

NZAP Te Whanganui-a-Tara Wellington Branch Convenor's Annual Regional Report 2024

Tena Koutou Katoa

Our branch currently has a mailing list consisting of 59 NZAP and Waka Oranga members and 17 members of other professional organisations such as PBANZ, NZAC and NZASW who have an interest in psychotherapeutic issues. This year we have reintroduced a \$45 Branch fee to ensure the costs of meetings are covered. So far 33 people have paid. We usually have between 10 and 20 people attending the meetings.

Our Convening Group has grown over this year, with me as Convenor, Eric Medcalf as Treasurer and Penny Kennett as Branch Secretary. We have also been joined by Patricia Ford and Lenka Rochford. This group has been wonderful in providing a 'holding frame' for the Branch.

The Branch continues to support Waka Oranga as an organisational member.

We are currently meeting at St Andrews on the Terrace, a flexible space with helpful access to a kitchen and technology that has enabled interactive streaming. We are still enthusiastically learning and singing waiata at each meeting and Suryagita Cox or Eric Medcalf have been supporting this by bringing their guitars so we can open and close our meetings with song.

Presentations and discussions over 2023-24 have included:

- April 2024: Victoria Smith presented on 'Why should people work with ACC' as well as discussing the upcoming changes.
- March 2024: Annie Burgess, Kathy Davidson, Lucy Gamlen and Carlyne Jamieson presented on Somatic Experiencing and how they have integrated this trauma 'bottom up' approach into their psychotherapy practices.
- February 2024: Celebrating Jacinda Doogue and May Sahar's completion of their ACP process and small group discussions of experiences of 'Assessment as a Clinician'.
- November 2023: Our final meeting of the year and a "Psychotherapy Café" format in which, with food and drink, participants entered into small discussions with colleagues in an informal setting. This discussion centred on 'Reflections from the year'.
- October 2023: 'The Impact of Infant Observation' led by Lucie Zwimpfer with input from Matthew Harward, Lenka Rochford and Anne Holleron.
- September 2023: International Psychotherapy Day. We joined other NZAP branches online to hear 'Working with sexual issues in psychotherapy' with Professor Des Markovic.
- August 2023: Yve Gould presented 'With thanks for the care and attention – Couples therapy through the attachment lens'.

- July 2023: Donny Riki presented 'Tuhonotanga: A Maori Perspective of Attachment'.
- June 2023: Brent Williams, Founder of the Depression Recovery Centre shared about the setting up of the new community health service in Wellington called Whakamatutu. We also presented Sharman Robinson with her ACP.
- May 2023: Psychotherapy Café and an early mid-winter celebration with food and drink. This meeting centred on 'Endings'.

In November 2023 we also welcomed Gabriella Mercado and John O'Connor to Wellington Branch who presented to a group of around 20 their imaginings for the Association.

Upcoming meetings include presentations by Alastair Bush, Garry Cockburn and a panel on Dreamwork. It is wonderful to see regular attendance at Branch meetings.

The Branch was pleased to nominate Suzanne Johnson for a Distinguished Service Award.

Ngā mihi nui

Annie Burgess
Branch Convenor