

Northern Branch Convenors' Report to the Association of Psychotherapists Aotearoa New Zealand (APANZ) AGM 2026

18 May 2026

Paul Wilson

Northern Branch continues to provide a local point of connection for the APANZ psychotherapy community across Auckland and the wider northern region. Our monthly meetings offer a place for practitioners, students, retired members and colleagues from related professions to meet, keep in touch with one another, and think together about clinical, professional and community matters.

The branch remains committed to psychotherapy as a relational practice, attentive to diversity, difference, conflict, complexity and the conditions that shape our work. In this spirit, we aim for branch meetings to be collegial, inclusive and useful, with space for both formal presentations and informal exchange.

Membership is open to APANZ members, retired members and psychotherapy students. Practitioners in related fields, including psychologists, counsellors, doctors and other clinicians, are also able to join as Branch Associates. Branch Associates participate in branch life on the same basis as other branch subscribers, apart from voting on APANZ matters.

Northern Branch is locally funded and does not receive funding from APANZ national. The 2026 annual subscription is \$70. Student membership is free, and casual attendance at a monthly meeting is \$20. Subscription income and casual attendance fees cover the practical costs of running the branch, including venue hire, audiovisual equipment, refreshments, administration and the end-of-year gathering. Members and Branch Associates can also promote psychotherapy-related workshops, trainings and events through the branch's monthly email newsletter.

Meetings are held at the Parnell Community Centre on the second Thursday of each month, from 7.15–9pm. Branch business is taken at the start of the evening. Because the branch does not operate through a separate executive meeting, the monthly meeting is also the place where members can raise questions, concerns, notices and matters of shared interest. We continue to use a consensus approach wherever possible.

The remainder of the evening is usually given to a clinical presentation or discussion. Recent and planned presentation topics across 2025 and 2026 have included young people's digital lives, AI and psychotherapy, psychedelic-assisted therapy, different therapy modalities and psychotherapy dissertation presentations.

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