

REPORT TO NZAP AGM, MARCH 2020

Te Whanganui-a-Tara Wellington Branch

We have 81 members.

Volunteers

- Dianne Hendey, Convenor in 2019.
- Delia Crozier, Treasurer for many many years.
- Brian Hunt, Secretary since 2017.
- Jane Nicholson organised social opportunities. She provided space and the opportunity for members to learn and practice waiata.
- Victoria Smith is our representative on NZAP's Council.
- Donny Riki and Graeme McCartney are the Wellington Branch representatives on Te Tiriti and Bicultural Advisory Committee.
- We are institutional members of Te Rūnanga o Waka Oranga.

Events

- **Virginia Edmond** facilitated a discussion: "The massacre of members of the Muslim community in Christchurch: A house full of people is a house full of different points of view."
- Discussion about the **Wallen workshop**.
- Discussion about **non-binary and polyamory**.
- **Matthew Howard**: "Have you thought about working with Adolescents." Aware of the growing demand for psychotherapy with adolescents to be available in the private sphere, Matt began a discussion about who is doing the work and for those that are not, why not? He brought some thoughts about ideas he has found helpful in his work with adolescents. He wondered how much appetite there would be for him to offer a supervision group for psychotherapists interested in developing in this area. Matthew showed parts of a film, "Girl Asleep", which he discussed using psychoanalytical theory to consider key aspects of the film. Commenting on his work with teens he said themes were sex and aggression and noted that that adolescent changes were the biggest experienced after foetal development. He said that it may be terrifying for adolescents to realise they can create life and take it away. During his presentation Matthew referred to the Laufers, a psychoanalytic couple who established the Brent Adolescent Centre in England and who wrote "The Suicidal Adolescent", and Margot Waddell's book "On Adolescence".
- The Wellington Te Tiriti and Bicultural Advisory Group, Donny Riki and Graeme McCartney, invited Donny's colleague and friend **Dr Cathy Richardson/Kinewesquao** from Canada to present some of her extensive work and experience with indigenous people in other parts of the world. Dr Richardson presented an introduction to strengths based work with victims of violence. She focuses on what survivors may have been doing to protest their treatment and gave as an example an institution that required a small child to scrub a large floor daily, with a toothbrush. In therapy, the child was asked, the whole floor, every day. Yes. Every single inch. Yes. Maybe there was a bit that got missed. Well, I never scrubbed the bit behind the door in the shadow. Ah, a bit that you missed, every day. Yes, and they never found out... This was the child's protest, holding his little self, separate from the abuse. The presentation was very powerful and we are very grateful to Dr Richardson for speaking.
- **Very small group discussion:**
 - A. What I put in client notes
 - B. Security and privacy (documents, computer etc)

- **Donny Riki and Graeme McCartney**, the Te Tiriti and Bicultural Advisory Group, continued with the bicultural conversation using the “medicine wheel” process that we first experienced last year. A humbling experience.
- We discussed how we might be able to support the process happening at **Ihumātou**. We agreed to send \$100 to support the mahi there in the first instance, and come back to branch next meeting to discuss further action. Subsequent meeting discussed what more could be done, and decided to watch and wait. Personal contributions can be made via Action Station.
- “Standing on the shoulders of giants: Acknowledging those who have influenced and inspired us”: **Mark Davis** led a reflective discussion (personal and then small group) on the seminal books, articles and teachings that have most influenced his (and our) professional and personal development. He presented 4 key articles and teachings from his own experience, with a particular focus on British psychoanalyst Dr Tom Main. He invited participants to share their insights into their own influences.
- **Alisa Hirschfeld**, “Thinking and Not Being Able to Think”. At times it is difficult to think about what is happening with a patient. Alisa offered some thoughts about what might be going on, using clinical vignettes, and in so doing, continued with the topic introduced in the previous month.

The following members presented themselves to the Branch and achieved full NZAP Membership

- Dianne Hendey
- Kate Dent Rennie
- Anne Burgess

Attendance at monthly meetings

February: N=16

March: N=17

April: Clash with ANZAC Day, no meeting

May: N=18

June: N=19

July: N=5

August: N=11

September: N=12

October: N=18

November: N=15

We cannot function as a Branch without the generosity of volunteers. They donate time, energy, expertise and kindness that ‘hold’ us as a Branch. I want to acknowledge the contributions of Delia Crozier, Jane Nicholson and Brian Hunt, and also the members, who volunteered and wrote up the minutes. It’s been important to have a record of our discussions and decisions. Thank you to all and to the members.

Special acknowledgement and thank you to the Wellington Branch members who have been working for over a year to bring the NZAP Conference:

- Conference Committee: Sue Morrison, Cherry Pye, Jane Nicholson, May Sahar
- One day seminar: Patricia Ford, Catriona Cairns
- Conference dinner dance: Carolyne Jamieson, Brian Hunt

In October Dianne Hendey, Delia Crozier and Jane Nicholson resigned. I resigned because it was too hard to be the sole convenor, the numbers attending monthly meetings were down on previous years and I felt ineffective. Delia resigned because she has been Treasurer for many, many years and it was

time to stand down. Jane resigned because there was insufficient interest in the social offerings and waiata learning was done, for now.

In resigning there is a space into which something else can grow. I look forward to see what delights come forth.

Dianne Hendey
Convenor