiated, review process of every aspect of NZAP. While some of you might feel vague about such an investigation, in fact it has been running for some years now, currently under the leadership of Gabriela Mercado from Auckland. Its purpose is to review every aspect of our organisation and attempt to revitalise our structures to better meet the needs of our members and profession. It is

also an important initiative to keep NZAP relevant to new members and perhaps help us make a more effective response to the profession's marginalised status in Aotearoa NZ. Part of this review has led to the experiment we are now undertaking to have Conferences alternate with professional development events, which I will speak to below. (In previous years we have completed reviews of the National Supervision Committee and the Conference and Professional Development areas. This year we are reviewing Council itself and the Te Tiriti and Bicultural Advisory Committee.)

### **New website**

We are also undertaking the construction of a completely new website this year, one that will make our online presence more up to date, mobile friendly and more flexibly responsive to members. Part of what will be important to all of us in the future is the active management of such a site to promote psychotherapy, to have 'brand visibility'. Such a term may rankle with some of us, but it is one of the ways we can actually address our shrinking visibility as a profession in mainstream society. It is important that we develop a strong online communications group of web-savvy members who will keep our presence alive and relevant, with fresh material, updates, and even perhaps the development of a Directory that could rival such sites as 'Talking Works' where members can host their own pages from the NZAP site, and promote their presence more effectively.

.. the experiment we  
are now undertaking to  
have Conferences  
alternate with  
professional  
development events ..

### **Professional development**

This year Council has also formally accepted the recommendations of the Conference and Professional Development Review Group, who had widely canvassed membership on what they wanted. To this end a Professional Development Group under the leadership of Marian Vlaar has been formed, representing Council, to support and oversee such an initiative. In early 2019 we are supporting at least two locally organised



PD events in Auckland and Wellington. (Details will be found elsewhere in this Newsletter.) If any of you wish to organise another professional development event in your area for this year or next, please write to Marian and her group about possible support: [marian.vlaar@gmail.com](mailto:marian.vlaar@gmail.com)

### **Te wero me te tumanako**

I will leave you with a final thought about the above initiative and ideas. It arises from an article I recently read about the rise of populism in the world and our shrinking ability to have constructive debate with those holding different views to ourselves. In this piece the author argued that unless we can reverse the trend of condemnation and contempt towards those with ideas very different to ourselves, then the whole project of democracy in our world is under threat. It is in this light that I hope we can create a culture of more open debate in NZAP across a range of issues and find the balance between hope and challenge within our Association that many of us might see as optimal in our work with clients.

Noho ora mai

Whāia te iti kahurangi ki te tūohu koe me he maunga teitei

*Seek the treasure you value most dearly:*

*if you bow your head, let it be to a lofty mountain*



Four presidents: Gerald McLaurin, Eileen Birch, Kirsty Robertson, Sheila Larsen



## From the Council Table

**Sue Jones**  
**Honorary Secretary**

Council were at full strength when we met in Dunedin prior to the Conference on 15-16 March 2018. We enjoyed glorious Southern weather and warm hospitality. For me, it seemed fitting that we farewelled Marian Vlaar in her home town. Marian has given NZAP seven years of caring, skilled work. We will miss you Marian. She leaves big shoes to fill and we are grateful that Vicky Blake from Christchurch has stepped into the Treasurer's position. Vicky was co-opted onto Council at the AGM.

It was with a great deal of sadness and gratitude that we also farewelled Alayne Hall after 10 years of dedicated service to NZAP as the Waka Oranga representative on Council. Thank you Alayne. I have enjoyed your thoughtful presence and wise words. Cherry Pye from Wellington will continue to represent Waka Oranga on Council, and we were delighted to warmly welcome Cherry to our Dunedin meeting.

Siobhan Collins from Christchurch has taken over as the Chair of the ACP Committee, and we look forward to having Siobhan at the Council table for our July meeting.

The following bullet points summarise the main issues that were discussed during the March Council meeting.

- Council formally accepted the recommendations of the Conference and Professional Development review team. NZAP will therefore trial for the next six years having our National Conference every second year. The full report can be found on the website (please

note that you will need to be logged in to the website in order to access it): <http://nzap.org.nz/conference-and-professional-development-review-recommendations/conference-and-professional-development-review-recommendations/>

- Council invited Wellington Branch to host the 2020 Conference and they have accepted.
- Council approved the creation of a Professional Development Group, for one year. Marian Vlaar will chair. Other members include Nikky Winchester, Victoria Smith and Alayne Hall (Waka Oranga). This group will liaise with groups within NZAP who have offered to organise professional development events.
- Council will underwrite a two-day professional development seminar in Wellington on 23-24 March 2019, hosted by a group of Wellington therapists. David Wallin will be the main speaker. Alongside this event we will hold the AGM.
- Council agreed to also support a workshop in Auckland, 15-17 February 2019: “Negative Capability in the Therapeutic Frame”. Speakers include Annie Reiner and Neville Symington.
- Victoria Smith has been invited to join a new Customer Advisory Panel on ACC and has agreed to join the panel as our NZAP representative for a year. Thank you Victoria.
- NZAP subscription fees will not be raised for the 2018-2019 period, although the fee may need to be increased in the future due to the increased costs associated with contracting a book keeper. Council continues to review NZAP’s increased costs and explore ideas of how to keep them down or increase our income stream. Please let us know if you have ideas.
- We encourage branches to look at creative ways to maintain relationships with local psychotherapy students in training. Please let us know of your plans. Other branches may be interested.
- Two Critical Reviews are in progress, namely NZAP Council (the review team is now in place), and Project Partnership – TTBAC (Gabriela is in the process of setting up the review team).
- A group from the ACP Committee met with members of PBANZ to discuss the reaccreditation process. The Board were encouraging of NZAP’s response to their consultation about the Professional Development pathway and restated their interest in learning more about the He Ara Maori ACP pathway. They wanted

us to know that their main interest is in the setting of basic measurable standards and then allowing flexibility on how this is achieved.

- We invite branches to think about ways to acknowledge our NZAP elders. Perhaps branches may choose to host an event to honour your elders?
- Our hardworking EO (Nikky Winchester) is taking extended leave from 20 July 2019 and will be back in the office on 20 August 2019. Council are making plans to cover for Nikky over this time. If possible, please contact Nikky prior to her departure. Geraldine Lakeland will be available for urgent inquiries while Nikky is away: [geraldine@glakeland.co.nz](mailto:geraldine@glakeland.co.nz)
- Each year the Honorary Secretary will send all non-registered Full Members an email with a checklist for them to consider as part of their professional development and supervisory responsibilities.
- Once again I am grateful for the ongoing support of my local Canterbury branch, and my thanks also go to Nikky Winchester for the amazing job she performs for NZAP.

**WAKA ORANGA  
REPORT TO NZAP AGM  
17 MARCH 2018  
Ōtepoti-Dunedin  
Nā Wiremu Woodward, Turu**

Whakataka te hau ki te uru,  
Whakataka te hau ki te tonga.  
Kia mākinakina ki uta,  
Kia mātaratara ki tai.  
E hī ake ana te atākura.  
He tio, he huka, he hauhunga.  
Tihēi Mauri Ora!

Cease the winds from the West,  
Cease the winds from the South.  
Let the breezes blow over the land,  
Let the breezes blower over the ocean.  
Let the red-tipped dawn come with a  
sharpened air,  
a touch of frost, a promise of a  
glorious day.

Ki nga mate huri noa i te motu, huri  
noa i te ao  
Haere! Haere! Haere atu ra!  
Ki nga iwi katoa o tenei whenua  
kahurangi o Te Waipounamu

Kei a koutou kei ōtepoti,  
Nga Kaitiaki o nga maunga tipua, o  
nga waitapu me nga wāhi tapu katoa  
Tēnā koutou, tēnā koutou, tēnā  
koutou katoa!

We acknowledge our whānau who  
have died, our loved ones, our dear  
ones, those who have touched our hearts. In particular we acknowledge  
the death of Alayne Hall's pāpā... who died late last year surrounded by  
the loving presence of his whanau. We also farewell Hinehou's beloved  
Nan, Violet Fleming. E nga rangatira haere e rere to wairua kei tua o te  
ārai, e hoki ki nga toro ringa o nga tūpuna. Haere e hoki atu ra!



Waka Oranga also respectfully acknowledges the guardians of this  
scared whenua, Te Wai Pounamu. We are thankful to return to this land  
and hope that as well as receiving from the generous wisdom held in this  
place, that we, in some small way, will also contribute to the life force of  
this land. As the whakatauki reminds us; Te Rapuwai, Ngāti Mamoe, Ngāi  
Tahu me Waitaha - our strength comes through unison of our diverse  
lineages.

### **Titiro Whakamuri/Looking back**

The year, 2017-2018 Waka Oranga continues to be busy; building,  
struggling, laughing and crying our way forward, walking these pathways and  
footsteps that our tūpuna have left behind, and continue to guide us towards.

In her He Ara Maori Advanced Certificate of Practice (HAMACP) report  
Alayne Mikahere-Hall alludes to the deep interconnected spaces of Te Wao  
Nui a Tane, evoking the symbol of the Hihi stitching binary dualisms, split  
aspects of our object reality into a seamless whole. In this way she  
compares the work/nature of the Hihi to those candidates walking (or

flying) along the HAMACP pathway. To date five manu Hihi have completed this pathway to full membership and we currently have four provisional Hihi on the pathway. Each candidate is supported by HAMACP committee as well as a bundle of supervisors critically examining and challenging the perceived margin between clinical and cultural supervision.

In the last year Waka Oranga has continued to build external community networks and relationships offering presentations locally and nationally to allied health professionals and organisations.

Alongside Grandmothers Healing Haka Charitable Trust, Waka Oranga jointly hosted a Poutama Workshop at Whaiora marae, *Pou Uira Healing Haka – activate your potential* presented by Ojasvin & Waimaania Davis. Tēnā Korua! In addition our waka has also been proudly represented at international hui including a panel presentation on their *Indigenous Experience - From the Margins to the Centre* by Anna Hinehau Fleming, Cherry Pye, Alayne Mikahere-Hall and Margaret Poutu Morice at the IARPP conference in Sydney Australia last year.

Alongside He Ara Maori we also continue to foster relationships within our NZAP community engaging actively from council to branch in all aspects of NZAP life: Cherry Pye has stepped into the co-convenor's role for Poneke branch; Hinehou Fleming is working alongside Gabriela to establish bi-cultural input into the new (revamped) website; in addition to representing Waka Oranga on TTBC Anna and Margaret are on the Northern region's Tiriti Roopu; Verity Armstrong and Emma Ellis have joined the Council Review Committee as Waka Oranga's representatives.

We also continue to contribute as editors and contributors/authors to the production of *Ata: Journal of Psychotherapy, Aotearoa New Zealand*. This year we pay special tribute to Professor Keith Tudor who has stepped down from his role as co-editor of Ata. Keith, in co-editorship with Alayne Hall, is responsible for sculpting Ata to reflect the organisation's growing commitment to Te Tiriti and a bi-cultural relationship. This commitment is reflected in the bilingual format of the Journal as well as the presence of two editorial boards including an indigenous editorial board, bi-cultural editorship and growing indigenous content. Keith and Alayne have handed

over the mantle of co-editorship to John O'Connor and Margaret Poutu Morice and Wiremu Woodard. We thank and salute you both for your contributions and generous ngakau. Na reira e te Rangatira tenei te mihi ki a koe Keith mo to ngakaunui kia tu tenei taonga hei hua mo tātou katoa. Tēnā koe e te rangatira.

Finally in 2017 Waka Oranga celebrated our inaugural Hui a Tau celebrating 10 years since the establishment of Waka Oranga. We marked this achievement with three days of activity and festivity.

The first day, held at AUT Manukau campus opened and MC'ed by Matua Dr Haare Williams, Donald Ripia and Professor Keith Tudor, was a symposium day; *Kia Piki Te Ora Kia Mārama Te Huarahi: When Health is Uplifted the Pathway is Brighter*. We were fortunate and blessed to have contributions from a range of gifted and prestigious speakers: Moana Jackson, Professor Tim McCreanor and Dr Alayne Mikahere-Hall who spoke elegantly about their research and whakaaro exploring inequity about the complexities and realities of Māori health outcomes in our society.

Day two complimented the seminar with a day of festive celebration and commendation. After a night together at Whai Ora marae we were lovingly and firmly gathered together by our kaikorero Matua Busby who organised us into haka pōhiri formation on the māhau. At the Waharoa our manuhiri gathered, flocking around Matua Haare, resplendent in his korowai bearing his tokotoko and supported by the presence of his daughter Erana (and her as yet unborn pēpē). A lithe young Kaitaki danced, parried and flew across the marae ātea; wielding taiaha, sounding his challenge to the approaching ope. Laying the wero before Matua Haare, the Kaitaki proceeded to lead the manuhiri forward through our ranks into the whare tupuna, Te Waiariki.

Matua Haare later confided to us, even though he had accompanied *many* dignitaries through the wero process, this was the first time in the history of his illustrious career that he had been welcomed with a wero for himself. The morning proceeded with korero ngakau addressed to matua Haare celebrating his Honorary Doctorate awarded earlier in the year by Auckland Unitec recognising Haare's prestigious contribution to Te Ao Maori and wider New Zealand society. Waka Oranga humbly thank our

Whaiora whanau for their magnificent manaaki and aroha in co-hosting this occasion to honour our kaumātua. The process for the second day was completed with a sumptuous hākari prepared with loving hands by Hinewirangi's son, Libra and whanau, complimented by a live band: Louella and Rā.

Our AGM concluded our 3<sup>rd</sup> day with lively and challenging korero, looking forward charting the journeys before our waka. After more than ten years Alayne Mikahere-Hall announced her decision to step down from her active roles on the Rūnanga and NZAP Council. Tēnā ano koe e te wahine maia mo to puku mahi mai te timatanga ki te mutunga! The Rūnanga also delightedly welcome Verity Armstrong and Margaret Poutu Morice onto the Rūnanga, Cherry Pye onto Council and Ruingarangi Stewart in the new position of administrative assistant, our first paid role on the Rūnanga! Nau mai ra!

In organising and hosting our decennial celebrations Waka Oranga are immensely thankful to NZAP Council, TTBAAC and Regional branches for your generous support, encouragement and manaakitanga. Tēnā koutou. We also would like to thank the numerous individuals, who in the last ten years (and more) have given freely of their time expertise, experience, aroha and manaaki. Tēnā koutou katoa.

This time last year Matua Haare was awarded his Honorary Doctorate from Auckland Unitec. This year we are proud to announce that Matua Haare will be awarded a Member of the New Zealand Order of Merit for Services to Māori, the arts and education (MNZM). The formal announcement reads as follows:

*"The Queen has been pleased, on the celebration of the New Year, to make the following appointment to be a Member of the New Zealand Order of Merit for services to Māori, the arts and education; WILLIAMS, Dr Haare Mahanga Te Wehinga, JP".*

I would like to leave the last words of this report looking back over the first ten years of Waka Oranga's life to Trevor Pye, artist and loving husband to Cherry.



“Ten years ago last May, several people met with the common intention of establishing, under the umbrella of NZAP, a group that would meet the needs of Māori psychotherapy practitioners.

Cherry and I were fortunate enough to host this meeting at our whare, nestled in the foothills of the Kaimai ranges, overlooking the whenua of the Bay of Plenty and Tauranga moana. The vista that stretched to the horizon seemed to suggest the almost infinite possibilities that a group of likeminded souls with a singular purpose could embrace and develop.

“While I wasn’t directly engaged in the korero, it was a privilege for me on the periphery, contributing in whatever small way I could to the smooth running of the weekend. What stands strong in my memory was the karakia that Haare, the group’s kaumātua, recited, as the sun rose over Mauao, Mt Maunganui.

“I am not a morning person by nature, but I would not have missed this for the world, as Haare beckoned to the first rays of the rising sun, illuminating a new day. This, with his intimate knowledge of the old stories of the area which he shared throughout the time we were together, left a lasting impression, in particular of the deeply essential relationship between the natural environment and those of us who walk upon Her; a relationship easily taken for granted, or even forgotten, in a world of increasing separation and fragmentation. Kia ora Haare.

“In the 10 years since the brief but memorable encounter, the initial privilege has expanded as I have got to know the dedicated souls and the difficulties and successes they have confronted and embraced; each individual sharing their special abilities and strengths to evolve a rōpū of lasting significance. I cannot fail to mention, in particular, my delight in getting to know Hinewirangi, that confluence of archetypes; wise woman, mother, warrior, trickster, and a whole lot more, who, along with kaumātua Haare, form the essential core of Waka Oranga – guiding, holding, and when necessary, chastising – to mould and form the group’s essential personality.

“I’m sure it will not get easier as time goes on, but I believe the collective strength and commitment of the members and supporters of Waka Oranga

and their common goal of psychological and spiritual wellbeing for tangata whenua cannot but succeed and flourish as the years unfold.

“I wish Waka Oranga good fortune for the future and I am with you in spirit as you celebrate your first decade of being. I will finish with a whakatauki:

*Manaaki whenua, manaaki tangata, Haere wharamua  
Care for the land, care for the people, Go forward”.*

Trevor Pye: November 2017

As a final korero we wish to welcome Haare’s new mokopuna, Erana and Max’s son, Te Makahi Robert born 27 November 2017. Naumai e te rangatira, e te kuru pounamu, whakatau mai ki tenei Te Ao mārama! Tihei Mauri Ora!

Na reira aku rau rangatira ma Kia hora te marino Kia whakapapa pounamu te moana Kia tere te kārohirohi I mua i tō huarahi. Tihei Mauri Ora!	<i>May peace be widespread May the sea glisten like greenstone May the shimmer of light guide you on your way</i>
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Symbols of the Conference, Dunedin

# Welcome to new members

## **Welcome to the following new Full Members**

Alexandra Fusco, Dunedin  
Claire Hiroti, Whanganui  
Mihili Alexander, Auckland  
Raewyn Stedman, Dunedin

## **Welcome to the following new Provisional Members**

Olivia Scobie, Dunedin  
Paul Wilson, Auckland  
Seiko Shirai, Auckland  
Tania Hannam, Auckland

## **Welcome to the following new Student Members**

John Evans, Wellington  
Karen Wells, Dunedin  
Kirsten Andreae, Dunedin  
Leigh Gillespie, Dunedin  
Leo LaDell, Dunedin

## ACP Committee

Dates for Assessment Interview	Notify Executive Officer by
6 <sup>th</sup> October 2018 ( provisionally)	10 <sup>th</sup> August 2018
March 2019	January 2019

It would be appreciated if Provisional Members would inform the Executive Officer of their intentions as soon as possible, even before the due date.

Provisional Members, wherever possible, will not be assessed in their home town and will be notified by the Executive Officer of the venue and time of their assessment interview as soon as possible.

Submission of written work	Notify Executive Officer by
3 <sup>rd</sup> August 2018	8 <sup>th</sup> June 2018
April 2019	February 2019

### Also, please note:

A non-refundable administration fee, set at half the marking fee, must be paid to the Executive Officer at the time that notice is given to present written work, with the balance of the fee to be paid at the time of the submission of work for marking.

## Advertising Rates

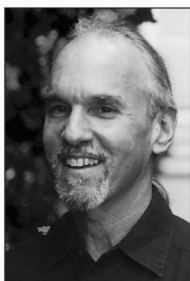
	NZAP Members	Non-Members
<b>Half Page</b> (A5 size)	\$45.00 incl GST	\$100.00 incl GST
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<b>Insert</b> (A5; one side/b&w)	\$100.00 incl GST	\$180.00 incl GST
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**SAVE THE DATE**  
Registration opens September 2018

# Attachment in Clinical Practice

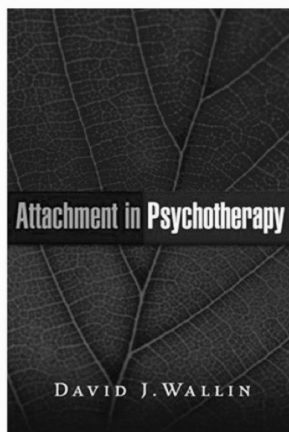
Dr David Wallin, Psychologist, author of  
acclaimed *Attachment in Psychotherapy*

March 23-24, 2019 at Te Papa  
Cable Street, Wellington



In this seminar Dr Wallin presents an integration of attachment research and understanding with relational psychoanalysis and mindfulness. The focus is on the explicit and implicit ways that clinicians can facilitate healing, growth, and change. It will be of practical interest and value to psychotherapists, psychologists, counselors, social workers, psychiatrists, and mental health practitioners. Specific attachment issues in Aotearoa will also be addressed.

**For more information contact:**  
[executive-officer@nzap.org.nz](mailto:executive-officer@nzap.org.nz)



Sponsored by *The New Zealand Association of Psychotherapists*

## Developing our Creative Mind

### Using the ideas of Wilfred Bion, Annie Reiner and Neville Symington

**A Residential Mini-Conference on Waiheke Island, Auckland  
15 – 17 February 2019**

How do we keep our mind open while working with our clients? We face so many pressures inside and out. How do we develop a creative space so that our pasts and our theories don't close off potential for growth in ourselves and the people we see? This time together is a chance to explore the intensities and uncertainties of the therapeutic encounter. Presentations, small groups and discussions will allow for practical case review, as well as experiential learning.

#### **Guest Speakers**

**Annie Reiner** (author of 'Bion and Being') and **Neville Symington** (author of 'The Making of a Psychotherapist' and many other publications)

**Annie Reiner** is a poet, artist, psychoanalyst and author of children's books as well as those on psychoanalysis, notably on the understanding of Wilfred Bion's ideas. She offers a fresh and spacious approach in thinking about clinical ideas. She has a very straightforward way of presenting and stimulating new ways of thinking about clinical work.

**Neville Symington**, a psychoanalyst from Sydney, is well known to many here. He has published many books and articles on psychotherapy and has an interest in demystifying psychotherapy to make it more accessible.

Both present work that is rooted in their experiences of being with clients and patients. Both travel widely to teach and supervise and we feel very fortunate that they could accept our invitation and have them work here together.

**To make an Early Expression of Intent (and secure preferential early booking rights):**

**Email:** [jenniferhowarth0@gmail.com](mailto:jenniferhowarth0@gmail.com)

(Due to space the conference is limited to 70 people.)

**SUPPORTED BY THE NEW ZEALAND ASSOCIATION OF  
PSYCHOTHERAPISTS**





## Working with Sexual and Gendered Bodies



A 3-day workshop with  
William Cornell, MA, TSTA-P, & Michel Landaiche, PhD  
**9-11 June 2018, Dunedin**

Each of us may have experiences of our bodies – our gender identities and sexualities – that are so private and delicate that we can find it nearly impossible to speak of them to anyone. So how can we learn to discuss these important dimensions of human life as psychotherapists? How is meaning made, when faced with behaviors that are deemed permissible or forbidden? How can we redefine perversion in our current cultural contexts? We will begin to identify the issues related to gender, transgender and sexuality that we often find ourselves avoiding or that we may have no idea how to address. Attendance is limited to 50 participants.

**William F. (Bill) Cornell**, MA, TSTA-P, is a psychotherapist in Pittsburgh. He is also a trainer for psychotherapists in Europe. Bill is the author of numerous articles, book chapters and books, including *Somatic Experience in Psychoanalysis and Psychotherapy: In the Expressive Language of the Living*.

**N. Michel (Mick) Landaiche**, PhD, is currently a psychotherapist and training supervisor for Carnegie Mellon University's counseling center. He has written numerous articles, including some co-authored with Bill Cornell.

Dunedin Public Art Gallery, The Octagon, Dunedin  
Saturday 9 to Monday 11 June 2018, 9am – 5.30pm  
\$590 early bird. Late fee from 1 April 2018: \$620

See website for registration: <https://nztaa.org.nz/>  
For enquiries contact Jo Stuthridge: [jo@jostuthridge.co.nz](mailto:jo@jostuthridge.co.nz)



## **Waka Oranga (Inc)**

National Collective of Māori  
Psychotherapy Practitioners

P.O Box 34270

Birkenhead

Auckland 0626

wakaoranga2007@gmail.com

*Manaaki whenua, manaaki tangata, haere whakamua*  
Tihei mauriora! Tēnā koutou, tēnā koutou, tēnā ra koutou, katoa

### **Important dates for 2018**

Saturday 26 May 2018, Te Whanganui a Tara, Wellington

Poutama Tahi: *Towards a Māori Psychotherapy*

Presented by Margaret Poutu Morice (Ngāti Porou)

Saturday 18 August 2018, Whaiora Marae, Otara

Poutama Rua: *Title TBA*

Presented by Verity Armstrong (Kai Tahu), Anna Fleming (Ngāpuhi, Tūhoe) and Mischelle Tohu (Ngāpuhi, Ngāti Kahungunu)

Sunday 20 September 2018, Whaiora Marae, Otara

Annual General Meeting and Hui a Tau

More information to follow.

As 2018 continues, we look forward to our poutama events – spaces which uphold matauranga Māori and hauora Māori. As a rūpū we strongly advocate for these spaces to be held in our work, our association and in wider public spaces. The upcoming Mental Health Enquiry is something that we look to provide a strong response to, as well as our ongoing relationship as treaty partner with NZAP. Warm wishes to all as the weather cools and we move closer to a new year with Matariki.

### **Mauri Ora**

**Te Rūnanga o Waka Oranga**



## NZAP Conference March 2018 Ōtepoti Dunedin



Ngā mihi nui He Waka Kōtuia for your beautiful welcome to Ōtepoti. Ngā mihi korua, Komene Cassidy raua ko Paulette Tamati-Eliffe for your warmth, kōrero and guidance during our arrival to your whenua.

Waka Oranga extends great aroha and acknowledgements to those involved in the planning and organising of this year's Conference. We were treated to a diverse programme of speakers and were held strongly in the beautiful surrounds and whenua of Ōtepoti.

This year we were fortunate to be joined by our matua and NZAP Pae Arahī, Haare Williams. Matua Haare spoke after dinner on Thursday and shared his wisdom gathered from across the decades of his life. As it often is, his attention was turned to our rangatahi, the younger generations, as he continuously encourages our young people to step up and be engaged. This kōrero was even more special this year as Matua Haare has welcomed his latest grandchild, son to his daughter Arena.

We congratulate all those who were honoured throughout the four days, including those people who received awards. To our associate members, Roy Bowden and Professor Keith Tudor who also launched their books, ka rawe korua!

Ngā mihi nui ki a koutou ano to our Ōtepoti organising committee. While the ways in which we meet in Conference are currently undergoing a state of change, we look forward to further hui together in the future.



*St Clair Beach, Sunday 18 March*

## Reflections from NZAP Conference 2018 – Ōtepoti

Verity Armstrong (Kai Tahu) – Registered Psychotherapist  
Te Rūnanga o Waka Oranga, Provisional Member NZAP

This was my second Conference and I still noticed feelings of nervousness and excitement. For me the excitement was about being in the whenua of my tupuna and even a visit to my marae with my friends, Anna and Emma.



*Colac Bay, Southland, Monday 19 March 2018*

And for me the Conference delivered a sense of warmth, something the organisers had talked about wanting to convey. I loved our welcome from the group of mana whenua who showed such strength and confidence in their performance.

I had a sense at Conference of support from wise elders who were encouraging of the newer psychotherapists amongst us to step forward. Having just turned 50 I felt a little sheepish about seeing myself as a ‘younger’ member but I greatly appreciated the space that was offered to us.

I was moved by Dr. Tess Moeke-Maxwell’s presentation as well as Kay Ryan’s workshops on ways to approach and think about death. They provided new ways for us to approach the subject that is often avoided by modern Western society. They beautifully accompanied what seems to be a growing movement to talk and think about death as a natural part of our lives.

I also found myself feeling deeply grateful each time I heard Matua Haare Williams speaking. Matua Haare was able to talk to me about the area my tupuna are from, a gift he provides in so many spheres of life in Aotearoa.

And for me, towards the end of the Conference I had another exceptional experience, seeing my friend Anna speak so eloquently about other attachments felt by tangata whenua in Aotearoa. Her korero resonated through me as we looked at the whenua around us, and further resonated through me as I walked along the shoreline of the titi (muttonbird) where my great-grandmother worked and lived.

## **Reflections on Professor Khyla Russell's Keynote Address: From Thought, to Expression, to New Understanding**

**Sarah Tait Jamieson**

In her description of this keynote address Dr. Russell wrote of how whakapapa defines how we arrive into being with body, spirit, and mind connected to generations past and present. Her definition of whakapapa was much wider than merely our connections to other humans as she urged us to consider all that we can see and experience in our world as being connected to us – hills, mountains, valleys, oceans, seas, lakes, and rivers – and as such potential sources of new knowledge and wisdom.

I was confused and had to read the words several times before my linearly trained tauwi mind, used to A-implies-B-type thought could take in Dr. Russell's much less formulaic way of thinking and writing. I had the feeling that we would be invited into a different world and world view at her address, and I was not disappointed.

I was still slightly confused as I sat and listened but looking out the windows of the Conference venue at the green rolling Dunedin hills I could let my mind relax and dream into Dr. Russell's words.

I appreciated her efforts to build rapport with us, her audience and to make sure we were all on board and understanding her quirky way of expressing herself. I was also slightly taken aback at what seemed to be



Professor Khyla Russell

self-deprecating remarks and wondered if she would have related to a predominantly Māori audience in the same manner, or if this was some sort of post-colonial ghost.

When she told her story of swimming and becoming aware of the presence of two sea lions, I noted my own in-breath and fearful anticipation of danger at their mention. A woman on the shore had responded similarly and, unsolicited by Dr. Russell, sent her dog into the water to protect her from harm. What Dr. Russell knew was that these sea lions were kaitiaki of the moana who were actually keeping her safe as she floated

in the sea. Rather than setting herself apart from or above the natural world in the Romantic tradition, she was aware of and acknowledging her whakapapa, her connection to it.

This was much more than a revamp of nineteenth-century thinking and seemed such a different way of understanding the situation than both my response and the response of the dog owner, that I was brought up short. It has left me wondering how I deal with what is unknown or unfamiliar in my life, how this could change, and how I can allow myself more space to dream into the worlds of others.

## **Donny Riki**

My whakaāro of Khyla Russell's keynote address was that it was as moving and informative as it was validating. And timely. The tides continue to slowly turn as we extend ourselves beyond Western

understandings of the nuclear self, and embrace ideas of wairua, whakapapa and the natural world which binds all things together – this was the whatumanawa of Khyla’s korero.

Her stunning āhua alone told a story in itself – the kauae tā moko embellishing her ngutu, kauae, korokoro and uma (lips, chin, throat and chest) demanded attention, personifying Tino Rangatiratanga and tribal ranking. And rightly so. For not only is she an Emeritus Professor (whatever that means), but she is also Kai Tahu and therefore carries the mana and whakapapa of Tahu Pōtiki - a formidable ancestral warrior.

Awed by her striking beauty and presence I wondered how my non-Māori colleagues might interpret the sacred etchings on her skin, and how they might make sense of her korero. She danced with and trusted in wairua to guide her narrative, checking in with the audience as she went to gauge interest. And interested we were.

In the Indigenous spirit of inter-connectedness, Khyla skilfully wove together circular threads of attachment theory, socio-therapy, developmental psychology, stories of whakapapa and environment. Her korero was heart-warming, enriching and profound.

She recalled an experience where she was “lolloping” amongst the waves of Tangaroa and Hinemoana, swimming mindfully alongside the seals. Having completed this daily ritual since she was a young kotiro, she regarded them as kaitiaki, as they perhaps, may have regarded her. This reciprocal and wairua informed knowing, maintained respect and safety for both parties. A woman from the distant shore, perceiving she was in danger, sent her dog out to “rescue” Khyla.

This reminded me of my dad sharing stories of his childhood in Opononi, Hokianga. To the envy of many, “Opo” the dolphin had befriended him, and he spent a memorable summer wagging school to frolic in the waves with his new friend. A keen lover of kaimoana, Dad ate mostly seaweed that year, he says, so Opo could sense him apart from the other tamariki – and know he was neither a threat, nor a tasty morsel!

These poignant examples of limbic resonance, kaitiakitanga and respect speak to the difference in perception of how we understand ourselves in the world both in isolation and in relationship. They are not stories of romanticism as my friend Sarah has just discussed, but merely common sense. Neither are they new or extraordinary stories as we Māori have lived this way for generations. What *is* relatively new however, is the interest from non-Indigenous academics.

In the context of biculturalism, I wonder how these understandings may be usefully applied to the practice of psychotherapy and to my life in general.

Decolonisation through psychotherapy supports my healing work by trudging through the layers of systemic and trans-generational violence, and then at an inter-personal level. Sitting in silence to hear the heartbeat of Papatūānuku can quieten an anxious mind; or feeling grass between toes and warm sun on one's face, can uplift a depressed heart. When the world feels too "peopley", I encourage whaiora to go outside and connect to the natural world.

Biculturalism enables an understanding of respectful reciprocity between my Pākehā partner, Viv, and I. He is a GP with a special scale in psychiatry, so our dinner table is never short of interesting korero. We both carry a plethora of cultural baggage in our whakapapa and rather than attempt to convert the other to be 'more of' or 'less than' what we are, we maintain our positions of difference and invest our energies into the loving spaces where our lives intersect.

Interestingly, some of his well-intended associates have referred to him as Māori because he is in a spousal relationship with one. And if that's the case, does that then make me a doctor? Given that my knowledge of an appendix is only found inside a book, I would certainly hope not.

As much as Khyla admired the seals, she did not aim to become one, nor did my father hope to become a dolphin. And neither of them, I assume, expected these beautiful creatures to become human. There is something to be said about being *whole* in *separateness* to be *together*; just as being pro-Māori does not make me anti-Pākehā. My nanny often said "aroha

mai, aroha atu” (give love and kindness to receive it) – no fancy schmancy discourse analysis is required to understand that.

Khyla asserted that whakapapa transcends DNA, generational ties and intimate relationships, but includes links in balance with the natural world - whenua, moana, ngāhere, te taiāo and te ao tukupū. It permeates everything that is Māori and forms the basis of our knowledge and understanding by providing connections between the spiritual and the material, the physical and the non-physical.

Given that I descend from Papatuānuku and Ranginui in our creation stories (as perhaps, opposed to a rib or an ape respectfully), it would be safe to assume that the rhythmic heartbeat of the natural world and that of whakapapa is actually one and the same. This affirms that we as tangata whenua are not *of* the land, but that we *are* the land.

*“Toi tu te kupu, toi tu te mana, toi tu te whenua.” (Tinirau)*

This whakataukī is a plea to protect and uphold our culture, for without language, without mana, and without land, the essence of being Māori is lost.

Nāku noa.

## **Conference Feedback**

### **Sheila Larsen (Past President)**

This Conference stood out for its warm and friendly atmosphere. There seemed to be more space and time to connect with different members, and as the venue was compact, we did not have to rush to get to the next room for different papers.

We kept returning to the theme, “E Tipu Ana – As We Grow,” throughout the Conference, talking about growth in all the stages of life, from birth to death. All of us were profoundly moved when Sandra Turner spoke of

how difficult it is facing her own mortality. Thank you for the gift of sharing that with us, Sandra.

The video presentation by Dr. Anne Alvarez was better than I expected. Rather than a detached presentation, she was warm, relaxed and engaging, as if she was truly there with us, and we were able to ask her questions. Thank you, Sean, for dealing with the technology of that.

I was really pleased to notice the next generation of members taking a more vocal and active role in the discussions. There was an energy and vitality about it that I loved. NZAP is in good heart.



## News

### **Indemnity insurance now available for all Student Members of NZAP**

Rothbury Wilkinson is now offering all Student Members of NZAP professional indemnity insurance. Please contact Brent Pratt (04 903 4578 or 021 514 591) for more details. There are two options available:

1. If you are under the supervision of a psychotherapist who is a member of NZAP and who is already insured through the NZAP Group Scheme, then you will not be charged for the professional indemnity insurance, while you are a Student Member. (Once you become a Provisional Member, the standard premiums will apply.)
2. If your supervisor is not a member of NZAP, you will need to pay the standard premiums for the professional indemnity insurance.

If you know of any people who would benefit from this please let them know.



## **Ngā Āo e Rua meeting and conference**

Ngā Āo e Rua are planning a one-day Hui in September, preceded by a lunchtime meeting on 10 June hosted by John O'Connor at 20 Scott Avenue, Mangere Bridge, Auckland, to think about and generate ways of embodying bicultural engagement at the local branch level.

The organising group (Anna Fleming, Cathy Langley and John O'Connor) are hoping to encourage the Northern Branch and NZAP members generally to grapple with the interface of indigenous and nonindigenous perspectives in relation to psychotherapy. The meeting is open to any psychotherapists, practitioners of therapy, or psychotherapy students. Enquiries to John at [johnnygi@xtra.co.nz](mailto:johnnygi@xtra.co.nz)

## **NZAP's new book keeper**

A warm welcome to Shirley Vickery, who is the new book keeper for NZAP. Her email address is [shirleysbookkeeping@gmail.com](mailto:shirleysbookkeeping@gmail.com)

From now on, please send your expenses claims directly to Shirley. The expenses form and the "Guidelines for Expenses" have both been updated and can be found on the website at <http://nzap.org.nz/guidelines-for-nzap-expenses/> You will need to be logged in to the website as this page is in the Members area. If you have any problems accessing it, please let the Executive Officer know: [executive-officer@nzap.org.nz](mailto:executive-officer@nzap.org.nz)

Please note that you will need to provide Shirley with your bank account details the first time you send in an expenses claim to her, even if you have previously provided Marian with the same details. Individual members' bank account details were stored under Marian's log in access to the bank account, and it was not possible to transfer this data to Shirley. Your assistance is greatly appreciated.

## **Staying in touch with retired members**

Roy Bowden writes that Ruth Manchester "wished me well for the Dunedin conference and said, 'Give my very best to everyone although

not many will remember me now’.” Many of us do in fact remember Ruth well as a prominent member and author of the first history of NZAP, up to 1996. (There are now two subsequent histories, that of Rhona Carson, Mary Farrell and Seán Manning up to 2006, and now Roy’s ‘Psych-O-Therapy Aotearoa’, launched this year in Dunedin.)

Roy offers to contact retired members who may have drifted out of touch with the Association, so if you know of anyone, let him know at [roybowden1941@gmail.com](mailto:roybowden1941@gmail.com) or 021 212 0204.

### **Council Review Team appointed**

As part of the ongoing review of all of NZAP’s structures, the team charged with reviewing Council has been appointed under the leadership of Eileen Birch.

Eileen writes: “Our task is not to decide whether any committee or portfolio is to be represented on Council, but to explore the overall function and role of Council and how it can best serve membership, and we are asking ourselves a number of questions. We have a number of ideas we are tossing around but too early to be specific about these. Though I will say we are looking at how Council can proceed in partnership with Māori and what this would look like.”

The other members of the team are Emma Ellis, Verity Armstrong (and Margaret Morice, Alayne Hall and Roy Bowden as their tuakana), Kirsty Robertson, Marlyn Robson and Gerald McLaurin.

Members are invited to get in touch with their ideas and suggestions. Eileen’s email address is [helice01@hotmail.com](mailto:helice01@hotmail.com)

### **Dr Anne Alvarez video on the website**

We are hopeful that by the time you read this a video of Dr Alvarez’ presentation at the Dunedin Conference, “Future Perfect: Some reflections on the sense of anticipation in ordinary infants and in psychoanalytic work” will be available on the NZAP website.

This was the first time an NZAP Conference has had a keynote presentation delivered via videoconference – from London in this case – and it was a great success, not least because of Dr Alvarez’ engaging and relaxed manner. The paper will be published in “Psychoanalysis and Other Matters: Where Are We Now?” edited by Judith Edwards with a foreword by Margot Waddell, published by Routledge (in press).

Videoconferencing opens up possibilities for us to have international guests much more often and at a fraction of the usual cost. For the geeks among us, the platform was Zoom, and anyone interested in the technical side, especially how to manage the sound (since the audience need to be able to interact with the presented) should contact Seán Manning or Terry Ebeling, who between them acted as techies.

### **Servaas van Beekum: “The Murderous Sibling” seminar via videoconference in Dunedin**

The Dunedin Branch are expecting to use videoconferencing for a presentation on Friday 15 June (3.00PM at Marinoto House) of Servaas’ paper “The Murderous Sibling”.

Marianne Quinn is organising this, and people wishing to attend should contact the Otago Branch secretary, Megan Turnbull, at [meganturnbull@orcon.net.nz](mailto:meganturnbull@orcon.net.nz)

### **2018 Privacy Forum**

Dianne Hendy writes: “The Office of the Privacy Commission is holding the 2018 Privacy Forum on Wednesday 9 May during Privacy Week.

“The Privacy Forum will be a day of privacy-related discussion with many of the leading privacy exponents in New Zealand. A focus of this year’s Privacy Forum will be the new Privacy Bill which is before Parliament. Among a range of privacy topics, we’ll be discussing how privacy law will change in New Zealand and what agencies can expect to have to comply with it. There will also be a discussion session on predictive risk modelling and automated decision making.”

Dianne has been invited to attend, funded by NZPsS, but will also represent NZAP. Dianne's number is 027 200 3339.

### **Mental Health Enquiry**

On the discussion forum *NZAP Connect* a number of members have been discussing means to present submissions to this important government initiative, with particular credit to Michael Trott, Lynne Holdem (Public Issues portfolio on Council) and John Farnsworth. Members are encouraged, whether as Branches, ad hoc groups or as individuals, to write to the Enquiry. Links are available within *NZAP Connect* posts or on the Ministry of Health website.

The inquiry team will engage in a two month series of regional visits stretching from Kaikohe to Invercargill. Inquiry Chair Ron Paterson has said the team was keen to ensure as many people as possible had an opportunity to directly engage with the inquiry and was consulting with different groups to try and ensure this happened.

The consultation document was released on 27 April.

### **Conference 2020: Wellington/Whanganui-a-tara**

Following Council's decision to hold conferences every two years, Wellington accepted responsibility for the 2020 Conference. Thank you Wellington! Thank you Whanganui-a-tara!

At this point no news is available on the date, theme, and so on, as this decision was only declared at the recent AGM in Dunedin.

### **Council meetings**

Council will meet on 30 June-1 July and 3-4 November in Wellington.

## Distinguished Service Awards

### **Congratulations to**

Dr Brian Broom, John Farnsworth, Sandra Buchanan, Kyle McDonald and Seán Manning on being presented with the DSA at the NZAP Conference Dinner in Dunedin on 17 March 2018.



Dr Brian Broom (Right)



Dr John Farnsworth (Right)



Sandra Buchanan



Seán Manning



Kyle McDonald (Centre)



Marianne Quinn and John Farnsworth at the Dunedin Conference

## **Update on the Review Process**

### **Gabriela Mercado**

Nga mihi kia koutou katoa.

The review process is well underway and steady progress continues to be made. The report from the Professional Development and Conferences review team has been implemented. As part of the action plan there will be no Conference in 2019, but instead a professional development event will take place in Wellington, as part of which the Annual General Meeting will be held. More information will be published later on the website.

The NZAP Council review team has been set up. It will be chaired by Eileen Birch, and is comprised of Verity Armstrong, and Emma Ellis from Waka Oranga, with Margaret Poutu Morice, Alayne Hall, and Roy Bowden supporting them in their tuakana role, and Kirsty Robertson, Gerald Maclaurin and Marlyn Robson.

The Partnership, and Promotion of NZAP and Psychotherapy teams are in their setting up stages.



This is an exciting time in the life of NZAP, an opportunity to build the Association we really want. An Association that is spaceful enough for our differences, as well as maintaining the depth of reflexion and scientific rigour that characterises our profession. We all need to take part in creating the organisation that we truly wish to have, and that will best serve us. We can all do this by expressing our thoughts for keeping NZAP current. You may choose to directly contact Eileen Birch

([helice01@hotmail.com](mailto:helice01@hotmail.com)) or email me on [gabriela@orcon.net.nz](mailto:gabriela@orcon.net.nz) and I will pass your feedback to the respective review team.

Arohanui

“It is in playing and only in playing that the individual child or adult is able to be creative and to use the whole personality, and it is only in being creative that the individual discovers the self.”

— Donald Woods Winnicott, *Playing and Reality*

## **NZAP Submission on Child Poverty Reduction Bill and Amendments to Children’s Act 2014**

**Lynne Holdem, Public Issues Portfolio**

New Zealand Association of Psychotherapists (NZAP) approve the intention of the Child Poverty Bill to reduce child poverty in Aotearoa, and to create specific targets, measures and reporting standards. Reducing child poverty will have flow on benefits not just for the resilience of children, their families and communities, but also the future

of our nation. Reducing child poverty increases educational achievement, social and mental health, employability and reduces crime in the children from families lifted out of poverty as shown by Jane Costello's 2010 research: <https://www.ncbi.nlm.nih.gov/pubmed/20483972>.



We consider that the emphasis on agencies working together to improve the well-being of children would be a good outcome as it is obvious from our work that some families are receiving too much 'help' in that the help offered is not necessarily what that family need, or given in a fashion that allows them to be open to receiving it, or that different messages to the family from different agencies are

confusing for them.

For instance, the majority of parenting programs available in New Zealand are based on behaviourist models and if parents have insecure or disorganised attachment and 'blind spots' created by the frightening or frightened mental states of their own parents, then behaviourist interventions can be more harmful as they tend to be taken in as further shame by the parents and result in more punitive responses to the children. Examples of relationally based, early interventions that are informed by attachment research are Watch, Wait and Wonder and Circle of Security.

Again, there has been a strong push from Oranga Tamariki to enroll children from deemed "at risk" families into Early Childhood Care. While recognising the good intention here, research with families where there is insecure attachment due to intergenerational abuse or trauma or mental illness show that the development of these children is actually put at risk when their already tenuous connection with their primary caregiver is put under further stress by long periods away from them and they are not yet able to manage emotional regulation and social



interactions with other children that such settings require. An intervention in this case which targets the relationship and parenting in the home and postpones focus on early childhood education and preparation for schooling until this first relationship is strengthened would be far better.

Whanau Māori have faced historical and social processes which have impacted the ways in which whanau parent and interact with children. It is vital that parenting interventions are culturally appropriate and informed by tikanga and whanau ora approaches such as the work of Hoki ki to Rito at the Ohomairangi Trust in Auckland. Māori psychotherapists Alayne Hall and Anna Fleming have published excellent papers on Kaupapa Māori approaches to attachment and raising children that address historical processes and can inform future initiatives.

In another submission to this Bill, by one of our members, Dr Robyn Hewland, she outlines the importance of providing financial incentives for parents to attend parenting courses with child aged 3 months to 3 years. We also support this measure to bring in parents who have been alienated or are suspicious of such programs.

Overall the goals and reporting targets set by this Bill seem workable and achievable and we support this pragmatic and comprehensive approach.

Referring to the Vulnerable Children's Act 2014 and Oranga Tamariki Action Plan we are delighted that amendments to the Bill have removed the original, stigmatising name. All children are vulnerable and while we acknowledge the need to bring resources and supports to specific social and economic groups it is vital that this is done in a manner that respects their autonomy, their wairua, and recognises their gifts. The well-being of all children has been sadly neglected through lack of investment in housing, health, social and community development and education.

We support the measures taken by this Bill to reduce poverty and increase well-being for children in Aotearoa.

## **An Open Letter to Te Tiriti and Bicultural Advisory Committee Seán Manning**

*Following several conversations with other members, including members of Council, I asked some questions and made comments about the “Treaty Committee” at the Members’ Forum and at the AGM in the Dunedin Conference in March. This is not a reflection on the work of the committee members, all of whom are people who are genuinely interested in biculturalism. Nor do I wish to pre-empt the review currently taking place, this year with Council and the Treaty Committee in its sights, (though it has been suggested that I am doing just that). There is a tendency, when a review is underway, to wait and see – we must ‘wait for the review’. My view is that lively and public discussion will inform and resource the review rather than pre-empting it. I decided to put my views in a letter to the co-conveners of TTBAC, Susan Horne and Donny Riki. I warned them first, and their response is printed below. - Editor*

Dear Donny and Susan,

I am writing to you as Chairs of the Treaty Committee (TTBAC). I want to raise some questions in the NZAP Newsletter and I thought I would publish the following as an open letter. You might want to respond immediately or later, in another issue.

I was a member of the Treaty Committee (or Te Tiriti and Bicultural Advisory Committee – TTBAC as it became) for a while, back when we were defining its task and methods. We adopted a series of principles, for instance that everything NZAP does can be analysed through the lens of the Treaty, and that everything that can be devolved to regions, to the periphery, so to speak, should be devolved, so that people have a choice locally and are not driven by the edicts of central authority. A lot of the mandate for the Committee was developed at a hui organised by the late Fay Danvers on Te Poho o Tangiianui marae in Hastings, with Anihana Daly and Mitzi Nairn, and on a small marae in Northland where Eileen Birch was known.

I was on the Council when Waka Oranga was invited to fill two seats, at the AGM in 2009 in Christchurch. At that time I asked whether TTbAC should not be disbanded, as now biculturalism was well established in all of our agendas and could be devolved to the regions and other Committees and we now had partnership built in to our governing body. The debate never got off the ground, and it seemed as though there was no way to talk about it. Meantime TTbAC has grown in influence and numbers. It is the only Committee of NZAP other than Council that represents the membership, and the only one whose membership is chosen regionally. Membership of other Committees is chosen for expertise and ratified by Council, and even Council itself does not aim to be regionally representative.

Now, when the whole apparatus of NZAP is being reviewed, perhaps we can ask again whether we still need the Treaty Committee. In my view, such a review should involve the whole membership, not just a small group on Council, so I am writing this to invite responses from many, including the Committee itself.

So, should the Te Tiriti and Bicultural Advisory Committee continue to exist?

One of the arguments I have come across is that not all Māori are represented by Waka Oranga, so there have to be other ways for them to have a voice. It has been suggested that TTbAC provides this. Obviously, this would be controversial and perhaps difficult to openly acknowledge, but it might have some validity, it might be something that has evolved unintentionally.

Is TTbAC acting as a vehicle for disenfranchised Māori members?

It sometimes seems as though TTbAC tends to idealise Māori, and, perhaps unintentionally, to buy into a custom of Māori being critical of Pākehā, but without Pākehā having the right to be critical of Māori processes. This echoes a ‘decolonisation’ agenda – the idea that Pākehā need to accept and live with shame – but its usefulness is questionable and it has led to a great deal of anxiety among members, such that at

Conferences, large and small discussion groups have become arenas to be feared, stifling rather than stimulating debate. It may partially explain a reluctance among members to organise conferences at all. TTBC cannot be held to blame for this, but seems to operate from the same paradigm – the elevation of indigenous custom and the denigration of immigrant culture – to emphasise only one side of the Treaty.

Is the Committee promoting robust dialogue, or trying in other ways to overcome this anxiety?

I wonder if it is not time that we revised our approach to biculturalism, noting the ‘post-biculturalism’ iterated by Hindmarsh (2000), based, I believe, on the work of Sir Mason Durie. This would emphasise partnership rather than biculturalism within a dominant culture.

Is the Committee interested in such an approach? If so, why are we not hearing about it?

Finally, might there be a more effective way forward – perhaps a smaller group of biculturally competent people, a ‘partnership commission’ of some sort? It strikes me that the larger the group, the more difficult it is to reach consensus and make coherent recommendations.

Looking forward to hearing from you.

Love and peace,  
Seán

Harré Hindmarsh, Jennie (2000). ‘Biculturalisms (and antiracisms) in education in New Zealand, an overview.’ In *Education, culture and values*, edited by C. & M. Modgill, 126-43. London: Falmer Press.

**Response from Donny Riki and Susan Horne, Co-Conveners, TTBC**

Kia ora Seán

Thank you for giving us an opportunity to assimilate the contents of your letter before publishing it in the next Newsletter. You raise valid, interesting points thoughtfully presented, which hopefully will mobilise a robust discussion amongst the wider membership.

We wish to position ourselves in such a way as to somehow encourage others to have a voice without an immediate response from us. We also require time to thoroughly discuss your letter with our rōpū, and as we have previously stated, to not pre-empt the review process. It would also be good to hear from Waka Oranga regarding their perceptions of our role and our usefulness (or otherwise). A discussion like this could be an invaluable help for the group reviewing TTBC.

We agree with most of what you are promoting, and feel your comments are timely, and measured. It is helpful to be reminded of the whakapapa and kawa of the TTBC rōpū and your thoughts around future directions. Mauri ora

# PSYCH-O-THERAPY AOTEAROA

*New Zealand psychotherapists  
tell their stories*

A. Roy Bowden

A labour of love for years, this important book takes the reader on an rarely-seen journey into the world of the psychotherapist. Roy Bowden talked at length with his colleagues, and seventy-six of them shared insights into their personal lives, the way they made decisions to become psychotherapists, the training which informed their practice, and their experiences within the professional environment. They also briefly describe theory, meetings with clients, relationships with allied health professionals and give their thoughts on the future for psychotherapy. It's a fascinating read for those in this world.

The book also traces much of the history of therapy and social services in New Zealand. The historical journey of the NZAP is featured in these records of the memories and views of some of its members, in the Association's Newsletters and its journals *Forum* and *Ata*.

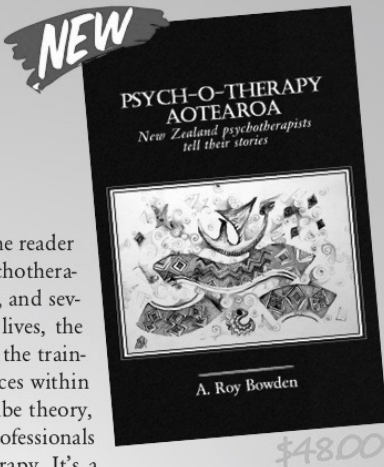


Roy is a former president of the New Zealand Association of Psychotherapists Te Rōpū Whakaora Hinengaro (NZAP) and the New Zealand representative on the board of the World Council for Psychotherapy. He writes, "I was privileged to meet colleagues whose lives mirrored many of the personal, social, spiritual and cultural issues that affect people everywhere. They shared their tender moments in therapy and in life, and talked about difficult experiences alongside stories of exciting change, creative practice and visions for the future of people in this nation."

The NZAP is in partnership, based on a commitment to Te Tiriti o Waitangi, with Waka Oranga. Colleagues who are Māori enhance the spirit of this book as do those with different cultural foundations.

All the information I gathered enabled me to keep asking questions of my own history as a former clergyperson, social worker, agency director, counsellor, university teacher, psychotherapist and relationships consultant. All the people I met on this journey, along with my precious family, have assisted me to live with uncertainty, look forward to creative moments and appreciate the privilege of living in Aotearoa."

*Psychotherapists, counsellors, allied professionals, and students  
will find this book invaluable.*



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Supported by the New Zealand Association of Psychotherapists  
Te Rōpū Whakaora Hinengaro.

## **Second edition of book on the way**

**Joy Hayward**

I would like to thank NZAP for the grant I have received from the Education Fund and tell you a little about my project and enlist help from anyone interested. In 1990 David Carlyle and I wrote a book for teenagers who have been sexually abused within their families. It was published in Aotearoa, Britain and Finland. I know a lot of teenagers found it really helpful but the fundamental problem at that time was how to get it into the hands of the teenagers who could really benefit from it. I know a number of teachers, librarians and therapists helped to put it in the right hands, but of course, teenagers were highly unlikely to go into libraries or bookshops and ask for a book on sexual abuse.

Now the digital age is well and truly with us, it has occurred to me that it would be a very good idea to get the book online and thus available in a way teenagers can easily access it. I am keen that it is available free of charge so money is not an impediment.

I am making slow but steady progress toward this end. Of course, I have only a hard copy so the book has needed to be retyped. A lot has changed in nearly 30 years and a lot of rewriting has been required. I'm aware that were I to start writing again I would probably write a totally different book and, at times, I have wondered if it would have been easier to do so. The process has reminded me of my attempt to renovate my lounge. When I first did so it was a relatively easy process but once some furnishings wore out, it was difficult to find replacements without starting from scratch. The couch no longer matched the carpet, the lamps I was determined to keep seemed not to go with anything, and so it went on. In 2018 no one is called Sharon, teenagers do not answer landlines or watch TV with their families. Nor are they hospitalised long term! Some chapters have needed a complete rewrite.

Currently I have a semi-final draft which is being read for editorial approval by a group of teenagers who are tasked with checking that it rings true for today's teenagers. There are however other dilemmas. At the time of writing, we wrote the first section as a twist a plot so the reader

chose the course of action they thought each character should take. We could not in all conscience, advise teenagers to tell, knowing that doing so, not infrequently, made things even worse for them. This time, I'm wrestling, for example, with who should they tell. I've (possibly quite undeservedly) devised an empathic thoughtful registrar, when, given the vagaries of the hospital system, they're quite likely to be discharged or given a script before they've got time to tell. There are other dilemmas and if anyone has time I'd be only too happy to forward it for psychotherapist editorial thoughts.

I'm still exploring ways to change the illustrations, and once it is complete, I plan to contact therapeutic and sexual abuse organisations to see if there is a way I can get it in their websites. It would be great to have suggestions of organisations or ways to do this. I have a list of obvious ones in NZ but there will be some I don't know about, and I would also like to find contacts in as many other countries as possible.

If you are interested in offering thoughts or ideas I'd be delighted to hear from you. My email is [joyhayward@hotmail.co.nz](mailto:joyhayward@hotmail.co.nz)

## **Childrens' Issues Pre-Conference Workshop**

### **Ann Nation**

There was a good gathering of about 22 psychotherapists at this meeting which had to be cut short because of the commencement of the mihi whakatau at the main Conference in the afternoon.

Lynne Holdem began the day by welcoming everyone and she presented a paper entitled "Getting to Maybe", about her work in Taranaki which involved helping children and families where there are disturbed attachments in their families of origin, by offering different interventions with many psychotherapeutic methods, but largely using some of the principles from the Circle of Security approach. These interventions are designed to assist families where there has been neglect and abuse to improve their functioning and develop a secure base. Another initiative



to assist children in need was to bring in more community agencies to offer collaborative help.

An outstanding feature of the clinical work with children and families in this region was the joining together of funding streams in the community to help with advancing different types of therapeutic assistance to enhance the clinical interventions with young people and their families.

In the second paper of the morning called “Genital Binding”, Miranda Thorpe put forward some more developments in her thinking about the negative impact of the use of disposable nappies for babies and toddlers in the Western world, as well as their being environmental disasters for the world .

This was a very stimulating paper on the physical and psychological advantages of ‘pampering’ a baby by introducing toilet training early to the baby by maintaining him/her on their mother’s hips without nappies. Indigenous patterns are followed, which offer the possibility of more positive attachment between mother and babe (or in fact, any primary caregiver of the babe), through early attunement between mother and babe around the baby’s evacuation routines and skin to skin connection. This is likely to increase the quality of the attachment between parent and baby, which could be a significant enhancer of the bond between them. This custom is still the usual method of toilet training of little ones in about 80% of the world today.

Miranda Thorpe also reviewed the psychoanalytic theory from Freud and Piaget’s stages of human development, where she considered that the Western baby’s experience of not feeling his/her own body parts and products because of the use of disposable nappies which create a dryness on the baby’s skin, has implications for his/her psychological development through their life, and particularly if the disposable nappies continue to be used past the usual stage of toilet training. The presenter hypothesised that there may be a link with later effective toilet regulation these days of many Western children. Now more children beginning school have still not been toilet trained. Miranda wondered whether this might be due to years of using disposable nappies in early childhood day

care centres, where random people other than an attached primary caregiver look after the children for many long hours every day.

The presenter spoke of individual and societal expectations from cultural and psychotherapeutic development frames. She lamented the state of Western societal dissociation which allows a wide disavowal of children's physical and emotional needs, and can lead instead to later mental health disorders, through the early binding by disposable nappies with their artificial dryness and toxic chemicals. She suggested that the binding may be depriving children of the satisfactory resolution of the anal, phallic and oedipal stages of development, and the consequent lack of full psychological resolution through these developmental stages. It seems that these poor mental health consequences are more likely if the bindings are accompanied by poor ill-attuned caregiving.

This paper was certainly most thought provoking for the meeting's participants.

The last of the afternoon's presentation was by Dianne Lummis, an experienced qualified Child and Adolescent Psychotherapist and Programme Leader in the Diploma and Masters of programme in Child Adolescent Psychotherapy Training at AUT. It was noted that there have been some years recently where the training of child and adolescent psychotherapists lapsed, so the number of fully qualified child and adolescent psychotherapists in Aotearoa New Zealand has been dwindling. However 2018 is a fresh start, and it is hoped to be able to launch a full Child and Adolescent Psychotherapy training programme at AUT this year under Dianne Lummis's leadership.

Dianne had collated research from a meta-analysis of about 60 studies for Oranga Tamariki and for ACC. These studies and Diane's fresh research undertakings now are pointing to clinical evidence that psychodynamic clinical practices with children and adolescents are as effective as cognitive behavioural therapy methods with children. The results seem to indicate that child and adolescent psychotherapy give even better results for a child over time, because the psychodynamic work often produces a 'sleeper' effect, which means the therapy continues producing psychotherapeutic interventions to offer behavioural and psychological

improvements further on, past the completion of the first therapy. Another point was that the earlier the intervention happened, the more effective the results were. One UK recent study helping young children about the ages of 7 years showed a result of 100% rehabilitation from the children's earlier symptomatic behaviours. It has been proved as well that parent/infant therapy is particularly effective (UK research).

The implications of these studies are far-reaching for our child and adolescent psychotherapeutic work with young people of all ages. It would be wonderful if there also could be more financial funding to help build restructured agencies to reflect this direction, and arrange different types of psychotherapeutic and family relational training programmes. This is exciting news for psychotherapy and psychodynamic therapy, and for politicians who are interested in improving the mental wellbeing of human beings. The dyadic interventions of mother/infant psychotherapy work have also been proved to be efficient and effective.

The presenter indicated that all involved in helping children and young people, and particularly child-focused institutions need to "watch this space" ...

A group participants' discussion followed in the afternoon about re-naming this group and retaining the present structure of a pre-conference on children's issues before the main Conference, which has been the tradition recently, in order to preserve the authentic identity of children's matters. This has been found to be helpful in preventing young people's interests from being overwhelmed by adult therapeutic interests and weightings.

In conclusion all the participants felt this type of day seminar prior to the main Conference was a worthwhile inclusion in the NZAP Conference programme. We also agreed the invitation to all who wished to attend a pre-conference event on children's issues should be publicised well and extended to adult psychotherapists as part of the full Conference programme.

The new name for the Children's Issues Group, decided by the group after discussions with the participants at the pre-conference workshop, is now: "NZAP Child and Whanau Advocacy Group".

## **Workshop on Emerging Perspectives from the Relational Psychoanalytic Paradigm Gavin Stansfield and Jean Burnton**

We've been asked why we're offering a weekend workshop on the Relational Psychoanalytic Paradigm in October and what we hope to provide.

Both of us have had a long interest in psychoanalytic thinking and practice. Over the last ten years, we have become especially interested in the emerging Relational Psychoanalytic paradigm and we have attended a number of events put on by the local branch of the International Association for Relational Psychoanalysis and Psychotherapy (IARPP) and participated in online learning and discussions that are one of its features. We are both members of a Relational reading group where we've had many enriching conversations that continue to shape our thinking and practice. We're keen to share some of these perspectives in our workshop, and we want to do that in a way that leaves lots of space for conversation.

Colleagues often say, "Surely all psychotherapy is relational?" Of course that's true in many ways, but not all theory is relational in the sense we are using. Our understanding is that the Relational Psychoanalytic movement is best thought of as a broad church of writing and thinking by a range of authors – rooted in various schools of psychoanalysis (Object Relations, Self Psychology, Interpersonalist, neo-Kleinian etc) – who share a theoretical view that minds are fundamentally formed and lived in social relationship. Relational theorists also share a sense that whatever happens in a particular psychotherapy (or analysis) is inextricably co-constructed between therapist and patient and that such 'two-person'

perspectives have far-reaching implications for how we think and practice.

The Relational Psychoanalytic movement can be loosely regarded as the result of American psychoanalysis (with its prominent streams of Interpersonal Psychoanalysis, Ego Psychology and Self Psychology) being interrogated, disrupted and expanded by the work of Stephen Mitchell and others in the early 1980's when they introduced the work of Object Relations theorists (who had previously been better known in the UK) and challenged drive-focused theories of mind and motivation.

A strong social focus and close attention to context and actual, lived relationships was already characteristic of Interpersonalist thinking, but this has been taken much further within the Relational movement by feminist and other writers who have challenged traditional psychoanalytic notions of psychosexual development and gender, and widened the psychoanalytic lens to take in the very real impact of culture, economics and the sociopolitical domain (including racism and colonisation).

For me (Jean), the Relational Paradigm has allowed me to find a theoretical home for my lived experience. Although I couldn't have put it into these words as a child, I was always seeking to understand what was really happening or had happened. This had a great deal to do with the stories my parents told about the family history, which often left me feeling somewhat crazy. So, while I appreciate the importance of what we might imagine, I am equally keen to know what has actually happened. The Relational paradigm gives permission to be interested in that. I have also always had a curiosity for 'context', both social and historical. I am able to synthesise my experiences of twice being a child migrant in the 1960s with the study of sociology at university at a particular point in time (mid 1970s) and to teaching in a variety of situations. Finally, but crucially, the relational stance has offered a secure enough base to make sense of my clinical experience and to have that experience inform my work.

For me (Gavin), one of the great appeals of contemporary Relational writing has been that I do not have to deconstruct or fight through the

layers of homophobic discourse that so often went unchallenged in psychoanalytic writing and teaching. The close attention to context and to real relationships (on multiple levels) in Relational thinking fits closely with the sense I developed as a doctor of the many intersecting factors that affect our health and wellbeing. I also like the way that Relational theory tends towards systems thinking and a view of mind that is ‘organismic’ – always in flux, constituted by repeating patterns of organisation and inevitably shaped by context. For me, this fits so much more with my sense of living systems than some of the ‘clunky’, mechanistic thinking of Freudian and Object Relations theory. Interestingly, I have also found more space in myself and ‘tolerance’ for a whole range of psychoanalytic thinking since I found my Relational home. I no longer fight (so much) in my head with Freud or Klein – or even homophobic Fairbairn. I think this is because the Relational paradigm offers me a cogent metapsychological base from which I can read the earlier theory with a different lens.

## **Martha Thoughts: On the Suicide of a Client**

### **Sandra Buchanan**

At times people have written about experiences around Coroner’s inquests, after the suicide of a client – how anxiety-provoking and difficult such an experience can be, and the need to access the appropriate help available, through our indemnity insurance for instance.

I write about an entirely different experience, one where some opportunity to be involved in the process would have been somewhat welcome – as the alternative has been one of feeling entirely disregarded and left out.

I had the tragic experience of having a very long term client commit suicide in late February. I had seen her privately for most of our 14 years working together, although, in later years, she was also under the care of the DHB Community Mental Health Team, and saw a DHB AOD counsellor regularly. She was attached to this counsellor and I believe we

were the two most important people in the life of this very isolated woman.

It was this counsellor who phoned, in the course of an ordinary Tuesday at work, to let me know that our client had died that morning. He was the person she had contacted the day before to cancel an appointment and inform of her overdosing – this was not uncommon. I had also had her inform me she had taken an overdose, on more than one occasion, and had to take appropriate steps, including calling for emergency services.

The counsellor had phoned the ambulance, and was therefore the person the hospital made contact with, to inform him of the gravity of the situation and then of her death.

I was left wondering, that day, how I would have found out about her death if she hadn't missed an appointment with the one DHB staff member who did keep in some contact with me. I had found previously that I would usually not get the paperwork after she had had inpatient admissions, for instance, despite having requested this from the DHB, and had permission given by the client.



After she died, I made contact with two psychiatrists in the public system, who I knew had been involved in her care – her psychiatrist at the Community Mental Health team has never responded, but I had a lovely, empathic response from one of her inpatient psychiatrists. I then would have heard nothing at all, if it weren't for the accident of knowing the client's work manager, on an acquaintance basis – so I heard there would be no funeral, for instance.

I recently contacted the AOD counsellor, some two months after the death, to find that he was asked by the Coroner and police to write the

report for the inquest. It is very hard to not feel entirely overlooked – I had actually said to this counsellor, in an email the day of the death, that I would be happy to be involved in any contact with the Coroner, if I could be of use. I said to him then, and I still feel this way, that I knew her better than anyone – and it feels that my input has been entirely ignored.

I have had good support from colleagues and friends – and of course, regardless of any involvement with the official processes, I would still be feeling the sudden loss of my client, without any closure. But my seeming unimportance in the “big picture” has certainly added to these feelings.

I think unfortunately this could happen to anyone working in private practice.

## **Some Thoughts on Biculturalism**

**Graeme McCartney**



I am moved to respond to Sean Manning’s recent invitation to comment on “Our current approach to partnership and The Treaty”.

What I am with is how divisive this issue has been, still is, and probably will continue to be, unless perhaps, we can find an alternative approach that gives us both (Māori and Pākehā), a common ground on which to stand while we continue in dialogue with each other. On a recent episode of The Hui on TV3 a very thought provoking (for me) comment was made: “Proving that racism exists does not improve race relations.”

After some reflection it occurred to me that perhaps my, and other recent comments, aimed at highlighting the divisions within our Association,



and challenging significant disparity may have a similar effect, and may not improve anything, due to the potential to further polarise.

As I reflect on my/our identities as psychotherapists, human beings and cultural differences I wonder how we can find a way to hold both our differences and our similarities; what occurs to me in my reflection is the usefulness of placing principles first and foremost, over personalities. Perhaps this may provide a more stable ground on which to dialogue and to move forwards together.

Maybe this is a question of reflecting on our identities as psychotherapists and our motivation to build relationship with our clients that addresses relational deficits and ruptures and provides reparative experiences. (This is a very oversimplified definition here, for the purpose of keeping this brief.)

What supports us in this is our code/codes of ethics which are based on principles. Our ethical codes give us, among other things, a common identity and unity. Perhaps a simpler way forward is to bring ourselves more into alignment with each other based on human principles, ethical principles, and the principles of Te Tiriti O Waitangi. Perhaps a more philosophical approach, such as Socratic philosophy which has ethics at its core, would support this more, as would the principles of Te Ao Māori.

Perhaps if we regularly take the time to reflect on how principles can hold us together we may find a way to be more united in both our similarities as psychotherapists and human beings, and in our differences culturally.

This might be oversimplified, perhaps keeping things simpler may be useful. Maybe a dedicated time at Conferences in which to reflect on principles within a large group setting and a similar regular slot at local branch meetings may be a useful thing.

It's just a thought.

## **The Ever-Evolving Role of a Therapist**

### **Jason Brennan**

In August 2000 I moved from my homeland of Dublin, Ireland, to New Zealand following the completion of my studies in psychoanalysis. It was a very exciting time and I looked forward to finding out about and connecting with a new land and a new culture – or biculture to be more exact.

I continued my studies in Wellington and was graciously accepted into the thriving Transactional Analysis community there, going on to complete my 3 year part time studies in psychotherapy while setting up and growing my practice. The next 16 and a half years in Wellington were among the happiest and most productive of my life.

Setting sail all those years ago, I was not too sure what the future would have in store for me. I was up for the challenge, the various tests along the way and of course the ability to grow and develop myself as a person, which it sure did that. After two children (Kiwis), a new house built, a thriving business and a wealth of friends and colleagues, I set sail again and left the beautiful shores of Aotearoa with far more than I had ever imagined, returning to Ireland to be closer to our two sets of aging parents and a vast extended family.

One of the things I certainly had not foreseen was the various areas into which my training as a therapist would bring me. For many years I enjoyed my daily practice of seeing clients, both long term therapy and short term counselling clients for various EAP providers. It was however not until I was asked to move out into businesses and workplaces in an effort to help reduce the increasing issues of stress, illness, dysfunction and at times acute loss due the impact of the global recession, did I encounter a new dimension to my practice as a therapist. I was never one to enjoy standing up in front of a group; however, I took these opportunities and I found the meaningful work I was being asked to do in my stress and resiliency workshops really suited me.

I could see that in being proactive in this way and getting out there and connecting with larger groups of people and providing them with some basic knowledge of the body and basic techniques to help recognise stress and calm themselves – many many more people could help themselves stay well and be well more often, especially at times when they were feeling vulnerable or afraid to reach out and talk to others about what was happening. This was the first evolution for me in both developing myself and changing my mind on how my training could help more others more often than those who sought me out and who I was fortunate to work with at my office.

The next branching out came when the same workplaces asked me to work with their managers and leaders, whom of course were also affected by the stress and pace of work but who were in a role of responsibility over others. I jumped at the chance and although my grounding in therapy helped me see quite clearly areas I could help these managers, I felt I needed another somewhat business orientated model to help leaders, so I completed a course in coaching and joined an international coaching association.

Without doubt however it was my training and work as a therapist that added the greatest value to my leadership and behavior change coaching. The use of contracting, pacing, self reflection, empathy, understanding of interpersonal dynamics, group structural analysis, intrapsychic processes, transference and counter transference – all fed into my understanding of where some of the stress and issues maybe developing from, and then created a dynamic formulation and a treatment plan as to how to help these leaders perform to a higher level, while taking care of themselves in the process.

This evolution into team and leadership coaching was an extremely pleasant one – challenging in many ways but hugely satisfying, forcing me once again out from my therapist chair and out into the workplace – where much of the action of everyday life takes place. Had my evolution stopped there I would have been exceptionally happy; however, the next leap of faith brought me into an environment and a role I would never have guessed – but am so pleased to have taken.

As a leadership and behaviour change coach I was part of a program that lead me into working briefly with a sporting franchise. This work was not with my local sporting team, so I made the decision that I would call and offer my services to the local lads. Little did I know what would blossom and grow over the next 4 years.

My local team gave me the challenge and the opportunity to work with their elite players. A kind of trial by fire. The initial task was to do 4 workshops and a few sessions with their influential players. It was made very clear to me though, that if the first workshop did not fly – I was out! Challenge accepted.

Thankfully they liked what I provided on stress and resilience and the holistic therapeutic (mind, body, energy) approach was new and refreshing to them – so they kept me on. For the next two seasons I became the mental skills coach for the Wellington Hurricanes. The time I was there proved to be the two most successful seasons of their clubs history and some of the most exciting, demanding and rewarding experiences of my career as a therapist, exposing me to some exceptional people. I had never thought that when I arrived in NZ in 2000 I would be hands on in getting to know and work with many All Black and international rugby players, then national soccer players, then national netball players and finally national cricket players.

It grew me. It challenged me to face my own fears, as many of these athletes do regularly for their teams and their country. It made me live and use the techniques I was teaching others around pressure, stress, negative thinking, relationships and the need to continually share thoughts and feelings – to talk with others about what is going on inside of us.

My supervisor was brilliant at the time and the kindness of many established players and coaches helped me show what I could provide in the mental skills space – while also being able to support many young players during difficult times in their lives away from sports. Their support then encouraged me to decide to do something I have always wanted to do – write a book. So I did. I took my own advice, the same advice I have coached many clients with. To go ahead and make it

happen, trust the universe and follow the energy through to conclusion.

I took a year off and along with a friend of mine we got a publishing contract and wrote a book. The product of this journey and therapy evolution is “WIN: Proven Strategies for Success in Sports, Life and Mental Health”, a collection of interviews from top performers, sharing their inner thoughts and feelings on their evolving journeys, with the real life strategies they use. I describe it as psychotherapy meets elite sports. My co-author Brent Pope is a sports commentator and mental health advocate in Ireland who openly talks about his struggle with mental health issues.

Ironically Brent is a New Zealander born and raised in Ashburton and he left NZ a few years before I arrived, to set up a life in Ireland while I went the other way. It is psychotherapy itself that brought us together as his brother Mark is a therapist in Wellington and it was he who created an introduction for us both a number of years ago.

I owe a lot to the psychotherapeutic journey, in the same way that all our clients also do in growing and developing themselves and what is possible. Or to use a word I invented for our book – ‘potentialising’.

Our book is on the bestseller list in Ireland and has just been released in NZ where we hope it gives back as much as it gave to its inception and creation – much the same way as I hope my work as a therapist, in all its many forms gives back what it has given me.

## **Letter to David Clark, Minister for Health**

### **Joy Hayward and Megan Turnbull**

*Editor's note: Joy sent this in February prior to a meeting with the Minister.*

Dear David,

Congratulations on the success of the government and on your appointment as Minister of Health. Members of the New Zealand

Association of Psychotherapists are delighted to hear that mental health will be prioritised. The long term neglect of this has been tragic for families and for New Zealand.

We are aware that one of the difficulties for governments is the incompatibility between short term urgency and longer term goals, and as mental health is in the latter category, we applaud your courage in tackling it. We endorse the policy to provide free counselling to under 21's and to make provision for counselling in schools. The first three years of life are recognised as of crucial importance but people seem to forget this when suicide statistics are being lamented and preventions considered.

Sally asked me to outline the key issues we want to talk about on February 9th.

1. The mental health of children. Whilst we totally endorse the need for counsellors in schools we have concerns about implementation. We believe it is vital that it is done well. At present, the country does not have enough counsellors, psychologists, or psychotherapists trained to work with children, adolescents and families who could fulfil this role. Psychiatric nurses simply have insufficient training and unless they have supplemented this in some way they would be completely unsuitable. We believe the first step needs to be further training for suitable professionals in working with children and their families.

Working with children is very different to working with adolescents and adults. Often children cannot, and should not, be worked with in isolation. We'd be very happy to discuss further the reasons for this. We believe that implementing this plan prematurely would be akin to using poorly trained builders and discovering leaky homes further down the track. Worse however, as these are children's lives. Ironically, psychotherapists who are very well trained, would not be able to apply for a position working with children, because we have a scope of practice which certifies only people with appropriate training should be working with children. As far as we know no other profession has such a safeguard. We fear the work could be undertaken by well meaning people who do not know what they do not know.

There will also be a number of other important issues to consider:

- Provision of suitable private sound proof rooms with appropriate play equipment and seating for all family members when necessary.
- The need for open ended sessions for some children i.e. children with attachment issues can be further traumatised by risking getting attached to a counsellor and then finding they can't come any more.
- Provision of supervision for the school counsellors. This is likely to be very demanding, and at times, distressing work and it is imperative that adequate supervision be provided. Once again, it will be difficult to find enough supervisors who are trained in working with children.
- More resources within Oranga Tamariki. One of the most soul destroying aspects in working with children who turn out to be abused is having insufficient provisions to ensure their safety. When children disclose abuse and are left in the abusive situation, this often reinforces to them that nobody cares, they shouldn't have spoken up, adults don't believe them or believe "it's not really that bad" or that "it's their fault".
- Better fostering resources. Whilst this may seem like a whole new issue, counsellors will be alerted to children whose home life is untenable. We believe fostering is a job. Parents need to be more carefully selected, trained and offered ongoing support and payment. There needs to be ongoing support for the foster parent once a child has been placed in a "home for life". Professionals working in this area need a thorough understanding of attachment and how to resource families trying to settle children with insecure or disorganised attachment.

2. In line with research on importance of the first three years of life for future mental health and well being of children, funding for training in infant mental health (programmes like Watch Wait and Wonder; Circle of Security; child psychotherapy) for clinicians and culturally appropriate and attachment informed services like Hoki ki te Rito – Ohomairanga Trust. It would be wonderful to think that resources could made available to increase psychotherapeutic resources for infants, pre schoolers and

their parents. There are already a number of significant precedents for this, which if better funded, could be sustained and extended.

3. We are concerned about the lack of psychotherapeutic resources in the public system. As psychotherapists, we frequently refer highly distressed people, and often suicidal people, to emergency mental health services only to have them assessed and discharged. This often increases people's sense of hopelessness and exacerbates their belief that they cannot be helped. We would like to see psychotherapy available in the public system. It should not be available only to those who are able to fund themselves or who are eligible for ACC funding. Disability allowance funding is set At a rate that means clients have to pay a top up which is almost impossible on a low income, or they are subsidised by the Psychotherapist who does not charge the full fee.

We appreciate the time to talk through these issues with you and hope we can achieve a common goal in improving the terrible state of mental health in NZ.

Yours sincerely



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Sheila Larsen

# Regional Branch Convenors

## Bay of Plenty/Waikato

**Sue Harris**

68 Tenth Ave, Tauranga 3110

Ph (07) 578 0959

[sue.harris@baycounselling.co.nz](mailto:sue.harris@baycounselling.co.nz)

## Canterbury

**Katherine Stewart**

Arahura Centre, 406 Barrington Street

Spreydon, Christchurch 8024

Ph (03) 338 1080

[k.stewart.nz@gmail.com](mailto:k.stewart.nz@gmail.com)

## Hawkes Bay

**Claudette McDonald**

23 Alexander Avenue

Onekawa, Napier 4110

Ph 027 596 1898

[claudetteamcdonald@gmail.com](mailto:claudetteamcdonald@gmail.com)

## Nelson

### Te Tau Ihu O Te Waka a Māui

**Mariska Gifford**

4 Rousell Place, Springlands

Blenheim 7201

[mariska54@xtra.co.nz](mailto:mariska54@xtra.co.nz)

## Northern Region

**Jean Burnton**

PO Box 99733 Newmarket

Auckland 1149

Ph 027 439 9754

**Margot Hinton**

Eden Practice, 92 Owens Road

Epsom, Auckland 1023

Ph 021 750 577

[nzapnthnbranch@gmail.com](mailto:nzapnthnbranch@gmail.com)

## Otago and Southland

**Stella McDonald**

770 Portobello Road, Broad Bay

Dunedin 9014

Ph 027 228 3697

[stella.mac@actrix.co.nz](mailto:stella.mac@actrix.co.nz)

## Wellington

**Catherine Gilberd**

The Manuka Health Centre

11 Hector St, Petone, Lower Hutt 5010

Ph 027 785 3806

[cath.gilberd@gmail.com](mailto:cath.gilberd@gmail.com)

**Cherry Pye**

City Psychotherapy

7th Level, 150 Featherstone Street

Wellington

Ph 021 026 70418

[cherrypye@gmail.com](mailto:cherrypye@gmail.com)



**THE NEW ZEALAND  
ASSOCIATION OF  
PSYCHOTHERAPISTS (INC.)**

TE ROOPU WHAKAORA HINENGARO 71

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**New Zealand Association  
of Psychotherapists Inc**

**Te Rōpū Whakaora  
Hinengaro**

**PO Box 57025  
Mana  
Porirua 5247**

**[www.nzap.org.nz](http://www.nzap.org.nz)**

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**Phone 04 475 6244**

**Fax 04 475 6254**

**[executive-officer@nzap.org.nz](mailto:executive-officer@nzap.org.nz)**