



THE NEWSLETTER

**New Zealand Association
of
Psychotherapists Inc**

**Te Rōpū Whakaora
Hinengaro**

**September
2019**

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of
Psychotherapists Inc**

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September 2019

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Contents	
President’s Column	6
From the Council Table	8
Editorial	11
Midwinter Dinner celebrating Charlotte Daellenbach’s Life Membership	14
The Review Process	16
Mental Health and Addictions Working Group	18
Child and Whanau Advocacy Group	21
NZAP Conference, 19-22 March 2020, Wellington	23
Tony Coates 1941-2019: Jenny De Leon	25
Waka Oranga	27
Waka Oranga Poutama and AGM	30
From Land to Whenua: Donny Riki	32
A reflection on Dreamwork in a small group: Margaret Bowater	35
Gumboot Friday – free kids’ counselling: Kyle MacDonald	38
Book review: “Meltwater” Stephanie Forde	39
“Too Close for Comfort”: Joy Hayward and David Carlyle	41
Book review: “How to be a Big, Strong, Man” Marianna Ackerman	42
Body as Voice: Restorative Movement Psychotherapy for Trauma Survivors	44
International Association of Applied Neuroscience: 3 day Training	45
Intimacy: A workshop on Couples Therapy	46
Emotionally Focused Therapy Certification: 2020 Training	47
Professional Ecotherapy Certification Program	48
Welcome to new members	49
ACP Committee	50
Advertising rates	50
NZAP Education Grants Fund	51
NZAP Committees	53
Regional Branch Convenors	54

President's Column

Gerald McLaurin



Kia ora koutou

Last week I finally re-launched my old yacht after 2 years restoring seemingly every inch. Putting her into the water was like a reverse birth and we were as nervous as new parents whether everything would work and hold properly. I'm pleased to say that everything did and

she is now happily swinging on her mooring waiting for summer.

Sometimes it seems to me that everything is up for renewal, up for re-launching in our world, up for testing, but of course often many things are also going 'wrong' in the process. Recently, I listened to the words of a Canadian developmental psychologist speaking of how disastrously awry our parenting and childcaring practices are taking us in the area of childhood emotional development as evidenced by attachment and developmental research. He also pointed out that children emerge into a significantly more difficult and even hostile world where attachment possibilities are often more tenuous and uncertain, and where there is a significant reduction in empathy showing up in younger people (40% reduction in one study).

He noted that, in spite of much contemporary belief in the power to train and educate our children, it remains true, as we psychotherapists know, that the basic capacity to self-soothe, empathise and relate well to others can only occur in good enough attachment environments. It also remains true that, although throughout life these environments can be recreated in adults, the bad news is that earlier attachment wounds will need to be faced from the earliest traumatic experiences through the

stages of development until slowly full capacity is regained. (A best case scenario obviously.)

It is this knowledge we psychotherapists hold as a group, that we bring forward to our communities and indeed to the country as a whole. In this regard the recent review of mental health services is an opportunity for us to put forward our position. The fact remains that we are a small group, the problem is huge and we will certainly not be able to make an impact unless we think carefully where we put our energies. Several of our members (in coordination with Council) are meeting with senior Ministry of Health officials to look at ways that psychotherapists might be involved in a new scheme for increased access to talk therapies.

One idea that may best use our particular skills is to offer ourselves as supervisors for an increased number of people at the front line listening and caring for others. This means our relatively small numerical weight is balanced by our usefulness in overseeing the work of others. It might be noted however that real change, real potency can only occur within the context of an effective attunement, can only occur if there is real relationship within the therapeutic dyad. It remains to be seen whether the use of less trained individuals on a wide scale will make much of a difference to the emotional distress that is so obvious in our communities. It might also be noted that much if not most of the distress is linked to our lifestyles, the financial pressures and social isolation, the loss of meaning and materialism that plagues so many people.

These problems notwithstanding, psychotherapists as a profession and NZAP as an organisation are still particularly well placed to at least attempt to make a difference and I am grateful to our colleagues who are working on our behalf at this critical juncture.



From the Council Table

Sue Jones, Honorary Secretary

Council met in Wellington over two days, from the afternoon of Friday July 26 to Sunday July 28 2019.

- **Council review**

Council acknowledged the care and depth of thinking that went into the Council Review report.

We met for a 4 hour working meal on Friday to discuss the findings of this report. A number of significant ideas emerged including the decision to make the findings of the review a standing item on our agenda for future Council meetings.

It is too early at this stage to implement changes to the current structure of Council but there is significant support to act on a number of the recommendations in the medium term.

Increasingly, Council is working on advocating and promoting the psychotherapy profession, as well as supporting our members.

The following bullet points are a summary of our discussion. The minutes are available on the website.

- **Reports to Council**

ACP Committee – John O’Connor has joined the ACP Committee.

Ethics and Professional Standards Committee – Daniel Larsen is preparing to become the Chair of the Ethics and Professional Practice Committee later this year. Stephanie recently visited the Christchurch and Dunedin Branch meetings and presented on Ethics.

Public Issues – John Farnsworth, Andrew Jones and Matthew Harward met with Robyn Shearer, the Deputy Director General for Mental Health and Addiction at the Ministry of Health. Robyn has read the full

NZAP submission and is happy to receive advice from the new NZAP Mental Health and Addictions Advisory Group, which has been created within the Public Issues portfolio. John Farnsworth will be responsible for communicating with the Ministry on behalf of the Advisory Group and NZAP members.

- **Relationship between Waka Oranga and NZAP**

Council is committed to investing sustainably in WO, providing financial support in line with our ethical principles and responsibilities as Treaty partner.

Council is also committed to incorporating Te Reo in all NZAP meetings, as well as ensuring a more consistent use of Tikanga practice; karakia and waiata.

- **Financial position**

Council discussed the need for a Special General Meeting in mid-September (to be held via Zoom) to approve the 2018-19 accounts for the Companies Office. A quorum of 20 members will be required.

NZAP needs to create a sustainable funding stream as there has been a deficit this year. We support the idea that capital investments could be coming out of NZAP's financial reserves rather than out of regular income. Council recognizes that as part of our fiscal responsibility we need to use some reserve funds to invest in NZAP's future (for example, website development, funding the review process, or promotion of psychotherapy in Aotearoa New Zealand).

The chairs of all Committees will be asked to approve all invoices from their committee members before they are sent on to the book keeper.

Council approved a budget of \$5000 for the Mental Health and Addictions working group, and \$5000 for the Review Committee.

Council agreed that the annual financial year for NZAP be changed from 1 April-31 March to 1 February-31 January to meet the requirements of Companies Office.

Council agreed to raise the mileage rate for members on NZAP business to match the current IRD rate.

- **Reviews**

The *TTBAC review* is in process with John O'Connor as Chair.

Ethics review: Roz Broadmore and Gabriela Mercado are working on setting up the team.

- **Website project**

The new website is live. Further development is on hold until the name of our Association has been decided. Images and photos on the website currently come from Stock Images. Gabriela is keen to create an NZAP image bank using biculturally sensitive photos which better represent NZAP members.

- **Life membership and DSAs**

Members are reminded that Council is calling for nominations for Honorary Life membership, the Distinguished Service Award (DSA) and the Te Tohu o te Pihi award.

As of March 2019 AGM, there are two vacancies for Life Membership. Council can also award up to four DSAs each year, and one Te Tohu o te Pihi award.

The four documents below outline the terms of reference for each of the awards which Council may choose to present. Please read these carefully before submitting your nomination. These documents are available on the website, in the Members Documents area (you will need to be logged in to the website to access them).

[HONORARY LIFE MEMBERSHIP 2019.pdf](#)
[Distinguished Service Awards Terms of Reference Dec 2017.pdf](#)
[DSA timeline.pdf](#)
[Te Tohu o te Pihī award.pdf](#)

Please email your recommendations to Sue Jones at sue.grace.jones@snap.net.nz by **Friday 18 October** for discussion at the next Council meeting. Alternatively, please send your nomination to Sue Jones, 10 Glovers Rd, Halswell, Christchurch 8025.

Please note: It is expected a potential nominee for any of the awards will be protected by ensuring they are not advised of their nomination until it has been accepted by Council.

I am once again indebted to my hard-working Council colleagues and Nikky, our efficient Executive Officer.



Editorial

Paul Solomon

In the April issue of the Newsletter many of us shared our responses to the murderous attacks by a far-right fanatic on Christchurch Mosques. The shock and outrage we felt then seems to have gone underground. It has moved away from centre stage in news media, but far-right and white supremacist violence and hate have not disappeared and periodically make their presence felt in countries around the world.

I have just returned from a week's holiday in New Caledonia. My plan had been to relax, swim, eat French food and explore unspoiled coral reefs with snorkel and facemask; we did all that, but a visit to the Jean-Marie Tjibaou Cultural Centre interrupted our hedonistic plans and confronted me with the unresolved anti-colonial struggle between indigenous Kanak people and French settler-colonists who annexed the

country in 1853. Wanting to know more, I googled around and found this comment: “The most significant blocks to dialogue are the top-down approach and the attitude of infallibility and cultural superiority assumed by many specialists working in New Caledonia” (<https://www.culturalsurvival.org/publications/cultural-survival-quarterly/land-and-independence-new-caledonia>). Then I wondered about the state of decolonisation in Aotearoa.

In New Caledonia, as in Aotearoa New Zealand, settlers expropriated tribal lands and sacred places and brutally suppressed revolts against colonial rule. The New Zealand wars ended in 1872, while in New Caledonia armed conflict between French gendarmes and pro-independence Kanaks continued as recently as 1987. A significant difference is that in Aotearoa we have had the Treaty of Waitangi since 1840, and it requires us to face our colonial history: that work has been embraced by NZAP coming into relationship with Waka Oranga over the last ten years, and there is still more to be done.

In this edition of the Newsletter, Waka Oranga remind us that kaitiaki (protectors) remain on the whenua at Ihumātao, while Donny Riki addresses the difference between the concept of land and the experience of whenua; for the Kanak people, land is to be lived rather than a commodity to be used, and perhaps Māori live something similar. As the Kanak independence movement leader Jean-Marie Tjibaou said before he was assassinated in 1987, “A Kanak without land does not exist.” Fletcher Construction and Māori kaitiaki in some ways exist in different universes of discourse, just as the French administrators and business people in New Caledonia have different foundational assumptions from those of indigenous Kanaks and understand the world differently; this hinders communication between the polarized groups.

The group analyst S.H. Foulkes wrote about what he called the “group matrix”, defined as “the hypothetical web of communication and relationship in a given group. It is the common shared ground which ultimately determines the meaning and significance of all events and upon which all communications and interpretations, verbal and non-

verbal rest” (p.292). Each group develops its own unique matrix, which will be largely unquestionable and unconscious; the matrix of a different cultural group may be experienced as unreasonable or inferior or just plain wrong. Foulkes’ ideas offer us a language with which to address cultural difference, but we are left with the task of somehow continuing to become more aware of our own unconscious biases.

With Foulkes’ idea of group matrix in mind, might psychotherapists help polarised groups develop empathy for the perspectives of the other? Could they be helped to move from stalemate to a realisation that they are interdependent? Enhancing empathic communication and emotional attunement is one of the foundations of our work, as Gerald notes in his President’s Column, while also recommending that we offer ourselves as supervisors to people at the frontline of caring for others. Also in this issue Lynne Holdem takes up the theme of how child and whanau psychotherapists might have a role in training or upskilling others, and the Mental Health and Addictions Working Group takes up topics in a similar area.

Margaret Bowater shares an example of a spiritual dimension in her practice of dreamwork and therapy, and invites readers to share their experiences. You will find information about the 2020 NZAP Conference, two book reviews, news from Kyle about the Gumboot Friday initiative offering free kids’ counselling, and advertisements for professional workshops. Joy Hayward offers some background about the book “Too Close for Comfort” that she co-wrote thirty years ago with David Carlyle, as a resource for teenage and adult clients who have been sexually abused: it is now available online as a digital resource. I hope you enjoy this issue of the Newsletter.

Reference:

Foulkes, S. H. (1964). *Therapeutic Group Analysis*. London, England: Routledge.

Midwinter Dinner celebrating Charlotte Daellenbach's Life Membership

The NZAP Canterbury Ōtautahi Branch celebrated their usual midwinter dinner on 11 July and offered this festive occasion for Charlotte Daellenbach to have her NZAP Life Membership presented. In an attractive private room at Bloody Mary's, a delicious three-course dinner was served at an elegantly set table seating 18 guests. Paul Baakman, in his role of MC, guided the sequence of events gently but firmly, and shared the story of his long association with Charlotte, ending by reading a beautiful Rumi poem. NZAP's President, Gerald Maclaurin, had flown in from Auckland to officially give the presentation. He started by addressing the gathering in te reo and followed this by reading Charlotte's life membership citation. Katherine Stewart gave Charlotte a lovely card with the names of all the people who would have loved to be there and had sent their special apologies and good wishes. The warm and joyful evening is captured in the photos (below), taken by Sarah Robins.

Charlotte's citation (which is also on the Roll of Honour on the NZAP website) is presented here:

Charlotte Daellenbach is well known for her contributions to psychotherapy and to NZAP. In 1984, she presented her membership paper in Auckland at the NZAP Conference. She passed her Certified Transactional Analyst examination in 1985.

Charlotte has carried out many functions within NZAP (therapist, supervisor, trainer, examiner, writer, editor, mentor and coach). She served as President from 2002 to 2004. She took up the role of Complaints Convenor in 2004 and has been Convenor of the NZAP National Supervision Committee. She has served on most of NZAP's committees and contributed to the preparation of a Scope of Practice document to be submitted to PBANZ. Charlotte has mentored more

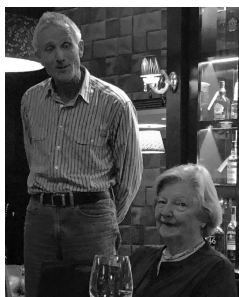
than twelve practitioners into membership of NZAP through the ACP route. Her life-long service and support for psychotherapy is outstanding.

Charlotte has been involved in transactional analysis psychotherapy training over many years. She has been a trainer of the Christchurch training programme since the late 1980s, and over the years has taught many TA101 courses around the South Island. She organised national residential training workshops and participated in examination boards. She has supervised over twenty trainees and candidates who have achieved qualifications as Transactional Analysts.

At an international level, Charlotte has been a regional delegate to the International Transactional Analysis Association, and has been involved in its committees, mainly Operations and Board of Certification. These roles have kept New Zealand up-to-date with training worldwide. Charlotte was active in rewriting the training handbook in 2004 and recently updated it. She has been a trainer in Sydney since 1998 and has taught in India for over twenty years.

Charlotte has made many contributions over more than three decades to the theory and practice of psychotherapy. She has held positions with dignity and commitment and has engaged in tasks with great energy, intelligence and care. Her enthusiasm for teaching, and her warmth and respectful presence and way of relating in groups has been an enriching experience for many. Her colleagues hold her in high regard. Her tireless energy is reflected by the fact that in her eighties she is running a practice and loves her work, and thus is an inspiration to younger psychotherapists.

Photos of the evening by Sarah Robins: the celebratory gathering; and (below) Paul Baakman addressing Charlotte.



Charlotte writes: Receiving Life Membership in NZAP is a great honour. I wish to thank the Canterbury Otautahi Branch for nominating me, the Council for endorsing the nomination, and NZAP's generosity for sending Gerald to the presentation and paying for my tasty dinner.

The Review Process

Gabriela Mercado

Website

The Website Team is working on updating the images on our website. An important part of the content of a modern website are the images it portrays. These days in online communications people tend to read less

and focus more on the images. If images are attractive, people may be more inclined to read the text that accompanies it. For reasons of budget and time, we launched our NZAP/WO website using stock photos. These images are bought from a generalized, usually international, image bank. Photos from Stock Images are professional and high quality, but lack local and specialised flavour, therefore they do not reflect the particularities of our tangata, our whenua, or our mahi. Also, we do not have exclusive rights on the use of the photos, therefore they are used by other organisations. For this reason, the Website Team is working on creating an NZAP/WO bank of images that truly reflect who we are. At the last Council meeting we had budget approval, now we are working on how to go about this project.

Please remember to help keep our website up to date. You can contribute to this by updating your personal profile, and, if you are taking part in a committee, portfolio, or branch, please ensure that your section is up to date. If you need help editing your profile, simply contact me at gabriela@orcon.net.nz. For any updates on other sections of the website, please contact our Executive Officer, Nikky Winchester, at admin@nzap.org.nz

Project NZAP Council

This project is now completed, and the NZAP Council Review Team presented their findings, which can be found in the Members area of our website as well as in the April 2019 Newsletter. Council is working on the recommendations made by this review team, as reported on elsewhere in this Newsletter.

Project Partnership/TTBAC

The Chair of the TTBAC Review Team is currently undertaking some research exploring the history of the TTBAC in NZAP, and of the history of the notion of biculturalism within NZAP. This will form a basis for the team's initial work reviewing the TTBAC. Should any NZAP members wish to have input at any stage, they are warmly invited to contact the Chair of the team, John O'Connor, on 021 899 261 or by email: johnnygj@xtra.co.nz

Project Ethics and Professional Standards (EPS)

I am delighted to announce that Roz Broadmore has kindly agreed to chair this Review Team. We are in conversation with Waka Oranga, and we are waiting to hear from them on how they want to go about this review. The purpose of this review is to critically examine the role of the EPS Committee and also consider the need for the Complaints Procedure.

Project Promotion of NZAP and psychotherapy

At the Council meeting in July, it was decided that the promotion of NZAP and psychotherapy would be run by a working group, rather than a review team. Rick Williment from Wellington has kindly accepted to lead this working group. Rick is currently looking at writing a detailed brief for this mahi. Lynne Holdem and Gabriela Mercado are supporting Rick in this initial phase of the task.

Lo que se interpone en el camino, es el camino...

Mental Health and Addictions Working Group

**John Farnsworth, Andrew Jones, Cherry Pye,
Matthew Harward, and Lynne Holdem**

Changes afoot in Mental Health and Addictions, what place for psychotherapy?

Tungia te ururoa kia tutu whakaritorito te tutu o te harakeke

Set the overgrown bush alight, and the new flax shoots will spring up

(In order to change we may need to leave some ways behind in order to do things differently)

The big Budget provision for mental health is part of a once-in-a-lifetime opportunity to transform our sector. In response, some NZAP members have been investigating how contribute and shape the potential it offers.

This follows the deep commitment in our submission to the Mental Health and Addiction enquiry, drafted by John Farnsworth and Lynne Holdem, last year. But it also includes NZAP members attending regional meetings with the Enquiry panel or writing to MPs.

Following the Budget announcement, our key initiative has been to approach the Ministry of Health and we have begun a dialogue with its Deputy Director-General of Mental Health. This is a form of new and direct engagement by NZAP and in part is an attempt to enlarge our visibility and voice in areas in which we have long expertise and experience.

We were invited to meet the Deputy Director-General in July and, leading up to this, a small NZAP team gradually emerged: initially, John Farnsworth, Andrew Jones, Matt Harward and Lynne Holdem. Drawing on advice from a variety of quarters, including Kyle MacDonald, we discussed ways our small organisation might be strategic and effective. Cherry Pye from Waka Oranga has subsequently joined this group with valuable input in relation to kaupapa Maori.

In July, Council recognised this group as the Mental Health and Addictions Working Group with an additional budget (within the Public Issues portfolio) to enable members to attend meetings with Ministry of Health officials.

John and Matt attended an initial meeting with both Robyn Shearer, the Deputy Director-General, and Jo Chiplin, tasked with Access and Choice. We discovered at this meeting that all Enquiry submissions had been treated as confidential, so they were unaware of ours. We have since sent them this, at their request.

We were encouraged to hear that their interest is in relational work, regionally focused, with a wide area of engagement. In this regard, the Ministry's key focus is on how to deliver on the majority of the Enquiry recommendations. Consequently, it is clear that this requires a very different model to the past, so there is interest in what we and others

could contribute to developing that, since it draws on different models of expertise than the more conventional diagnostic, individual focus.

In response to this we have developed a number of proposals, some of which directly flow from our own submission, but which also account for the Ministry's intentions. They were clear with us, their aim for mental health is national consistency with a regionally diverse flavour. Our proposals reflect this, and John has sent a richly illustrated set of proposals supported by good international evidence: "Designing Mental Health Delivery". This document is on the Members Documents area of the NZAP website.

The document emphasises relational and collaborative delivery in several areas: advocating for a collaborative multi stakeholder partnership; for developing Supplier Provider models, similar to ACC and EAP, for primary and secondary services; advocating a multi-client emphasis on individual, child, family and group work; acknowledging workforce training via a regional model and through expert supervision. Given our relative smaller numbers and the relational strength of psychotherapy, we mainly see potential for psychotherapists in the areas of supervision to clinicians and support workers and to offer relational trainings in the regions.

The speed of work and the flood of reports have greatly increased at the Ministry. Somehow, we need to keep abreast of this, despite our size, both to contribute to this once-only opportunity but also for our own sustained voice and visibility in the broader mental health arena.

For more information on what the Ministry envisages:

Slides from the local MH&A regional meetings:

https://www.health.govt.nz/system/files/documents/pages/mental-health-addiction-regional-workshops-july-2019_final.pdf

Latest Ministry of Health newsletter:

<http://ministryofhealthnewzealand.createsend.com/t/ViewEmail/i/4E91C68118E1A09B2540EF23F30FEDED>

Child and Whanau Advocacy Group

Lynne Holdem



The Mental Health and Addictions Inquiry report and the new budget for Mental Health and Addictions have opened new possibilities in the area of working with children and families. The Ministry of Health are seeking ways to provide early services to young people in distress. Child and whanau psychotherapists may have a role in training or upskilling other providers as well as in the provision of therapeutic services under new contracts, and this is what we are hoping for.

NZAP's Child and Whanau Advocacy Group would therefore like to invite you to our pre-conference workshop on Thursday 19 March, 9.30am-2.30pm, at the Home of Compassion in Island Bay.

To register, please email lyanda.info@gmail.com
Cost: \$65

This year we showcase two innovative approaches to providing child and whanau therapy. As usual, the workshop is open to any psychotherapists, counsellors, psychologists or social workers who wish to meet and learn together.

You can find more information on the NZAP website at:
<https://nzap.org.nz/event/child-family-therapy-workshop-wellington/>

There will be two presentations:

Reinvigorating Family Therapy

Lack of investment in Child and Family therapy since the 1990s has left big gaps in people trained to provide intensive and transformational family therapy. Joy Hayward trained as a child psychotherapist at a time when working with the family was an integral part of working with children. On the eve of retirement, Joy Hayward is striving to pass on knowledge from the excellent training she received. Joy and a group of colleagues have been meeting with a family for weekly family therapy sessions, sometimes as co-therapists and sometimes as part of an observing team. They will share their experience of family dynamics, of their group's dynamics and some of the theoretical background that has guided them.

A Playful Approach to a Serious Subject

Anna-Michele Hantler and colleagues of Arts & Play Therapy in Education (APTE) will share findings of their pilot project working in a South Auckland primary school, delivering group and individual arts and play therapy. They will show original material from children, parents and school and review what worked well and what didn't. They will also describe the educational "fit" of group therapy work and the use of circle time techniques with puppets and games.

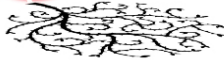
Anna-Michele Hantler stated "Our preliminary findings with schools interested in having child therapists indicate they need help with developing pro-social and emotional development techniques. Group work and co-facilitation is a way we can support this staff development and probably easier for them to fund."

NZAP Conference

19-22 March 2020, Wellington



Wiwini Wawana Wehi Ihi
Terror in the Transference



Here in Wellington we are busy organizing the next NZAP Conference in March 2020. You may have noticed that registrations for the Conference opened last week. If you have not seen the email please log in to the NZAP Members section of the website and the registration link is on the home page. We are happy with progress and are working well together. Although there are only four of us on the main organising committee we have two active and engaged sub-committees: Patricia Wehiford and Catriona Cairns are organising the one day post-conference workshop; and Brian Hunt and Carlyne Jamieson are organising the dinner/dance. Nikky Winchester has been invaluable helping to get the registration process up and running.

We have a keynote speaker from the USA – Dr Lawrence Hedges, psychologist and psychoanalyst. The Conference theme is “Terror in the Transference”. Dr Hedges has agreed to present his keynote address in two parts: “Terror in the Transference” on Thursday evening, followed by “Terror in the Counter-Transference” on Friday.

Dr Hedges will also lead a post conference workshop, “The Call of Darkness: Managing Suicidality in Clinical Practice” on Monday 23 March. This workshop will be open to other disciplines as well as psychotherapy, and will offer both a broad picture of suicidality in terms of current research, as well as psychotherapeutic approaches,

drawing on theorists such as Freud's "mourning and melancholia", suicidologist Edwin Schneidman's notion of "psychache", and Joiner's interpersonal theory of suicide. The workshop will also provide practical input by outlining Larry's 'relational listening' approach as a way of treating and managing suicidality. With suicide being a major mental health focus here in Aotearoa New Zealand, and the release of the latest figures showing once again an increase in deaths by suicide, this workshop will be very relevant for us, and our colleagues in the wider mental health field.



Lawrence Hedges, Ph.D., Psy.D., ABPP, began seeing patients in 1966 and completed his training in child psychoanalysis in 1973. Since that time his primary occupation has been training and supervising psychotherapists individually and in groups on their most difficult cases at the Listening Perspectives Study Center in Orange, California. Dr. Hedges was the Founding Director of the Newport Psychoanalytic Institute in 1983 where he continues to serve as supervising and training analyst.

Throughout his career Dr. Hedges has provided continuing education courses for psychotherapists throughout the United States and abroad. He has consulted or served as expert witness on more than 400 complaints against psychotherapists in 20 states and has published 21 books on various topics of interest to psychoanalysts and psychoanalytic psychotherapists, three of which have received the Gradiva award for the best psychoanalytic book of the year. During the 2009 centennial celebration of the International Psychoanalytic Association his 1992 book, *Interpreting the Countertransference*, was named one of the key contributions in the relational field during the first century of psychoanalysis. In 2015 Dr. Hedges was distinguished by being awarded honorary membership in the American Psychoanalytic Association for his many contributions to psychoanalysis.

For more details please see his website:
www.listeningperspectives.com

On a personal note: in liaising with Dr Hedges on Zoom he is open and informative and very experienced in presenting and working with therapists. Some of the committee have been reading his books and note how he makes use of his own and others clinical case studies, both in a supervisor and a therapist capacity. He has a nice attunement to the supervisee's work and he is able to offer something into the supervision relationship that feels both collegial and has wisdom and depth – a wiser, older, safe other.

He is passionate about presenting his work and from the sounds of it he likes to include characters from history, novels and plays to illustrate his ideas about psychological issues. He is flexible about the way we make use of him through the conference but is happy to be a lynchpin upon whom we can anchor ourselves around the theme.

Some of Lawrence's books of special interest to our topic are:

- “Relational Interventions: Treating Borderline, Bipolar, Schizophrenic, Psychotic and Characterological Personality”;
- “Facing our Cumulative Developmental Trauma”;
- “Terrifying Transferences: Aftershocks of Childhood Trauma”.
- A brief overview of his major research project is Relational Listening: A Handbook – Cross-Culturally Resonant Gateways into Human Relational Experience.

From the Wellington Branch Organising Committee:
Cherry Pye, Jane Nicholson, May Sahar and Sue Morrison

Tony Coates 1941 – 2019

Jenny De Leon

(Editor: In the April issue there were memories of Tony from other members.)

Tony Coates was one of my best friends.



One of the poems he liked most¹ – one to which he introduced me and which now, I love also – speaks of a path that is laid down through walking.

This requires of us to venture and adventure forth – not without fear but bravely nonetheless. This is how I know Tony did his life. It requires of us to walk – not unwisely or stupidly yet with the forgiveness to do that sometimes too. Tony allowed that, for himself

and for his friends.

The poem speaks of ‘turning around to see a road you’ll never step in again’ – to let go of the “same old same old” as Tony used to say, which takes courage and skill, attributes Tony possessed in abundance.

Tony introduced me to autopoiesis², the self-generating principle that underpins both form and dynamic.

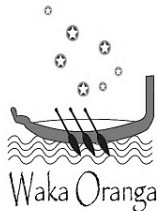
He introduced me to ‘compassionate coordination’ which is another way of describing love. And to protest over diagnosis without context... the blurring of or inaccurate distinctions between incompatible domains... and NZAP’s abdication to PBANZ.

Tony was outspoken, angry, joyful, funny, compassionate.
And my friend.

I miss you.

¹ Machado A. (2003). *Border of a Dream*. Copper Canyon Press, Wash. USA.

² Maturana H. and Varela F. (1980). *Autopoiesis and Cognition*. D. Reidel Publishing, Dordrecht, Netherlands.



Waka Oranga Inc.

National Collective of Māori Psychotherapy Practitioners

115 Waerenga Road, Otaki 5512

Email: wakaoranga2007@gmail.com

Whāia te iti kahurangi, ki te tūohu koe me he maunga teitei
Tihei mauriora! Tēnā koutou, tēnā koutou, tēnā ra koutou katoa

At this time of the year, we begin to see tohu (signs) in our environment as the season begins to change. Daffodils are beginning to bloom, lambs are being born.

In te maramataka Māori (the Māori calendar), Hōtoke (winter) is seen as a time where we allow our load to be lighter, and we take a rest from often what is a busy season of productivity and harvest in the warmer months. It is also a time where we prepare for the new crops and the new harvest as we return to warmer times.

However, this particular winter, has seen some significant shifts in Te Ao Māori. Kaitiaki (protectors) remain on the whenua at Ihumātao, seeking acknowledgment and a righting to past raupatu (confiscation) of whenua by the crown. Similar actions and mahi have been continuing on Aotea (Great Barrier Island) and maunga Whakarongorua in Te Tai Tokerau in order to protect those spaces also. There have also been several meetings in response to system failures for whānau within Oranga Tamariki and the justice system.

Te Rūnanga o Waka Oranga met for a weekend of planning in August. We set aside two days to wānanga with one another, to reconnect after some time apart, and to prepare for the upcoming months. All of these kaupapa are at the forefront of our minds as we think about and plan for our work not only as practitioners, but as a kaupapa Māori based organisation within this space of health and psychotherapy in Aotearoa New Zealand. This panui includes information about our upcoming

events and as always we encourage, and look forward to seeing our whānau alongside as we move our waka onward.

Whakanuia tātou ā Hinewirangi Kohu Morgan

At this time, we celebrate our kuia, Hinewirangi Kohu Morgan. In March, she successfully presented her mahi on her journey with He Ara Māori Advanced Clinical Practice Committee at Whaiora Marae.



We also celebrate Hinewirangi's recent award as a Member of the New Zealand Order of Merit during this year's Queen's Birthday Honours.

Me aro koe ki te hā o Hine-ahu-One

Te Rūnanga o Waka Oranga at our recent rūnanga hui, held in Manurewa, Auckland:



From left: Fay Lilian, Anna Fleming, Gina O'Neill, Margaret Poutu Morice, Cherry Pye, Verity Armstrong, Sheila Larsen and Alayne Mikahere-Hall

Mauri ora

Te Rūnanga o Waka Oranga



Waka Oranga Inc.

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115 Waerenga Road, Otaki 5512

Email: wakaoranga2007@gmail.com

Poutama 2019

E ngā waka, e ngā mana, e ngā karangatanga maha huri noa i te motu nei te mihi atu ki a koutou katoa! Tenā koutou, tenā koutou, tenā koutou katoa.

Poutama seminars are interactive hui intended to provide learning steps that embrace Māori knowledge and promote Māori health; offering excellent professional development opportunities for anyone wishing to expand their knowledge of indigenous models of psychotherapy.

Saturday 5 October 1pm-5.30pm

Whaiora Marae, Otara, Tamaki Makaurau

Finding the Healer Within

Two esteemed Wāhine Māori will present on the theme of indigenous healing.



Dr Maria Baker, CEO Te Rau Ora – Ngāpuhi, Te Rarawa. Maria trained as a registered nurse in the 1990s, and brings a 20 year history in Māori mental health (adult), added to by her doctorate research in Māori experience of mental illness and mental health services. She is a graduate of grassroots, Māori communities and NGOs with a passion and drive to strengthen whānau, hapū and Iwi. Maria will speak about the work of Te Rau Ora (originally Te Rau Matatini), Aotearoa's indigenous Māori organisation committed to the mental health and addictions sector and to providing a range of local and national programmes to improve Māori health and wellbeing.



Hinewirangi Kohu Morgan – Ngāti Porou, Ngāti Kahungunu, Tauranga Moana. Hinewirangi is a kuia who teaches Māori tikanga and kawa, an artist, a poet, a carver, a healer and tohunga of Māori protocol and practice. She has the unique talent of blending traditional Māori concepts into present day practice, highlighting the importance of the gifts left by our tūpuna. You will be guided through traditional waiata Māori (song) and its many forms and uses within te Aō Māori practice. Hinewirangi will also introduce a number of traditional tāonga puoro (Māori instruments), demonstrating how these are utilised and played. Through the use of these traditional forms Hinewirangi demonstrates the deeper concept of “Singing the Soul back into Being”.

Cost: \$100.00 for **non-members** (membership enquiries are welcomed)

\$70.00 for **Waka Oranga & Associate Members**

\$40.00 for **Tauira Māori & Student Associate Members**

Venue: Whaiora Marae, Otara Road, Otara, Auckland.

Time: 1.00pm – 5.30pm (afternoon tea provided)

Registrations: email: wakaoranga2007@gmail.com for the registration form or online link. Registrations close Wednesday 2 October.

Accommodation for those attending Waka Oranga AGM: you are very welcome to overnight at the Marae on Saturday.

Waka Oranga AGM **Sunday 6 October: 9am-3pm**

Our AGM will be held the day after the Poutama – accommodation available. Papers will be distributed to Waka Oranga and Associate Members soon. All welcome.

Enquiries and RSVP: wakaoranga2007@gmail.com

Ngā mihi ki a koutou katoa

From Land to Whenua

Donny Riki

I treasure fond memories of Hokianga when, as a young girl, I rode down the gigantic sand dunes of Opononi Beach on poorly constructed sheets of cardboard – laughing and free with 30 or so of my cousins. We did the same from the top of mount Whiria – our sacred maunga, dodging blackberry bushes and moody cows on the way down, wahooing and laughing until our bellies ached when someone inevitably landed in a warm pile of cow dung. It was a grand achievement to make it to the bottom without serious injury to one’s body, ego, or the custom made rocket-ship which took all of 22 seconds to create from cardboard and duct-tape moments before take-off. At the foot of Whiria lay wāhi tapu, our whānau urupā. We played nearby, safely watched over by our sleeping ancestors and the guardian spirits who live inside the maunga.

Somehow mid-propulsion during one such adventure down the maunga, I dislocated my pinky finger and was reluctantly taken to see “the local doc” (whom I now believe may have been Eileen Birch’s hoa rangatira, Tony). I cried and cried because at that time, I had only experienced racist responses from doctors and so felt frightened to see him. But my nanny said something like “ēhara matakū he pai moko, he Pākehā hūmarie” (it’s all right moko, no need to be scared, he’s a nice kind Pākehā man).

And as always, she was right.

I remember when our nanny gave us kids a kono (food basket) each and said firmly “hoki mai ka kī” (come back when your kono is full), playfully waving a crooked finger in our faces. We played until the tide was low enough for my cousins to fill their kono with pipis, kina, crayfish or oysters. Some of them free dived for paua or scallops, especially when they wanted to show off. Us younger ones would pick berries, mushrooms, plums and puha.

Aunty Pina sometimes got hōha with us for pinching all the peaches and apricots off her trees and scolded us. One time she tied her dog Blackie underneath the tree to stop us from climbing them. We were scared of Blackie so my cousin ran around and around the tree with the dog chasing him. Once Blackie managed to wind himself up, we gave him a big feed of Nanny’s porridge and from that moment on, he was putty in our hands! That night we went back to Nanny’s kainga with our kono loaded with delicious fruit, and Blackie in tow. Aunty was pukuriri (furious) with us for ages after that.

When Uncle Don’s boat was working, we often went fishing. His secret to catching good fish was to line the boat up with the maunga and the marae, read the stars the night before, and of course, give the first fish back to Tangaroa. Nanny said that if the “big pot” (Orion) was tilted, it made the fish fall out so the following day would be useless for fishing. But if the “pot” was fairly level, the fish would stay inside, so it was a good day to catch fish.

And as usual, she was right.

At the end of long summer days, my cousins and I proudly showered our nanny with offerings of gorgeous kai, and lovingly collected flowers, shells and pebbles. She graciously received our gestures of aroha and displayed them carefully in areas of her garden as “blessings for Papatuānuku”. On reflection, I can now see she was she was just chucking it all in the compost – but in a mana enhancing way so that we all felt loved!

I recall evenings of playful chatter from the aunties and uncles cooking over open fires or hangi pits. Aunty Dolly whipped up some fried bread, topped with Aunty Jean’s freshly made blackberry jam – yum! We sat around the fire for ages listening to Uncle Ronnie’s stories about the stars, the fish that got away, or Cousin Ronald’s bad jokes.

Those were the days. Remembering these precious moments makes me misty-eyed and homesick.

My nanny shared stories about Kurawaka and the ceremonial process of “whenua ki te whenua” – the celebration of life when a baby’s placenta from birth is buried in a clay ipu (pot), forever connecting that child to the whenua. This is why, Nanny says, we are “tangata whenua”; not only people of the land, but that we *are* the land. And through the ceremony of death, we return back to whence we began this physical journey – and such is the cycle of “ora”. She ‘grandmothered’ me fiercely and taught me how to listen to trees, how to respond to the earth when she speaks to me and how to talk to my ancestors. She also taught me how to cheat playing 500 but I guess that’s another story.

In my adult life, my trips back “home” to Opo as it is fondly referred to, are profoundly healing for me, particularly in times of “kahupō” (unwellness) when I need spiritual guidance. Climbing to the top of Whiria, I feel her soil breathe beneath me, I inhale the spirit of the moana and mihi to my sleeping tūpuna below. In those moments I am blissfully intoxicated by wairua – I am all that I can ever be, I am at my highest potential – shouldered up by my ancestors, at one with all Atua, the whenua and the history that has shaped the identity of my whānau, hapu and iwi for over 1300 years. I can smell my dad’s after shave, taste the sweetness of my aunty’s jam and hear my nanny’s voice whispering in the wind, “ēhara matakū moko – it’s all good moko, you’re gonna be OK”. In this space I lay down my hara (troubles), I laugh, cry, karanga and haka to the heartbeat of the whenua – in celebration of everything that is. Then, with tears rolling down my cheeks, I yell out to my kids: “race you to the bottom” as we all launch ourselves from the summit on our strategically duct-taped rocket ships.

This is tūrangawaewae. The concept and understanding of it transcends words. It transcends expression, language. It transcends time and space across generations. Tūrangawaewae loves, nurtures and heals us. It owns *us*. We are naïve to think we can own *it*. The concept of tūrangawaewae as land ownership is an oxymoronic capitalist construct. Real estate. Not all land is equal. Not all whenua is land, and not all land is whenua. There is a difference. Whiria is whenua. Ihumātao is

whenua. They are equally sacred and have wāhi tapu. They are tūrangawaewae.

My gracious and respectful wero to you, the membership, is to learn to know the difference. Please... just for one evening... switch over from the Channel 1 or Channel 3 news to the Māori Channel and watch Te Karere – *our* news told from *our* perspective. Be courageous. Be curious. Be open. Ask questions. And most of all, be kind.

Ānei te whakatauki: “Hokia ki tō maunga kia pūrea, ki ngā hau o Tāwhirimātea” (return home and be cleansed by the sacred winds of Tāwhirimātea).

Ngā mihi aroha tino nui ki a koutou

A reflection on Dreamwork in a small group

Margaret Bowater



I have often been in discussion with colleagues in the fields of counselling and psychotherapy about the presence or absence of the spiritual dimension in our therapeutic practice, and how we recognise when it's involved. Here is an example from my recent experience. I would be interested to read more examples from others.

Recently I woke up with a vivid dream-scene in my mind of a small group of adults deeply engaged in a process of exploring their dreams together. It was based on an actual training group I had facilitated the day before; but now the dream emphasised a sacred quality in the experience that had stayed on in my mind, such that my dream seemed to be urging me to write about it for others to know the power of

dreamwork. In fact, I have often felt this quality in working with dreams, whether one-to-one or in a small group: a lifting of spirit, a sense of touching another dimension. It constantly inspires me to keep on doing dreamwork.

The word “psychotherapy” derives from Greek roots meaning healing of the soul, not just changing of behaviour, though that will usually be a consequence; it is therefore essentially a form of spiritual practice, attending to the needs of the soul. It does not surprise me then to realise that all human beings have a built-in feedback system through our normal nightly dreaming. Not only do our physical senses shut down for sleep, to enable the brain to sort and file the day’s experiences, but also the recurring pattern of brainwaves in REM sleep enables input from a deeper unconscious level in the form of dreams and visions.

The more memorable dreams seem to offer a commentary in the form of stories or images, relating to our current experiences, often raising discomfort, ironic humour, direct challenge, or even fear about some of our choices; clearly there is another Centre at work than the conscious Ego. Carl Jung called it the Self, the Centre of Balance, or the Archetype of the Divine, depending on his audience. Some might call this centre the Spark of God, a higher Power, a guardian angel, the Source, or simply the still small voice within. I refer to it as the Inner Self. I think it uses dreams as a channel for dialogue with the Ego about meaning and direction in our life. If the individual is in a leadership position, it may also carry implications for a wider group.

So, while working with a dream usually begins as a form of problem-solving, the further we tease out the connections with daily life, the more we may discover deeper levels beneath: for example, the seashore is a place where solid facts meet fluid emotion; the kitchen is a place of nourishment and creativity; a baby may signify a new project; death may signify a major transition; a nightmare may reveal a buried pain or fear. And when the dream is shared with sensitive listeners, others in the group may find that it touches their own experience, perhaps from a different angle. We are not alone on the human journey.

The dream group

In reality, the group I had dreamed about consisted of four dreamers and myself as facilitator. They were all seniors – one man and three women; from different cultures, occupations and religions: Buddhist, Catholic, explorer, agnostic; and they knew one another from sharing in previous dream groups. They had come to learn more about how to understand their own and others' dreams. Confidentiality, respectful listening and non-judgement were assured, as part of the normal protocol in dream groups. Each one took a turn at presenting a recent dream, beginning with a diagrammatic drawing on the whiteboard, which always helps to maintain the focus. The others proceeded with sensitive enquiry, and the dreamer opened up like a flower in response to sunshine, discovering new connections as trust grew and the process deepened. Sometimes there was laughter and sometimes the edge of tears. Mystery was gently explored; there was room for small errors to be turned aside; silence and vulnerability were respected.

I commented only occasionally, feeling a quiet joy in the process. Surely we were walking on holy ground. The dreamer often expressed surprise as new perspectives emerged through a character in the dream, when he/she gave it a voice to speak: a child, a bird, a car, a river, any element of the dream, could have something intuitive to say to the dreamer. All of us seemed to become attuned to the soul of the dreamer as he or she sought a way forward through an existential dilemma.

We do not always reach a full resolution in the time allotted – half to three-quarters of an hour each – but this time three of the four reached a satisfying sense of guidance, and the fourth felt supported and encouraged in her struggle. At the closure, we had a round of reflection, in which all expressed gratitude for the experience of being deeply heard and accepted in the group, encouraged by the others' support. One of them said, "This is better than counselling!" Another wrote: "I experienced a tuning in with such focussed attention that I was aware of entering a subtle altered-state ... A powerful sense of limitlessness and infinite possibility." The other one spoke of "the unfolding sacredness of this time".

I was pleased to hear them planning to meet again for more dreamwork, without need of my supervision!

Note: All members of the group were happy for this experience to be shared. Margaret can be contacted for more information via her website, www.dreamwork.co.nz

Gumboot Friday – free kids’ counselling

Kyle MacDonald

Inaugural Gumboot Friday sees Kiwis raise \$1.6m to provide free kids’ counselling



With the generosity of thousands of New Zealanders, I AM HOPE raised \$1.6 million to help remove some of the financial barriers kids face in accessing independent counselling from qualified practitioners.

Since 5 April, 1,500 kids have reached out for free counselling, and over 300 registered counsellors, psychotherapists and psychologists have signed up with I AM HOPE to provide help to kids in need, with the numbers growing every day.

With the announcement of a national I AM HOPE tour in early 2020, we expect we’ll be needing even more practitioners to help us, help Kiwi kids. If you haven’t already, please sign up on our website: <https://www.iamhope.org.nz/counsellorsignup>

Kyle MacDonald, Chairperson, The Key to Life Charitable Trust

More news of “I AM HOPE”

Mike King and the mental health charity I AM HOPE asked Kiwis to wear gumboots on Friday 5 April 2019 as a fun way to raise money for kids counselling. Over \$1.3 million was raised on Gumboot Friday with another \$300,000 donated in the weeks following.

Kiwibank New Zealander of the Year, Mike King says “Professional mental health support is now available for any young person who needs it, up to the age of 19. There’s no tricky criteria or waiting list, just book an appointment and I AM HOPE will pay.”

Since 5 April, 1,500 kids have reached out for free counselling, and over 300 registered counsellors, psychotherapists and psychologists have signed up with I AM HOPE to provide help to kids in need, with the numbers growing every day.

Mike and his team were overwhelmed with the fundraising efforts of schools, businesses, clubs and kindergartens right across the country. He said: “The success of the first Gumboot Friday shows that Kiwis care deeply about improving the mental health of our rangatahi. My heartfelt thanks goes out to everyone who got involved. By chucking on your gummies and talking about mental health, you made a big difference to kids who are struggling.”

Book review: “Meltwater”

Stephanie Forde

“Meltwater” by Suzanne Ashmore

Auckland, NZ: Mary Egan Publishing. Paperback, 288 pages

I highly recommend to you this recently released novel about a woman’s unique journey to find her ‘self’, a journey made difficult because, as a result of horrific abuse by her father, she has Dissociative Identity Disorder. It is written by a courageous woman who I have

known over many years in the intimacy of a Book Club – courageous because it is her own life story in fictional form.

“Elizabeth,” the protagonist, seeks to make sense of her fractured personality and fill the memory gaps in her life. The introduction describes the novel as written with a lyrical and edgy grace and Sue McCauley describes it as a work of literary significance. I found the poetic quality of the writing was well suited to depicting a fragmented mind without being totally confusing.

In Elizabeth’s story there are some brief descriptions of the sexual abuse she endured and the tragic situation of her family life. They are delicately handled with just enough information to understand the severity and complexity of the abuse and for the reader to begin to grasp how Elizabeth learnt to survive and keep moving forward. Elizabeth shows how her creativity kicked in at an early age to help her with coping strategies and how dissociation can aid survival but can become untenable at a later stage and disrupt the life path. The development of sub-personalities and the emerging of repressed memories are described in such a skilful way the novel could be a major contributor to the general understanding of how this happens and how people can still function with this way of being. I am pleased to know from Suzanne that having written her story she wants it to be read and she reports that so far, feedback and responses have been positive.

The book is dedicated to Elizabeth’s psychotherapist who will be known to many of you. What a tribute to the work they have done that she feels able to tell their story and what a lovely thing to see one of our peers honoured publicly in this way. The author doesn’t describe the therapy in any depth; there are just brief and beautifully written references to moments with the therapist. They show the part the therapist plays in creating a safe, spacious enough environment and guiding Elizabeth to find a more cohesive narrative for her life.

Dear colleagues, this is not a book to read on the Kindle or to listen to. This is one to hold in your hand to be able to experience the visual

beauty of Suzanne’s art on the cover – her portrayal of meltwater, the river of water under a glacier. As a psychotherapist I usually avoid engaging in material like this for recreation but I enjoyed the experience of being witness to Elizabeth’s story, frozen in time, melting and the suspense of whether it would ultimately set her free. The pleasure lay in the relief of entering into this journey and not having to do or say a thing. Pleasure also came from the intensely vivid and visual descriptions of the landscapes the story is set against: the Southern Alps, the Central Plateau, Taranaki and an East Coast beach in Northland – some of my favourite places.

For Auckland readers, this book is available at The Women’s Book Shop in Ponsonby Road and Time Out in Mount Eden.

“Too Close for Comfort”

Joy Hayward and David Carlyle

Thanks to funding from the NZAP Education Fund and the excellent voluntary work of Dene Waring (Earthstory Dunedin) the book I co-wrote with David Carlyle 30 years ago is now in digital form and ready to go. I hope this will be a useful resource for clients who have been sexually abused. It is written for teenagers but some adults may also find it helpful.

To give you some background, my co-author, David Carlyle, and I originally wrote this book in 1990. It was published in New Zealand by Longman Paul, and also in Britain and Finland. Whilst we know that many teenagers found it immensely helpful, the problem, at that time, was that a good number of teenagers who could have benefited, did not have access to it due to having limited access to libraries and bookshops. The digital age has made access to information much easier so nearly 30 years later I have rewritten and updated it and teenagers can now access it on their devices.

My aim is to provide a resource which helps them feel less alone, to recognise in others' stories similar themes and dilemmas and to explore ways of managing their often overwhelming feelings.

You can access the book from www.toocloseforcomfort.nz

I have been contacting agencies and libraries in NZ to ask them to attach a link to their websites. This has met with mixed success and there will also be agencies I don't know about. If you have a connection with a person or agency in NZ or anywhere else in the world where English is understood could you please forward the link.

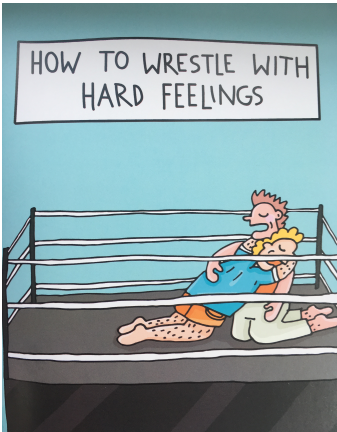
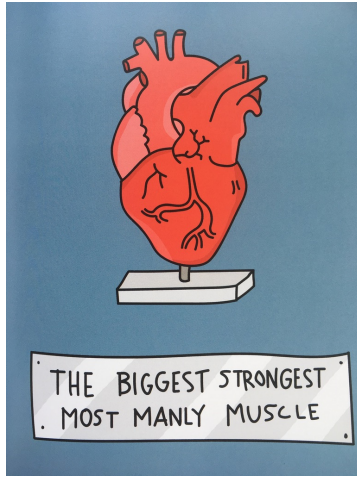
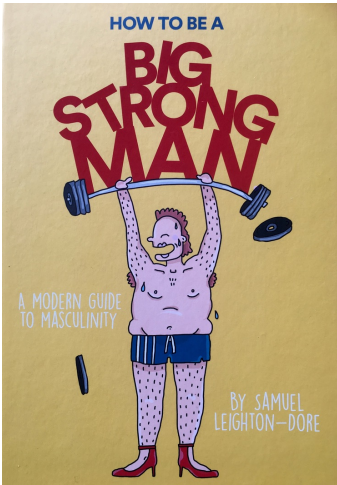
Thanks again to NZAP for the financial support.

Book review: “How to be a Big Strong Man: A modern guide to masculinity” Marianna Ackerman

“How to be a Big Strong Man: A modern guide to masculinity” by Samuel Leighton-Dore

Published August 2019 by Smith Street Books

This little picture book, written and illustrated by a young Australian rising star (full disclosure: my partner's son) is a *must* for every psychotherapist's waiting room, and the perfect gift for your favourite man. It's a tender and optimistic collection of jokes and ideas about toxic/fragile masculinity, and how to do it differently and better. A real treasure, with lots of laugh out loud moments – examples are below.





Professional Development Training, Auckland & Nelson

Body as Voice: Restorative Movement Psychotherapy for Survivors of Trauma

**International Trauma Expert: Amber Elizabeth Gray
MPH, MA, BC-DMT, LPCC, NCC.**

Amber Elizabeth Gray is an award winning, supervising & training Somatic Psychologist & Dance Movement Therapist from New Mexico, USA. Trained in Somatic Psychology, Somatic Experiencing, EMDR, Trauma Focused Cognitive Behavioral Therapy, Historic Trauma, & Authentic Movement. She is also a Continuum Movement teacher & advocate of human rights.

Considered a pioneer in the use of Dance Movement Therapy & Somatic Psychology, Amber has provided clinical training on the integration of mental health, creative arts, mindfulness, & body-based therapies with survivors of trauma to more than 30 programs worldwide since the 1990's. She is the director of the Kint Institute for post-masters training in creative arts therapies for trauma treatment. She originated the resiliency-based framework & clinical approach Restorative Movement Psychotherapy.

Amber's expertise is represented in many published articles and chapters, keynote addresses, professional collaborations and presentations around the world. Recent publications include:

- Clinical Applications of Polyvagal Theory: "Roots, Rhythm and Reciprocity: Polyvagal informed Dance Movement Psychotherapy for survivors of trauma." (2018)
- The Routledge International Handbook of Embodied Perspectives in Psychotherapy: "Polyvagal informed Dance Movement Psychotherapy for survivors of trauma." (2019)

Take advantage of this unique opportunity to learn from Amber, an internationally renowned Dance Movement Therapist in either Nelson or Auckland– Amber Gray is not to be missed! Discover more about Amber at <https://restorativeresources.net/>

4 Part Training. You're encouraged to attend all 4 parts, although it's not necessary.

1: BODY MIND, BEGINNER'S MIND | NELSON | 13 -16 DECEMBER, 2019 OR AUCKLAND | 16 - 19 AUGUST, 2019

2: BODY WISDOM, BODY NARRATIVES | AUCKLAND | 6 - 9 DECEMBER 2019 OR NELSON | 20 -23 FEBRUARY, 2020

3: EMBODIED RE-STORYING | AUCKLAND | APRIL 24 -27, 2020

4: THE COLLECTIVE BODY | AUCKLAND | AUGUST 14 -16, 2020

Registration:

Nelson: Hester Phillips hester@snap.net.nz

Auckland: Jacquelyn Wan rmpst.nz@gmail.com



IAAN Certified 3-Day Training Fundamentals of Applied Neuroscience

Dr Roger Mysliwicz

Psychosomatic Medicine and Psychotherapy
MCNZ, DKPM, PBANZ
Auckland, New Zealand

Daren Wilson

Psychologist
BA (Soc Sc), MA (Psych)
Sydney, Australia

Thursday 31 October – Saturday 2 November 2019
9am – 5pm (Fully Catered)

Portside Conference Centre
207 Kent Street, Sydney, Australia

Learning outcomes

At the end of the training attendees will be able to:

1. Demonstrate integrated information about how the brain functions and how this relates to interventions with clients or students.
 - I. How the brain develops and how to use this information in applied cases.
 - II. The fundamentals of neural structures and their functioning as well as the implications for mental disorders.
 - III. The neuroscience of safety and its role in the development of different attachment styles.
 - IV. Basic mechanisms of implicit and explicit learning, of avoidance and approach behaviour, and the implications of the needs for safety, control and pleasure maximisation and pain avoidance.
 - V. The development of neural networks of wellness and pathology and the implications of memory consolidation and positive neural plasticity in professional practice.
 - VI. The role of safety, attachment, control, motivation and resilience from a neurobiological perspective and an understanding of the impact of these concepts in various pathologies.
2. Have an understanding of the applications of neuroscience in neuropsychotherapy in a range of clinical settings and demonstrate capacity to guide clients with a range of psychopathologies towards higher levels of wellness.

Rate from 1 September 2019:

Members \$1000

Non-Members \$1150

Registrations at www.iaan.com.au/events



Wellington: Sept 28th/29th 9.30am - 4.30pm

Home of Compassion

Dunedin: October 12th/13th 9.30am - 4.30pm

Dunedin Community House

Cost: \$360-\$420

Sold Out Last 2 years in Australia!

This 2 day informative, interactive and experiential workshop will offer therapists an understanding of working with couples from a Gestalt and Emotional Focused Therapy (EFT) perspective.

It will provide participants with immediate, transferable and usable skills that will deepen your work with couples significantly. Including, managing conflict, transforming couples dynamics and deepening connection and bonds.

The workshop will include ***live demonstrations*** of couples therapy with a local couple by the facilitator!

Presenter: Sean Tonnet (MGest, BSocSc, ADip Welfare) has over 7000 case hours working with couples. Based in Northern NSW, Australia His work has been reviewed on radio, television and in print.

Tickets and information: www.seantonnet.com.au

Purchase tickets to the workshop: <https://eventbrite.com.au/o/sean-tonnet-19881424554>



EFT Certification Training - 2020

19–22 February Externship	Christchurch Heike McCahon
26–29 February Externship	Tauranga Yve Gould
29 April – 2 May Externship	Auckland Heike McCahon
6–9 May Externship	Wellington Yve Gould
22–25 July Core Skills 1	Auckland Heike McCahon
29 July – 1 August Core Skills 2	Auckland Yve Gould
4–7 November Core Skills 1	Wellington Yve Gould
4–7 November Core Skills 2	Christchurch Heike McCahon

Yve Gould

Reg. Psychotherapist,
MNZAP, M. Couns. EFT
Therapist, Supervisor and
Trainer, Dip. Teaching



Heike McCahon

MNZAC, M.A., Dip.
Counselling, EFT Therapist,
Supervisor and Trainer
(ICEEFT), Dip. Teaching



Registrations open 1st September

www.nzceft.org/eft-training

Professional Ecotherapy Certification Program New Zealand, Feb 29th -7th March 2020

Kauaeranga Forest Education Camp, Thames, Waikato

Early Bird Registration Ends October 1st

ATTENTION EXPERIENCED THERAPISTS, PSYCHOLOGISTS, COUNSELORS & COACHES:
GET THE SKILLS AND CONFIDENCE TO WORK WITH YOUR CLIENTS IN NATURE

Learn from ecotherapy pioneer David Talamo, US-based psychotherapist, how to integrate the healing magic of Nature into your clinical practice.

Whether you wish to work indoors or out on the land, this training will give you the knowledge, skills and experience you need to safely and effectively weave Nature into your therapeutic approach.

Get the Skills and Training You Need To:

- Make Nature a Prominent Part of Your Life and Work
- Design Your Own Ecotherapeutic Treatment Plans
- Launch Your Own Ecotherapy Practice

In 8 days of on-the-land meetings and 8 live video seminars we'll combine mindfulness, somatics, expressive arts and ceremony with home study to give you a foundation in the field of ecotherapy. To further deepen your learning, you will receive two individual ecotherapy sessions (each 1 hr) and two consultations (1 hr each) with Dave.

Program Fee: \$3997 (NZ) Deposit \$500 (balance due 35 day before start of program). Includes Shared Lodge or camping Accomodation with kitchen. Meals are self catering.

** Early Bird Registration Discount: Enroll by October 1st and receive a \$300 discount. **



Dave Talamo, MFT, is founder of Wilderness Reflections. With over 40 years of experience guiding wilderness trips, he works as a therapist with youth and adults. A Certified Hakomi Therapist, Dave is a pioneer in the field of ecotherapy and was one of the first to develop a somatic approach to wilderness questing. He is committed to the expression of joy and authenticity through the body and to helping others experience their own embodied selves in an intimate, ecstatic relationship with Nature.

READ MORE & REGISTER AT [HTTP://WWW.WILDERNESSREFLECTIONS.COM/](http://www.wildernessreflections.com/)

CLINICAL-ECOTHERAPY-CERTIFICATION-PROGRAM-2/

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Welcome to new members

Congratulations and welcome to the following new Full Members

Raquel Beeby, Dunedin
Susan Blyth, Wellington
Brodie Morgan, Auckland
Marie Franklin, Auckland
Kathy Stuart, Wellington
Annie Burgess, Wellington
Hinewirangi Kohu-Morgan, Hamilton
Avrael Semple, Christchurch
Jackie White, Hamilton
Kate Dent Rennie, Wellington
Carmen Teernstra, Auckland

Welcome to the following new Provisional Members

Chris Lorigan, Auckland
Danit Beer, Auckland
Jasmine Oliver, Auckland

Welcome to the following new Student Members

Natalie Astin, Wanaka

ACP Committee

Dates for Assessment Interview	Notify Executive Officer by
28 March 2020	31 January 2020
3 October 2020	7 August 2020

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 home town and will be notified by the Executive Officer of the venue and time of their assessment interview as soon as possible.

Submission of written work	Notify Executive Officer by
27 March 2020	31 January 2020
7 August 2020	12 June 2020

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

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

NZAP Education Grants Fund

Background information

The Special Education Fund was established in 1992 using the profit made from the Dunedin Conference in that year. The Fund has grown with the addition of successive Conference profits and accruing annual interest. It now stands at more than \$150,000. The total amount of the grants available will vary from year to year and has, in the past, been around \$5000. A Committee of four to five members appointed by the NZAP Council manages the application process.

Purpose of the Fund

The Fund is available to provide financial assistance to members for educational purposes from which there are personal and collective (NZAP) clinical practice benefits or initiatives that bring general advantages to the promotion of psychotherapy. Projects may include:

- a specific training course, or
- attending appropriate study courses, or
- carrying out an approved research project.

Eligibility

- Full members of NZAP.
- Full members of Waka Oranga.
- Retired members.
- Provisional members.
- Group – awarded to one member on behalf of the group, the majority of whom belong to one or other above-mentioned category of NZAP membership.

Please note previous recipients of this fund are not precluded from applying in the future.

Grant amount

The money available each year is from the accrued interest from the fund. Should not all the interest be awarded in one year, the balance will be added to the sum available in the following year.

Application steps

- Study proposal to be sent to the Executive Officer at admin@nzap.org.nz by **1 November** with the request for funding assistance for the following year. The Education Fund Committee will make a decision by the end of November, and the funding will only be available in the nominated year which would normally be the year following the application.
- The Committee will notify the applicant(s), whether or not they have been successful, before the end of the year.
- Successful applicant(s) will be announced at the annual NZAP Conference and the grant money distributed at that time.
- The decision of the Committee will be final.

Requirements

The Committee will require the following information:

- A clear, succinct explanation, in one to two pages, of the specific course or research project planned;
- A letter of recommendation from your supervisor;
- A copy of the proposed budget, including other sources of funding;
- Current membership status.

There is an expectation that recipients of an Education Fund Grant will:

- Commit to presenting a paper or workshop following completion of their study at an NZAP Conference, Waka Oranga hui-a-tau (annual gathering) or at their local branch meeting;
- And/or agree to write a paper for the next edition of *Ata: Journal of Psychotherapy Aotearoa* or the NZAP Newsletter.

N.B. The Grant is not primarily intended for:

- Accommodation/meal costs; or
- Cost of books.

Updated May 2019

NZAP Committees

Advanced Clinical Practice Committee

Siobhan Collins (Chair)
Andrew Jones (Secretary)
Barbara Rockel (Registrar)

Miranda Thorpe
John Farnsworth
Diane Zwimpfer

Ethics & Professional Standards Committee

Stephanie Forde (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

Lynne Holdem (Chair)
Vacant (Children's Issues Group)
Vacant (Allied Mental Health Forum)

Victoria Smith (ACC
SCAG Representative)

Mental Health and Addictions Working Group

John Farnsworth (Chair)
Andrew Jones

Matthew Harward
Cherry Pye

Te Tiriti and Bicultural Advisory Committee

Susan Horne (Convenor)
Annie Rogers
Crea Land
Ivy Churchill
Burke Hunter
Matewawe Pouwhare

Sarah Tait-Jamieson
Donny Riki
Margaret Morice
Anna Fleming
Daniel Larsen
Sheila Larsen

Professional Development and Conference Committee

Marian Vlaar (Chair)
Alayne Hall
Catriona Cairns

Robert Ford
Dinah Cameron

Grants Fund Committee

Vicky Blake (Chair)
Alisa Hirschfeld

Alayne Hall
Lidy de Leeuw

Regional Branch Convenors

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gestaltbrian@gmail.com

Nelson/

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**Te Rōpū Whakaora
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**THE NEW ZEALAND
ASSOCIATION OF
PSYCHOTHERAPISTS (INC.)**

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