

Much of the life of APANZ is in its branches, which can be quite different from each other. Here are some brief introductions to APANZ branches.

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### Northern

APANZ's Northern Region Branch is made up of more than two hundred APANZ members who live in, or north of, the Auckland Region. It offers opportunity for collegiality, professional development and discussion of matters of mutual interest. We recognise and celebrate diversity and difference and believe that psychotherapy is first and foremost about relationship with all its struggles and complexity.

We welcome those who practise psychotherapy, retired APANZ members and students of psychotherapy. We also encourage clinicians (such as doctors, psychologists etc.) who are not APANZ members to become Branch Associates by subscribing. Branch Associates enjoy the same benefits as APANZ branch subscribers, except that they do not get to vote on APANZ matters.

The branch has no direct representation on the APANZ Council as Council members are elected from the membership at large. It is self-funding, receiving no money from the national body.

Branch subscription costs \$45 for the calendar year and \$25 for students, retired members and Northland practitioners. Subscription fees go towards hiring the room and audiovisual equipment and refreshments for monthly meetings and administration costs. The annual subscription also includes free entry to the end-of-year party in December and the ability to advertise any psychotherapy-related workshops, trainings and events that members or associates are running through our monthly email newsletter, 'Northern Branch News'.

The branch meets monthly on the 2nd Thursday of the month from 7.15-9pm at the Parnell Community Centre. The meetings are chaired by two Branch Convenors and the first part of the meeting is devoted to branch business. The branch attempts to make decisions by consensus. There are no separate executive meetings so all members are welcome to raise or talk to any matters of concern. The meetings are also an opportunity for sharing information of mutual interest e.g. needing or offering room space, upcoming workshops, events etc.

The second part of the meeting is generally a clinical presentation or a discussion on some matter pertinent to the life of the psychotherapeutic community.

Currently the branch consists of the two Convenors, supported by a Treasurer and an Advertising Coordinator. We have a Hospitality group and a Tiriti Rōpu. As enthusiasm gathers for other areas of interest, further interest groups will develop.

The supervisors group has disbanded and small groups of supervisors continue to meet independently. ACP supervisors continue to meet.

Convenors: Louise Player-Bishop, Paul Wilson, Vijay Mahantesh and Cathy Langley:  
[nzapnthbranch@gmail.com](mailto:nzapnthbranch@gmail.com)

Northern Branch News (branch newsletter): [nzapnthbranch@gmail.com](mailto:nzapnthbranch@gmail.com)

Training Supervisors Group Convenor: Brigitte Puls [brigitte.puls@gmail.com](mailto:brigitte.puls@gmail.com)

### **Bay of Plenty/Waikato**

This branch is currently in recess.

### **Hawkes Bay**

This branch is currently in recess.

### **Central Districts/Palmerston North**

This branch is currently in recess.

### **Wellington**

The Wellington Branch of APANZ has a mailing list of 95, of which 69 are APANZ members. Most members are based in Wellington City, the Hutt Valley and the Kapiti Coast. We hold monthly meetings the fourth Thursday of each month and usually have between 10 and 25 people in attendance. We meet at St. Andrews on the Terrace. Each meeting typically has space for waiata, branch business as well as hosting speakers and topics of interest. At least twice a year we hold a Psychotherapy Café, which gives us more of a collegial and informal space to build deeper connections with other psychotherapists.

Annie Burgess is the current Convenor, with Eric Medcalf as Treasurer, Penny Kennett as Secretary and we are all supported by a general committee of Lenka Rochford and Patricia Ford. For more detailed information about our meetings, please read our report to the APANZ AGM.

Convenor: Annie Burgess – [nzap.wlg@gmail.com](mailto:nzap.wlg@gmail.com) or [annie.burgess@xtra.co.nz](mailto:annie.burgess@xtra.co.nz)

Treasurer: Eric Medcalf – [nzap.wlg@gmail.com](mailto:nzap.wlg@gmail.com) or [eric.medcalf@gmx.com](mailto:eric.medcalf@gmx.com)

### **Nelson/Te Tau Ihu o Te Waka a Maui**

The Nelson regional group comprises about 18 NZAP members and meetings happen on a four-weekly basis. Gradual changes in membership occur with retirements and new people arriving from other regions. There is now a cohort of trainee psychotherapists who are undertaking various approved trainings, including the Advanced Clinical Practice Pathway

The group format alternates between presentations, sometimes as simple as a shared discussion around a ‘hot topic’, with a Balint-style supervision group. Several people attend when they can from a distance (Blenheim, Motueka, and Karamea) and good connections are made within the group.

Typical attendance is between 6-9 people.

Convenor: Wayne Frecklington [waynefreck@gmail.com](mailto:waynefreck@gmail.com)

## **Canterbury**

After a break in regular meetings for several years, the local branch has been meeting monthly since a visit from John o'Connor (President APANZ) and Gabriela Mercado (Past President APANZ) in May this year.

Currently there is a small caretaker committee of 2: Mark Murphy and Kathy MacKenzie, with invaluable support from other branch members. Sophie Toutain runs communications via the newsletter mailing list, with the support of Katherine Stewart. Susan Horne continues to hold the bi-cultural kete. We are actively seeking more members to join the committee.

As a fledgling re-vamp we are experimenting with how to meet face to face in a group. So far members have presented case material at Balint-inspired meetings and a book review with clinical observations. We have monthly presentations planned for the rest of the year, which we will then complete with our regular annual dinner – open to all members!

We meet at the Quaker Centre, which feels lively and welcoming. Meeting sizes are ranging between 5- 16 people. There is an acknowledgment that other smaller, established reading and supervision groups meet on-line and in-person within the rōpū. This way of coming together may be a reflection of the continuing profound dispersal of the community post-earthquakes alongside increased use of online spaces since COVID. But sharing a room together has a special magic. Nau mai, haere mai!

## **Otago and Southland**

The Otago and Southland Branch of ANZAP meets every second Wednesday of the month. The one-and-a-half hours are a chance for us to associate, to discuss a variety of topics including the health and well-being of the Branch, and to listen to presentations.

There are about 40 members on the mailing list. Psychotherapists can apply for full membership of ANZAP and as part of the process, present themselves to our Branch. Over the past four years we have had to manage the impact of the covid pandemic and find flexible ways of meeting. We now meet in a hybrid fashion, in person and on zoom. We have many presentations with professional and personal content and the hybrid system allows access to all our branch members.

As a Branch we have faced similar difficulties as many other Branches in succession of roles and at the start of 2024 we faced the possibility of closing when we did not have members for secretary or treasurer roles. We are currently revisiting succession in all roles in the Branch for 2025.

Our meetings have a diverse content: presentations by members and non-members, discussions and debriefing, and education. Twice a year we organise evenings with a more social character, and they serve to get to know each other better and to help networking.

Convenor: Antonia Muir [antonia@555george.co.nz](mailto:antonia@555george.co.nz)

Secretary: Robert Ford [robert@padma.pro](mailto:robert@padma.pro)