

# REPORT TO NZAP AGM, MARCH 2021

## From the President

Tena koutou  
Tena koutou  
Tena koutou katoa

*Mā pango mā whero ka oti te mahi!*

This year brought the loss of two esteemed elders with long and distinguished services to NZAP. Robyn Hewland and Ruth Manchester, both women of strength and mana, have left a lasting legacy in their work for the Association along with the example they both set of hard work and true grit. We farewell them with tears of sadness and gratitude.

In this extraordinary 2020-2021 year Council has been forced to develop the ability to nimbly connect through emails and Zoom meetings, to adapt and coordinate quick responses to crises, writing Inform messages for each Covid level shift, shifting Council meetings into Zoom events and using this new media to connect members with us on relevant issues to different groups of members. Without the rewards of our usual face to face meetings this demanded commitment, co-operation and grit from every member of Council. Kia ora e hoa mā. Ka pai tō mahi!

Meanwhile below the surface of the Council meetings and communications to members there works a rich substructure of sub-committees, working groups and review committees who do the vital, and to many of our membership, largely invisible, work of reading, discussing, reflecting, writing and advising Council about trends and development possibilities of our Association life. This year in particular we have received an in-depth Review of the Ethics and Professional Standards Committee and Complaints procedures, an complex and nuanced piece of work accomplished by a small group led by Roz Broadmore with Clare Greensmith, Andrew Jones and Brenda Levin. They were only able to meet only by Zoom. At our next Council meeting we look forward to reading reviews of the work on the Te Tiriti Bicultural Advisory Committee (led by John O'Connor) and Promoting Psychotherapy in Aotearoa New Zealand (written by Rick Williment). Council still refers each meeting to the challenges placed before us from the Critical Review of Council, produced in 2020. I personally think we should pause for a time before doing further reviews and work on digesting and embedding the actions which will develop and promote psychotherapy and the aims of the Association in accordance with the guidance of the ones we have, or will soon receive.

Important discussions are taking place via email and Zooms between members of the Advanced Clinical Practice Committee and a sub committee of Council (Lynne, Gerald, Paul and Siobhan). We are taking time to seek further guidance before responding to PBANZ who have signalled their intention to postpone interim registration for candidates until completion of ACP examinations. This is important for the future of the ACP and HAMACP pathways and for the opportunities it provides to other professionals to train and upskill in order to provide therapy in Aotearoa, so needed in the current mental health and addictions climate today. The opportunity to apprentice through weekly supervision, readings and writing, to acquire the professional competence of a graduate with up to 5 years' clinical experience is a taonga of the Association.

Chair of this Committee, Siobhan Collins, is retiring from Council, after an important and challenging time of working to protect the mana and accessibility of the ACP and HAMACP as pathways to graduates and allied professionals. We are pleased to hear that John O'Connor is taking up this task. My work with John on organising Te Ipu Taiao has shown me that he is thoughtful,

committed, and reliably produces just what he has promised. The ACP Committee and its work will be in good hands.

The Mental Health and Addictions working group continues to meet monthly and to explore, debate, advise Council members and follow up opportunities to challenge and advise regarding mental health initiatives, represent and promote psychotherapy to politicians, ministry officials and other key players in the mental health space. John Farnsworth has been chairing this committee and the other members are Victoria Smith, Veronica Watt, and Roy Bowden; I also attend these meetings.

Te Ipu Taiao, Climate Conference was an initiative, a response to the difficulties of planning a professional development or conference in a year of uncertainty because of Covid. Making use of Zoom for connection and professional development is, let's face it, no real substitute for the lively intellectual and mammalian satisfactions of meeting face to face with treasured colleagues, sharing ideas and personal stories in real time and one space. However, we have learned as we used it to bring more life and more aroha to our speaking and reaching towards each other. This committee of Siobhan Collins, John O'Connor, Claire Miranda, Rick Williment and myself have been finding such joy in working creatively together. We hope members find the results of our work stimulating.

A visit to the website, which I recommend, will reveal a new banner with photos of many members and new videos *Our members talk...* filmed and edited by Seàn Manning. These are intended for people wanting to find out more about psychotherapy and perhaps consider it as a training. The upgrade and update of the website, and the review process, have been accomplished by the hard-working and passionate NZAP member, and future President, Gabriela Mercado. I am looking forward to working more closely with Gabriela in the next year in anticipation of her taking up the Presidency in 2022.

We say goodbye to Vicky Blake who has organised and rationalised the financial procedures of the organisation and has often offered a reliable, careful lens as Treasurer and in discussions at the virtual Council table. Lastly we bid farewell to Gerald, who has been such a Rangatira in his role as President and his years on Council. Loved for the lightness of his touch on the reins of power, his affirming observations of Council members strengths and also of the unconscious processes at work between and around us. Ever a psychotherapist as well as a President, his ability to bring depth to considerations but with aroha and humour will be sorely missed. Farewell my friend.

Council members have been trying to find a member to take up the Public Issues portfolio, and with the resignation of Daniel Larsen we also need a Chair of the Ethics and Professional Standards, a Newsletter Editor, and couple of Ordinary Members to join us for the wonderful intimacy and satisfaction that comes in working with colleagues you love and respect. Anyone who might be interested in a position left vacant after the AGM is welcome to contact me to discuss any of these roles as possibilities.

We are also concerned to see branches unable to fill organising roles since it has always been in branches and at conferences that the vitalising camaraderie, chemistry and challenge of exchanges with colleagues takes everyone of us to the learning or relational edge where we come into contact with the Unknown in ourselves and others.

Let us gather and meet however we can for as long as we can,

*With black and red the work is completed.*

Lynne Holdem