

Mihi - Welcome

Tena koutou katoa ki te whanau NZAP
Hello fellow practitioners.

Nau mai haere mai to this our first biannual conference. The theme, Terror in the Transference, will no doubt test us. This is such a deep sliver in the psyche and from it comes much of the reactive and automatic patterns of behaviour that cause despair. To be aware and be able to hold fast when it arises either in our client or in ourselves or in both at once is where our hours of practise can bear fruit. The Committee hopes this conference will enable you all to reflect on this area in your work and perhaps confront some of your own anxieties.

We are honoured to have Dr Lawrence Hedges from the USA to present our keynote on this theme. His depth of experience both in the clinical setting and in his role as writer and teacher demonstrates his ability to understand and put words to areas that we as therapists are challenged by regularly. He will also be putting theory into practise in a supervision session with one of our members who offers a case that presents complex dynamics. Those members presenting papers later in the conference also grapple and give their voice to this challenge in our work.

Waka Oranga will bring together a panel of participants who have been working to influence the policy of mental health here in Aotearoa/NZ. It will be useful and inspiring to us all to know where we are headed and what strands are being woven together to prepare us to be part of the evolution and development of mental health in our country. Pae Arahi of NZAP, Dr Haare Williams, will be contributing to the richness of the korero.

We encourage you to be courageous – to make new links with members you may not know. People with gold stars on their name badges are at their first NZAP conference, please make them welcome.

The Committee is small but if you have any queries please do approach us.

We wish you an enjoyable conference.

Nga Mihi

Sue Morrison, Jane Nicholson, Cherry Pye, May Sahar
Conference Organising Committee

Hōtaka - Programme

Rāpare
19 Poutū-te-Rangi 2020

Thursday
19 March 2020

Whakatapoko	2.00 pm	Registration opens
Mihi whakatau	3.00 pm	Welcome
Paramanawa	4.00 pm	Afternoon tea
	4.45 pm	Dr Hedge's address: <i>I. Terror in the Transference</i>
	6.30pm	Lifetime Award presentation
Hākari	7.00 pm	Dinner

Rāmere
20 Poutū-te-Rangi 2020

Friday
20 March 2020

	8.45am	Dr Hedge's address: <i>II. Terror in the Countertransference</i>
Paramanawa	10.30am	Morning tea
	11.00am	<i>III. Responses to Dr Hedge's</i>
Te tina	12.30pm	Lunch
Pukapuka tukua		Book presentation
		12.45 - 1.05 Robyn Salisbury
Pukapuka tukua		Book presentation
		1.10 - 1.35 Haare Williams
	1.45pm	Waka Oranga panel I
Paramanawa	3.15pm	Afternoon tea
	3.45pm	Waka Oranga panel II
	5.00pm	End of day - free evening

Rāhoroi
21 Poutū-te-Rangi 2020

Saturday
21 March 2020

	8.00am	ACP breakfast meeting
	8.45 am	Supervision with Dr Hedges <i>IV. NZAP member case presentation</i>
Paramanawa	10.30 am	Morning tea - kindly supplied by Crombie Lockwood Insurance Brokers & Delta Insurance, our NZAP members insurance scheme providers
Ngā kauhau I	11.00 am	Papers - I
Te tina	12.30am	Lunch
Pukapuka tukua		Book presentation 1.10 - 1.35 Joy Hayward
	1.45pm	Forum
	2.45pm	Brief break
Hui ā tau	3.00pm	AGM
Paramanawa	3.30pm	Afternoon tea (no break)
	5.00pm	End of day
Pō whakangahau me ngā tohu	6.30pm - 12.00am	Dinner dance

Rātapu
22 Poutū-te-Rangi 2020

Sunday
22 March 2020

Ngā kauhau II	9.00 am	Papers - II
Ngā kauhau III	10.15am	Papers - III
Paramanawa	11.45am	Late morning tea
Ngā mihi me nā whai whakāro	12.30pm	Farewell, acknowledgements & reflections
Mihi whakakapi	1.30pm	Closing

Kaikōrero Hirahira – Invited Speaker

Dr Larry Hedges

Ph. D., Psy. D., ABPP

Terror in the Transference

Lawrence Hedges, Ph.D., Psy.D., ABPP, began seeing patients in 1966 and completed his training in child psychoanalysis in 1973. Since that time his primary occupation has been training and supervising psychotherapists individually and in groups on their most difficult cases at the Listening Perspectives Study Center in Orange, California. Dr. Hedges was the Founding Director of the Newport Psychoanalytic Institute in 1983 where he continues to serve as supervising and training analyst. Throughout his career Dr. Hedges has provided continuing education courses for psychotherapists throughout the United States and abroad. He has



consulted or served as expert witness on more than 400 complaints against psychotherapists in 20 states and has published 21 books on various topics of interest to psychoanalysts and psychoanalytic psychotherapists, three of which have received the Gradiva Award for the best psychoanalytic book of the year. During the 2009 centennial celebration of the International Psychoanalytic Association his 1992 book, *Interpreting the Countertransference*, was named one of the key contributions in the relational track during the first century of psychoanalysis. In 2015 Dr. Hedges was distinguished by being awarded honorary membership in the American Psychoanalytic Association for his many contributions to psychoanalysis.

Terror in Transference and Countertransference

Contemporary neuroscience, infant research, and relational psychotherapy make clear that we are a relational species—that our brain and neurological systems actually organize in the first year of life depending on the relationships that are and are not available.

By the second year of life a symbiotic interaction is becoming established characterized by mutual affect regulation and mutual attachment experiences. Dr. Hedges will demonstrate how trauma experienced during these “organising” and “symbiotic” levels of relational development stimulates fear, anxiety, and terror that have consequences for later relationships—and in extreme forms lay the foundation for suicide and homicide.

A series of case vignettes will be offered that illustrate how early relational intrusive trauma produce terror in transference and countertransference experiencing.

Dr Hedges: Presentation Times

Dr Hedge's Address - *I. Terror in the Transference*
4.45pm – 6.30 pm, Thursday, 19 March

Dr Hedge's Address - *II. Terror in the Countertransference*
8.45am - 10.30am, Friday, 20 March

III. Responses to Dr Hedges
11.00am - 12.30pm, Friday, 20 March

Supervision with Dr Hedges - *IV. NZAP member case presentation*
8.45am - 10.30am, Saturday, 21 March

Kia Whakatōmuri te Haere Whakamua - The Future Place of Psychotherapy Within Aotearoa

Waka Oranga panel

Panel I - Friday, 1.45 - 3.45pm

Panel II - Friday, 3.45 - 5.00pm

The whakatauki, “Kia whakatōmuri te haere whakamua”, underpins Māori understandings of time and space - where past, present and future are intertwined. A view well understood in the worlds of psychotherapy and Te Ao Māori is that to move well into the future we must understand our past.

We are living in a time of emerging crises: global warming, collapse of habitats, threats to democracy, economic uncertainty. People present with existential fears as well as neurotic ones. There is an apparent rise in anxiety, depression, addiction and suicide.

Since the NZAP submission to the Mental Health and Addictions Inquiry, a small group of NZAP members have met with the Ministry of Health to share thoughts about the shape of the mental health system and the possible contributions of psychotherapy.

In this panel, we invite our panel members to consider the future of psychotherapy and the mental health system in Aotearoa in the years ahead. Following this discussion, we will have time for comments and questions from the audience.

Ngā Kauhau - Papers I

11.00am – 12.30pm, Saturday, 21 March 2020

Ros Lewis

Holding the Terror of Trauma in a Therapeutic Group Process

Seán Manning

The Assembly of a Criminal Self: The Mitigation of Fear

Joy Hayward

Detecting Purple Tongues

Diane Zwimpfer

Hidden Infant Terrors in the Room

Yve Gould

Being With Attachment, Terror and Panic

Holding the Terror of Trauma in a Therapeutic Group Process

Ros Lewis

For the last six years I have developed and facilitated a number of 'Recovery from Trauma' therapeutic programs in private psychiatric hospital settings in Melbourne. These closed therapy groups run weekly for six months. The participants, of diverse ethnicities, struggle with significant trauma symptoms from a variety of, at times, extreme traumatic events that have affected their lives.

During my presentation, I wish to discuss the theoretical framework I use to run such a group, including exploring the transference and counter-transference processes that I often encounter. This includes my own lived experience as a survivor of trauma and how that informs my capacity to sit with group participants in their despair, in the grip of PTSD symptoms, wondering if their life is worth living. I will discuss how understanding the physiology of post traumatic stress disorder can empower survivors, as well as the resilience that can be found in embracing the concept of a 'survivor mission'.

Ros Lewis is an NZ registered psychotherapist with 34 years' experience in the psychotherapy field. She is an experienced clinician, educator and supervisor. Her clinical work is informed by a psychodynamic and feminist perspective. She has a special interest in trauma and recovery and is passionate about empowering clients to understand more about the impact of trauma in their lives, including the physiological impact of Post Traumatic Stress Disorder. She also values assisting other health professionals to understand important principles, when working with those who have suffered trauma. Ros has a Masters in Health Science (First Class Honours) and her research thesis explored the long term consequences of intimate partner violence in Aotearoa, ten or more years after leaving.

Ros currently lives and works in Melbourne. She is also a life writer of creative non-fiction and poetry. This year Ros has published articles in both Australia and NZ and has published poetry in the Melbourne Writers Group Anthology over the last four years. She is currently writing a memoir.

The Assembly of a Criminal Self: The Mitigation of Fear

Seán Manning

The sense of self has identifying and alienating aspects – I am this, I am not that. But this is not simple. If not being is what I most experience, then not being can become a powerful negative identification. I am not good enough, I am not part of, I do not belong, I am not acceptable, I will not succeed, I cannot think, I do not feel, I do not need, I will not be. Such injunctions, destructive to an integrated sense of self, create terror, annihilation, and fragmentation, but if one has access to anger in surrounding discourse, there is a way to a sense of freedom. If I do not belong, I need not follow rules; if I will not succeed, I can do as I please; if I cannot get it right, watch me get it wrong. Anger is a perfect antidote to terror, it holds me together.

Seán Manning, MSc, DipSW, DipGrad, MNZAP, TSTA, and registered psychotherapist, has been working with crime, addiction and violence in men for over 40 years, as social worker and psychotherapist. This paper arises from his doctoral studies on the assembly of criminality. Originally from Belfast, Northern Ireland, he has three adult children and two grandchildren. He has held a number of offices in professional associations and is a former President of NZAP but recently has been working on a social life and has almost overcome a tendency to be argumentative. His limited abilities with Māori and Spanish are a lot better than his command of Irish. His addiction to collecting musical instruments is almost under control though his ability to play them lags behind. He is interested in how psychotherapy works and what happens in the human brain in the construction and reconstruction of the self. His published work includes reports on the effectiveness and the essentially secular nature of time, on antisocial behaviour, a critical review of ideas about the unconscious, and on the effectiveness of family violence programmes.

Detecting Purple Tongues

Joy Hayward

Psychotherapists seldom work with psychopaths or extreme narcissists. Psychopaths rarely go to therapy because they don't see how it would benefit them and extreme narcissists believe the problem is with the other, not them.

Nonetheless, we do encounter these individuals, sometimes vicariously and sometimes in person. This is particularly so at the time of relationship breakups, and the combination of these traits and separation is often a lethal one. As psychotherapists, a highly developed capacity for unconditional positive regard is vital to our work but this can also be the very thing that blinds us to what we need to see when working with this population. I explore what happens in the transference regarding these individuals.

This is also a very personal paper as I share the terror of 15 years living in close proximity to a psychopath whose capacity to terrorise was inadvertently aided and abetted by the psychotherapists he seduced.

Following four years of Gestalt training, Joy completed the Child Psychotherapy training available, at that time, at the Department of Psychological Medicine at the University of Otago. She has worked primarily in private practice both as a member of a group practice and as a sole practitioner, and for seventeen years at The College of Education/University of Otago. She has been involved in working with individuals, couples, families and groups. She has taught a number of topics on the Ashburn Clinic Psychotherapy training. For the past eight years her work has primarily been in supervision including work with a group of psychiatric registrars. After thirty seven years of working as a psychotherapist it has been hard for her to decide when her work is done and in moving towards finishing at the end of 2019, she finds herself with two unfinished passions. One prompted this paper and the other is for Family Therapy, which she intends to attempt to re-establish in Dunedin.

Hidden Infant Terrors in the Room

Diane Zwimpfer

This paper explores the discernment and understanding of sequestered infant experiences. Patients who have created a functional life, often without obvious symptoms or disorders, but who feel themselves to be non-existent are difficult to successfully help. Using several case examples, I suggest that the recognition of infantile catastrophic terrors opens up the therapy to work with the fundamental sources of distress. The theoretical perspectives of Ogden, Tustin, Bion and Alvaraz, all referencing objectless states, bring related understandings of these hidden terrors.

Diane is in private practice in Wellington and draws on forty years of clinical experience. Her special interests are in primitive states of mind and teaching psychotherapy through supervision.

Being With Attachment, Terror and Panic

Yve Gould

“When I let myself feel this shaky feeling and put all my usual weapons down - my proofs of your failings, I feel really afraid.”

We are nothing without each other – fear and terror lurk in being alone and unseen.

This one-and-a half hour workshop will focus on using emotion to recognise and validate attachment panic, fear and the need for healing. The workshop uses didactic presentation, videos of actual client sessions with individuals and couples, and discussion. We will explore the terror in the transference for both client and therapist when we access, validate and name underlying attachment fears and unmet needs.

The workshop is based on the work of Dr Sue Johnson, author of *Attachment Theory in Practice* (Guilford, 2019) and the primary developer of Emotionally Focused Therapy. EFT is a systemic, humanistic, and experiential therapy that uses attachment theory to guide and bring about therapeutic change.

Yve Gould, ACP, NZAP, MCouns, B.A. Dip.Tchg, is a certified EFT trainer, supervisor and therapist (ICEEFT, Ottawa). Yve is a member of the NZ Community for EFT. She is a psychotherapist and trainer in private practice, based in Papamoa Beach. Yve trains and supervises both online and in New Zealand and Australia.

Ngā Kauhau - Papers II

9.00am - 10.00am, Sunday, 22 March 2020

Susan Lugton

Aging: The Fury Involved and the Countertransference That Needs to be Held

Marie Franklin

"Hayku" and "The Lie of the Land": Nature's Place in Dis-placement

Vicky Blake

Presentations of Hate

Rod Sandle

Rediscovering Sabina: Terror and the Primitive Sexual Transference

Aging: the Fury Involved and the Countertransference That Needs to be Held

Susan Lugton

This paper addresses the growing need for patients over seventy years of age who experience death, illness and grief and who can benefit from psychoanalytic psychotherapy.

I will be discussing three patients (case studies), two of whom presented after the death of their wives and one who had a problem with his eyesight involving a squint affecting him from birth and throughout his life. All three presented in deep distress, largely unconscious.

They entered once a week psychotherapy that was open-ended. I will be discussing pivotal moments in the therapy when I and my patients found it difficult to understand, tolerate and contain the depth of their feelings including shock, rage and terror.

I will also discuss aging in the current population of psychotherapists and how close scrutiny of their own experience of aging assists the work within this complex and newly emerging area of work.

Susan is an "aging" psychoanalytic psychotherapist and psychologist in private practice in Nelson. She undertook her studies and training in relationship, individual and group psychotherapy in Melbourne. Susan has published on a range of subjects and writes poetry and generally tries to keep pace with Freudian and post-Freudian thinking.

“Hayku” and “The Lie of the Land: Nature’s Place in Dis-placement”

Marie Franklin

This paper explores the therapeutic value of Nature in the healing process of people who have been exiled from their homeland. Using a case study from my work with a client, I explore how the catastrophic trauma of being forced from her village in the mountains, with the many losses that ensued, found a pathway of expression in the mountains and farmlands of Auckland.

Inherent in working with people from a refugee background are obstacles, including language barriers, complex trauma, and harrowing conditions in host countries, as well as the loss of family members.

In this case study, I illustrate how these challenges can be attended to when we respond to a client’s gravitation to the natural world. My client expressed her sense of feeling trapped in her home, and her desire to go to the jungle. Following her lead, we embarked on a journey in which I saw through her eye’s essential elements from her tribal lands and heritage. Most centrally I noticed how my client’s attention focused on “reading the grass” for buffalo grazing which facilitated her remembering the essence of her early life, providing the container within which her stories could now be told.

Eleven years ago I immigrated to New Zealand from Ireland with my family. I trained as a psychotherapist at AUT, and I am currently working with Refugees As Survivors NZ. In Ireland I was an organic grower, where I developed my love of Nature. My master’s thesis is my own healing journey in New Zealand bush, which I undertook following the death of my close friend and Nature Teacher. This began my integrating psychotherapy and Nature, in ecotherapy. I’m passionate about psychotherapy in natural spaces, and I am pursuing this path in my psychotherapy practice with individuals and groups. I am currently embarked on ecotherapy training. I’m excited to share my enthusiasm for this work, together with my ecotherapy experience, with therapists who are curious to explore practicing psychotherapy in a natural setting.

Presentations of Hate

Vicky Blake

I began a conversation about hate with my grandmother when I was a child. In 2019, I returned to explore my unfinished conversation after being confronted by the profoundly destructive acts of hate expressed in the terrorist attack in Christchurch on 15 March 2019.

More recently the word 'hate' has been notably absent in psychotherapy literature yet lies within referenced terms such as terrorism, racism, misogyny, homophobia, abuse and trauma, to name a few. Psychoanalytic theory provides a foundation for thinking about the origins of hate. Humanistic theories such as transactional analysis contribute to these theories by analysing the intersubjective experience of hate in relationships. Hate is a bodily state often evoking deep terror, rage and anger. It is universal, affecting individuals and groups. In the dynamic process of hate, I will explore the unconscious aspects and relational possibilities to address the presence of hate within the therapeutic relationship. When hate evokes terror a disconnect occurs to preserve and maintain relational contact. The core of hate lies hidden within the psyche yet paradoxically needs to be exposed to offer protection.

Vicky Blake BN is a psychotherapist and has worked as a health professional for over thirty years in hospital, community and private practice settings. She is a provisional teaching and supervising transactional analyst and combines her interest in psychoanalysis with humanistic theory in her work. Vicky is currently the NZAP Honorary Treasurer and has been involved with NZAP at local branch level as convenor and treasurer. Her published work includes her interest in sexuality and gender identity.

Rediscovering Sabina: Terror and the Primitive Sexual Transference

Rod Sandle

Terror arises on the one hand from the fear of death and on the other the passion for life. In working with terror as it manifests in the transference, a challenge for the practitioner is to maintain homeostasis in its physical, intellectual, emotional and relational aspects, as terror is a strong force for tipping the balance of emotional regulation with consequences mentally and physically.

This paper will explore this challenge, starting by going back to the roots of psychoanalysis and a paper written by Sabina Spielrein in 1912: "Destruction as the Cause of Coming into Being". Building on Spielrein's work, it will attempt to deepen understanding of theory linking terror to the primitive sexual transference. Of particular interest is the recognition of dissociation in both patient and practitioner and working with it in the therapeutic relationship. The presence of terror and dissociation in the wider community, both currently and historically, is touched on.

Rod has been a member of NZAP for 35 years. He is a Certified Transactional Analyst and a Certified Bioenergetic Therapist. He studied psychology and zoology at the same time at university and has remained interested in the links between them. Currently for him one such link involves what lies behind the phenomenon whereby dissociative personality traits can evoke both positive and negative idealization from others. This can be true of the therapist's relationship with their client and can also be evoked in us by these characteristics in people taking political action.

Ngā Kauhau - Papers III

10.15am – 11.45am, Sunday, 22 March 2020

Violet Sherwood

The Black Sun: Symbol of the Unwelcome Child's Annihilation
Terror in Parental Infanticidal Attachment

Jenny De Leon

Terror - Will - Faith

John Farnsworth

Clinical Notes: Taming Terror in Emergent Transitional Spaces

Suzanne Johnson

Reaching Through the Terror

Miranda Thorpe

Genital Binding

The Black Sun: Symbol of the Unwelcome Child's Annihilation Terror in Parental Infanticidal Attachment

Violet Sherwood

This presentation draws on my doctoral research into the experience of psychological infanticide. Weaving together infanticidal attachment theory, the psychohistory of infant murder, and pre-natal psychology regarding the experience of the unwelcome child before birth, I explore the alchemical image of the black sun, and the Death Mother archetype, as expressions of pre-birth annihilation terror. I argue that during pregnancy, the unwelcome foetus and unwilling mother form an infanticidal attachment centred on their shared experiences of helpless terror, and utilising mutual survival strategies of dissociation that orient the child towards death rather than life. From my perspectives as psychotherapist and former patient I explore how terror of the Death Mother reveals itself in dreams, symptoms, fantasies, and in the transference, and consider how we might engage with such life-destroying forces.

Violet Sherwood recently completed her PhD in psychotherapy at AUT. She is trained in psychodynamic psychotherapy and her professional development has focussed extensively in the areas of imaginal psychology and traumatic attachment. She also has an interest in the nature of creativity. Thirty-five years ago, in her early twenties, Violet experienced a psychological breakdown related to her adoption as an infant under the closed stranger adoption system in the 1960s. Her lived experience of psychological infanticide led to her interest in infanticidal attachment and its relationship with psychosis and dissociation. Her perspective as former psychiatric patient offers valuable insider knowledge that enriches and deepens her theoretical position as a psychotherapist working with early traumatic attachments. Violet works in private practice where she combines her interests in imaginal psychology, traumatic attachment, psychosis and dissociation. She is presently relocating her Auckland practice to Hamilton and Raglan in the Waikato. Violet is also a poet, author, former university lecturer and retired homeopath.

Terror – Will – Faith

Jenny De Leon

I offer a performative presentation.

Facing the terror of *how* can I go on?

As an older woman who practices psychotherapy and as a performance artist I have discovered that this terror is in no way mine alone.

Confronted with the inevitability of age, physical and possible mental disintegration and, at a global level the enduring uncertainty, the question arises.

Within the therapeutic encounter it arises with an insistence that can be terrifying.

My performed work - a dance - embodies and reveals the paper.

Confronting the reality of living with the terror in my own life I profess will and faith as having currency. But do these have meaning or credibility for my clients?

What energy of 'will' or 'faith' could possibly suffice?

These, plus numinous aspects as dream, vision, conviction, commitment, 'calling' lie there between my client and me. *How* do we do it/be it?

Curious and contentious perhaps is how I engage with myself, my clients and the dynamics of - Calling, Vision, Discipline.

The accompanying dance demonstrates a terror in me/us, upon me/us; impermanent, hesitant/ongoing, in/tangible, real/ephemeral.

It is an embodied representation of my belief that a career such as mine is not possible to sustain when what I do and what I create is politicized - objectified into 'work' and 'object' - but that when it (what I do and what I create) exists in the unpredictable, precarious realm of process - it is.

"To appreciate an artwork is to appreciate what is *done*" (Bicknell on Davies, 2004, p.1) I argue that for the practicing artist this which is active, alive and about process, ('doing') - is vital, sustaining - and when this is absent, diminished the artist becomes unnourished.

Jennifer De Leon is a dancer-choreographer-movement therapist, trained in the UK, USA, and NZ; and founder of The Healing Dance Dance/Movement Therapy. Jenny is a certified practitioner in Laban Movement Fundamentals (NY). Her Masters Thesis in Health Science (First Class Honours) was the first in NZ to be presented in both written (book form) and live performance. Jenny presently works from her studio in Grey Lynn.

Clinical Notes: Taming the Terror in Emergent Transitional Spaces

John Farnsworth

All psychotherapists take notes. But what function do they perform? This paper invites discussion of this common, and commonly invisible, activity.

I begin by disclosing my own daily note-taking practices and the idiosyncracies that inform them.

Second, I explore the psychological dynamics that process notes mobilise. I propose they open a transitional space, a formative internal dialogue, between our immediate therapy experience and its later registration on page or screen. Doing so, it binds the transference anxieties, terrors and uncertainties between client and therapist, potentially regulating the ambiguities or chaos of a session.

Notes are continuously emergent and dynamic, unfolding as we write them. They are also an ordering ritual, one created through their hourly repetition.

I will illustrate all of this through my own notes. I will also warmly invite general discussion to explore this mostly unspoken, sometimes secretive activity.

John Farnsworth is a psychotherapist in private practice in Dunedin. Over the past twenty years, he has worked with individuals, couples and groups. He is a long-time member of NZAP and has an extensive background in psychodrama. He has an abiding interest in how psychotherapy is practised, thought and written about. His most recent paper on Relational Psychoanalysis will shortly appear in Ata.

Reaching Through the Terror

Suzanne Johnson

This paper will be read with time for discussion after each clinical vignette. Each vignette will describe some of the therapeutic interventions with several clients that brought them back from dissociative or withdrawn states triggered by memories and reactions to terrifying experiences.

A terrified, dissociated 19-year old, a patient in a hospital medical ward, became my first psychotherapy client. I have since worked with several others who bring into therapy the terror felt during severe abuse experiences in childhood. I will also present a vignette of a client who, though not physically abused, is convinced that being himself is impossible and that he will be destructively criticised for any emotional expression, making him terrified of himself and others.

Clients recovering from sexual and relational trauma and the fear they bring to therapy have taught me about engaging clients in therapeutic relationship that enables self to emerge. This work has involved working with body states, with dissociative states, and with the client's fear of their own destruction at the time of abuse, or within the therapy relationship.

Terror in the transference, or terror brought into or evoked by the therapy relationship, has led to experiences in myself that had to be managed and also led to unusual interventions based on instinctive decisions made moment by moment.

I work in private practice in Wellington including work with ACC Sensitive Claims clients. I began psychotherapy training while working in Wellington's Adult Mental Health Service as a clinical nurse specialist with a medical/mental health liaison team. This role provided opportunity to work with trauma and distress more intensely than private practice allows.

The 'holding' made possible within a hospital and outpatient setting enabled me to experience how clients' fractured ego states and terror of their own experiences may be worked with in private practice.

Genital Binding

Miranda Thorpe

There has been an exponential rise in the prolonged use of disposable nappies. In human development we have never had this phenomenon of binding our children's genitalia during this crucial age of sexual exploration. I postulate that these plastic, toxic chemical wrappings destroy our environment as well as our children. We strap our children's genitalia and interfere psychically with the usual development through the psychosexual phases. Children in the phallic stage are prevented from discovering their bodies when their genitals are continuously out of awareness by being tightly bound, encased and unfelt. Society's vicious attack renders children disconnected, infantilised and impotent, and interferes with the working through of their Oedipal and castration anxieties. I will elaborate, with clinical examples, on the themes of arrested development, sexual fixation, and the use of the disposable nappy as a transitional object and sexual fetish.

Miranda Thorpe works as a psychodynamic and psychoanalytic psychotherapist, and supervisor in private practice. In 2005 Miranda co-founded "Psychotherapy at Apollo" that has ten practitioners at Apollo Health and Wellness Centre, North Shore, Auckland. Registered with the Psychotherapists Board of Aotearoa New Zealand, she is a member of the New Zealand Association of Psychotherapists, and co-Chair of Training of the New Zealand Institute of Psychoanalytic Psychotherapy. Working in English, Portuguese and French, she sees individuals and families, and specialises in issues relating to early attachment, immigration, and blended families. Miranda has published papers in journals, written a book, designed a website, and has given papers, workshops and seminars at local and international conferences. Born in England, she was raised and lived in numerous countries before immigrating with her large family to New Zealand in 1994. Miranda has adult children and grandchildren.

Pukapuka Tukua - Book Presentations

Free to be Children: Preventing Child Sexual Abuse in Aotearoa, New Zealand

Edited by Robyn Salisbury (2019) Massey University Press, Auckland

Friday, 12.45pm - 1.05pm

"Free to be Children makes a major contribution to understand how we can best tackle the tragedy of child sexual abuse as a nation."

Haare Williams: Words of a Kaumātua

Dr Haare Williams MNZM, JP, Hon Phd (2019) Auckland University Press

Friday, 1.10pm - 1.35pm

"This book, edited and introduced by Witi Ihimaera, brings together the poetry and prose of Haare Williams to produce a work that is a biography of the man and his times, a celebration of a kaumātua and an exemplar of his wisdom."

Too Close For Comfort: A Book About Teenagers Who

Have Been Sexually Abused Within Their Families

Joy Hayward & David Carlyle (1991) Lda Publishers, USA

Digital Edition available

Saturday, 1.10pm - 1.35pm

"This was a book I co-wrote 30 years ago for teenagers who had been sexually abused. It was published at that time but recently I have had it digitalised so it can be accessed by teenagers on their devices."

Words Are Thoughts

*Words with an extraordinary literary and oratorical brew
Words so freshly washed by the morning dew*

*Words that create a world that is both visible and invisible
Words that are both terrible and wonderful*

*Words with extraordinary literary and oratorical power
Words that grab and interrogate us like a prisoner*

*Words that make the world sound more beautiful
Words of hope, love, so delighting and peaceful*

*Words that listen to hear to tell of the truth
Words like playful endorphins at their work*

*Regret remembering seasoning heirs to a literary hamper
Bliss with the sweet faint sweet scent of freshly baked rewena*

*And the sun would smile and quake with dropt jaw
Shakespeare and Mandela will look back and wave in awe*

Dr Haare Williams MNZM, JP, Hon PhD

Haare will introduce, and read from *Words of a Kaumātua*, reflections in poetry and prose on Haare's journey from te ao Māori on the East Coast to contemporary Auckland, at his book presentation (see page 24).

Advanced Clinical Practice Breakfast Meeting

Saturday, 21 March, 8.00am - 8:45am

Current ACP candidates, supervisors and anyone interested in becoming a supervisor of ACP candidates are warmly invited to a breakfast meeting at the conference venue.

Come and share a bowl of muesli with members of the ACP Committee and korero about aspects of training in the ACP pathway - questions, feedback and information about this unique NZAP practitioner pathway to becoming a Full Member of NZAP and registration as a psychotherapist with PBANZ.

Waiata

Ngā Iwi E

Ngā iwi e, ngā iwi e
Kia kotahi rā
Te Moana-Nui-a-Kiwa
(x2)

People, people
Unite as one
Like the Pacific Ocean
(x2)

E-i-a-i-e!
Whakarongo, Tautoko!
E-i-a-i-e!

E-i-a-i-e!
Listen, Support!
E-i-a-i-e!

Kia mau rā, kia mau rā
Ki te mana motuhake
Me te aroha
(x2)

Hold fast, hold fast
To your sovereignty
And to love and compassion
(x2)

E-i-a-i-e!
Whakarongo, Tautoko!
E-i-a-i-e!

E-i-a-i-e!
Listen, Support!
E-i-a-i-e!

Wahine mā, wahine mā
Maranga mai, maranga mai
Kia kaha

Women everywhere
Rise up, rise up
Be strong

E-i-a-i-e!
Whakarongo, Tautoko!
E-i-a-i-e!

E-i-a-i-e!
Listen, Support!
E-i-a-i-e!

E tane mā, e tane mā
Tama tū, tama tū
Tama ora!

Men everywhere
Stand strong, stand strong
Stand strong in life!

E-i-a-i-e!
Whakarongo, Tautoko!
E-i-a-i-e!

E-i-a-i-e!
Listen, Support!
E-i-a-i-e!

Waiata

Tūtira mai ngā iwi

Tūtira mai ngā iwi

Tātou tātou e

Tūtira mai ngā iwi

Tātou tātou e

Whāia te māramatanga

me te aroha - e ngā iwi

Kia ko tapatahi

Kia kotahi rā

Tātou tātou e,

Tātou tātou e!!

Hi aue hei!!!

Line up together people

All of us, all of us

Stand in rows people

All of us, all of us

Seek after knowledge

and love of others – everyone

Think as one

Act as one

All of us, all of us,

All of us, All of us!!

Hi aue hei!!!

Purea nei

Purea nei e te hau

Horoia e te ua

Whitiwhitia e te rā

Mahea ake ngā pōraruraru

Makere ana ngā here

E rere wairua, e rere

Ki ngā ao o te rangi

Whitiwhitia e te rā

Mahea ake ngā pōraruraru

Makere ana ngā here

Makere ana ngā here

Scattered by the wind

Cleansed by the rain

Uplifted by the sun

All doubts are lifted away

All restraints are cast off

Fly free, o spirit

Fly to the realms of the heavens

Uplifted by the sun

All doubts are lifted away

All restraints are cast off

All restraints are cast off

Waiata

Ka Waiata ki a Maria

Ka waiata ki a Maria	Sing now to Maria
Hine i whakāe	Woman who is tolerant
Whakameatia mai	It is said these hold
He whare tangata	The house of the People (the womb)
Hine pūrotu, hine ngākau	Beautiful woman, generous woman
Hine rangimārie	Peaceful woman
Ko te whaea x 2	The Mother x 2
O te o	Of the world
Ko te whaea x 2	The Mother x 2
O te ao	Of the world

He Hōnore

He hōnore, he korōria	Honour, glory and
Maungāranga ki te whenua	Peace in the land
Whakaaro pai e	May good thoughts come
Kingā tangata katoa	to all men
Ake ake, ake ake	For ever and ever, forever and ever
Āmine	Amen
Te atua, te piringa	The Lord is my refuge
toku oranga	And my life

Whakataka te hau

Whakataka te hau ki te uru,	Get ready for the westerly and be
Whakataka te hau ki te tonga.	prepared for the southerly.
Kia mākinakina ki uta,	It will be icy cold inland, and icy
Kia mātaratara ki tai.	cold on the shore.
E hī ake ana te atākura	May the dawn rise red-tipped on
He tio, he huka, he hau hunga.	ice, on snow, on frost.
Tīhei Mauri Ora!	Join! Gather! Intertwine!

Waiata

Ehara i te mea

Ehara i te mea

Nō ināianei... te aroha

Nā ngā tipuna

I tuku iho... i tuku iho

Not the thing

Of recent times... is love

But by the ancestors it has been

Passed down... passed down

Te whenua... te whenua

Te oranga... o te te iwi e

Nō ngā tipuna

I tuku iho... i tuku iho

From the land... the land

Comes the wellbeing of the people

By the ancestors they have been

passed down... passed down

Whakapono... tūmanako

Te aroha... te aroha

Nō ngā tipuna

I tuku iho... i tuku iho

Faith... hope

And love... love

By the ancestors they have been

Passed down... passed down

E tu kahikatea

E tū kahikatea

Hei whaka pai ururoa

Awhi mai awhi atu

Tātou tātou e

Stand like a kahikatea tree

To brave the storms

Embrace and receive each other

We are one together

E tū kahikatea

Kare kau e hinga

awhi mai awhi mai

Tātou tātou e

Stand with vigour

You will not fail

Embrace and receive each other

We are one together

E tū puriri

Toha ra o peka

awhi mai awhi mai atu

Tātou tātou e

Stand like the puriri

Spread your branches

Embrace and receive each other

We are one together

Waiata

Te Iwi e

E karanga e te iwi e
Kua eke mai nei
Kua eke mainei ki runga
Te marae e

Our tribe is calling to the people
Who have just set foot on this marae

Mauria mai
Mauriamai e nga mate o
Te motu e

Bring with you the memories of
All our dead

Ki nga tini roimata
Ki nga tini roimata e
Maringi whanui e

And so many tears spilling forth
Nation-wide

Titiro e nga iwi
Titiro e nga iwi ki nga
Mahi o te motu
e hora atu nei e

Look at our people working
Across the land
Spread out far and wide

Rū ana te whenua
Rū ana te whenua
Whati ana te moana

Shaking is the ground
Quivering is the sea

Aue te aroha
Aue te aroha temamae i
Ahau e

Oh, the love and the pain
within me

Rū ana te whenua whati
Ana hei!

The ground shakes and quivers
Yeah!

Ngā mihi - Acknowledgements

*The organising committee sincerely thanks all those who helped
bring the conference together.*

We particularly acknowledge the generous assistance of:

Deacon Danny Karatea-Goddard

David Cross

Nikky Winchester

Trevor Pye MFA (Hons)

Carolyne Jamieson, Brian Hunt

Paul Forrest

Hugh Tennent

Donny Riki, Susan Horne

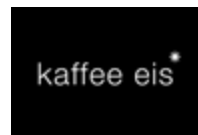
Catriona Cairns and Patricia Ford for organising the one day
seminar that Dr Hedges will be presenting on Monday

The Council of Te Rōpū Whakaora Hinengaro - NZAP

Delta Insurance

Crombie Lockwood Insurance Brokers

Kaffee Eis



“Ma te kotahitanga e whai kaha ai tātau”

“In unity, we have strength”

Whakatoki - Maori proverb
