



NZAP

New Zealand Association
of Psychotherapists
Te Rōpū Whakaora Hinengaro



Waka Oranga

National Collective of Māori
Psychotherapy Practitioners

APRIL 2022 NEWSLETTER



In honour of our whakapapa: Front row, seated and kneeling, left to right: Nellie Pickford; Dr Bevan Brown; Dr Enid Cook; Frank Cook; Harry Cohen; Harold Harris. Photo courtesy of S. Morrell.

Happy 75th anniversary to us! NZAP has turned 75, and this important occasion was marked by an impressive conference, one that made me proud to be a member—and I have not always felt this way. (Ambivalence about everything is natural I am told). The conference was comprised of a diverse collection of highly experienced practitioners whose participation in our conference demonstrated a deep dedication to their profession, to their clients/patients/analysands, and to public mental health. In a time that could easily be characterised as grim, seeing my talented and perseverant colleagues exhibit their commitment to the well-being of others gave me cause for optimism and faith. They knocked my socks off. And I bow deeply to the conference organisers, a bunch of psychotherapists who managed to pull off our first-ever fully online conference with nary a technical glitch. Go figure. Go NZAP.

In this issue: **Lynne Holdem** writes eloquently about the invasion of Ukraine, and about the forces that contributed to the riots on Parliament grounds. This will be her last piece as our President. **Gabriela Mercado** offers an abbreviated history of NZAP and finishes with a summary of the current, significant changes that are underway within the organisation. Following right in her footsteps is **John Farnsworth** and his small team who are “investigating how to create a lively, interactive learning community”. The accompanying infographics deserve to be viewed on a laptop. **Suzie Morrell** in “**For Those Who Came Before**” sketches a personal history of her experience with our NZAP ancestors beginning in 1979. (She generously supplied the opening photograph for this issue—what a knockout.) Our **Honorary Secretary Catriona Cairns** keeps us informed about what the Council is very busy with. **Emmeline Hawthorne** goes in for a deep dive in “**Thinking About Climate Crisis Ennui from a Feminist Retro-Perspective**”. And finally! Someone (**Sean Manning**) has written a **Letter to the Editor**, and it’s a cracker. **Janet Hay** from **PBANZ** invites us to participate in a consultation process. **Mark Murphy** and his Gestalt colleagues pay a moving tribute to **Anne Maclean**. **Louise Tudor** reviews a new book by **Violet Sherwood** (one of our members), “**Haunted: The Death Mother Archetype**”.

That’s it from me. I hope you are all keeping well, and that you enjoy reading this issue as much I did in cobbling it together.

Please be in touch,

Marianna Ackerman
Editor
editor@nzap.org.nz



A Dove Has Spread Her Wings and Asks for Peace (1982) by Maria Prymachenko

From the President

Lynne Holdem

Like many of you, no doubt, I am disturbed and horrified by the loss of life and destruction of the cities of Ukraine. I watch news of the brave and clever leadership of Zelensky, stories of heroic rescues, the determination [[Read more](#)].



Ka mua ka muri Filling Up the Kete of Our Association. Sunday 3 April 2022

Gabriela Mercado

This is my address to the Ka mua muri, celebrating 75 years of NZAP Conference held online 1-3 April. Enjoy. [\[Read more\]](#)



Coming: The Academy Project

John Farnsworth and the Academy Working Group

The Academy is a proposal to comprehensively reinvent professional development and training within the Association. The Academy will sit alongside, but separate from, the ACP, which remains NZAP's apprenticeship training for psychotherapists. With the blessing of the Council, a small team is investigating how to create a lively [\[Read more\]](#)



For Those Who Came Before Suzie Morrell

In 1979, I was living in my home town Melbourne when some Kiwi friends asked me what I was doing for my holidays. I explained that I had recently bought a piano and could not afford to go anywhere. They insisted I go to New Zealand. "It's not that far away," they said. So, I packed my bags and set off for what [\[Read more\]](#).

From the Honorary Secretary

Catriona Cairns

Council met online during the weekend of March 5-6. We are really looking forward to (and hoping for!) an in-person meeting in June, COVID willing.

[\[Read more\]](#)



Sludge being poured out is from the Aberfoyle mine in the Tarkine reservation in Tasmania. Photo by Peter Sims.

Thinking about Climate Crisis Ennui from a Feminist Retro-Perspective

Emmeline Hawthorne

This essay proposes that climate crisis ennui originates from our need to dissociate from the cruelty of the capitalist system which determines our lives. It argues that the Western/European history of oppressing peoples, lands, and particularly women, [\[Read more\]](#)

Letter to the Editor Response to Bill Grant

In an important and readable memoir published in the last issue of this newsletter, Bill mentioned me by name in a somewhat critical manner. He was referring to a time when he was a member of the Psychotherapists Board (PBANZ - our Regulating Authority) and I was president of the NZAP. We were both, from different positions, [\[Read more\]](#)

Te Poari o ngā Kaihaumanu
Hinengaro o Aotearoa

The Psychotherapists Board
of Aotearoa New Zealand

PBANZ Would Like to Hear From You

Janet Hay, Kairēhita/Registrar

The Psychotherapists Board of Aotearoa New Zealand is inviting responses from any members of NZAP to a consultation process. [\[Read more\]](#)



Gestalt Aotearoa Tribute to Tāua Whatuhuia Anne Maclean

Mark Murphy, Brenda Levien, Maria Bowden, and Stephen Parkinson

The Gestalt Therapy community of Aotearoa New Zealand acknowledges the death of Anne Maclean; gestalt therapist, trainer, supervisor, editor, writer, Tāua Ruahine Whatuhuia o Te Whai Ao, and one of the co-founders of the Gestalt Institute of New Zealand. [\[Read more\]](#)

***Haunted: The Death Mother Archetype* by Violet Sherwood (Chiron Publications, 2021)**

Reviewed by Louise Embleton Tudor

This disturbing and ultimately uplifting book is rare in its seamless combination of scholarship and depth psychology, [\[Read more\]](#)



The Lister Centre

The Lister Centre is a well-established Psychotherapy practice which began in the 1990s. We are a group of Psychodynamic Psychotherapists in Mt. Eden and we are looking for two new partners to join our centrally located practice.

We have five rooms off a long hallway in a big old villa and are seeking practitioners who are wanting a lovely big room each to furnish and make their own.

The property is leased and all five partners names are on the lease to ensure fair distribution of the responsibilities. We are currently negotiating a new year plus year lease and we have always enjoyed a very competitive monthly rent.

We are motivated and enthusiastic about psychotherapy and are looking for "team players" who will be available to share in usual aspects of the life of the centre, including small administrative tasks and occasional social get togethers when COVID permits.

If you have a vaccine pass and this sounds like a group you may be interested in joining, please email to enquire further.

Paul Maloney pmaloney20@gmail.com or

Anne McDermott annemcman@gmail.com or

Jennifer Howarth jenniferhowarty0@gmail.com

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The Foundations


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Therapy in Motion Lab: Foundations

A foundational program for therapy professionals introducing the theoretical grounding and basic practices of Therapy in Motion. It is designed for therapists who would like to integrate movement and conscious dance into therapeutic settings in the work they do with individual clients or small groups.

In Therapy in Motion we place the moving body at the centre of the therapeutic process. We integrate relational approaches, attachment theory and practice, trauma work, emotions and cognition into an embodied movement exploration for richer therapeutic outcomes.

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Register: <https://openfloor.org/therapist-track/>

Info: ingrid.nag167@gmail.com

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The Pomegranate Journal: The art of getting older, one day at a time.

Does psychotherapy help prepare us for being old?

After retiring as a psychotherapist, Dr Juliet Batten, author of *Spirited Ageing* began to explore her own ageing process from 75 to 77.

The result is an intimate journal exploring the challenges and gifts of growing older. It demonstrates some of the many ways that psychotherapy is a valuable resource to access acceptance, emotional regulation, and self-inquiry for healing and strengthening.

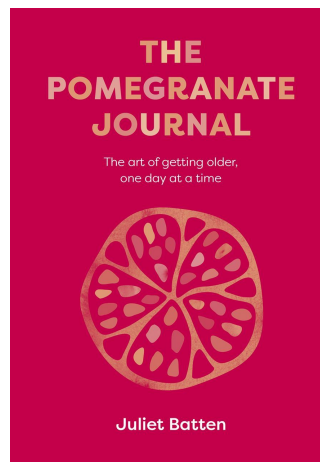
All held by the beautiful unfolding metaphor of the pomegranate.

'Very compelling, with wonderfully evocative metaphors and word pictures. I couldn't put it down!'

—Peta Joyce, mentor and supervisor

Read more at <http://www.julietbatten.co.nz/shop/>

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PSYCHOTHERAPY ROOM AVAILABLE, FERRYMEAD, CHRISTCHURCH

This is a sub-let for two days a week – Thursday and Friday at a cost of \$66 for both days. You will be sharing the space with three other psychotherapists including myself. The address is Tussock Lane Psychotherapy, Unit 1, 7 Tussock Lane, Ferrymead. The therapy space is lovely, has a comfortable waiting area and is on a small, quiet street backing onto the river. Ample parking is nearby. If you are interested, please contact Christine on chris.johannis@gmail.com or cell 021 157 6036.

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What's happening?

Association news, events and more



Who's new? - find out who our new members are and where they are from [\[Read more\]](#)

Advanced Clinical Practice committee - all you need to know [\[Read more\]](#)

Waka Oranga Our Treaty Partner - who's who? [\[Read more\]](#)

The last page - Newsletter dates, contact details, submission information and advertising details [\[Read More\]](#)

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