

**MINUTES OF THE NZAP COUNCIL MEETING
HELD AT SUDIMA AUCKLAND CITY HOTEL, AUCKLAND
ON 15 OCTOBER 2022 9.00AM – 5.00PM
AND 16 OCTOBER 9.00AM – 12.30PM**

Present:

In person: Seán Manning (President), Lynne Holdem (Past President), Anna Hinehou Fleming (Waka Oranga), John O'Connor, Delia Crozier, Catriona Cairns, Claire Miranda, John Farnsworth, Paul Wilson, Luisa Maloni (Administrator).

Via Zoom: Victoria Smith, Marianna Ackerman

Visiting: Gavin Stansfield joined the meeting via zoom at 10:15am to 10:45am on Sunday.

1. WELCOME

The meeting opened at 9 am, with a mihi from Seán and Anna.

2. APOLOGIES

Verity Armstrong (Waka Oranga) after the passing of her sister.

3. MATTERS ARISING NOT COVERED IN THE AGENDA

Claire highlighted Action point number 23 from the last Council meeting in June relating to the Communications Strategy. This was scheduled for further discussion.

(See item 14. Communication Strategy)

4. APPROVAL OF REPORTS

Seán moved that all reports be approved as received.

–Carried

President's report – (None this meeting)

Honorary Secretary Report – Further discussion elsewhere in the agenda.

Ethics and Professional Standards Committee Report – Further to the report, Paul added that the committee had met again since the report had been completed. They discussed the future of the committee now that it has moved away from complaints towards an educative function within the Association. The budget previously focused on complaints, could be used to cover Zoom hosts for potential annual webinar evenings, that would be based around ethical subjects or dilemmas that can be worked through to resolution by groups of people- an ethics-in-action approach. This idea was supported by Council.

Paul noted that some members, whose role was previously based around complaints, may now leave the committee.

ACP Committee Report – John O highlighted that the PBANZ accreditation committee that includes Anna, Verity and John O, is currently developing a process for assessment for training providers and working on a template to trial and develop further.

He Ara Māori Report – (None this meeting)

Public Issues Report – Further to the report, John F and Victoria discussed issues around meeting with Sue Dashfield, who is the Programme Director, Mental health and Addictions at Te Whatu Ora. Psychotherapy has a low profile and does not seem to have anything to offer the Public Health system. The small size of the membership and workforce limits our public profile in comparison to other larger groups like counsellors.

Council discussed the need to train more psychotherapists, build more members, advocate for more university courses, build and further resource the ACP and HAMACP, build publicity and focus on lobbying.

John F is considering stepping down as Chair of Public Issues to better focus on the Academy and will talk to the MHAA team to discuss his replacement.

Academy Report – The launch of the website will be delayed until early next year in order to allow time for fine-tuning. They may need to consider tax issues.

Council discussed the future of the PDCC and its possible role within the Academy. The Academy can absorb the PD aspect, but need further thought about how the overseeing of Conferences will work.

In the meantime, Luisa can field enquiries/ideas about conference and pass on to Council for discussion/approval.

Action: Seán to speak to Robert at the PDCC and bring the discussion to the next Council meeting.

ATA report – The next issue is in development and has a lot of copy. It was decided that there will only be two issues of Ata this year, instead of the previously proposed three, due to workload constraints. However, the second issue will be substantial. Council was in support of this. It was noted that Ata has the same cover for each issue unless it is a special issue.

Seán thanked John O for his work as co-editor and for the quality of the Journal.

Newsletter Report – (None this meeting)

Administrator Report – It was noted that around three-quarters of the membership come in via registration.

5. TREASURER'S REPORT

Further to the written report, the following was discussed:

- We are tracking about the same as last year. Expenses have increased due to the Audit and dealing with the accountant in this process.
- The Audit has shown that we do not have tax exemption as was previously thought. This means we will have to pay tax on income from conferences, advertising, workshops and the Academy. Income from membership subscriptions are exempt from tax. We can claim business expenses against the assessable income and the claimable expenses are likely to be similar to the taxable income for the Year End 31 January 2022. Therefore, the accountant anticipates nil to low taxable profit. The accountant has recommended we make a voluntary declaration and submit tax returns for the last four terms. This may mean we will need to make a small payment on any profit made over the past 4 years but

it would inform future budgeting. It was recommended that the Academy team get tax advice and the ACP may possibly be affected too.

Motion: that the Treasurer be empowered to accept the recommendation of the accountant regarding a voluntary declaration of the last four years of earnings to the IRD.

Lynne/Paul

– Carried

Delia was thanked by Council for her efforts with the audit.

- Council agreed that we do not need Audit insurance.
- Jill has started tracking Luisa's overtime hours for Ata and the Academy.

6. RATIFICATION OF MEMBERS

The following memberships were ratified:

Ratification of membership

- i) **Motion:** That the following applicant be ratified as a Student Member of NZAP, having completed all requirements:

KATHERINE (KATHY) DOLD MARTIN, Auckland

Resigned:

Brian Broom, Auckland

NZAP Council Meeting

By email

29 August- 5 September 2022

These members were ratified:

New Student Member:

ANNA DINNEEN, Auckland

Provisional Member of NZAP, intending ACP:

CHRIS BAMPTON, Auckland

New Full Members:

KARLENE MAMEA (SCHWENCKE), Auckland

CRISTA SCHORR-KON, Auckland (moving from Provisional membership to Full)

Changing to Retired Membership status:

Judith Kime, Christchurch

Resigned:

Kate Van Heugten, Christchurch

Wendy Nalden, Auckland

Anna Drijver, Auckland

Johanna Perfect, Auckland

Paul Solomon, Auckland
 Angelika Irma Treschl, Dunedin
 Teresa Woodham, Auckland
 Jane Nicholson, Wellington
 Claire Elizabeth, New Plymouth
 Allan Bloore, Christchurch

Termination:

David Thomson, Auckland

Ratified by: Claire Miranda, Delia Crozier, Paul Wilson, John Farnsworth, Seán Manning, Marianna Ackerman, Lynne Holdem, Catriona Cairns, Victoria Smith, John O Connor, Gabriela Mercado, Verity Armstrong, Anna Flemming

Seán

– carried

7. MEMBERS TO THANK AND RECOGNISE

Flowers were sent to Verity after the loss of her sister.

Lynne proposed celebrating John F's Life membership in Dunedin next year around the time of the April Council meeting.

Action- Lynne and Seán to look into the option of having a Council meeting in Dunedin next year.

8. CORRESPONDENCE

Seán tabled the following items of correspondence:

- *Letter from Linden Cooke- Unregistered members Query. Discussion about keeping database updated with accurate records of registered/non-registered members, and similarly related: Letter from David Wilkins about registered and non-registered members on the website Register.*

Council had an in-depth discussion about: requirements for members regarding supervision; registered and non-registered members listed on the NZAP register; and the nature of the role of the Association.

Ideas were discussed including:

- An amendment to the language on the NZAP website from 'find a therapist' to 'find a psychotherapy practitioner' or 'find a member', and to include a disclaimer and link to the PBANZ website for a list of registered psychotherapists.
- An annual declaration as part of the renewal process that states that the fee has been paid, that regular supervision is attended and that the member will abide by the code of ethics.
- Adding a history of the NZAP/PBANZ relationship to the website
- Giving further thought to the name of the Association, moving from the wording 'psychotherapist' to 'psychotherapy' (and to include 'Aotearoa' as previously proposed by the TTBC).

- Undergoing research into other professional bodies and their requirements for members.

Lynne noted that many decisions have been made over many Council meetings regarding the role of the Association and there has been a shift over time from regulatory to support and advocacy of psychotherapy. On reflection, the Council decided that further thought was needed on the subject before a decision was made.

Action: Seán to talk to Linden Cooke about his position and open the debate further.

Action: Seán and Delia to look at other professional bodies and come up with a position paper to bring to Council.

Action: Catriona to reply to David Wilkins outlining Council's response.

Action: Seán to write a position paper on the change of name for the Association.

- *Response from Graeme McCartney- Te Tiriti and Governance*

John O, Lynne and Seán met with Graeme online to discuss Graeme's ideas around co-governance, including a joint, power sharing agreement for the future. This would mean a radical change in the structure of the Association and requires a lot to consider. The future TTBAC may think further on these ideas.

Action: Seán to respond to Graeme McCartney.

- *Letter from Evelyn Shackley about the use of the NZAP logo by members*

Council discussed implications of the symbolic understanding and endorsement that the use of the logo implies. The NZAP does endorse its members but the use of the logo needs caution and consideration of where and how the logo can be used.

Action: Seán and Paul to draft some guidelines for the use of the NZAP logo and bring this back to Council.

- *Letter from Lynn Charlton re EAP rates*

Action: Lynne to discuss a possible joint submission with the NZAC to EAP providers regarding pay increases and to respond to Lynn Charlton.

9. WAKA ORANGA RELATIONSHIP

Council discussed the nature of having this as a standing item. Does it serve to 'other' Waka Oranga? Or does it provide a space to discuss how we are behaving within our partnership?

Council discussed the metaphor of a double-hulled canoe, waka hourua, representing Waka Oranga and the NZAP. Anna shared her vision of Waka Oranga being not just a home for Māori members of the NZAP, but a home for all Māori practitioners. This is different to a waka hourua, we do not go everywhere together, but sit together under Te Tiriti in

partnership. We can go in different directions at times and we can keep checking in on each other e.g. the two Waka Oranga members on NZAP council.

Anna discussed the overrepresentation of Māori in the mental health crisis and the need to support them as a Māori organisation. We have a lot of lobbying to do to make sure we are in the right place for our whanau and that will be our future work.

Counsellors, social workers and teachers often come to Poutama and other meetings but psychotherapists often don't. The need is there for cultural supervision, knowledge and skills to work with Māori clients.

Council discussed ways to encourage members/psychotherapists to engage including the Poutama moving around the country, day events and online opportunities, visits to branches, filming the Poutama and putting it on the Academy website, and creating interest groups on the Academy website.

PRACTICE/PROTECTION

10. ACTION LIST REVIEW(see action list for details)

Completed and ongoing action items were noted. The following items not elsewhere on the agenda were commented on:

- **2. Action: Marianna-** *to open a Substack account and explore its potential, and to invite Council members to comment/interact.*

Marianna discussed this with Claire- Substack is a blogging platform but we already have a blogging platform in Wordpress. We should have a blog and this could be part of the communications strategy discussion. Claire is looking into a new web manager who may have input about this. Seán would like to take the question to membership if there is to be a choice between a blog and a newsletter.

- **10. Action: Claire** *to investigate a new web support person and to get advice on potential new platforms for the database of members, ideally something that integrates with XERO.*

Claire met with Iona, a possible new web manager, who recommended 'Member press' as a replacement for Wild Apricot. It is about half the cost. We will finish with Stu Sontier as Web Manager. Victoria has used Iona's services before and she charges \$80 per hour compared with \$150 per hour. Iona recommended Lumio for member interaction as something to replace Connect. We had already looked at that and rejected it. Lumio may be too big for us.

- **13. Action: Claire** *to talk to journalist Veronica Meduna about what we could do to increase our public presence*

Claire spoke with Veronica. She questioned raising a public profile if we don't have capacity to serve the need for psychotherapists, and recommended focussing on lobbying. Claire has found some free resources in Media training which would increase our efficacy in lobbying. Victoria and Claire have attended a media training webinar which could be useful to other Council members. Claire has sent an email to Council with links to the free resources. Council to decide if they want to take this further.

- 21. **Action: Delia** to talk to Jill about coding transactions to the Academy, whether it's best to put funds in the Training account or Operating account, and how to set up an account for the Academy for the future.
Delia has talked with Jill but they haven't set up an account yet for the Academy.
- 23. **Action: Claire** to go back through Rick Williment's review, the strategic plan and liaise with John F to draft ideas for a communication strategy to bring to the next Council meeting.
Council discussed this separately under 'Communications Strategy'- see below in section 14.
- 24. **Action: Luisa** to provide training providers with a list of NZAP student members enrolled in their course and to copy the director of training into re-ratification email confirmation for students will wait till next year
Luisa will send these lists out to training providers in the new year with an updated list of students.
- 25. **Action: John O** to email members regarding receiving digital copies of Ata.
30 members no longer wanted the hard copy of Ata.
- 28. **Action: John O** to look for other potential names for Governance training- e.g. Dianne Jones, Psychodramatist
Ongoing- in progress.
- 29. **Action: John O and Verity** to continue their conversation about the Supervision Handbook including cultural supervision.
Ongoing- in progress.
- 30. **Action: Anna** to check which Waka Oranga members are NZAP members and already get copies of Ata. Anna to send a list to Luisa.
Ongoing- in progress.
- 31. **Action: Victoria** to organise a members' survey
Council discussed this separately under 'Members survey'.

12. INFORM MESSAGES TO NON-MEMBERS/ORGANISATIONS

Council noted that Inform messages are also sent to the PBANZ registrar, MIT Library, NMIT Library of Learning, National Library and Waka Oranga. It was agreed that these groups did not need to receive Inform messages.

Action: Luisa to remove PBANZ, National Library, NMIT, MIT and Waka Oranga from the Inform email list.

13. THE FUTURE OF TTBC

At the moment the TTBC is in recess. There are no chairs or convenors. There are two remits on the table for the 2023 AGM regarding the chair of the TTBC to be on Council. There is a proposal that the TTBC be a four-member committee- not needing to draw members from each region.

Council agreed that it is a good idea to have the TTBC convenor as a Council chair but if the remit passes- what will the TTBC look like?

Action: John O and Seán to put together a suggestion paper for the next Council meeting about what the TTBC could look like.

Council discussed the possibility of organising a structured debate before the 2023 AGM regarding the TTBC and/or biculturalism in general, to attract an audience to the discussion, or 4 to 6 speakers presenting different views as a panel and then have interaction from the audience.

14. COMMUNICATIONS STRATEGY

Claire highlighted key ideas in Rick Williment's report relating to a Communications strategy for the NZAP.

- Rick reported that there are 500,000 clients who are not able to see psychotherapists- we would need to increase our numbers in order to help meet that need.
- The need to emphasise the efficacy of psychotherapy on our website.
- The need to collect data to inform practice and areas for workforce development.
- The need to develop communication lines with other public mental health associations, universities (for research and as training providers), private course providers, PBANZ – for contact with those who are not NZAP members, the general public, donors, etc...
- The need for funding for the Waka Oranga pathway and for those who would like to provide training.
- The opportunity to encourage therapy clients to become therapists in order to grow membership.

Council discussed these ideas for internal and external communications:

Internal:

- Signal groups (an application similar to What's App) e.g. for Council, could be an idea to help keep us on track for our mahi as it is quick and responsive (keeping in mind working hours of members).
- Ata could be on the NZAP website or perhaps a featured article to increase its profile in relation to the NZAP.
- Set up a blog on our website which could include Inform messages published to the members area.

External:

- Council to get involved in the Savvy (Science Media Centre) course to find out what it would take to get our message out there. A sub-group of council could trial it and feedback. We could offer this training to members and Waka Oranga as well.
- We can focus on different aspects to campaign on- these can change.
- Lobbying.
- Promoting psychotherapy with PHOs and NGOs, hosting events and inviting their staff to engage and converse with.

Council discussed these considerations: What is our aim- Funded therapy? Funding for training? What do we want to do? What do members want? What do they want to see? Work needs to be done to shift the focus from internal to external communication.

Council thanked Claire for her hard work on this and acknowledged that this is not yet part of a portfolio, and has no structure of reporting.

Action: Claire and John F to talk to the new website manager about internal communication ideas.

Action: Claire to set up a Signal group for Council to trial and report back on at the next Council meeting.

Action: Claire and John F to gather these ideas on a Communications strategy and put into a report for the next Council meeting

15. SPACE FOR OPEN DIALOGUE

Council continued to discuss the relationship with Waka Oranga at this time. *(See above in section 9).*

Further to this, Council discussed opportunities to engage with NGOs and PHOs, the mental health crisis and the overuse of technology, and the effectiveness of simple human solutions- simply spending time with a person in pain.

The meeting closed at 5pm, and resumed 9am on Sunday with check ins

Lynne talked about slowing things down and giving time and space to items.

PROMOTION/PARTICIPATION

16. 2024 PD EVENT/CONFERENCE

Gavin Stansfield joined the meeting at 10:15am

Gavin thanked Council for hosting him at the meeting.

Gavin met with Lynne and Seán on Zoom about the Conference and has also spoken with Luisa around conference admin. Verity Armstrong will co-convene with Gavin for the conference.

Gavin submitted a report via email which outlined the theme for the conference as dialogue, personal reflection, and ‘thinking together’ about Sex, Sexuality, Gender, and Relationship. They are considering the title ‘*Navigating the Shoals*’ as a metaphoric starting point. The conference may cover emerging social trends and phenomena, changing social mores, and new ways of thinking about gender, identity formation, psychosexual development, social equality and power relations. The conveners will consider how it might relate to Māori symbolism, mythology, and whakataukī.

Possible dates are the 9-12 May, 2024 or the following week, 16-19 May.

Further to this report, Gavin shared his ideas for a relational conference, with a number of sessions, each session with 2-3 speakers and a space for interaction with the wider group. The idea is for everyone to be in the same room together for all of the korero in order to build up cohesion within the group. Gavin said they are planning to keep the conference for members only and aim for attendance to sit between 150-200. The preference is in-person but they may allow the option of joining virtually.

They are thinking carefully about the venue and are looking into Taupo. Thought was being put into cost and accessibility for members with the idea of potentially hiring buses from Wellington to reduce costs for those in the South Island.

Council discussed the importance of the work of the conference treasurer and the option of hiring an event organiser if necessary.

Council shared their enthusiasm and support for this conference and thanked Gavin for his energy and thought.

Gavin left the meeting at 10:45am

17. PSYCHOTHERAPY DAY REVIEW

The Zoom event was enjoyed by those in attendance.

A committee will need to be set up to start planning for the next one. Perhaps it would be good to do something more public.

Ideas included inviting submissions on a particular topic to the Newsletter e.g. What is mental health? The political/social environment affecting mental health.

PEOPLE/PARTNERSHIP

18. DSA, TE TOHU O TE PIHI and LIFE MEMBERSHIP AWARDS

There is one nomination for DSA and one nomination for Life membership. More details to come in April. There have been no nominations for Te Tohu o Te Pahi awards.

Action: **Catriona** to send a reminder call for nominations on Inform.

19. 2023 AGM/ELECTIONS

Council discussed what elections are required for Council members at the next AGM.

The date of June 21st 2023 was confirmed.

20. OTHER BUSINESS

- **Membership Survey**

Seán would like to move away from a survey approach, which some can find difficult to engage with, towards working with focus groups among the regions, interviewing 1-1 or small groups online. This would require more work but would be more rewarding and provide better quality information. Victoria's survey questions can inform this work.

Branches could also include this in their meetings.

Action: **Seán and Victoria** to look at a set of questions for members around which focus groups could gather

- **Student Membership Register**

This relates in part to the discussion about the register (*see correspondence*). We could not allow students on the register as they are not yet therapists. If it is changed to a list of *members* that would be different. Council agreed to withhold a decision on this until the debate is fully explored.

- **Carbon Footprint- flying to Council Meetings**

Council discussed the need to reduce carbon pollution within the Association and for Council to show leadership in this area. It was acknowledged that this will require sacrifice as Council members prefer to meet in-person for many reasons.

Ideas included:

- Only having one in-person meeting a year, in the place where the majority of members are, to reduce air travel.
- Car-pooling to meetings, hiring electric cars.
- Deciding on the nature of the meeting and whether it needs to be in-person or if it is OK online.
- Re-looking at the meeting schedule- if online, maybe meet more regularly for shorter periods rather than a full weekend.

Action: John O and Anna to think creatively about council business within the context of a climate crisis environment and put ideas into a discussion paper.

Motion: to meet face-to-face for the next meeting in April 2023.

John F/Paul

— **Carried**

- **Advertising with NZAP**

Action: Luisa and Catriona will talk to Claire to align the advertising proposal to the Communications strategy.

- **Insurance of Office Assets**

Council agreed that in review of the costs for insurance, and the excesses required, it would not be worth insuring the office assets which are currently valued at just under \$3000.

20. DATES OF NEXT MEETING/ EMAIL RATIFICATIONS

Monday 5 December- Deadline- Monday 12 December- Email Ratification for new members

2023 DATES

Email Round: February 6-10

1-2 April, 2023- Council Meeting FACE TO FACE

17-18 June, 2023- Council Meeting- TBC

Wednesday 21 June, 2023- AGM

Email round: August 21-25

28-28 October, 2023- Council Meeting- TBC

Email Round: Late January 2024

Council members to forward agenda items to the Administrator. **Action: All**

Final Thoughts

Council members thanked Seán for stepping in as President and for the efforts he put into preparing for the Council meeting. Seán thanked the Council for their support. They discussed the frustration of being online and the privilege of being in-person with each other, sharing food and having the space and time to chat and be nurtured outside of the meeting. Council reflected on their freedoms to express themselves within the Association and the need to keep therapeutic principles alive in the way that we do governance. The collegiality, creativity, honesty and bravery of the team was acknowledged.

The meeting closed with a karakia from Anna at 12:38