

REPORT TO NZAP AGM, MARCH 2020

Ata: Journal of Psychotherapy Aotearoa New Zealand

Kia Ora Koutou,

The recent period has been a time of progress for the Journal. It is pleasing that all the various matters raised in the last year's Council reports regarding financial matters and clarity regarding NZAP as publishers of the Journal are now settled. There is also now a clear statement both on the Tuwhera website, and in the hard copy of the Journal, making clear that NZAP are the publishers of the Journal. In addition, with the recent resignation of our Editorial Assistant (see below) we have now discontinued the agreement with AUT University regarding employment of this Assistant, and now independently employ an Editorial Assistant, thus ending the financial arrangement we had with AUT University for editorial assistance for the Journal. (See details below.)

Waka Oranga special issue

With these matters finalised we are delighted that in October 2019 we successfully published the Waka Oranga special issue celebrating the first 10 years of Waka Oranga. This issue had been a long time in the making, and contained contributions from a wide range of members of Waka Oranga, and some associate members, and reflected, we think, the ongoing development of Te Ao Māori perspectives in relation to psychotherapy in Aotearoa New Zealand.

The issue opens with a Mihi from the kaumatua of Waka Oranga, Haare Williams, in which he reflects upon, and invites us to commune with the “amazing Grace” embodied in the members of Waka Oranga and its associates. Hinewirangi Kohu-Morgan, the kuia of Waka Oranga, then offers her mihi, reflecting on the immense gifts of learning that the waka has offered her and so many others, and the challenges ahead as the roopu seeks to “gush forward” into the future.

This is followed by an exquisitely moving piece in which members of the roopu reflect on the enriching opportunities membership in and association with the waka have offered them. The reflections are deeply personal, and a gift to us all. Alayne Mikahere-Hall, Margaret Poutu Morice and Cherry Pye then offer us an overview of the history of Waka Oranga and its development. Embedded within this history is an evocation of the core values and beliefs which inform the mahi of this roopu, including relational principles which arise from Te Ao Māori and which inform an indigenous perspective on psychotherapy.

Alayne Mikahere-Hall then offers us two articles; the first outlines the philosophical and conceptual basis of her current research, in which she explores the urgent challenge to develop services in Aotearoa New Zealand which are informed by Te Ao Māori perspectives that serve the needs of vulnerable indigenous Māori children, and which facilitate emotional security for Māori children and their whānau. This is followed by Alayne's second article (which builds on the first article), articulating the principles and approach underpinning Tūhono Māori, a qualitative research project led by Alayne, which aims to develop Māori theory that will shape trauma-informed interventions for Māori children and their whānau. Given the contemporary challenges faced by Māori tamariki and their whānau, this research is extremely timely, and we are very pleased to present an overview of this research in this issue.

Anna Fleming and John O'Connor then invite us all to listen in on their ongoing conversation regarding indigenous Māori perspectives on attachment and connection. This conversation takes the form of an interview in which John invites Anna to articulate and build upon the ideas she has

previously offered us in recent NZAP publications and presentations. The conversation is stimulating and evocative.

In the next paper Wiremu Woodard and John O'Connor explore ideas originally developed in Wiremu's 2008 dissertation (which John supervised), in which Wiremu considers the consequences of colonisation for the experience of self for indigenous Māori, and the challenges this presents for all psychotherapists working in the Aotearoa New Zealand context. The paper offers a forceful and potentially creative challenge for all who work in psychotherapy in this country.

John O'Connor and Verity Armstrong offer an overview of Master's and PhD research undertaken by Māori psychotherapy graduates. This overview provides abstracts of Master's and PhD research undertaken in relation to psychotherapy by these graduates. It also provides electronic links to the full dissertations and theses, where the research is available electronically. We hope this will provide a very helpful resource for researchers and clinicians alike.

Tiana Pewhairangi Trego-Hall, Lucy Te Awhitu, and Alayne Mikahere-Hall offer a moving exploration in which one of the rangatahi of Waka Oranga, Tiana, describes the gradual depletion of the toheroa (a staple food source for Tiana's whānau for many generations), and the impacts of this for her and her whānau. Tiana's reflections are moving and painful, as they reveal the symbiotic relationship between indigenous Māori with whenua and moana, and the tragic consequences when cosmologies collide, leaving Māori dispossessed, and psychologically undone. Yet there is much hope in Tiana's writing, as the voice of rangatahi points the way to the future.

Lastly, and poignantly, Alayne Mikahere-Hall and Waka Oranga offer a moving tribute to Samantha, the daughter of Susan Green and Grant Dillon, who very sadly died in August of this year.

At the end of this issue we provided a glossary of Māori kupu (words) which may be helpful in reflecting upon the meanings of different terms. In offering this glossary we were mindful of the impossibilities of conveying meaning across languages. We offered the glossary as an invitation to grapple with these meanings, rather than as definitive translations.

This special issue reflects the mahi of many. It is the most recent manifestation of a deep, complex, and often painful conversation within psychotherapy in Aotearoa New Zealand. As we reflect on the work of bringing this issue to fruition, we are reminded of the experience of standing at the waharoa waiting to meet across the marae ātea, preparing for the powhiri. Traditionally during pōwhiri challenges are uttered, in part to ensure that the manuhiri (visitors) come in peace. As we stand at the waharoa, the karanga (call) from the kaikaranga (caller) acknowledges the dead descendants which come with us, both tangata whenua and manuhiri, the whai kōrero speeches pay respect to all that holds us, the divine, the land, the dead and the living, the earth and sky, mountains and rivers, the natural world that enables our spiritual and physical presence on the land. The hongi which follows enables the sharing of the breath of life, the embrace of the ancestors which come with us and the grief of their presence and absence, the coming together of two groups as one and the possibility that something creative might emerge between us. Marae encounters are an invitation for encounter kanohi ki te kanohi, as we reach across worlds, in search of each other. This special issue offers a similar invitation to all engaged in the sacred art of psychotherapy in Aotearoa New Zealand. The possibility that our shared and separate griefs might be felt together, with the hope that mourning might allow the emergence of something new between us. We hope that, just as marae encounters facilitate a meeting across worlds, so this special issue might enable us to meet each other, to engage meaningfully with each other, and to continue the complex cross-cultural conversation that is psychotherapy in Aotearoa New Zealand.

Appreciations and farewells

As we published this special issue, we sadly acknowledged the departure of Margaret Poutu Morice as a Co-Editor of *Ata*. Margaret completed her work as a Co-Editor with the publication of the previous issue of *Ata* in December 2018. Throughout her time as an Editor over several years, Margaret provided heartfelt input and in particular insured that *Ata* embraced and engaged with psychotherapy informed by Te Ao Māori. Margaret undertook her work with grace, intelligence and compassion. We thank Margaret for her dedicated work and will miss her; tēnā koe Margaret.

In addition, we also farewelled Karen Begg, our Editorial Assistant. Karen has been superb in this role over several years. Not only is her eye for detail remarkable, and her reliability without question, she offered her expertise with generosity, sensitivity, and heartfelt commitment. The quality of the *Ata Journal* owes much to Karen's abilities. Thank you, Karen, for your superb work. We will miss you; tēnā koe Karen.

We thank Hineira Woodard for her generous and expert work providing te reo Māori interpretations of the abstracts; tēnā koe, Hineira. Our deep thanks to our creative, skilful, unfailingly cheerful and always punctual designer Katy Yiakmis; tēnā koe, Katy. Finally, we thank you, the reader (NZAP member or subscriber), for your continuing support of the Journal.

Upcoming *Ata Journal* issues

We are now preparing to publish the next issue of the Journal, which will feature contributions from Gabriela Mercado in collaboration with Patrick Casement, John Farnsworth, Helen Palmer, Emma Green and Margot Solomon, John O'Connor, and Anna Fleming. The issue will be a generic issue, with reflections on topics as diverse as relational psychotherapy and its relationship to psychoanalysis, an interview with Patrick Casement, reflections on psychotherapy in Aotearoa New Zealand from a psychosynthesis perspective, the interface of Te Ao Māori and psychotherapy, and the use of somatic counter transference in working with anorexia informed by a hermeneutic sensibility. As we prepare this issue, we are delighted to welcome Nikky Winchester, who replaces Karen Begg as our Editorial Assistant, and who has already demonstrated her considerable and eagle-eyed expertise in this essential role as we prepare the upcoming issue. It has been a pleasure to work with Nikky.

In the coming 12 months we will be publishing an issue focused on the papers presented at the upcoming NZAP conference in March 2020, with the theme of "Terror in the transference". This will be followed by publication of a generic issue at the end of 2020. We welcome submissions from all authors, particularly those in Aotearoa New Zealand, who might wish to submit papers for consideration for publication in *Ata*.

Conclusion

The Co-Editors of the Journal, Wiremu Woodard and John O'Connor, are enjoying working together, in collaboration with writers with diverse perspectives in relation to psychotherapy particularly within the Aotearoa New Zealand context. We feel we are working well together as a team, and will continue to do so. We are looking forward to continuing to develop the Journal, and in particular to the publication of the next two issues, both of which we anticipate will provide stimulating and engaging reading.

Tēnā koutou, tēnā koutou, tēnā koutou katoa.

John O'Connor

Co-Editor *Ata: Journal of Psychotherapy Aotearoa New Zealand*

(On behalf of Co-Editor Wiremu Woodard)