

CITATION FOR THE APANZ DISTINGUISHED SERVICE AWARD 16 FEBRUARY 2026

LYNNE HOLDEM

Lynne's contribution to psychotherapy is marked above all by her exceptional gift for building community and her commitment to securing a public voice for the field. This has been as an ordinary member, Council member and President of NZAP/APANZ. She has been greatly appreciated by her many colleagues for her insight, her capacity to hold the Association through difficult change, and her encouragement and mentorship.

Throughout her time, Lynne has exhibited a sense of vision for the Association, one coupled to determination and commitment. Her vision has been the power of community: the Association as a community with its potential to enhance Aotearoa's larger mental health environment. As Chair of Public Issues, she voiced this in public forums and different media outlets. As President, she cultivated engagement, collaboration, innovation and diversity. This, in a period when the Association was experiencing profound change, internally and externally. She remained, throughout, an anchor, upholding the values of the organisation.

Lynne addressed structural issues in NZAP/ANZAP through a full Council review of future directions. With patience and grace, she initiated structural changes, encouraged members who felt invisible to have their own safe, online spaces; she sustained engagement across the Association during its fractious and often painful encounters; she supported thoughtfulness and connection across the Association as a whole. She encouraged outreach beyond psychotherapy: to climate change, gender and biculturalism. She strongly backed the development of the Academy, now Nexus, to enhance psychotherapy's national visibility for the whole mental health community.

With change on the horizon, she has consulted widely and chosen pathways with careful thought. Lynne has always encouraged APANZ members to reach out to each other and was particularly innovative in bringing members together during and after the pandemic. She has been a wise voice many times in the life of the Association. Many of the Association's recent, significant innovations come from her focus on advancing psychotherapy in Aotearoa.

Lynne's ability to "think under fire" and commitment to community, grounded in strong ethical values, proved invaluable for NZAP/ANZAP during difficult times. She made herself available to the organisation and its members even when this meant having to endure difficult group dynamics. Her courage and steadiness have served the organisation well, sometimes at cost to herself. She carried on with her Presidency after a serious cycling injury. Lynne graciously stayed on in the role when her successor was unable to take it up. Throughout, she has never lost sight of a wider perspective whilst attending to the detail of things.