

**JULY 2021 NEWSLETTER**



**Welcome to your newly fledged newsletter.** We have joined the 21<sup>st</sup> century with this digital medium and lowered our carbon footprint in the process. This issue includes Association news; thoughtful essays on power and love, vulnerability and growing old, climate change; and two reflections on Patrick Casement's Zoom presentation. And there's more... but you'll need to scroll down to discover what awaits you! Welcome again, we hope you enjoy this new format.

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## President's Column

Lynne Holdem

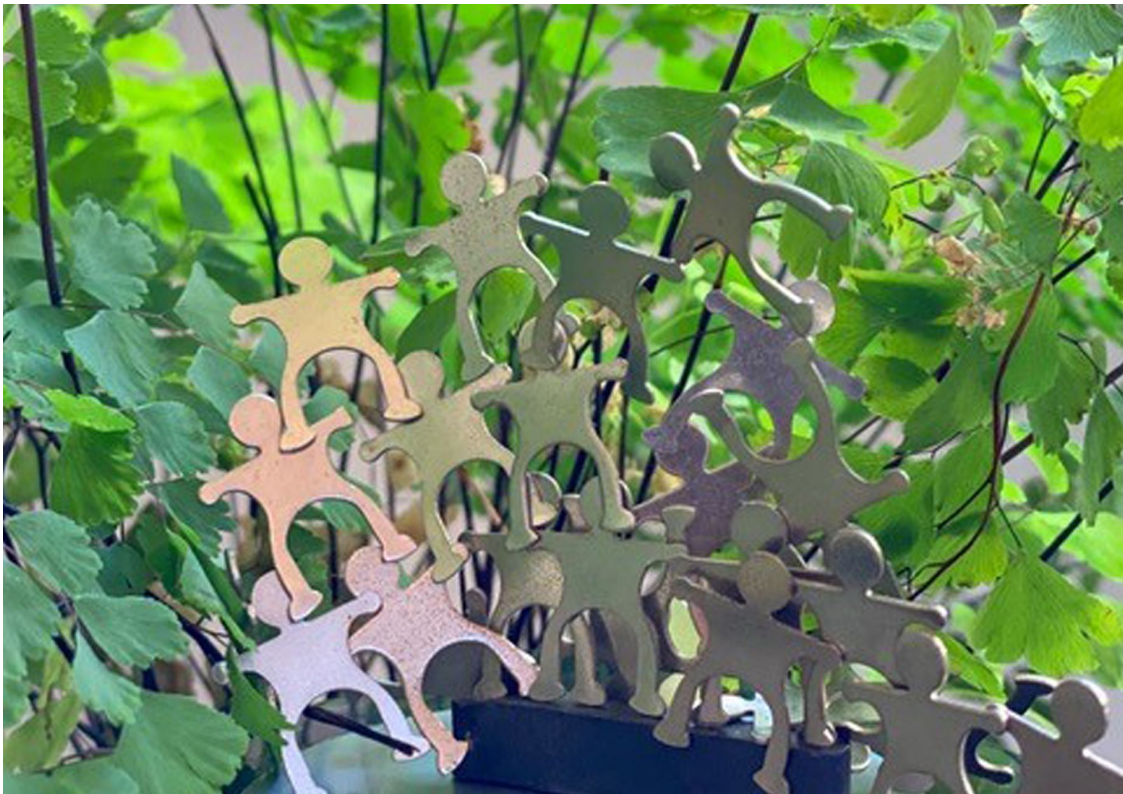
**Lately, the responsibilities of** being President of NZAP has me reflecting on leadership. The instruments of love and power are played, consciously or not, in our decisions and responses to requests and communications from members and others.

I am learning to be wary of the fast decision, the decision made without conferral, and the inadvertent dismissing tone that may slip in when I am stressed for time or impatient to see things dealt with and actioned. [[Read More](#)]

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## Website, Branding, and More

Gabriela Mercado



*bodies ideas life*

**Our NZAP website** As I take on my new role as President Elect, this is my last time reporting on the website project. It has been a long and rewarding road. I am pleased to announce that the NZAP/Waka Oranga website is now in the very capable hands of Claire Miranda, who joined us at the Council table last April. Claire will keep our website updated and relevant. I wish Claire all the best in taking on this role.

I would like to extend a special thanks [[Read More](#)]

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## From the Editor

Marianna Ackerman



**Tēnā koutou katoa.** Warm greetings to you all. I'd like to introduce myself, talk about the new digital format, and tell you about my plans and hopes for our Newsletter.

I'm originally from California, where I worked for 20 years as a publication designer in a lively studio in San Francisco. I have always had an activist bent, so much of the work I did as a designer was for not-for-profits whose causes I held dear to my heart—gun control, reproductive rights, the environment, trade unions. I immigrated with my family to New Zealand in 2002. In 2017 I became a Certified Transactional Analyst (CTA) and a registered psychotherapist. Since my Transactional Analysis training, I have found myself drawn to the theories of relational psychotherapy and psychoanalysis. I have a private practice in Wellington and am deeply engaged by the work. [[Read More](#)]

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## From the Honorary Secretary

Catriona Cairns



**Kia ora koutou.** A little introduction from me, as the newly elected honorary secretary. I'm very much finding my feet in the role, and aware that this is less challenging than some other Council roles, so I am grateful for that!

I have been a member of NZAP since graduating from Gestalt therapy training in 2008. I went on to do the ACP process (sitting my oral at the Dunedin conference in 2018). I very much appreciated this pathway; it has strengthened my commitment to NZAP as a body, as a place to belong, as well as to be professionally nurtured. [[Read More](#)]

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## **He Panui**

Waka Oranga – Hune 2021

Mānawatia a Matariki



### ***Kānapanapa mai ana a Matariki***

*Matariki is shining*

Tēnā koutou e te whānau. Nau mai haere mai ki te panuitanga hou!

**Welcome to our new newsletter!** This comes at a significant time of celebration in Te Ao Māori—the time of Matariki, where we acknowledge the year that has passed and celebrate the times to come. [[Read More](#)]

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## Te Ipu Taiao Hui – The Climate Crucible: Continued

Claire Miranda

**At the end of** *Te Ipu Taiao – The Climate Crucible* webinar series in March, we decided to have a monthly Zoom hui, a place for reverie and emotion about the climate crisis. The group seems to be orienting itself to our collective uncharted future. Do we have a chance to stop climate change in time or is optimism a manic defense against deep anxiety? Do we need to adapt to inevitable social collapse, as one of our webinar speakers was well on the way to accepting? [\[Read More\]](#)

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## Nothing Stays Alive: Life Membership Award Address

Roy Bowden



**Kia ora tātou katoa, to be acknowledged** by my colleagues is hugely appreciated. Many members of NZAP could be standing here today having served with commitment and dedication. My journey began with training in theology, pastoral counselling, and social work. Later, when I taught social workers at Massey University, the Head of School said to me, “You should join NZAP.” To his surprise I said, “What is psychotherapy?” Even though I had worked in a psychiatric setting, prisons, hospital chaplaincy, and as the director of a family counselling agency, psychotherapy was unknown to me. [\[Read More\]](#)

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## **An 89-Year-Old Goes to Hospital (with thanks to John Bowlby, 1969)**

Carol Worthington

**November 16, 2020:** “No, no, NO” I said, firmly and loudly, as I looked at my left leg doubled up under me with toes beneath thigh, right leg in the shower where it had slipped on a tiny patch of new shower cleaner.

However, while denial is one of my family’s favourite defences—enabling my father to sit under a sign reading “Cancer Ward” for a year while not “realising” his radiotherapy was for cancer—it obviously wasn't going to get me off the floor and to my phone in the bedroom. Reality kicked in and I instinctively straightened the left leg and dragged myself to said phone. [\[Read More\]](#)

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## **Some Associations to Patrick Casement’s Presentation to NZAP**

Emma Green

**A few thoughts bubbled up** after hearing Patrick’s presentation to NZAP in June. I have tried to put them in some order here; although this feels very much like a beginning, a preconception in its own right.

Casement’s speaking about preconception put me in mind of Gadamer’s [1900-2002] preunderstandings or foreunderstandings. These are our ‘prejudices’ in Gadamerian terms. Gadamer (1975/2013) was a German philosopher, best known for his work on hermeneutics, which can be loosely thought about as the art of interpretation. [\[Read More\]](#)

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## **On Patrick Casement’s Presentation to NZAP,**

**12 June 2021**

Seán Manning

**A few months back**, our recently inaugurated president, Gabriela Mercado, spoke to me about an idea for an academic event on a national scale. Even before COVID-19 changed our world we were having difficulty organising conferences, and Council had decided to space them out to two-yearly rather than annual events. Gabriela had been talking about how to invigorate the organisation in this climate. She wished to provide us with opportunities to be involved with each other, at both branch and national levels. The Professional Development Committee, headed by Marian Vlaar, met with Gabriela to discuss the practicalities of her proposal. [\[Read More\]](#)

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## Beginning the Week with Freud

Crispin Balfour and Lynne Holdem



**Since the first Monday** in May 2021, a select group of 14 psychotherapists has been gathering on Zoom at 7.10am, every Monday morning, to read their way through the "Standard Edition of the Complete Psychological Works of Sigmund Freud." We take it in turns to read aloud a page each, with brief pauses for someone to read the footnotes. The group is international (we have one member in London), but mainly from all corners of Aotearoa. [\[Read More\]](#)

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## The Shame-miner of Tarurutangi

Every hour  
we sit and excavate around the seam  
shame gleaming like a crown of the Iscariot

We fish deep inside the mouth of the earth  
the river above runs through our veins,  
blue and cold in a morning's riverbed.

When the sun comes up,  
he ties the logs and limbs together,  
affixing them highly in place.

The river smoothes like rock  
Here the sense of time is flat  
the invariant pall of shame

In damp sand  
footprints and marks of hands,  
and torn pieces of regret

Lustily the pick is swung  
every strenuous effort given  
the meaning of work emerges.

Trevor M Landers  
MA, MPM, MEd, MCW  
M-NTCW-UniMelb 2021

*Te Kaihoe, Mātatahi Taranaki: A Bilingual Journal of Literature*

Author, *Whetū Mārama: Essays in honour of the late Bill Gosden* (2020)

Editor, *Drawn from life: Poems and drawing from life drawing* (Forthcoming 2021)

Co-Editor with Mike Johnson, *Singlets, shorts and briefs*. Poems from the 2020 NZ Show me your shorts! Film Festival (Forthcoming 2021)

Co-Editor with Sophie Johnson, (Vancouver) *Endangered species* (Forthcoming 2022)

Trevor is a therapist based in New Plymouth. He is currently working on his 8<sup>th</sup> volume of poetry, *Writing Therapy*, a collaboration between himself and clients in Taranaki based on his studies at the University of Melbourne, Australia.

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# ***Ata: Journal of Psychotherapy Aotearoa New Zealand***

## Call for Papers

**We are calling** for submission of papers for consideration for publication in the next two issues of *Ata: Journal of Psychotherapy Aotearoa New Zealand*.

### **Invitation**

We welcome anyone, who would like to, to submit a paper for consideration in the next two issues of *Ata* (to be published in August and November 2021). The deadline for consideration for papers for the next issue of *Ata* is Wednesday, 30 July 2021. We welcome submission of papers regarding any aspect of psychotherapy. The guidelines for submission can be found on the last two pages of any issue of *Ata*. All submitted papers will be peer-reviewed.

If you are interested in submitting a paper for consideration, please contact co-editor John O'Connor as soon as possible on email [johnnygj@xtra.co.nz](mailto:johnnygj@xtra.co.nz) (or phone 021899261). John can provide you with further guidance.

### **Submitted papers need to include the following:**

1. The author's name, postal address, email address, and telephone numbers.
2. An abstract of approximately 250 words.
3. Six to eight key words.
4. A brief biography of 250 words.
5. A clear headshot photograph of the author.
6. The paper should be typed in Times Roman font, and the APA 7<sup>th</sup> edition referencing style used.

### ***Ata* issues available online**

A reminder that all issues of *Ata*, from October 2012 onwards, are now available online on the Tuwhera website and can be accessed via the following link (click on the archives tab for back issues):

<https://ojs.aut.ac.nz/ata/issue/view/15>

We look forward to publishing the next two issues and hope you will find them enriching to read.

Warmest wishes to you all,

Ngā Mihi

John O'Connor and Wiremu Woodard

Co-editors: *Ata: Journal of Psychotherapy Aotearoa New Zealand*

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## **Nature's Wisdom**

### **Mindful, Somatic Ecotherapy**

Immersion training for therapists & support workers. For details, dates and venues [click here](#)

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## **Zoom Seminar with Jack Foehl**

Lived Depth: Exploring Dimensionality and Thirdness in Clinical Process

**Date:** Saturday 09 October 2021

**Time:** 09:00am - 11:00am, Sydney

This seminar will use clinical examples to suggest that psychoanalytic process is a field phenomenon, and that rather than treat the patient, our attention is best focused on an expanding depth-of-field.

**Jack Foehl** is President of The Boston Psychoanalytic Society & Institute, where he is a Training and Supervising Analyst and is Supervisor and Faculty Member at the Massachusetts Institute for Psychoanalysis. He is Instructor at Harvard Medical School and is a Clinical Associate Professor at the NYU Postdoctoral Program in Psychotherapy and Psychoanalysis. For full details [click here](#)

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## **Zoom Seminar with Nancy McWilliams**

Supervision and Psychoanalytic Institutes

**Date:** Saturday 23 October 2021

**Time:** 09:00am - 11:00am, Sydney

This seminar will focus on supervision and consultation processes in psychoanalytic institutes.

**Nancy McWilliams** teaches at Rutgers University's Graduate School of Applied & Professional Psychology and practices in Lambertville, New Jersey. She is author of *Psychoanalytic Diagnosis* (1994, rev. ed. 2011), *Psychoanalytic Case Formulation* (1999), and *Psychoanalytic Psychotherapy* (2004) and *Psychoanalytic Supervision* (expected publication September 2021) and is associate editor of both editions of the *Psychodynamic Diagnostic Manual* (2006, 2017). For full details [click here](#)

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[www.counsellingandpsychotherapytakapuna.co.nz](http://www.counsellingandpsychotherapytakapuna.co.nz)

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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 [\[Read More\]](#)

**New Zealand Association of Psychotherapists**  
*Te Rōpū Whakaora Hinengaro*

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