

NZAP Te Whanganui-a-Tara Wellington Branch Convenor's Annual Regional Report 2023

Tena Koutou Katoa

Our branch currently has a mailing list consisting of 63 NZAP and Waka Oranga members and 20 members of other professional organisations such as PBANZ, NZAC and NZASW who have an interest in psychotherapeutic issues. Average attendance at meetings has been around 20. We started the year with a more open mailing list but, in order to ensure ethical boundaries we agreed the following:

"The Wellington Branch of NZAP seeks to provide a forum for local practitioners who have an interest in psychodynamic psychotherapy. As such, attendance at our regular meetings is not limited to members of NZAP or Waka Oranga.

To be on our mailing list (and be able to attend) practitioners should be answerable to a code of ethics/conduct, whether a professional body or training institution. The professional body need not necessarily be subject to the HPCA. Examples would be PBANZ, NZ Psychologists Board, NZASW, NZAC or NZCCA.

This is to be able to offer safety to attendees at meetings where case material might be discussed and attenders might feel able to freely share experiences in a professional setting."

We don't currently have a Branch Committee, with the Convening group acting as an equivalent; myself formally as Convenor and Treasurer, with Annie Burgess (really a co-convenor in my absence) and Penny Kennett. This group has been wonderful in providing a firm consistent backbone to the Branch.

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

With erratic meetings during the COVID pandemic we haven't had a formal annual general meeting, but expect to have one at our final meeting this year.

The branch experimented with an alternative venue, but have returned to the meeting room at St Andrews on the Terrace, a flexible space with helpful access to a kitchen and technology that has enabled interactive streaming.

After a brief lull the branch is enthusiastically learning and singing waiata at each meeting.

Presentations and discussions over 2022-23 have included:

- April 2023: A discussion on Note Taking introduced by a panel of senior NZAP members
- March 2023: Reflections on the Movie "Mr Holmes" introduced online by John MacLean, a psychoanalyst from Sydney, and facilitated by our own Jerri Bassi

- November 2022: Our final meeting of the year and the first in our “Psychotherapy Café” format in which, with food and drink, participants enter into small discussions with colleagues in an informal setting.
- October 2022: UK Psychoanalysts Mary Morgan (author of “A Couple State of Mind”) and Phil Stokoe (author of “The Curiosity Drive “) presented 2 workshops on based on their books.
- September 2022: Alisa Hirschfeld presented her paper “Soul Murder: Then and Now”, previously presented to Ka mua ka muri.
- June 2022: Rod Sandle presented his paper, previously delivered to the NZAP Ka mua ka muri: “Born in ’47: a personal journey through the changing zeitgeist of psychotherapy in Aotearoa”
- May 2022: Discussion around an online lecture, “Fascism, Populism and the Big Lie”, from Dr Renee Danziger, part of the UK “Political Mind” series.

The Branch was pleased to nominate Victoria Smith for a Distinguished Service Award.

Ngā mihi nui

Eric Medcalf
Branch Convenor