



NZAP

New Zealand Association
of Psychotherapists
Te Rōpū Whakaora Hinengaro



Waka Oranga

National Collective of Māori
Psychotherapy Practitioners

JUNE 2023 NEWSLETTER



We honour the enormous loss of Kuia, Hinewīrangī Kohu-Morgan. Photo by Babara NiaNia.

Welcome to this winter edition of your newsletter. Before each issue I am vaguely plagued with the worry that there will be no submissions, and I'll have to fill the vacuum with stories of my cat's adventures, my childhood, or perhaps my questions about free will (let's not go there). You will be relieved to know that, as always, there has been a generous windfall of submissions—thank you. We start off with the very sad news of the death of **Hinewīrangī Kohu-Morgan**, beautifully memorialised by **Donny Riki**. Then our current President, **Seán Manning**, updates us on all that is NZAP-relevant, and tips his cap in farewell, signalling his upcoming departure from the role that he gracefully accepted while **Gabriela Mercado** was needed by her family. Gabriela (now back, ¡gracias!) explores the need for our organisation to change its name, and **John Farnsworth** updates us on the very exciting progress of the Academy—closer and closer to becoming a reality. Our Honorary Secretary **Catriona Cairns** fills us in on the Council's activities, and the Conference Committee urges us to save the date for '*Sex, Society and the Self: Navigating the Shoals*'. In the deceptively simple piece Mr Fly, **Susan Lugton** explores object relations with a client and an annoying fly. I had a scattering of responses to the request for a definition of mental health that I have folded into the mix, and **Carol Worthington** sketches how grief can be mended with the aid of a cat. **Jay Morris** reviews Karen Maroda's book "The Analyst's Vulnerability" (thank you Jay), our Treasurer, **Delia Crozier** clues us in on the education funds and announces a donation, and two members movingly memorialise **Margy Pearl**. **Jan Haworth** describes her motivation for starting Mindfulness Aotearoa and elaborates on what mindfulness is exactly. The **Depression Recovery Centre** announces its opening in Wellington in September this year. Rounding out the Newsletter in "The Children Will Wait" **Robyn Salisbury** describes the book she edited on child sexual abuse prevention in NZ and how it was eclipsed by numerous events. New members are announced at the end but not forgotten.

Please keep well and feel free to be in touch,

Marianna Ackerman

Editor

editor@nzap.org.nz

Aue, aue, taukiri e - kua hinga te totara i te Waonui-a-Tāne!

Donny Riki, on behalf of the Te Titiri Bicultural Advisory Committee

It is with deep sadness that Te Titiri Bicultural Advisory Committee acknowledge the recent passing of our Kuia, Hinewīrangī Kohu-Morgan.

Hinewīrangī embodied the mana of our tūpuna in prideful, awe inspiring ways. She was unapologetically Māori and imbued the mana, beauty, wisdom, and mātauranga of those who walked before her. [\[Read more\]](#).

From the President

Seán Manning

In a few weeks, on 18 June, I will hand back the presidency to Gabriela Mercado, where it belongs. Ten years after stepping down from Council, I have had the opportunity to occupy the chair again for a year and I am grateful for that. [\[Read more\]](#)

What's in a Name?

Gabriela Mercado and Delia Crozier

*If (as the Greek Cratilo says)
the name is the archetype of the thing
in the letters of 'rose' is the rose
and the whole Nile is in the word 'Nile'. (Jorge Luis Borges)*

A name is given to us at birth, we make it ours as we learn to inhabit it. As with our personal name [\[Read more\]](#)

The Academy

John Farnsworth

What has happened with the Academy since 2022? There has been a lot of background work towards a robust, creative learning hub. With some other changes along the way, we hope for a full launch by mid-year. [\[Read more\]](#)

Council met in April in Te Whanganui-a-Tara

Catriona Cairns, Honorary Secretary

We were delighted to welcome Gabriela Mercado back to Council at our meeting April 1-2, for the energy she brings, and because this means her partner's health is recovering. [\[Read more\]](#)

Save the Date of the Next NZAP Conference - Rotorua - 10th-12th May 2024

Gavin Stansfield, Verity Armstrong, Claire Virtue, Sally-Anne Thomson, Paul Wilson, Luisa Maloni – Conference Committee

We are excited to announce that planning is well underway for the 2024 NZAP conference – *'Sex, Society and the Self: Navigating the Shoals'* - to be held at the Novotel Rotorua from 10th to 12th May. [\[Read more\]](#)

Mr Fly

Susan Lugton

Mr Fly flew into my room one day and I was with a patient. I opened the window and said, "good bye Mr Fly." My patient looked at me with a wry grin and said, "Why did you do that?" [\[Read more\]](#)

A Few Ideas About Mental Health From Our Members

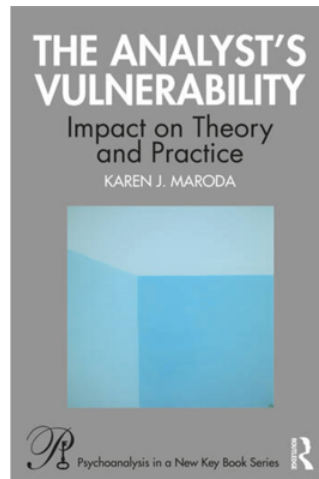
Mentally Healthy People:

- have a secure positive sense of them-self whilst being able to accept imperfection both within themselves and others
 - are in touch with their emotions, whilst not being overwhelmed by them
 - can reach out to other people with compassion
 - are capable of intimacy and commitment with others
 - can take reasonable risks in order to change and grow
 - can persevere despite life's daily challenges
 - can bounce back from adversity
 - can be creative [\[Read more\]](#)
-

How a Cat and a Psychotherapist Came Together Fortuitously and Healed Each Other: A True Story

Carol Worthington

In 1993, the woman's husband died. The neighbours with the snuffly bulldogs moved out and new ones with lots of cats moved in. The woman liked cats but did not want one of her own. She did not want to become attached to anyone or anything and slowly she let friends drift away. [\[Read more\]](#)



The Analyst's Vulnerability

Book review by Jay Morris

In Karen Marado's own words, her fourth book, *The Analyst's Vulnerability*, was an emotional and intellectual challenge to write. She says her hope for the reader is that they are equally challenged by the book (Maroda, 2022). My sense is that many of us will be, with what she is bringing to light. [\[Read more\]](#)

Treasurer's Report

Delia Crozier

NZAP Education Funds Update

Kia ora koutou, The Education Fund Committee held its first kanohi ki te kanohi meeting in April this year. We are a team of four people. Alayne Hall and Alisa Hirschfeld have been on the committee for some years now, I joined in April 2021 and we welcomed Kathy Davidson mid 2022; so we are a relatively new group in terms of working together. [\[Read more\]](#)



Margy Pearl
Helen Palmer

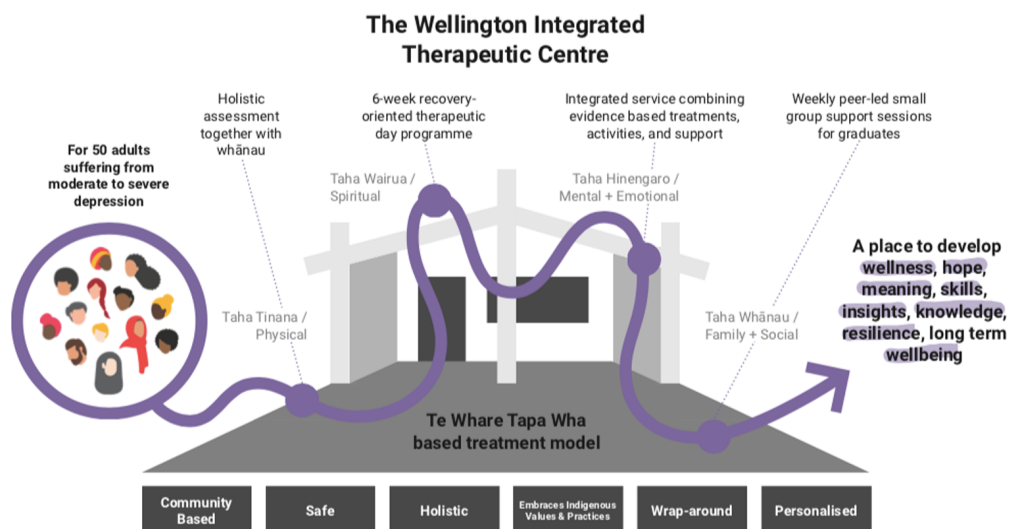
I vividly recall the first time I spoke with Margy. In 1987, she rang me from New Plymouth to enquire about the Fundamentals of Psychosynthesis, the week-long course that was the entry point into training first as a psychosynthesis counsellor, then as a psychotherapist. [\[Read more\]](#)



From Cancer Patient to Mindfulness Teacher

Jan Haworth

I was so convinced that the lump I found was nothing that I went alone to the hospital to get my results. I wasn't worried—that's the kind of thing that happens to other people, and definitely not me. When the doctor said, 'You've got cancer', I actually laughed and said, 'You're joking'. But as it turns out, cancer surgeons generally don't joke. [\[Read more\]](#)



New Psychotherapy Roles: Wellington Depression Recovery Centre Expression of Interest

Brent Williams and Danita Rajiah

Kia ora koutou, the Wellington Depression Recovery Centre is planning to open in September 2023. Psychotherapists will play a leading role in our service and we are now calling for expressions of interest for full- and part-time psychotherapy positions. [\[Read more\]](#)



Robyn Salisbury

The Children Will Wait Robyn Salisbury

No psychotherapist would disagree with the premise that providing the best possible conditions for children to grow is a springboard to the development of sound mental health.

Children will wait. They have been waiting for centuries for us to face up to child sexual abuse and take action to stop it. [\[Read more\]](#)



Tired of working from home? Wanting to join a warm team environment?

Phoenix House is a Psychotherapy and Counselling Practice that has been operating in Henderson for over 30 years, located just above the Westcity shopping centre. We are now offering rooms for rent and looking for practitioners to join our friendly team.

We have four rooms in a light and comfortable building. The rooms are furnished but there is allowance to make them your own with paintings and decorations.

We are a friendly practice with regular collegial gatherings. We also have a regular referral source as this is a practice with a good local reputation for many years.

We are looking for practitioners who are intending to play an active role in a team of private practitioners.

Please contact us to enquire further.

Verity Armstrong:

verityarmstrong@gmail.com

Ali Andrew: ali.andrew@xtra.co.nz

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Delphi Training and Consulting 2023 Continuing Professional Development Program

Join us to develop your skills and knowledge for working with complex trauma. Our 8 hour live on-line training is presented in 2x four-hour sessions. Registration includes 6 months access to the recordings. PLUS, Naomi will deliver the highly acclaimed 'Snow White' workshop in-person in three cities. For details click on the link below.

Online: 8 hours

23 – 24 June: The Elephant in the Room: Trauma, Healing and Spirituality with Naomi Halpern, Colin Ross and Alana Roy

14 – 15 July: The Four Faces of Shame with Martin Dorahy and Naomi Halpern

26 July: Technology-Facilitated Child Sexual Exploitation with Michael Salter (1.5 hours)

2 – 9 – 23 – 30 August: Befriending the Tiger: Vicarious Trauma, Resilience and Self-care with Naomi Halpern (four 2xhour sessions)

27 – 28 October: New Hope for Treatment-Resistant Depression with Janina Fisher

In Person: 8 hours

Auckland: 9 September | Wellington: 12 September | Christchurch: 15 September

The Snow White 'Parts' Metaphor: Working with Complex and Attachment Trauma with Naomi Halpern

Read more: [Upcoming Events](#)

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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 [\[Read more\]](#)

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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