

Mind-fields: thinking spaces

An Association of Psychotherapists Aotearoa New Zealand (APANZ)
monthly zoom meeting for all members of our Association

Thinking Spaces: in recent years psychotherapy in Aotearoa New Zealand, and APANZ as the professional association of psychotherapy practitioners in this country, have interfaced with many emotionally challenging and sometimes very disturbing experiences and ideas, both within our clinical offices, and in the wider sociocultural and political environment.

Over 10 years ago, in recognition of the interplay of intrapsychic, sociocultural, and spiritual perspectives, and the emotional contemporary pressures upon the craft and art of psychotherapy, some clinicians of the Tavistock clinic initiated what came to be known as “thinking spaces”, at which a reflective space was created to explore the many layers of clinical practice, from the micro clinical moment to wider sociopolitical and spiritual dynamics.

Psyche, the clinic, and society.

We believe that a space to reflect upon and digest some of the above challenges, both within ourselves, and in our relations with each other, would be beneficial to the life of our Association at this time. With the idea that psyche is the socio-political writ small, and the sociopolitical is psyche writ large, we invite you to “Mind-Fields: Thinking Spaces”, at which we as an Association will have the opportunity to gather on a monthly basis over zoom with all members who wish to attend, and to continue to learn together, and to dialogue with each other, about the many challenges and opportunities facing our work in contemporary times in Aotearoa New Zealand.

Dates and times in 2024

The meetings will occur on the **fourth Monday of every month February through till November**, 7pm to 8.30pm: at each meeting, we will create a space to reflect and dialogue together. We anticipate that our discussions will be wide ranging, from clinical explorations to reflections on wider sociopolitical fields and how they might impact on the mind and practices of us as psychotherapy practitioners. (On occasions we may commence the meeting with a paper presentation from one of our membership; on other occasions we will simply open the space to explore whatever arises).

We warmly invite your attendance.

October meeting: 7 PM to 8:30 PM, Monday 21 October
via zoom → [Click here to link to meeting](#)

Meeting ID: 858 6284 7365 **Passcode:** 816248

Meeting hosts: Gabriela Mercado and John O'Connor.

Format: A space for group reflection and dialogue.

The challenge of “thinking ourselves in the time of our own thought” is enormous, and never more vitally needed than now!

See you on October 21!