

Honorary Secretary's Report to the Association of Psychotherapists Aotearoa New Zealand (APANZ) AGM 2026

25 May 2026

Vijay Mahantesh

Dear Members,

I hope you are all well.

As we approach the APANZ Annual General Meeting on 24th June 2026, I wanted to take the opportunity to briefly update members on important matters and developments within our association.

Firstly, I am pleased to share that APANZ Council came together on the 9th and 10th of May 2026 for one of our in-person Council meetings. These opportunities to meet face-to-face are always valuable, allowing Council members to engage in thoughtful discussion, planning, and collegial connection as we continue to support the work and future direction of our association. I would like to sincerely thank all Council members for the considerable time, energy, and commitment they contribute in service of our association and profession.

I am also very pleased to confirm that our revised Constitution was submitted to the Companies Office on 2nd April 2026, and APANZ has now been formally re-registered as an incorporated society under the Incorporated Societies Act 2022. The updated, 2026 Constitution is now available to members on the APANZ website which you can access by clicking [here](#). You will notice that the document has been significantly improved in terms of accessibility and navigation, with clickable headings that allow readers to move directly to relevant sections. This should prove particularly helpful for those involved in governance work within our association and are required to refer to the Constitution regularly.

I would also like to take this opportunity to acknowledge the exceptional work of our administrator, Carmel Lai. Carmel works diligently behind the scenes to ensure countless details with professionalism, calmness, and care. Her ongoing support for members, responsiveness, and management of our membership processes continue to make an enormous contribution to our association.

As we look ahead to the AGM, there are a few matters that require consideration from the membership, including succession planning for key roles in the years ahead. Strong governance depends on thoughtful continuity, member engagement, and willingness of members to contribute their skills and perspectives to our association. Therefore, I warmly encourage members to consider ways they may wish to become more involved in APANZ, whether through branch activities, committees, leadership, or broader contributions to our profession. Positions that are becoming available on Council have been identified in the 2026 AGM agenda notice. If you have questions about these positions, please do not hesitate to contact either myself or our president, John O'Connor.

Finally, APANZ remains a strong community because of its members. Thank you for the many ways you contribute to our association and to the advancement of psychotherapy across Aotearoa New Zealand.

I look forward to connecting with many of you at the AGM in June.

Ngā mihi nui

Vijay Mahantesh
Honorary Secretary
APANZ