

Annual Report of Otago/Southland/Central NZAP – 2021

The first six months of the year we were able to meet in person at our new venue of Community House, Central Dunedin. As Covid made its' presence felt in Otago we moved to zoom meetings for the remaining months of the year to maintain contact with members and remain safe.

Our secretary Megan Turnbull resigned at the beginning of the year and this role was eventually filled in June by our current Secretary, Jo McKenzie. Antonia Muir remains our Treasurer and the Convenor's role is shared as a group by Marianne Quinn, Maria Bowden and supported by Jo McKenzie.

We made good use of our local members' expertise and knowledge to offer presentations throughout the year. This was well received and encouraged lively discussions. They are as follows,

PRESENTATIONS

Stephanie Roddick – “Facing Myself: Mortality and the Meaning of Death in Professional Life” – Stephanie presented her Gestalt graduation project/thesis offering personal and clinical insights into mortality and existential crisis. Stephanie is a Gestalt Psychotherapist who specialises in working with young people.

Faye Gorman – “Holding the Frame without Borders” – Faye returned to New Zealand during Covid after working overseas since 2012. She presented to us her therapeutic work and survival at the remote Pacific Refugee Prison Islands of Manus and Nauru; her work with Aboriginal people and workers in the remote Central Australian Desert for the Royal Flying Doctors; her work with washed up asylum seekers at the Mediterranean Island of Lesbos; and her work with refugees, the homeless, sex workers and those with addictions in a project in Mashhad, Iran for Doctors without Borders/Medecins Sans Frontieres. Faye supported her presentation with accompanying pictures.

Trudy Dent – Trudy is a clinical nurse specialist and leads the Southern Support Eating Disorder Service which was established in 2010. Trudy presented the value of having community- based services which enables clients to stay connected to their communities; their whanau; and building more healthy responses to their life and general wellbeing. There remains a place for hospital admissions but Trudy promotes early interventions and treatment in preventing severe and enduring disordered eating.

Sean Manning – “The Search for Self in a Postmodern Psychotherapy : Observations arising from ‘Punishment, Prisons and Addiction’ Sean covered a great deal of information and thought regarding why criminals are resistant to change; why programmes are not producing results; the construction of the criminal identity and the criminal ‘self’.

Paul Hemmingsen - “The End; no longer a Registered Psychotherapist” Paul generously shared his experience of retiring as a psychotherapist. He also spoke of the frame whereby welcoming new members is achieved well but retirement is attended to less well. This is

understandable as we face the challenge of achieving milestones and acknowledging others during the Covid pandemic.

Charlotte McLachlan - "The Animal Within" – Charlotte's presentation was supported with family photos and images from Charlotte's Masters of Art exhibition. Her presentation was rich with metaphor; family dynamics; and the power of choices we are faced with in order to be fully ourselves. It was a provocative, deep and moving presentation that we were privileged to experience.

NEW AND OLD MEMBERS

Leigh Gillespie – T.A Graduate and Registered Psychotherapist, introduced herself and her work as a Counsellor at Kaikorai Valley High School. Leigh outlined her teaching background; history as an explorer; her work in diverse countries and cultures; her connection to the land and her resulting training as a therapist that led her into the support and specialist care of young people in the education system.

Griffin Madill who is a T.A trainee or graduate? has been accepted onto the ACP pathway and was welcomed to our meetings during September.

We welcomed back Robert Ford to Dunedin after his time working in Wellington. Robert is Operations Manager for the Department of Corrections and an advocate for psychotherapists being employed within Corrections.

EXTRAS

Workshop on 16,17 March in Dunedin by Prof Martine Dorahy of Canterbury University who is registered as a Psychologist and Psychotherapist and member of NZAP. "Shame and its considerations in therapy and "Dissociative Identity Disorder"

In place of our June meeting we hosted the Patrick Casement seminar "Preconception, in Life and in the Consulting Room" on 12 June at Community House which was well attended and received. This was enjoyed and valued by members locally and nationally.

John Farnsworth was also elected as Chair of Public Issues at the national AGM of NZAP.

We achieved a mid winter dinner/gathering at Ironic which was well attended and brought some warmth to the gloom of winter.

At the suggestion of members and as a way to gather during Covid we also had a successful picnic in the Dunedin Botanical Gardens as a way to celebrate Christmas and the end of the year together.

Numbers tended to fluctuate all year and some absences could be attributed to ill health by members or their partners or whanau (not Covid) unfortunately.

Overall as a Branch, we continue to create opportunities to connect, support and learn from one another, as it is these things that draw people to NZAP and keep them coming back.

Convenor's Group – Marianne Quinn, Maria Bowden and Jo Mc Kenzie

