

Community Psychology in Aotearoa; walking backwards into the future

“Me tiro whakamuri, kia anga whakamua” is a whakatauki that loosely translates as “looking backwards to move forwards into the future”. When the future direction is not yet clear, where do we look for guidance? For Māori, the advice is to look to the past. As psychologists, we can work with an intention to make a programme, service or person’s life better without certainty that the plan will come to fruition. We can’t see into the future, so the long-term impacts cannot be clearly known. Bridgette’s presentation will draw upon her recent experiences of whānau-centred research; whereby a key element of her work with agencies across the Waikato, nationally and in collaboration with international colleagues, has been to undertake systematic and robust research that places consideration of the needs, aspirations and impact on whānau at the core. Bridgette’s work from a staunch mātauranga Māori position embraces Māori cultural ways of knowing and being that foster the legitimacy of practices by Māori, for Māori, with Māori and as Māori. As an active research science-practitioner, Bridgette draws on mātauranga Māori to inform best practice with real-world impact. Embedded within this presentation are tips that can inform relational psychology in a changing world:

*Ko te pae tawhiti whaia kia tata
Ko te pae tata whakamaua kia tīna!*