

Annual Report of Otago/Southland/Central NZAP – 2022

Kia ora katou, I apologise for the delay in furnishing this report as despite a busy year with NZAP meetings Covid's influence, and presence continued to be felt in Otago. We maintained our meetings via zoom for the entire year to remain safe and encourage members from around the district to attend. Although attendance was lower than normal, we had different groups of members attend each time and we also were able to offer zoom 'break out' groups in the discussion times.

Jo McKenzie continued her role of Secretary from June 2021. Antonia Muir continued the role of Treasurer and the Convenor's role was shared by Marianne Quinn, Maria Bowden and supported by Jo McKenzie.

Not unlike the previous year we made good use of local member's expertise and knowledge regarding presentations interspersed with other professionals.

February – Dunedin Family Court Coordinator Brenda Morrison came to our meeting to discuss the role of Family Court Counsellor. A comprehensive description of the role and expectations was sent out earlier for members and she was available to field questions and discuss this further to encourage Psychotherapists to apply for the position of Family Court Counsellor. Of concern was her assertion that some families have been waiting a year to be seen. Members with professional experience of doing Family Court work were also encouraged to share their professional experiences and reflections regarding this role.

March – Stephanie Forde and John Savage (NZAP Ethics and Professional Standards Committee) joined us to discuss those difficult requests from clients to "write a letter in support of me." The discussion was stimulating and useful providing examples of dilemmas, consequences and threats to the therapeutic relationship or frame. This korero offered an opportunity to think critically about what is being requested and why and how it may take the work outside the room.

We also discussed systems advocacy, social psychotherapy, the importance of thinking systemically about injustices and acting at that level rather than at an individual level.

April – NZAP Conference Presentations – Members were encouraged to share their individual and group experiences of the NZAP Conference presentations and discussions on zoom. **John Farnsworth** – Dunedin Psychotherapist and Council Member discussed the new professional development initiative in NZAP termed "The Academy" and developments around the PBANZ accreditation of the ACP and voting on whether TTBC joins the Council Executive at the June AGM.

May – Trish Bennett – Trish Bennett a Dunedin Psychodrama Psychotherapist in Dunedin has achieved extensive work at the Hospice during her career. Her presentation was a paper entitled "Creativity - Gifts of Encounter at Death's Door".

June – Associate Professor Yoram Barak MD MHA – works in the Dept of Psychological Medicine, Dunedin School of Medicine, and at Older Persons Mental Health, SDHB. Yoram has a wide variety of research interests in the area of older persons' mental health and is an inspiring and lively presenter. He presented at our meeting 'Amour: detecting abuse of older people' followed by questions and responses. 'Amour' un film de Michael Haneke.

July – As usual instead of a meeting we came together for a mid-winter dinner ?

August – Maria Bowden – A Dunedin Gestalt Psychotherapist presented "Creativity, Play and Experiment in Therapy – A Gestalt Approach". Maria encouraged use of objects, images, myth and exploration of issues through use of experiment as contracted with the client during therapy. She supported more spontaneous and playful dialogue and connection with clients.

September – Marianne Quinn – A Dunedin Psychologist and Psychotherapist presented on the APAS Open Day discussion by Glen Gabbard held on 10 September 2022. It was entitled "Navigation Boundaries: Too Far/Too Close?" Gabbard's presentation focused on digital professionalism and the challenges of holding boundaries particularly regarding confidentiality and the importance of educating ourselves and securing clear contracts with clients.

October – Maria Bowden – Dunedin Gestalt Psychotherapist presented "The Value of Self Care as a Psychotherapist". This was a useful topic at a time of the Covid pandemic and the climate of change this has brought to therapists and the clients. It is also part of our PBANZ ethical/legal responsibilities. We all agreed this material would be worthy of a lengthier workshop.

November – Marianne Quinn – Dunedin Psychologist and Psychotherapist – presented on the End-of-Life Choices Bill. Marianne presented to us the eligibility criteria for assisted dying and the rules about discussing this subject with clients. She also referred us to useful websites and encouraged thought provoking and stimulating discussions as a result of her presentation material.

December – Xmas Picnic – Not unlike last year members were reluctant to meet in an enclosed venue due to the pandemic. We trusted the gods and were able to meet in the Botanical Gardens which was pleasant and a good way to end the year.

New and Old Members

During our March meeting we welcomed three new T.A. trainees namely,

Matt Bird (currently working at Family Mental Health Service in Mosgiel), Mary Cunningham (currently moving into private practice this year) and Tanya Phillips (currently Clinal Lead at Mirror Counselling Services, Dunedin). They were introduced by Jo Stuthridge at the zoom meeting.

During August Myles Reilly was introduced as an incoming student member associated with T.A. by Jo Stuthridge.

Extras

Maria Bowden resigned from being part of the Convenor's group at the end of the year and this position was handed to the membership many months prior to get members to consider this role.

It came to our attention during the year that not all districts in NZAP were meeting as they used to historically. We feel proud of our ongoing efforts to meet and secure interest in the Association at this difficult time of the pandemic.

I wish to acknowledge that some members have suffered the loss of partners and family members during this year and others have become carers for whanau at this difficult time.

Of importance is that John Farnsworth was awarded a NZAP Life Membership, and an online celebration did not seem to satisfy our or his wish to celebrate. Therefore, we look forward to achieving this in person when we meet in the New Year.

Members expressed a strong desire to meet in person next year and we are working on achieving this and returning to our previous venue of Community House.

I wish to thank the efficient, friendly and supportive team I have been part of this year, namely Marianne Quinn and Jo McKenzie. I wish also to thank Antonia Muir for her ongoing support as Treasurer for our local branch and for bringing the relevant and important information as necessary.

Nga mihi ano,

Maria Bowden (member of Convenor Group)

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February 2023

Tēnā koutou,

In February Antonia Muir became the new convenor for NZAP Otago/Southland Branch.

I thanked Maria Bowden and Marianne Quinn who held our group through such trying times. I hope to continue the dedicated mahi they both did for us. I also acknowledged Jo McKenzie who worked diligently as part of the convenor group and is our branch secretary until later in 2023.

NZAP Otago branch has been my professional home since 2011 when I first joined as a provisional member. Monthly meetings have enriched my sense of belonging and expanded my thinking.

As Convenor, I welcomed members to be part of providing stimulating presentations and broadening our networks.

March 2023

In March we met in hybrid fashion, both online and in person. We welcomed a new NZAP member Pauline Pringle Thomas.

Marion (Min) Hammond and Renee Allayne presented their program, Living Fully. Min is a psychodramatist and Renee an ACC counsellor and psychodramatist, DBT trained. Both are enthusiastic about the power of groups in working with and healing from trauma. The next program is at the end of March in Dunedin. It is intensive group work over three days.

We all shared our heartfelt appreciation for Marianne Quinn's passion, commitment, and mahi over many years. Thank you, Marianne. We know you will continue to contribute and bring your energy to our Branch.

April 2023

Life Membership Award for John Farnsworth:

After a beautiful opening Karakia by Tanya Phillips, Antonia read the citation of John's Life Membership Award and then presented the award to John. John invited people to reminisce on their first memories of being part of NZAP. This was stimulating and thought-provoking. Newer members have not yet heard of the process of presenting yourself to the Branch. Older members were able to share their experiences of being employed as psychotherapists working with families and couples in services such as the Cameron Centre, and the Family Court. Psychotherapists spoke of there being no private practice in the 1970s and 80s.

There was an appreciation of the Ōtepoti Dunedin Branch's commitment to meet and to grow, even through challenging times.

Ngā mihi ano,

Antonia Muir
Convenor NZAP Otago/Southland