



Tania Cargo (Ngāti Maru, Ngāti Manu, Ngāpuhi) is a Clinical Psychologist who has worked in the Māori child and adolescent mental health setting for the last two decades. Her strong kaupapa Māori stance, developed under the korowai of the International Research Institute for Māori and Indigenous Education (IRI) in 1998.

In 2000 she became a senior lecturer in Psychological Medicine, specialising in Māori child and adolescent mental health and CBT. Later she trained further in Infant & Perinatal mental health with a focus on family behavioural interventions, becoming the National trainer for Parent-Child Interaction Therapy (PCIT) in 2016.

Tania was the CBT advisor on the SPARX and MATCH studies and continues to deliver Skate Into Skills CBT workshops to mental health clinicians throughout Aotearoa. Currently completing her PhD “Parent Whispering” looking at the applicability of Parent-Child Interaction Therapy (PCIT) for whānau Māori who have survived multiple challenges, she advocates for bicultural early interventions and kaupapa hauora approaches.

More recently her research interests include kaupapa Māori and bicultural innovation in digital resources for youth well-being. As part of the E Tipu E Rea: National Science Challenge, she has advocated for Kaupapa Māori alongside bicultural Healthy Approaches to Behavioural Intervention Technology Systems (HABITs).

Keynote: *“Spiralling In and Out” Te Tōrino Haere Whakamua, Whakamuri*

I will talk frankly about my own journey as a Māori psychologist, the spiralling in and out of Te Ao Māori and Te Ao Pakeha. I will also continue this theme through to my PhD, the journey of supporting whānau who have survived multiple challenges to become the type of parents they want to be, to have the type of relationship they want to have with their young tamariki while rediscovering their power as parents to transform their whānau. You will hear from Māori mothers, who were part of my PhD open trial and see some of their experiences of spiralling in and out of relationship with their tamariki. Of the dilemma of delivering a non-indigenous parenting model to Māori and what needs to happen to ensure Māori feel empowered as Māori during this process.