

REPORT TO NZAP AGM, JUNE 2022

From the President

This is my last report to the association before the hand-over to Gabriela Mercado at the AGM on June 15. When elected, I wanted to help Council make governance more transparent, consider changes in structure and culture to foster connection and members' participation in the life of the association. I wanted NZAP to have a warm and welcoming attitude to prospective members, a stronger voice for psychotherapy in public affairs and to honour Te Tiriti and our relationship with Waka Oranga colleagues.

Registration had necessitated a shift in focus of the association away from the oversight of who is and isn't fit to practice psychotherapy. This has presented both a loss and a challenge to us. Council has worked hard to recreate a vision and purpose for the association and to enact these. Thanks to a well-connected, talented and hardworking team on Council (and in our various portfolios) there are new initiatives and achievements already in action. Also, further blueprints are ready to roll, in spite of all the storm and stress of Covid in the last two years.

Transparency

The exciting changes made by editor, Marianna Ackerman, to our newsletter, the new digital format and ability to include images has enhanced communications between members and with Council. We have provided more timely, open and visible Council decisions. More recently, Council has zoomed with groups of members advocating on issues and with portfolio chairs during Council meetings. This enables seeing the same things with different eyes and increases mutual understanding and connection where conflicts or differences have arisen.

Our association is a diverse one and conflicts naturally arise from passionate participation in a democratic organisation. When we keep speaking with each other through our differences, we learn from each other, strengthen the governance and quality of decisions made in Council. Online meetings for members in the last year have been an important contribution to connection and transparency.

I also want to particularly thank Gabriela and Victoria Smith for the zoom meetings with members during the mandatory vaccination controversies. These were not easy meetings to facilitate. Much time was spent by Victoria and Paul Wilson to keep members informed of Ministry of Health requirements and Allied Health's advice. The effort involved to process information, responses and questions from members was daunting at times for them and other Council members who worked with them. Covid has not just been a health crisis. There are resulting social, economic, and environmental crises that are ongoing, presenting new challenges to psychotherapy and to NZAP relationships with, and support for, members.

Connection and Participation of Members

While it has not been safe to meet *kanohi ki te kanohi* because of Covid, two online conferences and a professional development event happened in 2020 and 2021. These were organised by small committees led by members of Council and created opportunities for professional development, space for members' voices to be heard and collegial connection.

Beginning the Week with Freud group has now read to the end of Volume Two of the Standard Edition and is going strong with international membership. Crispin Balfour holds this lively group on Zoom.

Te Ipu Taiao challenged us to face into the unfolding climate crisis. Claire Miranda leads a monthly NZAP Te Ipu Taiao group reverie. She also represents us with Ora Taiao (NZ Climate and Health Council). Following Gabriela's work to make the NZAP website more contemporary, welcoming and colorful, Claire has now taken up this responsibility. Our website is vital as both a resource for members and an information site for people seeking psychotherapy or how to become a psychotherapist.

Gabriela showed how, almost single-handedly, to pull off a successful one-day PD event, a conversation between Gerald Maclaurin and Patrick Casement, that was zoomed to branches. Some branches have been struggling to maintain leadership and participation. This showed it is possible for an interest or a modality group to produce an online event that can give members a chance to connect and speak with each other.

Ka Mua Ka Muri, a celebration of 75 years of NZAP, also provided collegial connection and professional development this year. A great success, it provided an interesting program of international speakers and excellent papers by our members. We received very good acknowledgment and support from members. We also learned a lot about how to make our zui more lively, fun and informative. It was successful financially and benefits the Education fund, helps mitigate Council's Covid budget shortfall and provides seed money for the Academy initiative.

I encourage branches and small groups of members to pick up the baton and bring more opportunities for live and online meetings in the years ahead. It really was a blast of creative fun choosing presenters and creating a program along with close colleagues.

The ACP committee is engaging suitable members to further develop their practice as supervisors to prepare candidates for the ACP. ACP Supervisor meetings are held nationally as well as in some regions. These connect, update and inform supervisors. We receive frequent enquiries from potential candidates. Clarification with PBANZ regarding the new accreditation standards and their administrative demands continue. The respect given to members who achieve the ACP and the integrity of the ACP process is a valuable taonga of our association.

Contributors and editors of Ata continue to provide valuable professional reading for members and to increase the mana and influence of the psychotherapy of Aotearoa New Zealand, into wider spheres of influence and public attention. Thank you, John O'Connor and Wiremu Woodard.

Two recent critical reviews challenged Council to widen our vision and arena of activity on behalf of members and the public.

Partnership with Waka Oranga and TTBAC

The TTBAC review, prepared by John O'Connor and Margaret Poutu Morice, has laid at our feet the next steps towards NZAP embodying the principle of tino rangatiratanga into NZAP's relationship with Maori and psychotherapy. This implies that further sharing of resources and power will continue as we evolve toward co-governance with Waka Oranga. TTBAC representatives have spoken with Council and we are proposing that the Chair of TTBAC become a member of Council and be included in Executive to help us keep Te Tiriti in focus. This requires a change to the Constitution which we will put before members at the next AGM and continue to discuss over the next year, before members vote on it in 2023. It has been a great pleasure to work with Anna Fleming and Verity Armstrong on Council and with Anna on developing and presenting Ka mua, ka muri. Waka Oranga bring powerful truth speaking and presence to the Council table. I look forward to future genuine power-sharing and co-governance within NZAP.

Promoting Psychotherapy

Rick Williment presented the Critical Review Promoting Psychotherapy in Aotearoa New Zealand to Council in June 2021. The report recommended a shift in focus for NZAP towards advocacy of the integration of psychotherapy into the public mental health and addiction sectors and for psychotherapy's benefit to society. It also proposed NZAP support research, education and training of psychotherapists (through ACP and He Ara Māori ACP). Rick's document continues to percolate in the work of the Mental Health and Addictions team, the ACP and the professional development and training focus of the Academy Working group which has a broad vision of modular training opportunities, a working demo model of a website that could be constructed to house a Psychotherapy Learning Community. The team working on this is led by John Farnsworth and includes John O'Connor, Veronica Watt, Verity Armstrong and Victoria Smith. I look forward to hearing more from them.

Finally, I wish to thank all Council members for their work on behalf of members and in support of psychotherapy in Aotearoa New Zealand. My time as President has been challenging, full of change and great growth in the workload and time spent connecting via the screen by myself, Council and other members. We are a vigorous and passionate organization.

I wish to thank Luisa Maloni for her gracious, good-humored and responsive approach to the administration of NZAP, Waka Oranga for your patience and persistence. There have been frequent messages of support, suggestions and queries from members flowing through my Inbox. I have treasured, in particular, ones from past Presidents and Life members who have encouraged and given awhi to the direction and work we have undertaken in the troubled times of the last two years. I trust our next President Gabriela enjoys this support, a few surprises and many rewards for her work in the next two years.

Aroha mai, aroha atu,

Lynne Holdem