NZAP
New Zealand Association of Psychotherapists
Te Rōpū Whakaora Hinengaro

Waka Oranga
National Collective of Māori Psychotherapy Practitioners

FEBRUARY 2022 NEWSLETTER

These California poppies were captured at a moment in time by Gavin Stansfield. His piece "Some Thoughts on Flowers and Time During Lockdown", muses on the way the pandemic has distorted our sense of time.

Hello and welcome back once again to your Newsletter. I'm writing to you on a hot summer day in Wellington, having just had my booster. With the announcement of the red traffic light, I immediately decided to reorganise my kitchen spice drawer, and then realised I had precisely done that during the first lockdown last year. There are worse ways to manage anxiety, I suppose. The poet Rainer Maria Rilke described how we struggle against powerful forces —"What we choose to fight is so tiny! What fights with us is so great." Omicron may threaten my sense of control, but my spices are *organised*.

In response to my invitation for thoughts about the vaccine mandate Mark Murphy has written a poem— "Birth of Lethe", and Paul Wilson has provided a potted history of pandemics and vaccines— "Of Vaccines, Mandates, and Freedoms", which I found surprisingly comforting because of the way it contextualises our current experience.

In "Making the Best of a Bad Job" Lynne Holdem writes compellingly about the deeper issues that COVID stirs up in us all, and how this challenging time asks that we use our creativity and our capacity to feel to "turn this adverse circumstance to good account".

Gabriela Mercado—"Reflexión de Fin de Año"—has a real visual and auditory treat for us, but you'll need to click on the link to see what it is. (Be sure to turn on the captions.) It's a first for this Newsletter, and I'm hoping others will follow her lead.

Our Honorary Secretary Catriona Cairns keeps us up to date on the many projects with which the Council has been busy. She farewells our Executive Officer Nikky Winchester, and introduces us to her replacement, Luisa Maloney. In "NZAP Joins the Movement for Climate Action" Claire Miranda details our new alliance with Ora Taiao—a body of health professionals urgently calling for climate action. John Farnsworth's piece on "Public Issues" is packed with information that concerns us all—in particular he describes how NZAP has responded with agility to the risk of being left out of the Ministry of Health's funding for mental health training.

Séan Manning writing in his inimitable style in "Solipsism, Sovereignty and Slippage" narrates a series of stories that challenge our assumptions. Bill Grant writes in "Thunderstruck" a wide-reaching reflection on his retirement, on the history of New Zealand, and of NZAP. Striking a particularly existential note in "Some Thoughts on Flowers and Time During Lockdown", Gavin Stansfield muses on the way the pandemic has distorted our sense of time —"like something much bigger than ourselves came and lifted us out of the normal gears of time". Dream expert Margaret Bowater is back with us to explain "How Dreams Assist Emotional Growth", and our Ethics Chair Paul Wilson tells us what the Ethics Committee has been busy with. Diane Zwimpfer pays deep homage to the life of Catherine Shelton, and describes some of her many contributions to NZAP. Last but not least, New Members are welcomed, and dates for those doing the Advanced Clinical Practice are listed.

I hope you enjoy this issue.

Marianna Ackerman
Editor
editor@nzap.org.nz

Making the Best of a Bad Job

Lynne Holdem

One does not immediately know what the emotional storm is, but the problem is how to make the best of it, how to turn the adverse circumstance … to good account. (Bion, 1979/2000, p.322)

I write to you in the delicious lull before the New Year [Read More]

Reflexión de fin de año
Gabriela Mercado

For a very long time I have wanted to communicate to you all in my native language. It feels like something is always missing in the translated me. The cadence, the pauses to breathe [Read More]

From the Honorary Secretary
Catriona Cairns

Tēnā koutou katoa,

It was a busy time for Council over the last few months of 2021. Like every organisation, we have been in a constant state of response, as new information, mandates, and guidance are given around the management of COVID-19 [Read More]

A [cartoon](#) by James Gillray titled 'The Cow-Pock' from 1802.

Of Vaccines, Mandates, and Freedoms
An Historical and Ethical Exploration

Paul Wilson, NZAP Chair of Ethics

The recent events around COVID and the vaccine mandate have understandably resulted in many questions from NZAP members to me and other Council members. Considering those questions prompted me to research the historical background to epidemics, vaccines, and mandates [Read More]

Birth of Lithe
Mark Murphy

Wind lifts the blue tent's hem.

A bumblebee descends onto one of
the white seafoam agapanthus lilies.

I'm back to writing poems on this phone.
I don't know how it happened.[Read More]

NZAP Joins the Movement for Climate Action
Claire Miranda

Ora Taiao is a body of health professionals calling for urgent and fair climate action. At our November meeting, the NZAP Council agreed to join Ora Taiao as a member organisation. They have 700 individual members and there are 13 other member national health organisations [Read More]

Public Issues
John Farnsworth, Chair of Public Issues

I am sure I am not alone in hoping 2022 will be simpler in every area, including Public Issues. Public Issues has been busy: dominated, like elsewhere, by the vaccine debate inside and outside the Association. But it has been dominated by other big issues too [Read More]

Solipsism, Sovereignty, and Slippage
Seán Manning

(ˈsɒlɪpsɪz(ə)m) [f. L. *sōl-us* alone + *ipse* self.]
The view or theory that self is the only object of real knowledge or the only thing really existent. Also, = egoism 1, and in weakened sense [Read More]

Thunderstruck
Bill Grant

I'm Bill Grant. Catriona invited me to write some reflections on my retirement.

We live in fraught times. Masks of paper are put on against the plague, and masks of correct speech to ward off cancelling, in case we are betrayed by our bodies or infect somebody with our inner lives [Read More]

Some Thoughts on Flowers and Time During Lockdown
Gavin Stansfield

Taking daily walks around our neighbourhood during the four-month lockdown we have just had in Auckland has been vital in staying at least a little bit fit and in recovering from all the tiredness associated with working online. Stepping out to enjoy the fresh air, the birdsong, the trees [Read More]

How Dreams Assist Emotional Growthook Review

Margaret Bowater, MA, TSTA, MNZAC, MNZAP

I have been working with dreams in counselling, therapy, and pastoral care for over 30 years, and consider them a major source of insight and healing in my work. Many people puzzled by a dream tend to [Read More]

From the Chair of Ethics

Paul Wilson

Kia ora NZAP whānau.

The Ethics and Professional Standards Committee has been busy this year [Read More]

Catherine Shelton: Some words mof appreciation for her life and gift to our community

Diane Zwimpfer

Catherine Shelton was a highly valued member of our Wellington Branch. She was a Sister of the Josephite Order for almost 60 years and trained first as a teacher, becoming a high school principal before going to the United States to train as a psychotherapist in a lengthy psychodynamic program [Read More]

The disturbing experience of psychological infanticide reflects the darkest aspect of the wounding of the Sacred Feminine – the Death Mother archetype that annihilates rather than nurtures life.

Through myth, story, classic literature, biography, poems, art and dreams, Dr. Violet Sherwood weaves together symbolic aspects of psychological infanticide with psychoanalytic theory of traumatic attachment and the literal truth of a centuries-old history of infanticide.

"Haunted: The Death Mother Archetype *is a wonder of a book. Dr. Sherwood's impeccable scholarship undergirds a transformative dance between the imaginative capacity of soul, and the harsh realities embedded in her subject matter*" – Dr Mary Harrell.

Violet Sherwood lives in Whaingaroa Raglan, New Zealand. She has a psychotherapy practice in Hamilton and Raglan.

Read more at www.violetsherwood.com

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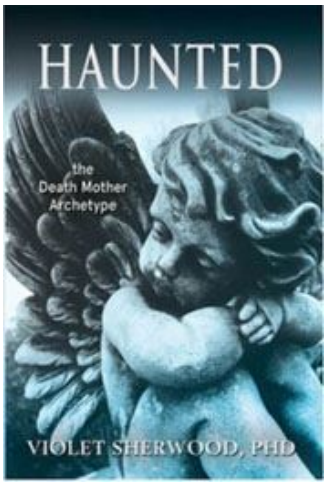

Emotionally Focused Therapy 2022 Trainings

Aotearoa New Zealand trainers, Yve Gould and Heike McCahon are running a programme of ICEEFT – affiliated EFT trainings in 2022. EFT, a humanistic and well-researched psychotherapy works relationally using attachment theory across therapeutic contexts. All 2022 training courses will be offered online due to the ongoing Covid-19 pandemic.

EFT training acts as a cumulative programme suitable for those already qualified, or in training as mental health professionals. We offer two options of each training, starting with the initial Externship followed by Core Skills 1 and Core Skills 2. All trainings are run as four-day courses delivered as full-days on Zoom.

https://www.nzceft.org

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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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