

## Is there a future for Psychotherapy in Aotearoa New Zealand?

Recent conversations among psychotherapists suggest that our profession is struggling to flourish in Aotearoa New Zealand. Some signs of this include:

- Psychotherapy professional bodies are finding it difficult to recruit members into crucial roles in their organisations.
- Training bodies find it difficult to fill teaching positions. Funding for training is often under scrutiny because it is expensive to train psychotherapists.
- Positions for psychotherapists in the public sector and in NGOs are diminishing rather than increasing.
- Although a strong connection between practice and research ensures the survival of any discipline, this connection is not strong in Aotearoa New Zealand, indeed, there is an anti-academic/research feeling amongst many psychotherapists, as if psychotherapists cannot successfully combine practice and research, and as if the future of our profession does not rely on this occurring.

This talk hopes to encourage considered thought about the future of our profession.

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