



# **THE NEWSLETTER**

**New Zealand Association  
of  
Psychotherapists Inc**

**Te Rōpū Whakaora Hinengaro**

**December 2020**

**New Zealand Association  
of  
Psychotherapists Inc**

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**THE NEWSLETTER**  
**December 2020**

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## President's Column

Lynne Holdem



Last weekend Tony and I spent a few precious days on the Tongaporutu river. We followed the tide up the river in a kayak and then, at the turning, lazily followed it back down again. We spied on the Royal Spoonbill sharing one log, in an uneasy liaison with a solo mother black back gull and her squawking chick. We puzzled over the repeated offering from a pretty white tern with a small fish in its

beak to a disdainful lover. One of hundreds of pairs of flighty terns on the rocky top of one of the pinnacles that are known locally as The Three Sisters. Wave action carves them off from the 8 million year old mother cliff periodically, now with increasing frequency. Once the bottom part of the cliff was the sea bed, a geologist told us. Turning tides. Sea change.

One of my recent joys is the work the small team of Te Ipu Taiao are doing to create an evocative and challenging programme in March 2021. We wait, rather anxiously at times, for your offers of papers, pounamu iti, and registrations for the webinar series.

The turning tides of change bring some challenging issues before Council in 2020. The Critical Review of the complaints process has been put before Council with recommendations that NZAP relinquish the NZAP complaints process, retain the Chair of the EPSC on Council Executive and a committee of at least three members. Council have accepted the report and expressed appreciation for the thorough review and thoughtful report done by the team. We have requested further

advice from Waka Oranga. The whole report will be placed 488in the members section of the website for your reading and response.

The Psychotherapy Board have published a response to submissions and signalled the ending of grand-parenting and interim registration. Council had a robust conversation about this as the Advanced Clinical Practice route to membership and registration seems unlikely to be tenable for NZAP, without interim registration. Senior members of other professions who wish to develop their clinical skills via ACP or HAMACP are unlikely to want to maintain two professional memberships and another form of registration as well as the costs of supervision and therapy and will clearly not be able to meet the case study and work practice conditions of the ACP if they are not able to practise psychotherapy while on the pathway but only after they graduate.

It is frustrating that a legitimate path to advancing clinical skills and becoming a psychotherapist will not be available to suitably experienced and already qualified people who live outside of the main centres or who for reasons of family life are not able to study in a more formal setting. This is occurring at a time when psychotherapists seem to be receiving referrals they can't meet and there is a demand for our services. Candidates already on the ACP pathway will not be affected. I am informed that most years about 20 people qualify for membership via the ACP. What a loss to the diversity and richness of our profession and to the public.

This also has implications for He Ara Māori Advanced Clinical Practice which provides an indigenous pathway for Māori practitioners to train and develop clinical skills in a Mātauranga Māori, Tikanga Māori environment. This is a time when mental health services are crying out for skilled and sensitive Māori practitioners to meet the needs of tangata whaiora. Gerald Maclaurin, Siobhan Collins, Paul Wilson and myself are seeking further advice and preparing to meet with four members of Waka Oranga and representatives of the Board early next year. The PBANZ rationale for their decision is available on the PBANZ website

under Resources/ Current consultations. I wrote a paper as a basis for Council's conversation which will be available on the NZAP website in Members Documents.

This morning nga manu woke me with their call to Ranginui at the dawn. I listened as voices rose up and sang out and then fell back with others into the chorus. Mahi is needed to keep our Association moving forward. There are two places available for ordinary members on Council, and a Newsletter Editor is needed to follow in Paul's steps or to forge a new path. The Professional Development and Conference Committee seeks two new members to breathe new life into our events. What about you, or someone you know, who might respond to encouragement to pick up a paddle? Council will soon say a sad farewell to Gerald, Siobhan and Vicky who have contributed to the life, the thinking and development of the Association. Their service, many small acts of love. We welcome Catriona Cairns who has been co-opted as Honorary Secretary. She will be joining Council in January.

The river and its song go on.

## **NZAP Council Meeting: brief notes**

### **Gerald Maclaurin**

Council met via Zoom on 31 Oct to 1 November 2020. Below is a summary of the key points discussed.

- **Council discussed the option of providing training/resources to NZAP members regarding online security.** It may be necessary to offer a Zoom hui and/or regional sessions. Council strongly advises members not to keep client information (including notes, correspondence and accounting information) on their computers if the data is not encrypted.
- **Issue raised as to how members can access effective cultural competency supervision.** Cultural supervision is not just



something you say, it needs to be something you walk and talk. It was suggested that NZAP consider having a cultural audit. This raises a number of questions, including: How many psychotherapists engage in regular cultural supervision? It would be useful to know what cultural supervision options exist now.

- **Ethics and Professional Standards Committee Review:** Council thanked the EPSC review team for their work. They have made three recommendations:
  - That NZAP relinquishes the NZAP complaints process.
  - That the Chair of the EPSC continues to sit on the Council Executive.
  - That the Chair be supported by a committee of at least three people.
- **PBANZ consultation:** Council had a wide-ranging discussion about PBANZ's plan to remove interim registration, and the impact it would have on the ACP. Council agreed that NZAP will not accept PBANZ's proposals and will instead be strongly arguing to retain the ACP as it currently stands, which includes members being able to obtain interim registration from PBANZ once they are on the pathway.
- **Te Ipu Taiao – The Climate Crucible, March 2021:** The organising committee has lined up key speakers. A suggestion was made that branches might organise face to face meetings to hear the presentations and discuss in groups after each one.

## Editorial

### Paul Solomon



I have enjoyed editing the Newsletter and having the space to comment on the vibrant life of NZAP, and to respond to the members who generously contribute their articles, poems, and book reviews. Now it is time for me to let go of the role, so please consider taking it up.

In this Newsletter we have reports from members who are doing the hard work that keeps our Association flourishing – our President and President Elect, the Ethics and Professional Standards Committee, and the Professional Development and Conference Committee. We're becoming accustomed to meeting on Zoom so it's no surprise to see that next March "Te Ipu Taiao – The Climate Crucible" will be on Zoom over four Saturday mornings.

Roz Broadmore has written a remembrance of Ruth Manchester's remarkable life and contribution to psychotherapy. Seán Manning has written reflections on the development of our profession, including his experiences in the 1970s as a psychiatric social worker, and he discusses the difference in status between psychotherapy and psychology. I'm always glad when members share poems because they can create unexpected and delightful ways into complex experiences, and there are two poems in this issue; in addition, two members have reviewed books they find relevant to their work.

We also have Roy Bowden's report on a Zoom meeting for members who have retired or are preparing to retire, "When is it time to retire?" I'd like to take up Roy's theme and say something about my own retirement. I retired from teaching at AUT in 2017, when I was seventy-five years old; since then I gradually closed my private practice and

took the role of Newsletter Editor, and also completed an online course in “life review work” at the University of Wisconsin.

I'll briefly explain what I mean by “life review.” It is not psychotherapy, although it may be therapeutic; and it can be done with one person, or with a group. I conducted two life review groups in a hospice, with people facing life-threatening illness. The groups met for eight weekly sessions, and the first six sessions were structured around sets of questions or memory cues designed to stimulate memories focussing on relationships in the family and extended family, emotional experiences, family expectations, and achievements, positives and negatives. Each meeting covered a life stage and developmental task or challenge as described by Erik Erikson (1950). We started with early childhood and finished with older adulthood.

Some group members decided that between sessions they would keep a notebook describing their experiences in the sessions and read them aloud in the next meeting. The group would share their responses. The final two sessions were devoted to making sense of each member's life story, what the person wants her/his family members and loved ones to know: the lessons learned from life, beliefs, values, and guiding principles; blessings for loved ones; advice; anything the person wants to pass on to future generations. The groups quickly developed a trusting and respectful atmosphere, and were able to share challenging, painful, and intimate experiences. Sharing experiences of their illness and treatment and how this had changed their lives brought the group together.

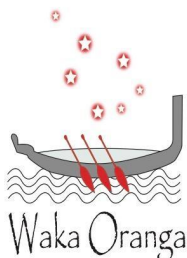
Group members began to make meaning of their lives as they had lived them and came to a degree of acceptance of both positive and negative memories, and of how their life had turned out for good or ill. Some members contrasted the life they had lived with the life they had hoped to live. The final developmental challenge described by Erikson was especially relevant: finding ego integrity rather than despair, a sense that life has been meaningful while preparing for the end of life. In a hospice setting life review has been found to enhance the spiritual

wellbeing of people facing life-threatening illness (Ando et al, 2007). Spirituality in this context is defined not in terms of religiosity, but as one's striving for belonging with other people and connection with the essence of life.

I found the groups enlivening and worthwhile, and I hope to do more of this work with groups and possibly with individuals, too. Letting go of my Editor role is another stage of retirement and challenges me to continue my own ongoing life review, my own search for meaning; and also gives me more time with my wife and family, more time for exercise and gardening, music and woodwork, more time to read and maybe write for the Newsletter one day.

### **References**

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**Waka Oranga Inc.**

National Collective of Māori Psychotherapy  
Practitioners

Email: wakaoranga2007@gmail.com

*Manaaki whenua, manaaki tangata, haere  
whakamua*

Tihei Mauri ora! Tēnā koutou, tēnā koutou, tēnā ra koutou katoa

**Poutama Whiringa-a-nuku/October 2020: Biculturalism, Te Tiriti o Waitangi and Spirituality in the University**

**P**resented by Dr. Valance Smith, Assistant Pro-Vice Chancellor Māori Advancement, AUT & Victor Grbic, Kaihautu, Matauranga Māori, Unitec.

Due to the challenges and realities of the global impacts of Covid-19, te Runanga o Waka Oranga and our poutama presenters made the decision to bring our poutama presentation online, and wananga together via Zoom.

On Saturday 10 October, we sat in wananga together, and instead of being in the warm and familiar surrounds of Whaiora Marae, we each remained in our homes. Our hui was opened in karakia and mihimihi offered by Wiremu Woodard, and we also sang waiata together to bring us all into the space.

Valance and Victor as our presenters shared their experiences of working in the academic sector, the journeys they have taken in their mahi, and their thoughts on upholding Te Tiriti in the University space. They led us into two small group activities where we split into five groups and had the opportunity to speak further on our own individual experiences and thoughts on this in-depth kaupapa.



*Screenshot from our online wananga*

While being on Zoom was a different experience as opposed to being together at Whaiaora, we agreed that we enjoyed this different way of learning. We thank Dr Valance Smith and Victor Grbic for their expertise in leading a wananga online, and the depth and breadth of knowledge that they shared with us all.

### **Hui-a-Tau / AGM 2020**

On Sunday 11 October following our Poutama, Waka Oranga held our Hui-a-Tau/Annual General Meeting through Zoom. We welcomed new and returning members to our hui, and enjoyed another chance to be together again. The AGM minutes will be distributed to members shortly.

#### *Election of Officers*

Chair/Tumuaki: Anna Fleming (Ngapuhi, Ngati Hine, Tuhoe)

Secretary: Gina O'Neill (Rangitane, Ngati Kahungunu)

Treasurer: Verity Armstrong (Kai Tahu)

#### *Runanga members*

Margaret Poutu Morice

Alayne Mikahere-Hall

Kiritapu Murray

Emma Ellis

Prior to the AGM, Sheila Larsen indicated that she would be stepping off Te Runanga o Waka Oranga. We thanked Sheila for her mahi, wisdom and guidance during her time with us, and acknowledged the many spaces in which she is a strong ally for biculturalism. Nga mihi nui ki a koe, Sheila.

Te Runanga o Waka Oranga would like to wish all our members, supporters and friends a safe and happy summer break. Ki te kotahi te kakaho, ka whati; ki te kapuia, e kore e whati.

Nga mihi nui,

Te Runanga o Waka Oranga

## **President Elect Gabriela Mercado**



Tena koutou katoa. I am very excited and honoured that Council chose me for this mahi.

I am originally from Buenos Aires, Argentina, where I studied psychotherapy. I moved to NZ in 1999 and found my like-minded people when I began my training at AUT University in Auckland. After completing my clinical training, I joined NZAP as a Provisional Member intending Full Membership. Back then it was expected

that a member would present their case study within five years in order to gain full membership. At my fourth year, PBANZ was created and I became Registered, thus becoming a Full Member of our Association.

For me, when I first joined it was daunting to attend Branch meetings and conferences as a newly graduated member but I didn't want to miss any. When I found the psychotherapy training at AUT, I found my way into a New Zealand I could understand and relate to. NZAP offered me a continuation of that place to belong to. I believe in our Association which, for me, is a place to belong to that offers a much-needed collegiality in a rather lonely profession. A place to grow, to develop our thinking as clinicians. A place to explore our differences, sometimes with the intensity that our beliefs deserve. A place where we can experience rupture and repair, where we can learn that differences do not mean separation, but a stronger relationship that can hold many worlds.

I joined Council four years ago. Since then, I have been in charge of redeveloping our website, as well as overseeing the Reviews Portfolio. Our Association is changing with the times to keep its currency. It is through being in Council that I have made many new friends around the country; the sense of belonging has grown deeper. Council is an exciting experience where learning happens all the time, whilst contributing to the wellbeing of the Association. Definitely an experience I recommend.

I have great hopes for our Association, I know we can grow, share, and support each other to be excellent clinicians. I know we can challenge each other, shed tears and have laughter, and keep evolving as a professional community. If it takes a village to raise a child, it takes an Association to raise a psychotherapist. He waka eke noa.

## **Review Project**

### **Gabriela Mercado**

It goes without saying that this year has made us face many challenges. For the Review Teams it was particularly difficult to consult with membership, and for the teams to gather their thoughts without the



possibility of face-to-face meetings. My gratitude goes to the teams for not giving up and for keeping on going with this important mahi.

The Ethics and Professional Standards and Complaints Procedure Review Team has presented their final report and recommendations to Council. The Review Team, chaired by Roz Broadmore and composed of Clare Greensmith, Brenda Levien, and Andrew Jones, presented a comprehensive examination of all aspects of our Complaints Procedure. They conducted a thorough exploration of the benefits and drawbacks of NZAP holding a complaints procedure by researching other organisations, consulting with members, and having an in-depth analysis of all the information gathered. Council is very grateful to Roz and her team for their dedication to this task and the extraordinary report they produced. Council has accepted their recommendations and will implement the changes in due course. The report can be found on our NZAP website, under <https://nzap.org.nz/members-area/council/minutes-reports/>. Please remember to log in to access it.

Project Partnership/Te Tiriti Bicultural Advisory Committee Review Team held a successful Zoom hui with membership. This was an enriching conversation facilitated by the Review Team Chair, John O'Connor. Members were invited to give their oral and written feedback and to explore the following:

- The role and function of TTBAC within NZAP
- How TTBAC is currently resourced
- The current structure of TTBAC
- The relationship of TTBAC to NZAP membership, Council and Waka Oranga.

The Review Team will hold a second Zoom Hui with TTBAC on 19 November. After this consultation, the Team will prepare their report and final recommendations to Council for the next Council meeting to be held in April 2021.

Rick Williment, Chair of the Project Promotion of NZAP and Psychotherapy, conducted thirteen interviews with a wide range of

psychotherapists. The interviews have generated a lot of data. Rick hopes to finalise his consultation within the next month and then begin the task of analysing the material. This will comprise of a report in summary of what interviewees actually said; a discussion/ analysis of the merits and strengths of these arguments; and a set of possible pathways/ options.

Rick will also develop a quantitative survey inviting response from practitioners who are PBANZ registered but are not members of NZAP, so that the review can understand their views about belonging to NZAP, what their concerns are for psychotherapy in Aotearoa, and possibly what may draw them into membership.

Rick hopes to have all interviews completed, an initial draft analysis of findings, designed the quantitative survey, and invited non-NZAP members to contribute to the survey by the end of the calendar year, 2020.

## **Website**

### **Gabriela Mercado**

Thank you to all of you who regularly update your profile, and for adding pictures and links to your websites. These updates keep the Register alive and current. Please remember that if you change your email address, it is crucial that you do this in your profile as well, otherwise you will not be able to receive NZAP emails. To update your profile, just log in to the members area and then go to 'Profile'. If you need help doing this, please contact our Executive Officer, Nikky Winchester, at [admin@nzap.org.nz](mailto:admin@nzap.org.nz)

The Members Register is available to all members for searching and finding each other's contact details. You can search using their first name OR their last name with location, and specialisation. If you want

to find ACC Registered clinicians, just tick the ACC box in the search.

As part of our ongoing website development, Council has decided to move forward with the incorporation of our refreshed logo into all our written communications, certificates, and letterheads. We are in the process of getting quotes and finding the right people for the task.

## **Ethics and Professional Standards**

### **Committee**

**Roz Broadmore**

I am writing to inform the membership that we have now completed the Review of the Ethics and Professional Standards Committee and the Complaints Procedures.

Our full report is published on the NZAP website along with the papers from Council's last meeting. It contains many quotes from many members.

The Review Committee (Roz Broadmore, Clare Greensmith, Brenda Levien, Andrew Jones) has met at least monthly since October 2019, to consider the issues and to consult with the membership and with other professional groups. We were helped enormously by the 62 people who either spoke with us or wrote to the committee, generously sharing their knowledge and experience. The members that took time to join the online Forum on 22 March 2020 and the Zoom meeting that was set up on 17 August 2020 added further input for our deliberations. We also appreciate the work Waka Oranga did to provide us with a clear statement of their position regarding the many questions that this review gave rise to. The Review Committee acknowledges that the brief has been more complex and challenging than we initially expected it to

be and that there are widely differing views held within the membership on these matters.

Please read the report and give your feedback to Council if you feel so inclined.

## **The Professional Development and Conference Committee: Opportunity – Influence – Change**

The Professional Development and Conference Committee has opportunities for you to contribute and influence change in two key areas.

First, we are looking for people to join and participate in the work of the committee. We have two passionate and committed members and we invite at least two additional people to join the committee and contribute to our work – which supports the other members. We're keen to find two or three people to keep the momentum going. Three of our long-standing members had to step out to focus on other activities after some years of contributing to the group.

If you have some energy for this and are interested in helping the group think about and support the continuing possibilities for professional development events for NZAP, please make contact and let's talk about the opportunity.

Secondly, if you have any ideas about good speakers that you think might be able to present a seminar or professional development event for NZAP, either by Zoom (for an international speaker), or smaller local seminars (for a local presenter) that can be presented in person around the country, then please let us know and we can support the idea. The changing world which forced many of us into using electronic means to communicate much more has also shown what is possible, like

with the series of talks by the some of the Wellington Conference speakers. We would love to hear from you with suggestions, or ideas, or concepts, and we will discuss the idea and support you.

Marian Vlaar – 021 02349486 or [marian.vlaar@gmail.com](mailto:marian.vlaar@gmail.com)

# Te Ipu Taiao

## The Climate Crucible



*Nigel Brown*

## **Saturday mornings of March 2021 6, 13, 20 and 27 March, 9am-12pm**

*This is a time of great reckoning. Privately, locally, globally. The question is no longer “when will this change?” but “how far am I willing to go to meet the changes and bring them about in myself?” Kae Tempest*

You are invited to an online learning community to address the Climate Tragedy.

In the Climate Crucible, leading thinkers in psychotherapy, science and Te Ao Māori will participate in our enquiry regarding the environmental, social and political changes that are coming with climate change and what we can do now to prepare personally, as psychotherapists and as citizens in this time of “great reckoning”.

*A cauldron of sadness, inside of rage  
That should boil over  
Into urgent action*

### **Key presenters**

Sally Weintrobe, Dr Robert Romanshyn and Dr Michael Melmed

### **Adaptation in Aotearoa panel**

Professor James Renwick, Professor Huhana Smith, Dr Paris Williams and Professor Jem Bendell

For more details please go to:

[nzap.org.nz/nzap-events/conferences/key-speakers/](https://nzap.org.nz/nzap-events/conferences/key-speakers/)

## **Mātauranga Māori**

A panel of speakers from Te Ao Māori hosted by Waka Oranga

## **Social Dreaming Matrix**

Led by Louise de Lambert, Claudia Gross, Jayne Hubble, and Richard O'Neill-Dean.

These sessions will take place 6.30-7.30am on Friday 19 March, Saturday 20 March and Sunday 21 March.

For more details please go to:

[nzap.org.nz/nzap-events/conferences/social-dreaming/](https://nzap.org.nz/nzap-events/conferences/social-dreaming/)

## **Programme**

The final programme will be circulated to all registrants by email, w/c 1 March 2020.

Some sessions will be recorded and may be available later through the NZAP YouTube channel. This will be indicated in the programme along with the Zoom links for each session.

## **Early Bird registration (to 18 December 2020)**

NZAP/Waka Oranga members: \$120

Non-members: \$150

Students of psychotherapy, allied professions and environmental science: \$ 20

NZAP Life Member: free

## **Full registration (19 December 2020-28 February 2021)**

NZAP/Waka Oranga members: \$150

Non-members: \$180

Students: \$50

NZAP Life Member: free



You can pay with a credit card via Paypal at the time of registration. Alternatively, please request an invoice if you would prefer to pay by bank transfer.

Members of NZAP and Waka Oranga can request a discount if they are experiencing financial difficulties sufficient to prevent registration for this event. Contact John O'Connor on 021 899 261 before 12 December 2020.

To register please go to: [nzap.org.nz/nzap-events/conferences/](https://nzap.org.nz/nzap-events/conferences/)

Please note that you need to be logged into the website in order to access the member discounts.

### **Call for Papers and Pounamu Iti**

We welcome your proposals on any aspect of the Climate Crisis by 11 December 2020. Both NZAP members and allied professionals may offer papers.

We also invite submissions for Pounamu Iti (short creative items). These are due by 22 January 2021.

Selection criteria, guidelines and formatting can be found on the website at: [nzap.org.nz/nzap-events/conferences/call-for-papers/](https://nzap.org.nz/nzap-events/conferences/call-for-papers/)

We look forward to seeing you all in March.

Lynne Holdem, John O'Connor, Claire Miranda, Siobhan Collins, Rick Williment  
Organising committee

# When is the time to retire?

Roy Bowden

During October the NZAP president, Lynne Holdem, took the initiative to encourage retiring or retired members of the NZAP, Te Rōpū Whakaora Hinengaro, to meet together.

It was a pleasure for me to chair the discussion on Zoom. Sixteen members of the Association used the opportunity to ponder issues that arise when their professional journey is maybe coming to a close. The enlightening event ended with general agreement another similar occasion should be held in the future.

## Reflection

Since that meeting I have talked with others and realised ‘retirement’ may be an issue that needs more thought. A common view is that each therapist is entitled to make their own decision as to when to close their practice. There are no rules or guidelines that specifically refer to the time to stop seeing clients apart from those inherent in codes of ethics and codes of practice.

Over time some therapists have expressed the view the older one gets the more wisdom is there to offer those seeking assistance. Others refer to the impact on clients when therapists fail to notice their own declining ability to concentrate or sustain energy. When a therapist dies suddenly without having signalled health issues to clients the resulting fractured relationships can have difficult outcomes.

It might be useful to keep discussing how the decision to cease practice can be made effectively, under what circumstances, and by whom? It might also be important to ask whether there is a role for supervisors and/or the Association when these decisions are being made.

### **Implications from the Zoom meeting**

Retirement from membership in the Association is different from retiring from practice. Both occasions result in an important decision-making process. The following points arise from the recent Zoom discussion with members.

Perhaps there could be more recognition accorded to members when they retire or resign from the NZAP. Some have been very engaged in the life of the Association and some have been content to enjoy collegiality they engaged in over the years. Some are recognised in awards from the Association and some are not. Some are suitably recognised or honoured by branches and some are not. Perhaps the pathway to retirement or resignation might be fashioned in a way that accords recognition to all.

More forums such as the Zoom on 3 November would be appreciated.

The NZAP is often viewed as a ‘family’ of professionals. How does the ‘family’ care for members who become less active or relinquish their membership?

### **Reconnection during the Zoom meeting**

It was noted the gathering seemed ‘personal’ in a different way from atmospheres in conference and branch meetings. The person of the therapist was highlighted as focused on home and family, social connections, social change, social action and enhancing leisure activities. While the more emotional aspects of being a therapist contemplating change were mentioned, there was encouragement for members to enjoy reaching out to the local community.

Members described how they are engaged in a wide variety of activities which accompany their interest in psychotherapy. For some members psychotherapy is a pursuit which is now in the background. Rediscovered or ‘new’ activities are foreground for these members.

Participants described their professional and personal activities leading up to this stage in their lives. Some had been private practitioners leading to a contemplation of retirement through that lens. Others had worked in a variety of settings in organisations that valued psychotherapy and, in addition, included a focus on wider health-related interventions. Others had been working overseas broadening their views of ways to assist people, some of whom were clients in poverty, danger, and isolation.

Others were not sure how to keep the psychotherapy profession in focus and sometimes this led to membership of associated collegial and support groups. Branch activities were noted as being important and supportive. Some branches were mentioned as not being able to maintain a strong presence in the local professional environment and this resulted in some older members experiencing isolation.

NZAP, Te Rōpū Whakaora Hinengaro, was described as having been nurturing and enhancing for members and there was mention of its important history and ability to manage change. While there was brief comment noting the NZAP environment had sometimes been personally disappointing, there was an overall emphasis on valuable friendships made within NZAP, some of which continued beyond retirement. It was obvious the Association had a strong influence on the professional lives of members. Seeing and hearing ‘old friends’ on Zoom was much appreciated.

### **Retired or retiring members engage in many activities**

Tramping, biking, cycling, church and/or religious interests, grandchildren and family occasions, studies (formal and informal), artistry, voluntary service (e.g. Hospice), travel, advisory panels, organisations related to health and psychotherapy, NZAP committees and forums, local or regional council committees, political organisations, home and property building, enhancement and maintenance, gardening, renewed or increased focus on tikanga and Mātauranga Māori, exercise (formal and informal) sport, literary, music and discovery centred groups, choirs, supervisory groups (peer and employment centred), NZAP branch activities, immigrant and ethnic

groups, online learning and discovery, creative pursuits at home, caring for relatives, partners and people who need regular support, and enjoying the current initiatives towards encouraging a more effective multi-disciplinary environment.

### **Contemplating retirement emotionally**

Words mentioned which captured the features of transition from being an active therapist to settling into a different future:

Loss of identity, loss of meaning, fear of not being engaged in ‘the work’, managing a reduced client list and reducing hours, fear of retirement, holding the personal and the professional together, maintaining close relationships with colleagues and friends in the profession, saying good bye to colleagues and the Association, staying connected without feeling one has to ‘serve’, learning how to focus on a wider perspective than that which is ‘internally focused’, moving to the ‘social’ more than the ‘personal’ and health issues which arise as age impacts on personal and professional life.

## **B e a Psychology Adviser for ACC**

### **Andrew Jones**

This is the role I have had for the past few years at ACC and I am looking to support someone else into the role.

It is a challenging job. You will require a flexible mind that can move across all diagnostic/classification systems, quickly analyse complex clinical presentations and keep a psychotherapy perspective in the middle of many clinical views. You will be working in a multi-disciplinary team, so be prepared to discuss complex clinical presentations with doctors, administrative, pharmacy and allied staff. You will be working to time limits in most situations and there is a high expectation of efficiency and meeting targets. All these discussions take place within the context of course of the ACC act and its administrative

and legal requirements. You also need to be confident with IT-based systems of documentation and communication.

You will be a member of the psychology team which is a nationally based team with a physical presence in the main centres, so you can be based anywhere in the country. This is an important job for a registered psychotherapist for two reasons:

1. You will advise and assist ACC sensitive claims staff in the process of understanding clinical outcomes and processes.
2. You are representing a psychotherapy perspective within the heart of the organisation.

There has been a presence of psychotherapists in the Sensitive Claims unit since its inception in the late 80's, starting with Bob Trett, then Eric Medcalf, Bill Grant, and now myself. Also, Gabriella Wittman started with me some years ago.

You will be rewarded by the challenging work and the camaraderie of working with so many committed, thoughtful and lovely colleagues. You will be financially supported to access specialised training and supervision. Work hours are up to 0.5 per week and there is the opportunity to work some hours from home. Finally, and importantly, I will support you while you find your feet.

Please contact me if you are interested and we can talk about what's involved: 027 6404227 / [andrewkjones@outlook.co.nz](mailto:andrewkjones@outlook.co.nz)

## Remembering Ruth Manchester

Roz Broadmore



Ruth Manchester died on 25 August 2020 at the Parkwood Rest Home in Waikanae after a short illness. She achieved many things in life and made a huge contribution to social work and to psychotherapy in the UK and New Zealand.

When it came to writing her own funeral notice Ruth only mentioned her long association with NZAP. I think this is reflective of her natural modesty and of her deep commitment to NZAP.

Barbara Staniforth, in the Social Work Review 2007, wrote:

Ruth has consistently demonstrated a real pioneer spirit throughout her career. This became evident in England with her initial work in geriatric social work and in her further work developing a child guidance clinic. Ruth came to New Zealand at a time when social work education in this country was in its very early developmental stage.

Her pioneer spirit led Ruth to set up the first social work supervision courses offered by Victoria's School of Social Science and the State Services Commission, at Tiromoana in 1965. She also made the first video recording of a supervision session in New Zealand, which was described as thoughtful, empathic and focused. Ruth said about this time:

I've always enjoyed training and students and I've always had a very strong emphasis on the value of supervision. Perhaps

that has been one of the main things. I just see that the student can have all the theory in the world but unless they can integrate theory and practice they won't do a good job.

Ruth certainly had difficulties and challenges in her own life. She was diagnosed with Retinus Pigmentosa, a rare genetic disorder that leads to blindness, when she was in her 40s. Ruth's career was severely curtailed by this disorder. She bore this disability bravely and constantly adapted her work life as she adjusted to being able to see less and less.

By 1982 Ruth's sight was beginning to deteriorate seriously and she made the decision to go back to direct clinical practice. Ruth worked in the Student Counselling Service at Victoria University until 1989. Simultaneously she established herself in private practice as a psychotherapist in Wellington and later in Waikanae.

Her commitment to NZAP began when she joined in 1985 and was elected to the Council in 1986. Despite her failing eyesight she was able to make an active contribution for many years.

Ruth was a private person who liked to manage her own life. She was very prepared to die and had selected people to talk at her funeral and had written her own funeral notice. The fact that she trusted me to talk about her at her funeral was a real honour. The responsibility to do her justice was a challenge to me and that is, in a nut-shell, what my relationship with Ruth was like for 34 years. Just enough challenge to make me stretch myself.

I first met Ruth in 1986. She interviewed me for the position of Counsellor at the Wellington Teachers College. My first impression of her was that she was very skilled and very perceptive. I can still remember her careful, thoughtful questioning. That was my first experiences of being gently stretched by her.

After I was appointed I was offered monthly supervision with Ruth which I quickly agreed to. Although I had been working in the



counselling field prior to this appointment I had never been offered supervision. It was a new idea for me and I was blessed to receive supervision from someone who was probably the most expert and experienced clinical supervisor in the country. At first, I remember I would get so busy that I forgot several of my appointments with her. She was always unconditionally accepting, quietly curious about what was going on for me and never critical.

There are many reasons I think I grew close to Ruth. She and I were both from England and she reminded me of my much-loved Aunt, who like Ruth was trained as a psychiatric social worker.

I trusted Ruth and I enjoyed her wry sense of humour.

Ruth kept firm boundaries between her work and her private life. She exemplified for me that British reserve that I knew so well from my own family. She wasn't sentimental and although she thoroughly enjoyed people she did not, in my experience, seek praise or expressions of affection. It was always a pleasure to visit her, she was so welcoming and so very interested in other people's lives. She had an amazing memory and her mind was sharp to the end.

Ruth had a real sense of social duty, she liked to serve her community and she was always extremely generous with her time. I know that she never charged what she was entitled to for her services. She was down to earth and very practical. From the time she interviewed me for the job at Wellington Teachers College in 1986 until the time she retired from NZAP in 2007, she generously supported, guided and challenged me. With her encouragement I worked to join NZAP. I failed my first oral exam but Ruth would not accept that as there had been a last-minute problem with the panels and I was made to sit it again the next day - with success.

With her encouragement, I stood for the NZAP Council in 1996 and was elected just as she was preparing to step down. I found myself

continuing the demanding job that she had started, of developing the Code of Ethics and a Complaints Procedure for NZAP.

I think Ruth would have to be the best mentor I have ever had, she challenged me in so many ways and knew exactly when to push me and when to support me. Later on, once she moved to Parkwood, our discussions were as much about gardening as they were about psychotherapy. She gave me dahlia bulbs and I sent her garlic.

In 2001 Ruth was given a Distinguished Service Award by the Association in recognition of all she had contributed to NZAP.

Ruth told me she really enjoyed her time with NZAP but when her sight deteriorated so much she couldn't attend meetings she was able to let her membership go without regret. There are many people in NZAP who have benefitted from their connection with Ruth. In addition to being on Council, from 1986 until 1994 Ruth attended two regional groups, one in Wellington and the other in Palmerston North, for as long as her sight would allow, and she also held the supervision portfolio for Council for many years.

The last major contribution Ruth made for NZAP was to compile and edit with her husband Brian's help *Notes towards a History: A Chronology of the first Fifty Years 1947-1997*. This is an invaluable book describing the first 50 years of NZAP's history.

Ruth said of her work with students and supervisees:

I think a lot of them found me challenging but I enjoy working with people and I've always enjoyed the professional side of it; of seeing people grow and develop and seeing their work develop. It's always given me a buzz.

I was one of these lucky people that Ruth grew and developed. There are many others in NZAP who have benefitted too from knowing Ruth.

I am pleased to think we might all have given her “a buzz.”

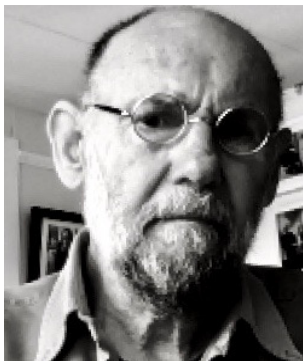
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## **Complaining: reflections on status and slights Seán Manning**

Between thirty and forty years ago, roughly speaking (warning: old man reminiscing), I worked as supervising social worker at Cherry Farm Hospital, which, when I arrived in 1975, was a 900-odd bed psychiatric facility. I had come from a very modern facility at Belfast City Hospital in Northern Ireland, one with close links to the Maudsley Hospital in London. It doubled as the sharp end of the Department of Mental Health at Queen's University. There was an emphasis on literature, on the emerging 'biopsychosocial' model of psychiatry, and the radical schools of psychiatry were seriously discussed. Kelly's personal construct theory (Kelly, 1955) was in the air, as was Laing's *Politics of the Family* (1971). Social workers, occupational therapists, and psychologists were treated as assets, their perspectives listened to carefully and incorporated in treatment planning. There were no psychotherapists and no psychotherapy training, though often social workers were familiar with Bowlby's *Child Care and the Growth of Love* (1953), and the first two volumes of *Attachment and Loss* (1969, 1973) had been published. Everyone was encouraged to read, and Freud

was mentioned with respect, if some skepticism. Cherry Farm was not like that.



The place was run by charge nurses with little if any tertiary education beyond hospital-based training, who would swap patients according to their views on what was good for people, often in order to punish, (though it was called behaviour modification). Nurses deferred to doctors and disdained everyone else. The team of social workers that I was charged with building up in order to extend our services into the community and improve our assessment procedures, was not welcome despite the vision of the superintendent, Dr Charles Moore, who had recruited me from across the world. Psychologists were treated with studied rudeness. Rivalry between nurses and other disciplines was bitter. At one point when we were pushing for a multidisciplinary community team, the charge nurse responsible for the small team of nurses who worked in the community asked his staff, “do you want to be first-class nurses or second-class social workers?” The project was shelved, requiring his retirement and a shake-up in management before its resurrection. We complained a lot.

Psychologists took a different approach. I remember one who came to work in a suit and tie when everyone else was open-necked and casual. At one point he gave a seminar that I thought was seriously impressive. He had gone through the files relating to people who had been treated in the alcoholism unit (known as Villa 1) and divided them into two groups – “revolving door” patients who chronically relapsed, and those who had one or two admissions but did not return – then went looking for what distinguished them. The most powerful factor was depression. It was a stunning result, obvious in retrospect, but requiring the research orientation of clinical psychology to think about doing it in the first place (Knight & Longmore, 1994). That was the first time I became

aware of the relentless research-based empiricism, the imperative to publish, that was to establish clinical psychology in the position of influence that it occupies today.

Of course, one can argue the flaws of so-called evidence-based practice, particularly when randomized controlled trials are vaunted, and I have done so elsewhere (Manning, 2010), but I find the approach taken by clinical psychology to reach a position of influence admirable. Half a century of empirical research into what works in therapy is a powerful resource.

Lily Tomlin reportedly suggested that human beings invented language because of a deep-seated need to complain. There is something wonderfully comforting about having a whinge, a rant, a moan. A service retrenches and psychotherapy is a casualty, and we complain. ACC pays psychologists more, and we complain. The Department of Corrections almost exclusively uses psychologists to write their rehabilitation programmes, and we complain. Now I am not against this strategy. As I mentioned, I am very attached to complaining.

Which is fine, as long as we have a plan beyond the complaint. I am aware that our Council is engaged in projects to promote psychotherapy and though I am not really up with the activity, I know that the website is important, with conference presentations and videos for the public area. Our continuing education events are increasing open to other disciplines, and our Journal – *Ata* – is a fine example of a professional peer-reviewed publication in an international field. It is important that we support the spirit of these initiatives. A lively Association and timely academic meetings will attract people and generate interest in what we do. The factor that is missing, perhaps, is research. Over the past couple of decades, research evidence supporting the efficacy of psychotherapy has become abundant (for example, Haverkamp, 2017; Leichsenring, Abbass, Luyten, Hilsenroth, & Rabung, 2013; Leichsenring, Leweke, Klein, & Steinert, 2015; Town et al., 2012), and in 2012, the bastion of behavioural therapies, the American Psychological Association, published a resounding endorsement (APA, 2012).

Psychotherapy suffers in this country from being predominantly an activity carried on in private practice, making it difficult to influence health systems directly. There are a few of us in public health systems and in NGOs, but the great majority of us work in our own consulting rooms. Nevertheless, it is vital for the health and accessibility of psychotherapy that we contribute, by writing, researching, presenting our work in our own and in other fields. As Elizabeth Day, current head of school at AUT, writes, the approach can be one of dialogue, not deference (2016). Psychotherapy is not a product that can be sold, marketed, advertised. Psychotherapy is a movement in society, with many branches and links to other movements. We have to keep it moving.

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## **Book Review**

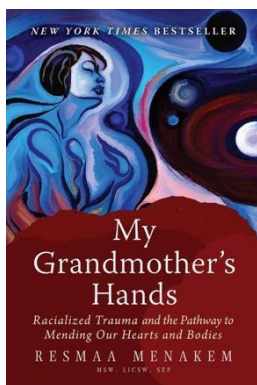
### **Sarah Tait-Jamieson**

*My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmaa Menakem (2017). Las Vegas, NV: Central Recovery Press

As the events of 15 March 2019 in Christchurch have shocked us into admitting, examining, and hopefully finding compassion for our conscious and semi-conscious racial fears and prejudices, *My Grandmother's Hands* by Resmaa Menakem can help us delve further into our unconscious prejudices, those we carry deeply in our physical bodies.

Resmaa Menakem has a high profile on media as an expert on conflict, domestic violence and social violence. He has worked for the US Armed Forces as a Military and Family Life Consultant, as a trauma consultant for the Minneapolis Public Schools, and as a Cultural Somatics consultant for the Minneapolis Police Department, as well as managing wellness and counselling services for civilians in Afghanistan. His training includes study at Peter Levine's Somatic Experiencing Trauma Institute, as well as training with David Schnarch and Bessel van der Kolk.

Menakem introduces the book with a vignette about his grandmother who was a slave on a cotton plantation. She would often have pain in



her hands and would ask her young grandson to rub them; as he did, her felt her hands relax and she would start to hum in a way that sounded like a cat purring. One day he asked, “Grandma, why are your hands like that, mine ain’t like that?” noticing her broad fingers and the thick callouses below each thumb. His grandmother told him she started picking cotton when she was four years old, explaining, “The cotton plant has burrs in it. When you reach your hand in the burrs rip it up. When I first started picking, my hands were all torn and bloody.

When I got older they got thicker and thicker so I could reach in and pull out the cotton without them bleeding.” The author adds that his grandmother died in 2016 but he can still feel her warm thick hands in his.

Like this somatic memory, Menakem explains that what he calls “white-body supremacy” is not a solely cognitive concept, it “lives and breathes in our bodies.” He reminds us that our deepest emotions activate the vagus nerve which is connected to our reptilian brain, responsible for rest, fight, flight and freeze responses to trauma, past, present, and intergenerational trauma responses that we have learned or unconsciously inherited. These trauma responses are designed to automatically keep us safe from danger, without having to think about danger or safety; however, they become problematic if we are continuously triggered by our environment, as are our clients who suffer PTSD.

In each chapter Menakem includes “Body Centered Practices” that help tune into sensations and emotions as well as exercises, including his grandmother’s humming technique, to calm trauma responses. I have found these to be simple, easily remembered techniques I can pass on, particularly to clients who have been traumatised. The book has widened my somatic awareness to my own response to “otherness,” which I noticed recently when I met a client’s family member. This



client is a South African Indian woman who I have been working with for two years, and I guess, I don't notice her brown skin any longer. However, when I met her son, whose skin is a bit darker than hers, I noticed a slight pulling-back response in me. My mind quickly tried to make sense of the interaction by saying, "I didn't expect to see him in the waiting room." However, I realised later that this was a danger response, similar to the danger response in white policemen in the US that can see them pulling the trigger on a brown person, unless they become aware of their responses through training like that which Menakem provides, and the wisdom in this book.

Again, I recommend this book to anyone who wants to expand their awareness of their somatic stories.

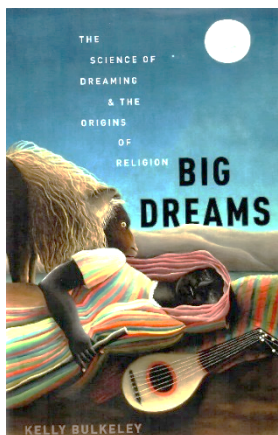
## **Book Review**

### **Margaret Bowater**

*Big Dreams: The Science of Dreaming and the Origins of Religion.* by Kelly Bulkeley (2016). New York, NY: Oxford University Press.

By any criterion, this is a significant book. Kelly Bulkeley is a full-time scholar of dreams, religion and psychology with multiple qualifications in these fields, including Past-President of the International Association for the Study of Dreams. He has created the Sleep and Dreams Database as a search engine for the study of dreams across cultures; and has authored a dozen books, including *Dreaming in the World's Religions* (2008).

In *Big Dreams* he seeks to integrate the whole field, from prehistoric cave-paintings through ancient records and religious literature to modern neuroscience, which he considers in detail. Acknowledging the recent evidence that dreams mostly reflect our current concerns in waking life, he turns the focus here onto the much rarer Big Dreams (so named first by Carl Jung) which have had a powerful influence on



individuals and human history, especially in shaping our beliefs and spiritual values. He discusses four major clusters of these visionary dreams, diagrammed as a cross, stretching our minds in different directions:

- On the horizontal, relational axis:
  - (i) aggressive dreams, including violent nightmares, at one end, such as memory-dreams of traumatic events, which keep us focused on survival;
  - (ii) sexual dreams, focused on intimacy and reproduction, at the other end;
- On the vertical, elemental axis:
  - (iii) gravitational dreams of falling, failure, disorder, entropy, loss of power, struggle with physical forces, at the lower end, which tend to depress us;
  - (iv) mystical dreams of freedom, flying, beauty, joy, visitations from the beyond, at the upper end, which lift our spirits.

Bulkeley's final section considers how Big Dreams have influenced religious beliefs from the beginning, especially about demons, prophecy, healing and contemplation, each of which he considers with clear examples. He even acknowledges the value of a skeptical philosophy, as a way of sharpening our awareness to clarify what we understand.

This is a book to ponder deeply on what we believe, and on which to map some of our own – and our clients' – experience of dreaming. In the dream workshops I have led over thirty years, I find that many people bring a Big Dream that has puzzled them for many years. Some of them, not knowing how post-trauma nightmares tend to repeat like an echo, have assumed that such dreams were predicting danger ahead, and had lived with constant anxiety, e.g. that they deserved punishment, or that loved ones would always leave them.

Others, not knowing that most dream language is metaphorical, ascribe a literal meaning to their dream, e.g. that a car-crash is coming, when in reality some other aspect of their life is currently collapsing, such as a project or hoped-for outcome; while others are mystified by visionary dreams of peace and beauty which offer balm to the soul, whether they are metaphors or glimpses of another dimension of reality. Bulkeley's book tackles many deep questions with evidence about the validity of dream science.

## **The business of swimming lessons**

**Virginia Edmond**

I look after my two-year-old grandson for a day a week and his parents asked if I could take him to swimming lessons on that day. I agreed.

The lesson took place in what seemed to be the basement of a large house in an expensive suburb in Wellington's hills. Parking was difficult.

When we arrived we were met by a very pleasant older woman who seemed to be there to welcome and direct the arriving parents. She explained the lift that would take us to the basement without sight of the inside of the house. When we emerged from the lift it was to a strange sight. A small steamy pool behind glass walls and an adjacent area with two rows of small pup tents into which people crawled to change themselves and their children. Awkward and uncomfortable!

Once changed it was into the pool for both of us and a half hour of frenetic activity began. The four or five duos of adult and toddler or baby form a circle and are given instructions by the teacher who is also in the water. These instructions come thick and fast and are often couched in language I don't fully understand. Each activity seems to be named as a ditty, a song; there is something called "monkey, monkey"

for instance. The other duos have been there longer and seem to know what is meant and even sing along.

I find myself running around in the small circle allowed by the pool, sometimes misjudging the area and stubbing my toes painfully on the bottom step. I have to hold my grandson horizontal as I go and try and understand the activity and even sing the song. I am not good at this! If I focus on the instructions I slow down and get in the way of the running duos and then the circle is messed up. If I focus on the running and holding I fail to grasp the activity. My grandson feels my confusion and if he has a chance wraps his arms around my neck and holds on for dear life. No activity is done more than once and I don't learn much over the succeeding weeks. They even suggest the child go fully under the water ... one of the children, better schooled than the rest, does this without wailing but looks shell-shocked as they emerge from the forced dunking.

While my struggles with this were amusing, I am also disturbed at the assumptions which seem to underlie activities such as this which many children attend. The assumption that speed and noise are what children like, that there is a kind of jollity which the teachers adopt which is not a connection to the children. The lack of repetition. How are the children to learn when nothing is repeated during the lesson? Do they need to learn any of this at such a young age? Would self-directed fun in the water be more useful? Does this way of teaching contribute to young people who lack ability to focus and concentrate for longer times? I wonder all these things and wonder what others think.

The lessons stopped on that day after a few weeks and my grandson and I were able to return to our more leisurely day together. A great relief!

## Poem: Mummy and Daddy

Susan Alldred-Lugton

Jacinda and Ashleigh  
have told us to stay home  
and do nothing.  
A pity our parents didn't say to do nothing.  
In the bubbles of nothing  
we have found ourselves  
our children and our friends.  
It's been hard to do nothing,  
but it's good for us to do nothing.  
Time to dream and to think  
and be kind to our neighbours.  
Thanks Mummy and Daddy,  
for teaching us to do nothing.  
A wiser New Zealand  
to be found.

# **The Black Lace River: for all survivors of trauma**

**Ros Lewis**

The ripples of trauma  
fill our room  
like rivers of black lace  
that keep flowing  
without end.  
black is for despair  
lace is for beauty  
because despair and beauty  
hold hands  
in the trauma dance.

despair takes hold  
as we grieve  
the parts of ourselves  
gobbled up and spat out  
by the perpetrators  
of our injustices,  
by what we have witnessed  
and endured,  
the worst of human atrocities.

our suffering  
invisible to the human eye,  
wreaking havoc within our fragile selves.

beauty is what happens  
when we break silence  
dare to speak out loud  
find our voice that has been shut down  
by a society that insists on

the tyranny of positivity.

beauty is what happens  
when we see each other's tears  
listen to each other's pain  
and we ride the wild rapids  
of the black lace river

together...

and we crawl up its muddy, messy  
banks,  
bask in the warm sun just long enough  
for despair to transform into hope  
and beauty to enrich our souls.

it is also true that

we may have to ride the rapids  
of the black lace river over and over again,  
yet we become stronger with every current,  
learn to feel our beauty  
more than our despair,  
when at last relieved  
we find some glorious rest,  
the muddy, messy, river-bank  
less terrifying now.

Thank you for the privilege  
of travelling the black lace river with you all.

Kia Kaha (be strong, be of good courage)

## **Brief reflection on the conundrum of Trumpism**

**Aroha Mahoney**

Like many others here in NZ I was baffled as to why Donald Trump first of all gained the Republican nomination for the American presidency, then was subsequently elected. How could they elect a man who boasted that he could grab any woman's pussy and have her be taken seriously? A vain buffoon of a man whose racism was constant and overt and who seemed to have a very slim grasp of international politics was to be the President? It made no sense to me. As time went on, he flaunted his nepotism, constantly lied, and stacked the Supreme Court with arch-conservatives, and then came his utter denial of the Covid-19 crisis. For the first time I watched American TV channels to look for clues as the election approached and saw the evangelical fervour of his supporters with disbelief. It seemed that it didn't matter what he said or did, he was their man. A narcissist with a developmental age of about two years old, who had very public tantrums at the drop of a hat, looked likely to retain power.

Trump lost the election but the result was so close he was not in any way repudiated. Much has been written about the roots of his appeal and doubtless there will be more. Part of the explanation is that he's a demagogue: one who appeals to popular desires and prejudices rather than by using rational argument. But being a psychotherapist, I wondered if there might be deeper, psychological underpinnings. I concluded that he personifies the collective shadow of the American psyche. I think his frequently stated misogyny, racism, scorn for losers, and disregard of expert advice are all things that many others believe, but most of whom are constrained by social mores not to voice. They admire him for having the balls to say out loud what they would like to. Hence the discrepancy between the pre-election polls and the actual vote. All those people who secretly admired Trump but would never say so out loud voted for him.



Perhaps it's simplistic to explain the conundrum of his popularity in the face of his irrational utterances and behaviour in this way. But it's the best way I can make meaning of the last four chaotic years in American politics.

## **MEMBERS AT THE HEART OF THE NZAP STORY**

**'Psych – O – Therapy Aotearoa:  
New Zealand Psychotherapists tell their stories'  
Roy Bowden, Resource Books, Auckland, 2018**

- \* There are a few copies of this book left after the last print run in 2019.
- \* These remaining copies are offered to members at the cost price of \$30 (NZ postage included).

Seventy-four psychotherapists and allied health professionals were interviewed regarding their pathways into psychotherapy, their training and their approach to practice. A chapter by the author advocates for a multi-disciplinary approach to health in Aotearoa.

The book traces the history of the pathway to a bicultural NZAP, Waka Oranga, insights into the development of social and health services in Aotearoa, training and processes towards membership in the Association, and articles, topics and issues covered in Association journals and Newsletters.

The book is an addition to two previous publications tracing the history of NZAP, and details the Association's complex and innovative journey up to 2018.

*Purchase enquiries to: A. Roy Bowden, [roybowden1941@gmail.com](mailto:roybowden1941@gmail.com)  
+64 (0) 21 212 0204. <https://www.healththerapylife.com>*

## **Welcome to New Members**

### **Congratulations and welcome to the following new Full Members**

Stacey Bowker, Nelson  
Nick Joseph, Auckland  
Lorena Guller-Frers, Auckland  
Merilyn Carden, Auckland  
Faye Gorman, Otago  
Andrea Graham, Auckland  
Ines Ferrer-Bergua, Wellington  
Tania Ware, Auckland  
Vicki Grieve, Christchurch  
Cinnamon Boreham, Dunedin  
Leigh Gillespie, Dunedin  
Tara Nel, Auckland  
Raewyn Knowles, Auckland

### **Congratulations and welcome to the following new Provisional Members**

Genevieve Scase, Wellington  
Hayden Isaac, Auckland  
Sue Robinson, Auckland

### **Congratulations and welcome to the following new Student Members**

Steffi Richter, Auckland

## ACP Committee

<b>Dates for Assessment Interview</b>	<b>Notify Executive Officer by</b>
27 March 2021	29 January 2021
2 October 2021	6 August 2021

It would be appreciated if Provisional Members would inform the Executive Officer of their intentions as soon as possible, even before the due date.

Provisional Members, wherever possible, will not be assessed in their hometown and will be notified by the Executive Officer of the venue and time of their assessment interview as soon as possible.

<b>Submission of written work</b>	<b>Notify Executive Officer by</b>
25 March 2021	28 January 2021
23 September 2021	29 July 2021

### **Also, please note:**

A non-refundable administration fee, set at half the marking fee, must be paid to the Executive Officer at the time that notice is given to present written work, with the balance of the fee to be paid at the time of the submission of work for marking.

## Advertising rates

	<b>NZAP Members</b>	<b>Non-Members</b>
<b>Half Page</b> (A5 size)	\$45.00 incl GST	\$100.00 incl GST
<b>Full Page</b> (A5 size)	\$70.00 incl GST	\$125.00 incl GST
<b>Insert</b> (A5; one side/b&w)	\$100.00 incl GST	\$180.00 incl GST
<b>Insert</b> (A5; double sided/b&w)	\$150.00 incl GST	\$230.00 incl GST

## NZAP Committees

### Advanced Clinical Practice Committee

Siobhan Collins (Chair)  
John O'Connor (Secretary)  
Charlotte McLachlan  
(Registrar)

Sue Morrison  
Diane Zwimpfer

### Ethics & Professional Standards Committee

Daniel Larsen (Chair)  
Helen Packard (Complaints  
Convenor)  
Helen Florence

Margot Solomon  
Katherine Stewart

### He Ara Māori ACP Committee

Alayne Hall  
Margaret Morice

Wiremu Woodard

### Public Issues Committee

Lucy Treadwell (Chair)  
Child and Whanau Advocacy  
Group: vacant

Victoria Smith (ACC  
SCAG Representative)  
Roy Bowden (Allied  
Mental Health Forum)

### Mental Health and Addictions Working Group

John Farnsworth (Chair)  
Andrew Jones

Matthew Harward  
Cherry Pye

### Professional Development and Conference Committee

Marian Vlaar (Chair)

Robert Ford

### Education Fund Committee

Marian Vlaar (Chair)  
Annie Beentjes

Alayne Hall  
Alisa Hirschfeld

## Regional Branch Convenors

### **Northern Region**

**Richard Fox**

Ph 021 181 12643

**Josie Goulding**

Ph 021 189 6423

[nzapnthnbranch@gmail.com](mailto:nzapnthnbranch@gmail.com)

### **Bay of Plenty/Waikato**

**Sue Harris**

Ph (07) 578 0959

[sue.harris@baycounselling.co.nz](mailto:sue.harris@baycounselling.co.nz)

### **Hawkes Bay**

Branch is in recess

### **Wellington**

Branch is in recess

### **Nelson/**

**Te Tau Ihu O Te Waka a Māui**

**Wayne Frecklington**

Ph (03) 548 3536

[waynefreck@gmail.com](mailto:waynefreck@gmail.com)

### **Canterbury**

Branch is in recess

### **Otago and**

### **Southland**

**Maria Bowden**

Ph 027 487 8289

[maria@555george.co.nz](mailto:maria@555george.co.nz)

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