

New Zealand Psychological Society

Rōpū Mātai Hinengaro o Aotearoa



**Psychology's response
in times of crisis -
what has changed?**



**NZPsS Annual Conference
26, 27 & 28 August 2020
Online**

PROGRAMME AT A GLANCE

Wednesday 26 August

8.20am - Zoom room opens

8.30am - Welcome and Mihi Whakataua

9.00am - Social, Economic and Political Impacts of Crisis- Host: Damian Scarf

10.00am - General stream (Zoom Room 2)

11.30am - The impact of a pandemic on mental health and wellbeing – how are we doing in Aotearoa? Host: Damian Scarf

2.00pm - Innovations in service delivery - Host: Fiona Howard & Liesje Donkin

3.30pm - Book launch - Kua tu, kua oho

4.00pm - Finish

Thursday 27 August

8.50am - Zoom room opens

9.00am - Tamariki and rangatahi- Host: Sarah Hetrick & Fiona Howard

9.45am - General stream (Zoom room 2)

11.30am - Tūia te muka here tāngata (Bind the strands of humanity) - Host: Waikaremoana Waitoki

2.00pm - Psychology Snippets

4.00pm - NZPsS Awards

4.30pm - NZPsS AGM

5.30pm - Virtual drinks & chat

6.00pm - Finish

Friday 28 August

8.50am - Zoom room opens

9.00am - Psychological perspectives on global threats - what have we been learning?- Host: Brian Dixon

9.50am - General stream (Zoom Room 2)

11.30am - Our Working Lives - Host: John Eatwell

2.00pm - Coordinating and communicating wellbeing messages to New Zealanders during COVID-19 lockdown: Reflecting on lessons offered - Host: Sarb Johal

3.30pm - The Psychologists Board

4.00pm - Poroporoaki



Conference Organisation

This conference is the result of the efforts of dedicated and hardworking people.

Thanks go to:

Damian Scarf, Scientific Programme Convener

Conference working group members:

Tania Anstiss, NZPsS Director of Social Issues

Diane Bellamy, NZPsS Director of Professional Issues

Brian Dixon, NZPsS Executive Director Scientific Issues

Fiona Howard, NZPsS Director of Professional Development & Training

Sarb Johal, NZPsS member

Damian Scarf, NZPsS member

Waikaremoana Waitoki, NZPsS Executive - President-elect

Angus Macfarlane, Kaihautu

Veronica Pitt, NZPsS Executive Director

Heike Albrecht, NZPsS Professional Development Coordinator

Rosie Doole, NZPsS Engagement and Support Officer

Julianne Khor, NZPsS Finance Administrator

Helen Weststrate, Membership Administrator

General Information

The conference is a virtual event and all activities take place online.

The **red** links (see page 5-10) lead to the Zoom rooms

The **blue** links (see page 5-10) lead to the abstracts in this booklet.

Parallel to the streams we will also be hosting a **networking chat room** - this will have a different link to the presentations. We encourage you to go there to meet with your colleagues. You can go from one room to another by clicking on the link of the rooms.

Avoid clicking on the room links from two different devices - this often leads to being removed from the room.

Always enter the rooms with your full name - the one you registered with.

Please set this up prior to entering the rooms. It's good manners and everyone will relax more if we know who is in the room, and who we are chatting with - or who you might want to initiate a conversation with.

Questions & Answers: Most of the presentations are presented in a webinar style form (not interactive) - with the exceptions of some mini-workshops. The presenters can't see or hear you. However, you can ask questions by using the **Q & A** (see the bottom of your screen). If you see a question that another participant has asked and you would like this answered, please upvote it by clicking 'like'. The questions with the most likes have a better chance to be answered. It also means that if you see a question there already that is similar to yours, try not to submit another similar question - it splits the vote and may make it more unlikely to be answered. Instead, upvote the one similar to your own interests. You can always follow-up with the speaker another time. Also, be specific- as there will be several presenters, make clear if the question refers to a particular speaker. Because there are many attendees, it might not be

possible to answer all questions.

Chat: you can use the chat to 'talk' to other participants.

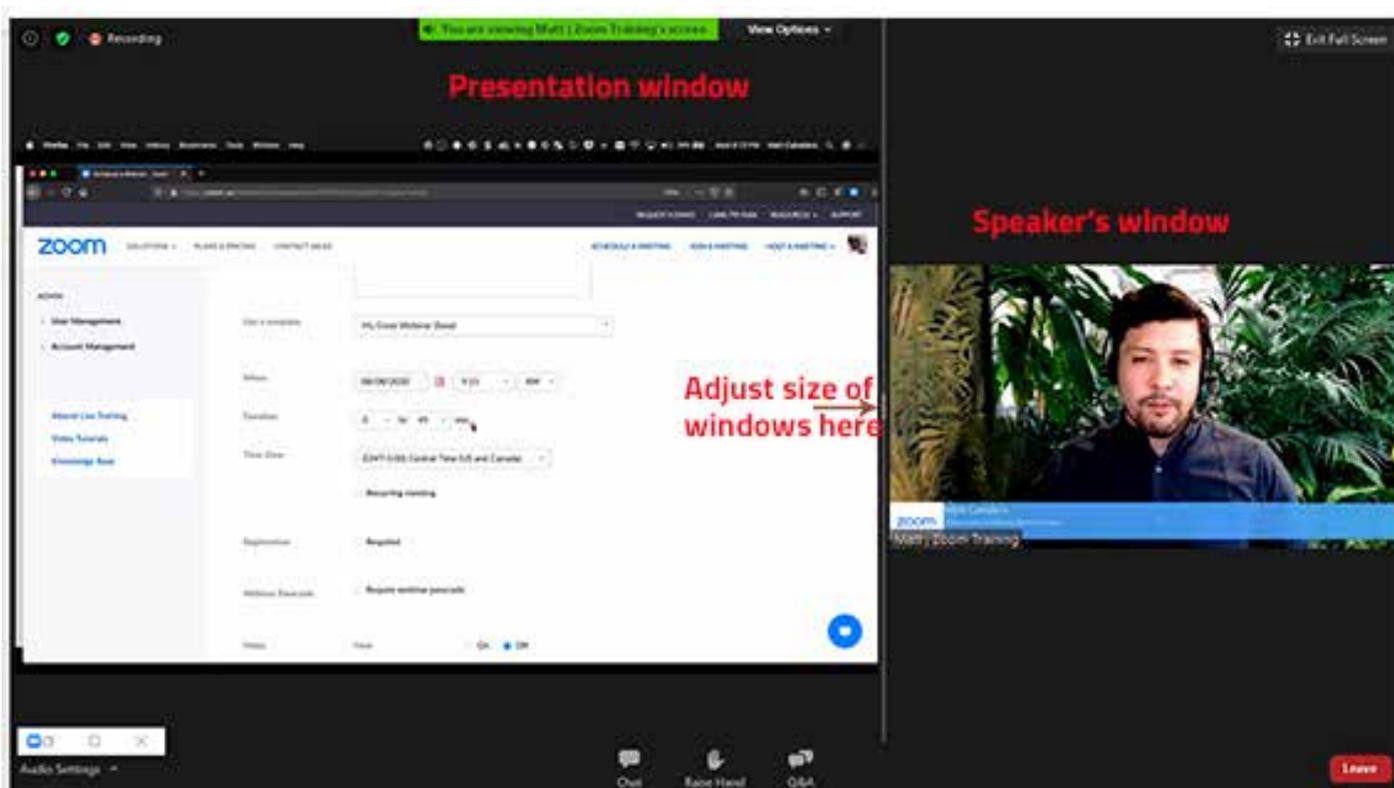
Best viewing: When a presenter shares their screen, you as a delegate have different options to view this. Click at the top of your screen for Viewing Options, select: side by side viewing. You can then adjust the size of each window and have both the speaker and their presentation side by side. You can adjust the size of each window-See picture below

Recordings: the links to the recordings will be sent soon after conference finishes.

NZPsS Awards will be presented on Thursday 27 August at 4.00pm

NZPsS AGM takes place on 27 August at 4.30pm

Following on from the AGM are the Virtual Drinks & Chat (at 5.30pm)



Programme

**You can enter the Zoom rooms from here by clicking on the red links
To read the full abstracts click on the blue links**

Wednesday 26 August

8.20am - Zoom room opens, click here to enter:

<https://us04web.zoom.us/j/72189776085>

8.30am - Welcome and Mihi Whakatau

9.00am - [Social, economic and political impacts of crisis- Host: Damian Scarf](#)

- 9.05am: Keynote Speaker: Jaimie Veale- [Material hardship, social inequities, and the differential impacts of Covid-19 on trans and non-binary people in Aotearoa](#)
- 9.30am: Keynote Speaker: Lara Greaves- [Tracking the effects of COVID-19 on attitudes and well-being: Lessons from the New Zealand Attitudes and Values Study](#)
- 9.55am: Taylor Winter: [Authoritarian submission on the left and right during the covid-19 pandemic in New Zealand](#)
- 10.10am: Panel Discussion

9.50am - General Stream click here to enter:

<https://us04web.zoom.us/j/75499872556>

- 10.00am: Sarah Calvert, Mia Dabbous, Hagan Proven - interactive mini-workshop: [The intellectual challenge of Family Court and Oranga Tamariki work](#)
This workshop might **not** be recorded depending on participants' decision

11.20 am - Zoom room opens, click here to enter:

<https://us04web.zoom.us/j/77419667333>

11.30am - [The impact of a pandemic on mental health and wellbeing – how are we doing in Aotearoa? Host: Damian Scarf](#)

- 11.35am: Keynote Speaker: Atawhai Tibble- [Maintaining Social Wellbeing in Aotearoa-New Zealand during COVID-19: Seven reasons to be hopeful](#)
- 12.20pm: Oleg Medvedev and Jayne Hartstone - [Psychological impact of COVID-19 lockdown and alert levels in New Zealand](#)
- 12.40pm: Benjamin Riordan: [Pandemic! The fear of COVID, mental health, and wellbeing in New Zealand during the pandemic](#)
- 1.00pm: Panel Discussion

1.15pm - Chat room opens to 2.00pm - to enter click here:

<https://us02web.zoom.us/j/81099072513>

1.50pm - Zoom room opens, click here to enter:

<https://us04web.zoom.us/j/77357678284>

2.00pm - [Innovations in service delivery - Host: Fiona Howard & Liesje Donkin](#)

- 2.05pm: Keynote speakers: Denise Kingi-'Ulu'ave & Liz Martin - ["Trouble in the Bubble#CatchYourself" - online educational campaign for maintaining respectful relationships while in lockdown](#)
- 2.30pm: [Yenushka Goonesekera – Otis: A chatbot to prevent health anxiety](#)

- 2.45pm: Liesje Donkin - [Screen time limits only for children – only for children, right? Learnings from telehealth in the COVID environment](#)
 - 3.00pm: Jess Stubbing: [Young people's attitudes to novel technological service delivery: a potential solution for increasing access and improving engagement](#)
- 3.15pm: Panel Discussion

3.30pm - Chat room opens to 4.00pm - to enter click here:
<https://us02web.zoom.us/j/81099072513>

3.50pm - Zoom room opens, click here to enter:
<https://us04web.zoom.us/j/79053082268>

4.00pm - Book launch: Kua Tū, Kua Oho Bicultural Keynotes to the New Zealand Psychological Society

4.30pm - Finish

Thursday 27 August

8.50am - Zoom room opens, click here to enter:

<https://us04web.zoom.us/j/79640470810>

9.00am - [Tamariki and rangatahi- Host: Sarah Hetrick & Fiona Howard](#)

- 9.05am: Keynote Speaker: Judge Becroft, Children's Commissioner - [Getting it right for rangatahi and tamariki wellbeing in Aotearoa](#)
- 9.50am: Sarah Hetrick and Tania Cargo - [Supporting young people through COVID](#)
- 10.10am: Aleksandra Gosteva - [Play therapy with children in times of crisis: Practical strategies for promoting coping and psychological wellbeing](#)
- 10.30am: Q&A with presenters and Panel Discussion - Whats on top for supporting the psychological wellbeing of rangatahi and tamariki?

9.30am- General stream, click here to enter:

<https://us04web.zoom.us/j/71243245556>

- 9.45am: Dryden Badenoch - Mini-workshop: [Schrödinger's tsunami: determining the true demographics of dementia in NZ in the context of COVID-19](#)

11.00am - Students only virtual café to 11.30am - to enter click here:

<https://us02web.zoom.us/j/87350222396>

hosted by Taylor-Jane Cox, Carrie Clifford & Rochelle Nafatali

11.20am - Zoom room opens, click here to enter:

<https://us04web.zoom.us/j/72135732442>

11.30am - [Tūia te muka here tāngata \(Bind the strands of humanity\) - Host: Waikaremoana Waitoki](#)

- 11.35am: Keynote Speaker: Jeffrey Ansloos- [Promoting Indigenous mental health in the midst of a pandemic: reflections and resources from Turtle Island](#)
- 12.00pm: Keynote Speaker: Pat Dudgeon- [Australian Indigenous responses to wellbeing in Covid-19](#)
- 12.25pm: Pikihuia Pomare & Aryan McKay: [Mauri Tau - Māori practices of 'mindfulness' during challenging times](#)
- 12.45pm: Rebecca Wirihana - [Contributing to the kaupapa Māori psychosocial response to COVID-19](#)
- 1.05pm: Logan Hamley: [He puna auaha, he puna wairua Using creative methods in research with young Māori men](#)
- 1.25pm: Time for Q & A

12.15pm - General Stream click here to enter:

<https://us04web.zoom.us/j/77042804881>

- 12.20pm: Aleksandra Gosteva & Jonie Chang - interactive mini-workshop: [Working with clients from culturally and linguistically diverse backgrounds in times of crisis and uncertainty: Cornerstone concepts and techniques of culturally adaptive interviewing](#)

1.30pm - Chat room opens to 2.00pm - to enter click here:

<https://us02web.zoom.us/j/81099072513>

1.50pm - Zoom room opens, click here to enter:

<https://us04web.zoom.us/j/73109514915>

2.00pm - [Psychology Snippets](#)

- 2.05pm: Carrie Clifford- [The importance of Indigenous research collaborations: A visiting student researcher's experience, learnings, and reflections from the United States](#)
- 2.15pm: Andre Mason - [A test of the three-way interaction of the interpersonal theory of suicide in a New Zealand university sample](#)
- 2.25pm: Eleanor Krol - [Post-concussion syndrome the silent epidemic: A study supporting a neural basis for enduring symptoms following mild traumatic brain injury](#)

3.00pm - Keynote Speaker, click here to watch:

<https://us04web.zoom.us/j/71382424426>

- 3.00pm: Evangelene Daniela-Wong- [Developing mental health services in the pacific - where does psychology fit?](#)

4.00pm - **NZPsS Awards** - Join the award recipients; Hosts: Veronica Pitt & John Fitzgerald, click here to enter: **<https://us04web.zoom.us/j/71538845159>**

4.30pm - **NZPsS AGM:** **<https://us02web.zoom.us/j/88070946862>**

5.30pm - **Virtual drinks & chat:** **<https://us02web.zoom.us/j/88070946862>**

6.00pm - Finish

Friday 28 August

8.50am - Zoom room opens, click here to enter:

<https://us04web.zoom.us/j/78636609736>

**9.00am - [Psychological perspectives on global threats - what have we been learning?-](#)
Host: Brian Dixon**

- 9.05am: Keynote speaker Arthur Evans- [Utilizing psychology to address global challenges: Lessons learned and directions for the future](#)
- 9.30am: Keynote speaker Natasha Tassell-Matamua - [Toitū te taiao, toitū te tāngata. Seeking Indigenous solutions to our environmental woes?](#)
- 9.55am: Amanda Clinton & Brian Dixon - [\(1\) Psychology's international response to Climate Change – To the Lisbon Summit and beyond](#)
[\(2\) Psychology's international response to COVID19 – The Amazing Global Leadership Team](#)
- 10.15am: Aaron Hawkins – [What has the council ever done for me; local government in a time of lockdown](#)
- 10.30am: Marc Wilson – [Denying the blindingly obvious](#)
- 10.44am: Panel Discussion: - Presenters plus discussants: Susan Clayton, Marg O'Brien, Moana Waitoki, Pip Pehi

11.00am - Chat room opens to 11.30am, click here to enter:

<https://us02web.zoom.us/j/81099072513>

11.20am - Zoom room opens, click here to enter:

<https://us04web.zoom.us/j/77627992782>

11.30am - [Our Working Lives - Host: John Eatwell](#)

- 11.35am: Joana Kuntz- [Surveying the impact of the Covid-19 crisis on NZ workers and organisations: Learning from the past to future-proof](#)
- 11.55am: Jonathan Black- [Impact of Covid-19 on Worker Behaviour and Implications for Wellbeing](#)
- 12.15pm: John Fitzgerald- [Psychological well-being in the workplace](#)
- 12.35pm: Edit Horvat- ["Do we really want to work from home?"; Reflections of real staff in real organisations](#)
- 12.55pm: Panel discussion - presenters plus discussant Maree Roche

11.20am - General stream click here to enter:

<https://us04web.zoom.us/j/78931062859>

- 11.30am: Jacinta Cording: [The short-, medium- and long-term impacts of sexual violence on survivors/victims and offenders](#)
- 11.50am: Dorothy Howie: [The 'key Competencies' for building wellbeing](#)
- 12.10pm: Dryden Badenoch - [Thanks, I hate it: remote working with immuno-compromised older adults during lockdown](#)
- 12.30pm: Hiroshi Takeshita- [Developing clerical skills for the visually impaired](#)
- 12.50pm: Ekaterina Gus - ["Baby hotel": Mothers' experiences of maternal mental health respite](#)

1.30pm - Chat room opens to 2.00pm - to enter click here:

<https://us02web.zoom.us/j/81099072513>

1.50pm - Zoom room opens, click here to enter:

<https://us04web.zoom.us/j/75996708603>

2.00pm - [Coordinating and communicating wellbeing messages to New Zealanders during COVID-19 lockdown: Reflecting on lessons offered - Host: Sarb Johal](#)

- 2.05pm: Dacia Herbulock
- 2.15pm: Dougal Sutherland
- 2.25pm: Jacqui Maguire
- 2.45pm: Jamie Morton
- 3.05pm: Panel Discussion

1.50pm - General stream click here to enter:

<https://us04web.zoom.us/j/75909297636>

- 2.00pm: Interactive mini-workshop: [Building psychologically healthy workplaces in times of crisis: Practical strategies for promoting civility and fostering employee wellbeing](#) - Aleksandra Gosteva & Lev Zhuravsky
This workshop will not be recorded

3.00pm - Chat room opens to 3.30pm - to enter click here:

<https://us02web.zoom.us/j/81099072513>

3.20pm - Zoom room opens, click here to enter:

<https://us04web.zoom.us/j/76845841495>

3.30pm - [The Psychologists Board : On Board: Better together, through COVID and beyond](#)

4.00pm - Poroporoaki

Abstracts- Wednesday 26 August

Social, economic and political impacts of crisis- Host: Damian Scarf

The COVID-19 pandemic has, and will continue to have, marked social and economic impacts in New Zealand. In this theme, we want to explore the nature of these impacts and the psychological mechanisms that contribute to them



Keynote speaker Jaimee Veale

Jaimee completed her PhD in psychology at Massey University in 2012. She worked as a Postdoctoral Fellow at the University of British Columbia in Vancouver, Canada, researching the health of Canadian transgender youth. She returned home to Aotearoa/New Zealand in 2015 to work at the University of Waikato/Te Whare Wānanga o Waikato.

She is the President of the Professional Association for Transgender Health Aotearoa (PATHA), on the Board of Directors of the World Professional Association for Transgender Health (WPATH), and is an Associate Editor of the journals, *Transgender Health* and *International Journal of Transgender Health*.

She also helped to establish the University of Waikato Rainbow Staff/Student Alliance.

Material hardship, social inequities, and the differential impacts of Covid-19 on Trans and Non-binary People in Aotearoa

Jaimee Veale, Senior Lecturer in Psychology, University of Waikato

Kyle Tan, University of Waikato

Jack Byrne, TransAction

Background: Increasing international evidence has shown that trans and non-binary people experience significant social inequities and material hardship as a consequence of the stigma and rejection for being transgender. There has been little research into the extent of these inequities and hardship in Aotearoa New Zealand and we would expect heightened challenges resulting from the differential impacts of COVID-19 on trans and non-binary people and the wider rainbow communities.

Aims: Using data from the 2018 Aotearoa Trans and Non-Binary Health Survey—Counting Ourselves, we will provide baseline data about the underlying social inequities and material hardship faced by trans and non-binary people in Aotearoa New Zealand.

Methods: Data were employed from the 2018 Counting Ourselves: the Aotearoa New Zealand Trans and Non-binary Health Survey, which recruited 1,170 trans and non-binary people aged 14 or over living in Aotearoa. To measure material hardship, we asked whether participants had been forced to go without things, using questions from the General Social Survey, to allow comparisons with the general population. The impacts of Covid-19 on trans and non-binary people are drawn from community discussions, including oral presentations to a bi-annual meeting with the cross-party Rainbow Parliamentary Network, held in June 2020.

Results: Compared with the general population in the General Social Survey, trans and non-binary participants were significantly more likely to have experienced material hardship by going without things in the last 12 months in order to keep costs down. Specifically, they were significantly more likely to have done without, or cut back on, trips to the shops or other local places (77%); delayed replacing, or repairing, broken or damaged appliances (68%); put up with

feeling cold (64%); and gone without fresh fruit or vegetables (51%). s. Compared to the general population, Counting Ourselves participants were also significantly more likely to have not been in paid work and looking for a job (11%); more than a quarter (26%) reported that their gender expression or appearance makes it difficult for them to get paid work, and 11% reported that interviewers had discriminated against them when they realised they were trans or non-binary.

More than a quarter of participants had family/whānau members stop speaking with them or ended their relationship (26%) or kicked them out of the house (8%) for being trans or non-binary. More than a quarter (26%) had been rejected or distanced from friends because of their gender identity or expression. Given this, it's not surprising that almost a third of participants (30%) felt lonely most or all of the time – at a rate much higher than the general population. We have also received evidence from trans and non-binary community sources which has highlighted the impact of Covid-19 on trans and non-binary people's social inequities and material hardship. These include reduced access to peer-based support; isolation and violence in unsupportive or abusive home environments; employment and housing insecurity due to discrimination by housing providers or employers; and further delays in access gender-affirming care.

Conclusion: The Counting Ourselves findings showed serious social inequities and material hardship faced by trans and non-binary people in Aotearoa New Zealand. Community evidence raises significant concerns about the heightened impact of Covid-19 on trans and non-binary people. One of the eight key evidence-based recommendations from the Counting Ourselves research was the need to identify trans and non-binary people, and the broader rainbow population, as a named priority in the Government's response to its 2018 Mental Health and Addictions Inquiry, including in national and regional mental health and addictions policies. That recommendation has been echoed in community calls for rainbow populations to be identified as a named priority in Government responses to Covid-19.

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Keynote speaker Lara Greaves



Dr Lara Greaves (Ngāti Kuri, Ngāpuhi) is a lecturer in New Zealand Politics and Public Policy. In 2018, she was a Research Fellow at COMPASS in the Faculty of Arts, and a Lecturer in Psychology in the School of Social Sciences and Public Policy at AUT. Formerly, Lara was a PhD student in the School of Psychology working with the New Zealand Attitudes and Values Study (NZAVS). Lara's PhD (He Pōkēkē Uenuku I Tū Ai: A Quantitative Exploration of Māori Identity, Political Attitudes, and Behaviour) examined the predictors of voting (both turnout and intended vote choice), being on the Māori electoral roll, support for protest, and support for various political parties for Māori.

Lara is part of large survey teams that work on the New Zealand Election Study, the International Social Survey Programme, and the New Zealand Attitudes and Values Study.

Tracking the effects of COVID-19 on attitudes and well-being: Lessons from the New Zealand Attitudes and Values Study

The contagiousness and deadliness of COVID-19 have necessitated drastic social management to halt transmission. Lockdowns and alert level changes will undoubtedly affect New Zealanders' attitudes and well-being. The New Zealand Attitudes and Values Study is an ongoing longitudinal study which started in 2009 with the aim of tracking New Zealanders' attitudes, health, well-being, and personality over a 20-year period. Over this time, we have investigated the effects of numerous events in society including the Canterbury earthquakes and the 2019 terrorist attacks, and we now turn to COVID-19. The team recently published a

paper tracking New Zealanders' attitudes and well-being at the start of the lockdown. This talk will cover the results of this initial paper and our plans to track attitudes and well-being over time, in the face of COVID-19 related developments.

In our first paper, we investigated the immediate effects of a nationwide lockdown by comparing matched samples of New Zealanders assessed before ($N_{\text{prelockdown}} = 1,003$) and during the first 18 days of lockdown ($N_{\text{lockdown}} = 1,003$). Two categories of outcomes were examined: (a) institutional trust and attitudes toward the nation and government and (b) health and well-being. Applying propensity score matching to approximate the conditions of a randomized controlled experiment, we found that people in the pandemic/lockdown group reported higher trust in science, politicians, and police, higher levels of patriotism, and higher rates of mental distress compared to people in the pre-lockdown pre-pandemic group. Results were confirmed in within-subjects analyses. The study highlights social connectedness, resilience, and vulnerability in the face of adversity and has applied implications for how countries face this global challenge.

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Authoritarian submission on the left and right during the covid-19 pandemic in New Zealand

Taylor Winter, PhD student, School of Psychology, Victoria University of Wellington

To eliminate the novel coronavirus, New Zealand went into a full lockdown, requiring all but essential businesses to close. Moreover, the full lockdown temporarily removed the fundamental rights and liberties people in New Zealand typically enjoy. To enforce these rules, New Zealand police were given new powers, such as arresting people that did not comply with the lockdown rules. Although Prime Minister Jacinda Ardern, and her supporters, would be categorized as left-leaning or left of center, the practices noted above have some of the hallmarks of right-wing authoritarianism (RWA). Further, mirroring the values extolled in scale items that tap the submission cluster of RWA, young people in New Zealand were targeted for not obeying the lockdown rules. Here, we investigate the relationship between support for the New Zealand Labour Party and RWA. Using the Authoritarianism-Conservatism-Traditionalism (ACT) Scales (Duckitt, Bizumic, Krauss, & Heled, 2010), we hypothesized that support for the New Zealand Labour Party will positively correlate with the submission subscale, while maintaining a negative relationship with the aggression and traditionalism subscales. To demonstrate the expected relationships between support for right-leaning or right of center parties and RWA, we also report the relationships between support for the other main political party in New Zealand (National) and each of the RWA subscales.

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Stream 2 General

The Intellectual challenge of Family Court and Oranga Tamariki work

Sarah Calvert, Mia Dabbous, Hagan Proven

This interactive workshop will include a number of current Family Court Report Writers talking about the enjoyment of the complex intellectual challenges of this work as well as the way in which this work directly contributes to the lives of children who are among some of the most psychologically vulnerable in our society. Psychologists as scientist practitioners and working in this area requires a curious and enquiring stance and an enjoyment about constantly learning from both the clients and literature and clinical experience. While it is not without risks and challenges it is very rewarding work in many ways (including financially).

This workshop might not be recorded depending on participants' decision

The impact of a pandemic on mental health and wellbeing – how are we doing in Aotearoa?

Host: Damian Scarf

What have been some of the differential impacts of Covid-19 on our country's population in terms of addiction, suicide, self-harm, violence, anxiety and other serious mental health difficulties? How have we been resilient? What have we learned and what do we need to address going forward with the new knowledge of the ever-present threat of global crises such as this?

Keynote speaker Atawhai Tibble



Atawhai is bilingual and bicultural. He is strongly affiliated to the tribes of Ngāti Porou, Tuwharetoa, Raukawa te au ki te Tonga. He has a law degree from Victoria University and was one of the early students of Te Wānanga o Raukawa. Atawhai is a passionate and experienced Māori development professional and sought after expert in Māori-Crown relationships. At the Social Wellbeing Agency, Atawhai provides strategic and relational support to the organisation. He is the Senior Responsible Officer for project Manawa – Measuring what matters for Māori, and is responsible for our Māori capability program Te Aho Kura. Previously, Atawhai managed the development of Te Kupenga 2013, the first indigenous

wellbeing survey undertaken by a national statistics organisation.

An experienced policy advisor, Atawhai has worked as Private Secretary to two Ministers and has held senior advisor roles at the Ministry of Education, Te Taura Whiri i te Reo Māori, Te Puni Kōkiri, the State Services Commission, and more recently, the NZ Treasury.

Maintaining social wellbeing in Aotearoa New Zealand during COVID-19: Seven reasons to be hopeful

Atawhai will discuss these two articles that he cowrote with Richie Poulton:

Main paper

<https://swa.govt.nz/publications/care-and-kindness-during-covid-19/>

Interview

<https://swa.govt.nz/publications/care-and-kindness-during-covid-19/reasons-for-hope/>

Atawhai.Tibble@swa.govt.nz

Psychological impact of COVID-19 lockdown and alert levels in New Zealand

Dr Oleg Medvedev: Lecturer in Psychology, University of Waikato

Jayne Hartstone: Clinical Psychology student, University of Waikato

Background: Globally, the COVID-19 pandemic is dramatically increasing the death toll through viral infections and is affecting people psychologically, elevating depression and anxiety levels. However, the psychological impact of the measures such as lockdown and alert levels applied in New Zealand to eliminate the COVID-19 virus is unknown.

Aims: The aim of this study was to investigate the effects of the various alert levels on psychological health and well-being.

Method: We applied a quasi-experimental design using longitudinal data (n=294) collected among adults during all alert levels since their introduction in New Zealand using psychological measures of depression, anxiety, stress, anger, mindfulness and life satisfaction. A repeated measures ANCOVA was used to analyse the impact of alert levels over time on the distress variables while controlling for the baseline levels of mindfulness and stress co-variables.

Results: The results illustrate the impact of specific alert levels on depressive and anxiety symptoms and the extent to which mindfulness and stress baseline levels influence such outcomes.

Conclusions: These results highlight the psychological impact of the COVID-19 pandemic on people in New Zealand and inform preventive interventions to alleviate psychological symptoms associated with global adverse events. The study will therefore be of interest to researchers working in the field, and practitioners who provide treatment for persons adversely affected by the COVID-19 crisis in clinical and preventive settings.

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Pandemic! The fear of COVID, mental health, and wellbeing in New Zealand during the pandemic

Benjamin C. Riordan¹, Taylor Winter², Andre Mason³, & Damian Scarf³

¹*Discipline of Addiction Medicine, Central Clinical School, Faculty of Medicine and Health, University of Sydney, Sydney, Australia*

²*Department of Psychology, Victoria University of Wellington, Wellington, New Zealand*

³*Department of Psychology, University of Otago, New Zealand*

At the time of writing (August 20, 2020) the total number of novel coronavirus-2019 (COVID-19) cases is over 22 million worldwide, with over 750,000 deaths (Worldometers 2020). Worldometers (2020) is just one of several websites offering close to real-time updates on COVID-19 cases, with country-specific data (i.e., the total number of cases, total number of deaths, and rates per million of population). Although many individuals may choose to avoid reading information from websites, the constant news coverage on COVID-19 makes such information almost impossible to avoid, providing individuals with little respite from the worldwide suffering. With news coverage emphasizing the rapid transmission and relatively high mortality rate, fearfulness is a natural response. While fear may motivate people to abide by public health messages that aim to reduce the spread of COVID-19, such as spatial distancing and handwashing, it may also have implications for mental health. In this presentation, we will present data on the relationship between fear of COVID-19 and mental health in both student and general population samples.

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Innovations in service delivery

Host: Fiona Howard & Liesje Donkin

How have we embraced our new technologies? How effective are they - what works for whom? What will the Mental Health needs of our population be going forward and how will we best meet them? What are the challenges ahead?

Kua takoto te manuka - The leaves of the manuka tree have been laid down

Keynote speakers Denise Kingi-'Ulu'ave & Elizabeth Mati



Denise is a registered clinical psychologist of Tongan descent and chief executive at Le Va. Denise has extensive clinical and community experience, having worked in DHB and PHO mental health services, Māori mental health, as well as in prisons. Denise also currently leads Le Va's national Pasifika suicide prevention programme and FLO: Pasifika for Life and chairs Pasifikology, which is a national network of Pasifika psychologists in NZ.



Dr Elizabeth Mati is a registered clinical psychologist and senior manager violence prevention at Le Va. She has been working within Pasifika communities for over 15 years in educational, forensic and mental health settings. Her father hails from the village of Sa'anapu in Upolu, Samoa, while her mother is of English descent. In her previous roles for Pasifika mental health services, she supported the development and provision of culturally appropriate assessment and interventions for Pasifika young people, who often had sexual and violent trauma histories, and their families.

Le Va's 'Trouble in the bubble? #CatchYourself' online educational campaign for maintaining respectful relationships while in lockdown

While physical safety, hygiene and health were addressed during New Zealand's lock-down to reduce the spread of COVID-19 we also needed to focus on the social issues that arise during periods of isolation. Specifically, social impacts that we know increase significantly during isolation and stressful times, such as violence and mental distress.

In response to addressing the potential for violence in our homes while in isolation during the Covid19 pandemic, Le Va developed a new educational online campaign – 'Trouble in the bubble? #CatchYourself'

Our aim was to equip families with culturally appropriate knowledge and skills to maintain respectful relationships whilst in isolation. We did this by providing a suite of practical resources and information on how people can manage their frustration or anger and maintain respectful relationships. The campaign promoted these resources via social media.

Our campaign objectives were to:

- Lead an online campaign that will promote how people can manage their frustration or anger and maintain respectful relationships.
- Design and develop evidence-informed and culturally appropriate resources and tools to support people's coping strategies.
- Take an education-based approach (not just a campaign), to ensure people are equipped with knowledge and skills (e.g. psychoeducation).
- Utilise psychological approaches to distress tolerance and emotional regulation as a foundation for resources.
- Enhancing access to the right support for people that need it.

The campaign has reached over 2 million people on Le Va's social media platforms. Well known Pasifika artists, community leaders and academics contributed to numerous video clips and four information sheets were developed.

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Otis: A chatbot to prevent health anxiety

Yenushka Goonesekera, Master of Health Psychology Candidate, The University of Auckland
Dr Liesje Donkin (Department of Psychological Medicine, The University of Auckland)

A salient psychological effect of COVID-19 appears to be an increase in health anxiety both in New Zealand and worldwide. However, the physical distancing measures implemented to mitigate the spread of the virus became barriers to accessing mental health services and seeking support during the pandemic. As a result, health professionals have been facing the challenge of rapidly adopting communicative technology to deliver care. Chatbot or conversational agent technology is one that is showing promise in the delivery of care due to its rapid development and vast uptake of users.

The current pilot study aims to test the feasibility, acceptability and effects of a cognitive behavioural therapy-based chatbot (Otis) as an early self-help intervention for New Zealand adults with health anxiety. Otis, a primarily decision-tree based bot, runs a 14-day programme consisting of short, daily modules for users to work through via Facebook Messenger. The effects of the intervention on health anxiety, general anxiety, intolerance of uncertainty and wellbeing, are assessed at the end of the programme and at a 3-month follow-up. Semi-structured interviews about individual experiences of using Otis have also been conducted. The preliminary results and implications of the study will be presented.

To the best of our knowledge, Otis is the first chatbot developed to specifically target health anxiety. Conclusions drawn from this study will offer insights for the potential of chatbots in the future of digital mental health interventions, the democratisation of healthcare and artificial intelligence for health in New Zealand.

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Screen time limits only for children – only for children, right? Learnings from telehealth in the COVID environment

Dr Liesje Donkin, Department of Psychological Medicine, The Faculty of Medical and Health Sciences, The University of Auckland

The physical distancing requirements of Aotearoa New Zealand's COVID-19 lockdown earlier this year meant that clinicians had to adapt their mode of delivery from face-to-face to a telehealth format. Whilst Telehealth therapy was reported to have many benefits including increased flexibility of the working environment and a sense of safety from the medical risk of the virus, many clinicians reported increased fatigue, and difficulty maintaining professional boundaries. The reasons behind this will be discussed in this presentation including learnings from the international experience of telehealth. Practical strategies will be presented to help prevent these issues from arising for clinicians in the future.

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Young people's attitudes to novel technological service delivery: A potential solution for increasing access and improving engagement

Jessica Stubbing, The University of Auckland
Kerry Gibson, The University of Auckland

Background: It has been well documented that young people in New Zealand are unhappy

with current mental health service delivery. Young people have low levels of engagement with services, poor access to care even when it is sought, and perceptions that services are not relevant to them. Young people are eager for changes to service design that make services both more accessible and more relatable. Novel technological interventions provide opportunities to meet both of these needs. They can increase access to care and may feel more relatable to young 'digital natives' than face-to-face methods. Aims: To determine whether young people believe technological solutions could improve their access to mental health care, and whether technological solutions are preferred over traditional face-to-face models. Methods: A series of workshops was conducted around New Zealand with 94 young people aged 16-25. These workshops were transcribed and analysed using thematic analysis. Results: The results of this workshop suggest that young people are supportive of novel technological service delivery for mental health care as a way of increasing access. Many young people discussed apps, websites, social media, and tele-health as options for care that could increase access or supplement face-to-face services. However, young people in this study did not describe technological solutions as superior to or a replacement for face-to-face models and expressed a preference for in person services. Conclusions: Novel technological interventions provide a great option for increasing access for young people with mental health needs, particularly those on waitlists or who do not meet service criteria. However, despite young people's status as digital natives these services should not be considered a substitute for high quality in person care, which remains a priority for young people.

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Abstracts- Thursday 27 August

Tamariki and rangatahi

Host: Sarah Hetrick & Fiona Howard

In these challenging times it is more important than ever to invest in the wellbeing of tamariki and rangatahi to ensure the best possible future. What are the key issues and what is working well?

Poipoia te kakano, Kia puawai – Nurture the seed and it will blossom

Keynote speaker Judge Andrew Becroft



His Honour Judge Andrew Becroft was appointed a District Court Judge in 1996. In 2001, he became the Principal Youth Court Judge of New Zealand; a role that he held until 2016 when he was appointed the Children's Commissioner.

Born in Kuala Lumpur, Malaysia, Judge Becroft graduated from Auckland University in 1981 with a BA/LLB (Honours) degree. He practised in Auckland with the firm Fortune Manning & Partners until 1986 when he then assisted with the establishment of the Mangere Community Law Centre and worked there until 1993.

He then worked as a criminal barrister in South Auckland until his appointment to the District Court bench, sitting in Whanganui, from 1996.

In 2009, Judge Becroft received an award from the Public Relations Institute of New Zealand as Communicator of the Year. In 2010 Judge Becroft was the recipient of a Distinguished Alumni Award from the University of Auckland. Judge Becroft was the 2018 winner of the Public Service Category at the Wellingtonian of the Year awards for helping vulnerable young people as Children's Commissioner.

Getting it right for rangatahi and tamariki wellbeing in Aotearoa

The Prime Minister's lofty ambition is for Aotearoa/New Zealand, to be the best place in the world to be a child. Is this an obtainable reality or a pious fantasy? What has Covid done to these hopes and how has it effected our children (under 18)? We have never had better a opportunity to make this ambition a reality, but some fundamental changes are needed. Targeting child poverty reduction, supporting some of our tamariki Māori to thrive, and being enthusiastic and positive about child rights are crucial starting points. Can we do it.....? Answering that question is the focus of this presentation.

Supporting young people through COVID

Sarah Hetrick, Associate Professor and Tania Cargo, Senior Lecturer, The University of Auckland

During the first two weeks of lockdown, our A Better Start E Tipu E Rea National Science Challenge team at the University of Auckland developed Aroha, a Chatbot, to help young people manage the stress, isolation, and other consequences of the lockdown.

We rolled out Aroha in the context of ongoing evaluation, including collecting information about usage, levels of anxiety, and feedback about what issues young people would like to have addressed and other improvements they would like to see in the experience.

We have also partnered with Auckland Youth Voice Network in order to conduct workshops

to hear about the issues young people are facing post lockdown, and to help us to co-design new content to respond to these issues. Central to our work is actively demonstrate our implementation of Te Tiriti O Waitangi principles, in order to ensure Aroha is more responsive for Māori rangatahi and their whānau. This includes providing a Te Reo Māori version, and increasing culturally relevant content.

We will describe Aroha, the evaluation data and the new content we have and are incorporating in response to feedback from young people, and in doing so provide some insight to what young people have told us about the issues they have been facing during COVID-19, lockdown, and beyond.

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Play therapy with children in times of crisis: Practical strategies for promoting coping and psychological wellbeing

Aleksandra Gosteva, PhD Candidate, Faculty of Medical and Health Sciences, the University of Auckland, MHealSc, MEdPsych, MA AT (Clinical), PhD Candidate (Psychiatry), NZPsS Registered Psychologist

Early childhood is a critical developmental period which lays the foundations for children's physiological and psychosocial adjustment over the life course (Williams et al., 2016). In times of health emergencies, such as the COVID-19 pandemic, young children may face additional challenges since they do not have the cognitive capacity, sufficient vocabulary or language proficiency to talk about difficult events that are interfering with their lives (Glover & Landreth, 2016). Children's exposure to adverse events in early childhood at key developmental periods can be a precursor of long-lasting negative effects (Liberty et al., 2016).

The goal of this presentation is to support practitioners working therapeutically with children and their families by offering practical Play Therapy strategies which can be used across different settings and contexts. The presentation will describe a range of Play Therapy-based, neurodevelopmentally-informed intervention strategies that aim to promote coping and establish a sense of predictability and psychological safety for young children (Landreth, 2012). Participants will learn some core practical Play Therapy strategies for helping children gain more understanding of adverse experiences, process these experiences and develop coping mechanisms without having to talk about them through with an adult (Landreth, 2012; Oliveira, 2015; Gaskill & Perry, 2017). By the end of this presentation participants will be able to demonstrate a basic understanding of theory relating to Play Therapy and demonstrate a beginning ability to apply some core Play Therapy principles and strategies for promoting coping and fostering children's psychological wellbeing in times of crisis and change.

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Stream 2 General

Schrödinger's tsunami: Determining the true demographics of dementia in NZ in the context of COVID-19

Dryden Badenoch, Consultant Clinical Psychologist, Whanganui DHB

Background

People with dementia can disappear from daily life, but the personal, social, and economic impacts are felt by all. The Alzheimer's Society predicts an ever greater number of New Zealanders living with the condition in future: an impending "tsunami" of dementia. The 2013 NZ National Dementia Framework addressed this 'invisible threat' by de-emphasising specialist

assessment and making dementia a GP diagnosis.

How has the Alzheimer's Society come to be the primary source of NZ's dementia demographics? How well do last decade's predictions match the current numbers? Did the government of the day go *too* early and *too* hard? Is the threatened tsunami invisible or illusory? How should we plan for dementia care in NZ? And how will COVID-19 affect this?

Aims

To understand NZ's dementia demographic data, we need to know how it was derived. We must ensure that planning for a future threat is well-informed, so as not to degrade current care.

Methods

Having reviewed the history of Alzheimer's disease and the epidemiological literature, participants will consider the need for up-to-date and accurate information on dementia in NZ. We'll then explore how best to obtain this information, given the state of the nation and the world.

Learning objectives

Participants will:

1. understand the origins of Alzheimer's disease and the Society
2. know how to evaluate the current dementia demographic literature
3. be able to avoid the pitfalls of previous research and policy

This 1-hour workshop is suitable for all grades and specialties, especially psychologists with an interest in research methods and public policy

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Tūia te muka here tāngata (Bind the strands of humanity)

Host: Waikaremoana Waitoki

Keynote speaker Jeffrey Ansloos



Dr. Jeffrey Ansloos is a Registered Psychologist and Assistant Professor of Counseling and Clinical Psychology and Canada Research Chair in Critical Studies in Indigenous Health and Social Action on Suicide at the University of Toronto in Canada. His research focuses on trying to better understand the social, cultural, economic, political and environmental dimensions of Indigenous peoples' experiences with suicide and to promote uptake of everyday and clinical practices which enhance Indigenous health and wellbeing, promote life and prevent suicides. Dr. Ansloos completed his MA and PhD at Fuller Graduate School of Psychology, and his doctoral residency in the

Clinical Health Psychology department at the University of Manitoba. Dr. Ansloos is Nehiyaw (Cree) and English and is a member of Fisher River Cree Nation (Ochekwi-Sipi; Treaty 5). He was born and raised in the heart of Treaty 1 territory in Winnipeg, Manitoba, Canada.

Promoting Indigenous mental health in the midst of a pandemic: Reflections and resources from Turtle Island

Dr. Jeffrey Ansloos, Assistant Professor of Counseling and Clinical Psychology and Canada Research Chair in Critical Studies in Indigenous Health and Social Action on Suicide, University of Toronto, Canada

This presentation highlights the importance of Indigenous mental health promotion in the midst of the COVID19 pandemic. While life under the threat of pandemics of various forms are not new to Turtle Island, and the homelands of Indigenous peoples around the world, COVID19 has laid bare the various ongoing colonial inequities in mental health care and services for Indigenous peoples. This presentation will offer some reflections, experiences and resources from the Canadian context in regard to Indigenous mental health promotion, with particular regard for the importance of contextually-informed, culturally-relevant, and structurally-transformative mental health practices. Through examples drawn from Indigenous mental health community research partnerships in the Canadian context, the presenter will detail a variety of efforts to support Indigenous communities in the midst of the pandemic. The presentation will consider the important role of Indigenous psychologists in the clinical care of Indigenous communities, and to contextualize psychological care within a community and strengths-based approach to Indigenous mental health in the midst of COVID19.

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Keynote speaker Pat Dudgeon



Pat Dudgeon is from the Bardi people in Western Australia. She is a psychologist and professor at the School of Indigenous Studies at UWA. Her area of research includes Indigenous social and emotional wellbeing and suicide prevention.

She is the director of the Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention at UWA. She is also the lead chief investigator of a national research project, *Generating Indigenous Patient-centred, Clinically and Culturally Capable Models of Mental Health Care*, that aims to develop approaches to Indigenous mental health services that promote cultural values and strengths as well as empowering users. She has many publications in Indigenous mental health, in particular, the *Working Together*

Aboriginal and Torres Strait Islander Mental Health and Wellbeing Principals and Practice 2014. Professor Dudgeon has been an influential member of the psychology profession as Australia's first identified Indigenous psychologist. Amongst many activities she was founding chair of the Australian Indigenous Psychologists' Association (AIPA).

Australian Indigenous responses to wellbeing in Covid-19

Pandemics highlight health inequities for marginalised groups. For example, during the H1N1 pandemic in 2009, Australian Indigenous people experienced infection rates five times higher than the non-Indigenous population in Australia, were at significantly higher risk of developing serious complications afterwards.

The efforts of Australian Indigenous community controlled health sector led to Australian Indigenous being spared from the effects of Covid-19. The core issues and specific mental health and wellbeing needs of Aboriginal and Torres Strait Islander peoples in Australia was a concern and thirty Indigenous and non-Indigenous academics and leaders workshopped in a virtual collaboration process to determine what these would be. They concluded that there was a need for a coordinated pandemic response based on best practice research in Indigenous psychology and mental health and that Indigenous governance must be prioritised to manage the COVID-19 recovery in Indigenous communities. Equitable, needs-based funding is required to support strengths-based, place-based, Indigenous-led, community-led initiatives that address the social and cultural determinants of health and wellbeing.

Five key recommendations to guide a COVID-19 mental health response for Indigenous Australians included the need for self-determination, increasing the health and mental health workforce, addressing social and cultural determinants of health, utilising digital and tele mental health (eMH), and ensuring culturally appropriate evaluation.

Mauri Tau - Māori practices of 'mindfulness' during challenging times

Pikihua Pomare, Te Rarawa; Ngāi Te Rangi, Lecturer in Psychology and Clinical Psychologist, Massey University and Aryan McKay, Ngāpuhi, Ngāti Porou

This wānanga (seminar) will present findings from our rangahau (research) with Māori practitioners about Mātauranga Māori and Māori forms of Mindfulness. Preliminary findings indicate our participants conceptualise Māori Mindfulness as grounded in collective identity, expressed through connection with whānau (family and extended family), whakapapa (genealogy), wairua (spirituality), whenua and te taiao (land and the natural environment). Specific Māori Mindfulness practices will be highlighted in this presentation including karakia, waka wairua, noho puku, rongoā, mirimiri, waiata, kapa haka, Maramataka, waka ama, pūrakau, manaakitanga, moko kauae and te reo Māori (Māori language). This rangahau identified uniquely Māori understandings and experiences of mindfulness that have relevance for maintaining wellbeing in everyday life as well as therapeutic/clinical settings.

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Contributing to the kaupapa Māori psychosocial response to COVID-19

Dr Rebecca Wirihana, Clinical Psychologist, Northland District Health Board

As the nation went into COVID-19 Alert Level Four, or for Māori, under rāhui (a temporary ritual prohibition), concerns for the psychosocial well-being of Māori intensified. These concerns stemmed from previous pandemics where Māori were disproportionately affected having higher illness and mortality rates. Furthermore, placing severe restrictions on Māori who live in close proximity to their tūrangawaewae (whakapapa based area), and Māori who live in trapped environments due to economic deprivation differentially exacerbated their psycho-social risk. Māori life-styles are known protective factors for Māori (hapū, iwi, whanau); however, being separated from these life-lines meant that solutions were needed quickly. In response to these concerns, He Paiaka Totara (Māori Psychologists) developed "stings" – which are short, video clips designed to convey psychological mātauranga-Māori solutions to reduce distress and to send important messages to the Māori community that may not necessarily be provided by mainstream media. This presentation highlights the development, and purpose of these messages to crystallise whakapapa kōrero (traditional Māori narratives) as a way of supporting and assisting Māori to emerge well from the Covid-19 rāhui.

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Karahipi Tumuaki 2019 recipient: He puna auaha, he puna wairua Using creative methods in research with young Māori men

Logan Hamley, PhD Candidate, University of Auckland

The talk explores some initial findings of my PhD research which explores the ways rangatahi tāne Māori construct their identities and navigate complex social worlds within Tāmaki Makaurau. Drawing from the first set of interviews with young Māori men aged 16-18, it explores the ways in which they understand their identity in relation to others in fluid ways. In particular it highlights the ways in which young Māori men make meaning of Māori masculinities, foster diverse Māori identities, and build connections within urban spaces. Poetry or poetic inquiry is introduced as a key part of the methods of the research. Drawing on story as an element of Indigenous and Kaupapa Māori practice, this research uses poetry as story to place rangatahi tāne Māori's stories into conversation with one another. Exploring themes of Māori masculinity, te reo and home, these poems highlight the ways in which these young people make sense of broader social discourses in relation to their everyday experiences as young Māori men. Through these poems, insights into the diversity of Māori experiences

and realities presents the opportunity for communities and organisations to reimagine their engagement with rangatahi tāne Māori.

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Psychology Snippets

Twenty slides shown for 20 seconds each - this is a presentation feature aimed at students. Focusing on telling a coherent story that engages the audience by communicating effectively about students' research project and findings and key psychological concepts.

The importance of Indigenous research collaborations: A visiting student researcher's experience, learnings, and reflections from the United States

Carrie Clifford, Doctoral Student, University of Otago, (Kāti Māmoe, Waitaha, Kāi Tahu)

In 2019, I was fortunate enough to receive a Fulbright-Ngā Pae o te Māramatanga graduate award which allowed me to live and study in the United States, working alongside Native American researchers and communities as a visiting student researcher. In this talk, I will share my experience, learnings, and reflections.

While in the United States, I split my time between the Centers for American Indian and Alaska Native Health, University of Colorado, and the Center for American Indian Health, Johns Hopkins Bloomberg School of Public Health. I was privileged to work on a range of research projects with my Center colleagues in partnership with native communities. The projects included research on community mental health and suicide prevention initiatives, substance use in youth, parenting interventions, and a project evaluating the cultural appropriateness of early childhood screening measures, many of which are the first to ever be adapted in direct partnership with Native American communities.

As a psychology student, I learned a great deal from the discipline of Public Health, importantly the ability to develop and evaluate health interventions at a population level. I left the US with a deeper appreciation of the importance of Indigenous Peoples coming together in solidarity to improve the wellbeing of our people, our languages and cultures. I look forward to sharing some of these learnings with you.

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A test of the three-way interaction of the interpersonal theory of suicide in a New Zealand university sample

Andre Mason, PhD Student in Psychology, University of Otago

Benjamin C. Riordan, PhD, Faculty of Medicine and Health, University of Sydney, Australia.

Kyungho Jang, MSc, Department of Psychology, University of Otago

Sunny C Collings, PhD, Faculty of Health, Victoria University, Wellington

Damian Scarf, PhD, Department of Psychology, University of Otago

A central hypothesis of the Interpersonal Model of Suicide is that thwarted belonging, perceived burdensomeness, and fearlessness about death interact to predict greater risk of suicide.

The current study sought to address the limited research addressing this interaction within university students. Undergraduate students (n=377) were required to complete a brief online survey containing questions related to the study's key concepts. No evidence was found to support the three-way interaction between thwarted belonging, perceived burdensomeness, and fearlessness about death on suicidal behaviour, suggesting that further research is required to validate the Interpersonal Theory of Suicide among university students.

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Post-concussion syndrome the silent epidemic: A study supporting a neural basis for enduring symptoms following mild traumatic brain injury.

Eleanor Krol, The University of Auckland, Associate professor Lynette Tippett, Dr Gjurgjica Badzakova, Dr Nicole McKay and Keith Woods.

After a mild traumatic brain injury (mTBI), post-concussive symptoms commonly resolve within three months. However, a minority of individuals experience enduring symptoms, known as post-concussion syndrome (PCS). Research has largely focused on psychological factors underlying PCS, but neural factors have been less researched. This study examined whether self-reports of higher post-concussive symptoms in individuals 3-6 months post mTBI were correlated with MRI diffusion tensor imaging (DTI) metrics associated with microstructural brain injury, using fractional anisotropy (FA) and mean diffusivity (MD). Diffusion images were collected from 46 mTBI patients and 20 closely-matched healthy controls. Each participant completed a selected battery of neuropsychological tests, including: The Paced Auditory Serial Addition Task (PASAT). The DTI data was pre-processed and whole-brain analyses conducted using Tract Based Spatial Statistics, comparing FA and MD between groups. Regression analyses within the mTBI group used PASAT performance as a predictor of FA and MD. There was a significantly reduced FA and increased MD in mTBI patients compared to controls ($p < 0.05$). Reduced FA and increased MD was also shown in mTBI subgroup reporting greater symptoms on the Rivermead Post-Concussion Questionnaire than individuals reporting fewer symptoms in ($p < 0.05$). Poorer performance on the PASAT-2 significantly predicted reduced FA and increased MD in selected regions of white matter ($p < 0.05$). Overall these results indicate that higher levels of self-reported PCS are associated with reduction of white matter integrity (particularly in the corpus callosum, inferior fronto-occipital fasciculus, cingulum, and anterior thalamic radiation) as is poorer neuropsychological performance on PASAT. These findings provide evidence that neural factors contribute to PCS in mTBI.

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Stream 2 General

Working with clients from culturally and linguistically diverse backgrounds in times of crisis and uncertainty: Cornerstone concepts and techniques of culturally adaptive interviewing

Aleksandra Gosteva, PhD Candidate, Faculty of Medical and Health Sciences, the University of Canterbury

Jonie Chang Jonie Chang, BA, PGDip (Education) University of Canterbury

Acquiring cultural competence is a life-long process, not a short-term achievement. The Code of Ethics for Psychologists Working in Aotearoa/New Zealand refers to the centrality of the Treaty of Waitangi to competent psychological practice and the importance of respecting the "dignity of people and peoples".

The goal of this workshop is to support practitioners in developing cultural competence by offering introductory training in the practice of culturally adaptive interviewing to work with clients from culturally and linguistically diverse backgrounds in times of crisis, change and uncertainty. Participants will develop an understanding of culturally adaptive interviewing that is person-centred, evidence-based, safe, ethical, and relevant. They will learn how to utilise culturally adaptive interviewing in order to create an interpersonal therapeutic environment where the client feels welcome, respected, and safe to share whatever thoughts and feelings come to mind. The practical component of the workshop will provide participants the opportunity to develop an understanding of what culturally adaptive interviewing is and how it can be utilised in order to effectively engage with clients and better understand the complexity of their experiences and challenges.

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Keynote Speaker Evangelene Wong



Developing mental health services in the Pacific - where does psychology fit

Working in small communities often requires a diverse adaptable psychological practice. This presentation will look at psychological practice in a small island community - the Cook Islands. Come and explore the challenges of service development and maintaining best practice, where traditional psychological boundaries become blurred amongst multiple relationships, conceptualisations shift in layers of language and culture, scope is as broad as the horizon.

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Abstracts- Friday 28 August

Psychological perspectives on global threats - what have we been learning?

Host: Brian Dixon

As a profession, psychology has a number of roles in the local, national and international responses to unprecedented threats to human populations, people's livelihoods, cultural and social structures and their futures. How are we doing? What's ahead?

I orea te tuatara ka patu ki waho - A problem is solved by continuing to find solutions.

Keynote speaker Arthur Evans



Scientist-practitioner, clinical and community psychologist and health care innovator Arthur C. Evans Jr., PhD, is CEO of the American Psychological Association, a post he assumed in March 2017. In this position, he heads the leading scientific and professional organization representing psychology in the United States, with researchers, educators, clinicians, consultants and students as its members.

Before joining APA, Evans spent 12 years as commissioner of Philadelphia's Department of Behavioral Health and Intellectual disAbility Services. Evans has been recognized nationally and internationally for his work in behavioral health care policy and

service delivery innovation. In 2015, he was recognized by the White House as an "Advocate for Action" by the Office of National Drug Control Policy. In 2013, he received the American Medical Association's top government service award in healthcare, the Dr. Nathan Davis Award for Outstanding Government Service. Evans is also regarded as a strong mental health advocate and was recognized by Faces and Voices of Recovery with the Lisa Mojer-Torres Award. In 2017, he was awarded the Visionary Leadership Award by the National Council of Behavioral Health and inducted into the Florida Atlantic University Alumni Hall of Fame at his alma mater. He has also been recognized as a strong advocate for social justice, having received three different Martin Luther King Jr. awards.

Utilizing psychology to address global challenges: Lessons learned and directions for the future

The COVID-19 pandemic has altered nearly every aspect of life, from health to work to social interaction to education. In the United States, the unparalleled and devastating effects of this pandemic are being exacerbated by the nation's uncertain economic and political future. They are being further intensified by a second "pandemic", rooted in the disparities caused by our country's long history of structural racism and the stress and trauma experienced by people of color every day.

This presentation makes the case that taking on this 'perfect storm' – a complex set of issues closely related to human behavior – requires expertise and leadership from across the field of psychology. As an individual country and part of a larger global collective, **we must draw on our past** and reflect on previous lessons learned in addressing major societal issues, such as climate change. **We must respond to the present**, elevating people's understanding of psychology and its connection to their lives, whether through helping the public manage extreme levels of stress, enabling leaders to make safe, science-informed decisions, or

improving data collection practices to better monitor public health nationwide. **We also must prepare now for the future**, increasing people's access to services through telehealth, and translating psychological research to inform what education, health care and criminal justice systems should look like in a world shaped by COVID-19.

Together, we must ensure psychology gets a 'seat at the table' and is well positioned to bring the science of human behavior into national – and global – dialogues, policies and decisions.

Keynote speaker **Natasha Tassell-Matamua**



Natasha Tassell-Matamua is a Senior Lecturer in the School of Psychology at Massey University. She established and directs the newly formed Centre for Indigenous Psychologies. Her research interests are focussed on Indigenous psychologies, with an emphasis on environmental concerns and spirituality. She has also published extensively on exceptional human experiences, including near-death experiences.

Toitū te taiao, toitū te tāngata. Seeking Indigenous solutions to our environmental woes?

Substantial and immediate human behavioural changes are necessary to address the environmental crises faced by the global community. Yet, arguments about whether we should make such changes (e.g., is climate change even real?) and how we begin to make such changes, continue. A sense of connectedness to the natural environment is intrinsic to ways of being for many Indigenous peoples, and Indigenous communities are responsible for managing a large chunk of the world's biodiversity – and do so effectively. This has led many scholars to argue for the need to embrace Indigenous solutions to address global environmental concerns. Yet, is this suggestion authentic and will it truly address the world's environmental crises? After all, it is not Indigenous communities per se, who are largely responsible for the environmental woes we face as a global community. Drawing on concepts from Te Ao Māori, this presentation will discuss how Indigenous knowledges have much to contribute to addressing environmental issues. It will also argue that while this may be so, the more pressing concern is to address the mindsets and behaviours in relation to the environment, of the majority non-Indigenous cultures around the globe.

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Psychology's international response to Climate Change – To the Lisbon Summit and beyond

Amanda Clinton is the Senior Director for the American Psychological Association's Office of International Affairs with the Amanda is the Convenor of the Lisbon Climate Summit forum and COVID Psychology Leaders' Team response group.

Brian Dixon, NZ Psychological Society Fellow and NZPsS Director of Scientific Issues, is a co-convenor of the Society's Climate Psychology Task Force. He is proud to represent the Society on OraTaiao (the NZ Climate Health Alliance) and on the Lisbon Climate Summit forum and COVID Psychology Leaders' response group.

Brian Dixon (NZPsS) and Amanda Clinton (APA) describe the historic November 2019 'Lisbon Summit', a significant event for psychology with representatives of psychological associations from around the world who met to determine the roles psychology can and does take in addressing climate change. We discuss the efforts leading up to that event to reach consensus on desired outcomes and the work at the Summit to achieve commitments to collaborate on

continued work in our countries. We consider plans to give effect to the Climate Proclamation and the Lisbon resolutions, with examples from Aotearoa and elsewhere.

Psychology's international response to COVID19 – The Amazing Global Leadership Team

Following the establishment of the Lisbon Climate Psychology networks, the emergence of a more immediate global threat was met with a prompt response to the COVID19 pandemic and development of psychology's potential contributions and roles in addressing that. Amanda & Brian describe the work of that international network and the collaborative work of the Global Psychology Leaders forum, with examples from Aotearoa New Zealand and abroad.

[Amanda Clinton](#) is the Senior Director for the American Psychological Association's Office of International Affairs with the Amanda is the Convenor of the Lisbon Climate Summit forum and COVID Psychology Leaders' Team response group.

[Brian Dixon](#), NZ Psychological Society Fellow and NZPsS Director of Scientific Issues, is a co-convenor of the Society's Climate Psychology Task Force. He is proud to represent the Society on OraTaiao (the NZ Climate Health Alliance) and on the Lisbon Climate Summit forum and COVID Psychology Leaders' response group.

What has the council ever done for me; local government in a time of lockdown

Aaron Hawkins is the Mayor of Dunedin City, New Zealand, having been elected in 2019 on a Green Party ticket after two terms as a city councillor. He campaigned on a platform that emphasised environmental, social and cultural values and progressive local government.

Last year, government reintroduced the 'Four Wellbeings' into the purpose of the Local Government Act: environmental, cultural, economic, and social. Only months later, COVID-19 arrived to stress test the lot of them. Dunedin Mayor Aaron Hawkins reflects on the impacts of a global pandemic on local communities, from a civic perspective. Where to from here in the new normal?

Denying the blindingly obvious

Marc Wilson is Professor of Psychology at Victoria University of Wellington (New Zealand). He is a prodigious researcher, a highly effective teacher and adept in media communication regarding psychological issues. Marc is a member of the NZPsS Climate Psychology Task Force and Editor of the New Zealand Journal of Psychology.

80% of New Zealanders believe in evolution, compared with less than half of Americans. The gap between the two nations is less than that regarding climate change, however. Why? In this presentation I shall talk about the role of science denialism, where it comes from, and how that fits into this tale of two nations...

Our Working Lives

Host: John Eatwell

How organisations and workers move forward after major change and crisis
He moana pukepuke e ekengia te waka- A choppy sea can be navigated

Surveying the impact of the Covid-19 crisis on NZ workers and organisations: Learning from the past to future-proof

Joana Kuntz, Associate Professor in Psychology, University of Canterbury

This session provides a summary and overview of over 50 interviews with employees representing a cross-section of industries, occupations, and job levels. The themes explored span main job stressors experienced during Levels 4 and 3 of the lockdown, the quality of employee health, safety, and wellbeing measures implemented by the organisations, and the systems and initiatives NZ organisations put in place to balance staff needs with business recovery. Insights from these interviews will inform a discussion of employee and organisational resilience in the aftermath of a major crisis, and the potential to anticipate business recovery trajectories by relying on employee experiences. The session concludes with an invitation to reflect on how Aotearoa's unique geographic, demographic, and business landscapes influence the impact of a major crisis on workers and shapes recovery processes.

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Impact of Covid-19 on worker behaviour and implications for wellbeing

Jonathan Black, Chartered Organisational Psychologist, Farsight Limited

Abstract: For the first time in many generations a genuinely global public health crisis with significant economic, social and whanau impact has been experienced with few individuals and nations, if any, untouched. While Covid-19 has dominated professional and personal discussion and reflection in recent months its impact remains relatively young in what we understand of the behaviour of both the virus and how people have been impacted, altered their behaviour, and met individual and community needs. In an evolving situation of change the stability of social prediction is difficult yet some patterns are appearing. Occupational, socio-economic and national variations of Covid-19 experience have affected the type of research completed to date, the broad or narrow applicability of research findings, and the cohesion of conclusions with which likely implications of changes in personal, employee and consumer behaviour can be stated. This paper explores some key behavioural changes and possible implications for employer and employees in the area of wellbeing practice and policy and some anticipated complexities moving forward."

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Psychological well-being in the workplace

John Fitzgerald, Lead - Mentally Healthy Work, Worksafe NZ, Wellington

The Health and Safety at Work Act (2015) is based on the principle of non-maleficence, that is, 'do no harm'. Workers and others should be afforded the highest level of protection from harm arising within their work. New Zealand's workplace health and safety regulator (Worksafe) has a primary focus on ensuring that the prevention of harm is at the heart of what it does.

Mental health accounts for 17% of work-related Disability Adjusted Life Years (DALYs) lost in New Zealand, second only to musculoskeletal harm (27%). Within these data mental harm includes diagnosable psychiatric conditions such as depression, anxiety and substance use disorders, but not bullying/harassment, lower levels of work-related harm stress and burnout. It is likely that the true figure of work-related mental health debility is well in excess of 17%.

This presentation will outline current data on the causes and impacts of mental harm

in the workplace and current frameworks for intervention. It will also present details of new developments at Worksafe to support mentally healthy work which are beneficent in orientation and take into account risk factors that impede 'flourishing' through work. The role of psychology in this work is reviewed and explored.

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"Do we really want to work from home?"; reflections of real staff in real organisations

Edit Horvath, Director / Senior Consultant, Active WorkLife Solutions Ltd

Background

Working from home, as an option for some roles in selected companies, has been offered for a number of years, sometimes genuinely but often reluctantly. Covid-19 has changed this dramatically. Within a few weeks, for some within a few days whole of operations, including systems, policies, processes had to adapt to a full lockdown in New Zealand Aotearoa, therefore directing rather than allowing staff to work from home. As a provider of coaching, mentoring and supervision, numerous aspects, impacts and affects been revealed to me about working from home during the lockdown period and following times while restrictions have been lifting.

Aims

My presentation will draw on and explore the progress of individuals' and organisations' understanding, responses and actions in relation to working from home. I plan to include the various resources and support available (or not) to staff. The audience will be encouraged to reflect on their own competence and circumstances of working from home to identify opportunities to learn and improve our own practices.

Main Contributions

I will identify specific areas and issues of working from home, including for roles in various levels of organisations, review related systems, processes, including as IT, Health & Safety, Human Resources, day-to-day management.

Conclusions

As staff were reflecting on their realities of working from home and sharing their thoughts and ideas the future of this way of working, raised varied opportunities for individuals and their organisations. Some businesses were seriously looking at different ways of working and saving money on infrastructure. Some staff welcomed and thought that it was a privilege and a great opportunity to reduce travel, stress and other negative aspects of going to their regular sites of work. Others had missed the feelings of connection, respect, inclusiveness, and togetherness by working in person with others.

Recommendations need to build on individual needs and sustainable achievements, as well as motivation of organisations to work in a more flexible and balanced way.

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Stream 2 General

The short-, medium- and long-term impacts of sexual violence on survivors/victims and offenders

Jacinta Cording, Ph.D., lecturer in Psychology, University of Canterbury

Nick Preval, Ph.D., Allen + Clarke

Shirley Simmonds, Te Kotahi Research Institute

Philip Gunby, Ph.D., University of Canterbury

There is a growing body of literature highlighting the negative impacts of sexual violence on the wellbeing of female survivors/victims, however there are comparatively fewer studies that

have focused on impacts in similar life domains for male survivors/victims and for perpetrators of such violence. Moreover, many studies utilise retrospective designs, which limit our ability to tease apart the influence of the sexual violence from broader disadvantage within individuals' environments.

The current study aimed to address these gaps by using a longitudinal design to measure the post-offence wellbeing impacts of sexual violence, for both victims/survivors and offenders. Data for the study was extracted from New Zealand's Integrated Data Infrastructure (IDI), a database that contains linked, longitudinal administrative data for all New Zealanders from across a variety of government agencies. Two research samples were extracted from the IDI: 13,480 individuals with a Police-recorded sexual offence (both against children and against adults), and 16,417 individuals who were recorded by Police to be a survivor/victim of a sexual offence (both youth and adults). Propensity Score Matching was then used to create a control sample for each research sample. A variety of outcomes were compared between samples at one, five and 10-years post-offence, including mortality (all-cause and suicides), mental health, physical health, education, income, and welfare receipt.

Findings from the research suggested that detrimental outcomes could be identified across nearly all wellbeing domains investigated, for both survivors/victims and offenders. There were some notable differences identified by age, gender, ethnicity, and type of sexual offence committed or experienced. Implications of this study for both research and practice are discussed, including policy implications regarding appropriate service delivery for populations affected by sexual violence

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The 'key competencies' for building wellbeing

Dr. Dorothy Howie, Honorary Researcher, School of Psychology, University of Auckland

Background: The role of the 'Key Competencies' including the teaching of thinking/cognitive enhancement, in our current and future educational context, will be summarized.

Aim: To inform educational and developmental psychologists of the important theoretical and practice requirements of the 'Key Competencies' in their work.

Main contributions: A rationale for the importance of the 'Key Competencies', and particularly the teaching of thinking, in enhancing student and teacher wellbeing, will be presented.

A three-tiered framework for provision of such teaching of thinking in an inclusive and whole school way will be presented, drawing on Howie's 2011 book, 'Teaching Students Thinking Skills and Strategies: A Framework for Cognitive Education in Inclusive Settings'.

The Feuerstein approach to the teaching of thinking is exemplified as one way of addressing the needs of students in such a three tiered approach, including students with learning challenges.

Howie's 2020 book 'Thinking about the Teaching of Thinking: The Feuerstein Approach' (Routledge) will be drawn on for New Zealand and international research evidence and case study examples.

Conclusions: Conclusions will be drawn regarding the role of psychologists in building wellbeing through the 'Key Competencies'.

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Thanks, I hate it: remote working with immuno-compromised older adults during lockdown

Dryden Badenoch, Consultant Clinical Psychologist, Whanganui DHB

Systematic reviews have found tele mental health to be effective and to increase access to care (Hilty et al, 2013) with little evidence of differences in therapeutic alliance, disclosure, empathy, attentiveness or participation (Varker et al, 2019; Irvine et al, 2020).

My Mental Health colleagues reported enthusiastic uptake of remote service provision during lockdown, while my Physical Health caseload shrank as clients declined, deferred, and complained of our virtual meetings. Why?

My caseload consists largely of older adults, mostly immuno-compromised, and many with cognitive and sensory deficits. This not a well-represented group in the literature on remote Clinical Psychology working.

By reviewing the problems reported by those on my caseload during and after the lockdown, we can anticipate future impediments to remote service delivery and inform formal research. This presentation should be relevant to all psychological therapists, especially those working with a Physical Health or Older Adult caseload.

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Developing clerical skills for the visually impaired

Hiroshi Takeshita, Professor, The Faculty of Health Science, Tsukuba University of Technology, Japan

With the recent development of personal computers and peripherals, more visually impaired persons could be employed in clerical positions. However, securing and expanding their responsibilities post-onboarding is essential. This study aims to clarify the process of developing effective intervention programmes in higher education for people with visual impairments. We adopted a grounded theory approach and adapted the 'Modified-Grounded Theory Approach' for our analysis. Participants were 15 visually impaired clerical professionals and 17 managers. Of 72 companies listed on two recruitment websites for persons with disabilities, we obtained consent from 12 companies. Our method included selecting the analytical theme, setting the analytical focus persons, creating interview transcripts, generating concepts by analytical worksheets, comparing result diagrams and concept lists, and determining theoretical saturation. During the analysis process, we discovered the necessity for analysing the no vision ('blind') and low vision participants separately. In the 'blind' model, three categories, seven subcategories, three quasi-subcategories, and 25 concepts were extracted. In the low vision model, two categories, seven subcategories, and 23 concepts were generated. In the blind model, the combination of the degree of development in individuals' skills ('demonstrating strengths' and 'developing attitudinal skills') and managers' observation and support ('the view of "cannot"' and 'developing supportive skills') determined the mode of employment ('welfare', 'request', and 'compromise'). In the low vision model, skill development of the visually impaired ('attitudinal', 'office software', 'communication', and 'conceptual') prevented untimely quitting. By developing clerical skills in the visually impaired and managers' supportive skills, anxiety and dissatisfaction can be reduced for both. The employment mode for those with low vision is similar to that of the sighted; however, differences in their skills are large. Skills can be improved through training at higher education level, regardless of personality or disability.

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"Baby hotel": Mothers' experiences of maternal mental health respite

Ekaterina Gus, Masters student in Psychology

Thesis supervisors: Assoc Prof Joanne Taylor and Prof Christine Stephens At School of Psychology, Massey University.

Maternal mental health has been an international public health priority since 2000, however, in New Zealand it is only in the last four years that significant resources have been allocated to address this issue. Maternal Mental Health respite facilities are unique to New Zealand and cater for women and their babies during periods of perinatal distress. Although formal audits and quality control measures have been undertaken, to date, there are no scientific studies

concerning user experiences of this type of respite facility. This study explored the experiences of residents of a short-term maternal mental health respite facility during their first postpartum year. Semi-structured interviews were conducted with eight women and were analysed using interpretative phenomenological analysis. The major themes were about meeting mothers' recovery needs and mothers' experiences of the facility environment. The women's description of their recovery needs showed that the most important provisions: were for support, sleep, learning mothercraft, and social interactions. These themes highlighted a number of known risk factors for mothers' mental health during the postpartum period including: isolation, sleep deprivation and lack of knowledge of child rearing practices. The theme about the facility environment included mothers' perceptions of: the physical environment, procedures, activities provided for the residents, and staff. These are important components of service delivery which determined the value of the service for each mother. The results highlight individual recovery journeys of the mothers, and the important provisions of the facility from the service users' perspectives. These findings support the essential role of such facilities in mental health recovery for the postnatal women and provide important information for the further service developments in this area.

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Coordinating and communicating wellbeing messages to New Zealanders during COVID-19 lockdown: Reflecting on lessons offered

Host: Sarb Johal

Dacia Herbulock

Dacia Herbulock is the Director of the Science Media Centre (NZ). The aim of the SMC is to promote accurate, evidence-based reporting on science and technology by helping the media work more closely with the scientific community.

Since the Science Media Centre's launch in 2008, she has played a pivotal role in shaping the Centre's direction, leading initiatives to build scientists' capacity for communicating effectively with media and the public, and supporting journalists covering complex science-related issues by making relevant angles and information accessible to all media when science is in the headlines.

She serves on the Executive Committee of the Science Communicators Association (SCANZ) and has a background in radio, film, documentary and television news in the US, China and NZ.

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Dougal Sutherland

Clinical Practice Manager, School of Psychology, Victoria University

During COVID lockdown there was strong media interest in science, including psychology. Dougal Sutherland is a Clinical Psychologist working at Victoria University of Wellington and Umbrella Health and has provided media comment via TV, print, radio, and online. Dougal will share his experiences of communicating to the general public via the media during COVID lockdown including why it is important for psychologists to take this role, some pitfalls to try and avoid, and advice for those interested in becoming involved in this area.

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Jacqui Maguire

Clinical psychologist

I was six months in to my parental leave when COVID-19 hit New Zealand's headlines. Six months into a one-year stint where I had been adamant to refrain from all work and focus purely on mothering. However, when the world enters a global crisis and your nation is visibly anxious and hurting, you have to be flexible. I can define my purpose as science communication; translating psychological science into easy to understand concepts and providing practical strategies to optimise personal wellbeing, work and relationships. As such, for me it wasn't an option to stand back when science communication was critically in need. One interview and one article on the psychological impact of quarantine turned into 50+ interviews, 10+ social media 'live events', a number of published articles and a podcast series. The last 12 weeks have again highlighted to me that as psychologists we hold a privileged position. People welcome you into their lives through tele, phones and newspapers. They are thankful for information and strategies they can put to use to care for themselves and others important to them. We can influence what is distrusted by the New Zealand media to increase active coping and hope whilst diminishing scare mongering.

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Jamie Morton

Science Reporter, NZ Herald

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Stream 2 General

Building psychologically healthy workplaces in times of crisis: Practical strategies for promoting civility and fostering employee wellbeing

Aleksandra Gosteva, Psychologist, PhD Candidate, Faculty of Medical and Health Sciences, the University of Auckland

Lev Zhuravsky- PhD Candidate, Department of Public Health, Christchurch School of Medicine, University of Otago, Christchurch

Within the field of Industrial and Organisational Psychology, civility can be defined as "behavior involving politeness and regard for others in the workplace, within workplace norms for respect" (Andersson & Pearson, 1999, p. 454). The goal of this workshop is to support practitioners in developing a repertoire of practical strategies for promoting civility in workplaces to support staff in times of crisis and change. Participants will learn how to promote a civil culture and cultivate positive workplace relationships in order to build psychologically healthy workplaces in which employees feel welcome, respected, and safe. The practical component of the workshop will provide participants with the opportunity to participate in discussions promoting an understanding of what civility is and how it can be utilised in order to build psychologically healthy teams and workplaces. The facilitators will draw on the ideas that emerge from the participants' perspectives, with reference to theory and practice of promoting civility. Links to reading materials will be supplied to assist with consolidation of material from the experiential work during the workshop.

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The Psychologists Board

On Board: Better together, through COVID and beyond

The disruptive power of the COVID-19 pandemic has demonstrated how our community and the psychology profession can work together through uncertain times, challenges and new

opportunities.

Join Board Chair John Bushnell, Lay Member Brad Watson and Psychology Advisor Lisa Cheung to reflect on the Board's learnings from the lockdown, its approach to working with the profession on COVID-19 issues, and how we can use those lessons to work together on other priorities to protect our community. We'll also bring you the latest updates and decisions from the August Board meeting, including the plan for 2020/21 CCP and for registration of interns whose training has been affected by the pandemic.

***Professor John Bushnell** was appointed to the Board in June 2015, and elected Chairperson of the Board in February 2018. He is a Clinical Psychologist, who worked for the majority of his professional career in academic, research, and clinical roles in medical settings with the University of Otago, before moving to Australia in 2005 to lead the establishment of a new rural medical school at the University of Wollongong. Now retired from academic life, John retains a Professorial appointment at the University of Wollongong. He has held numerous advisory roles to health and government agencies and was a founding member of the New Zealand College of Clinical Psychologists (NZCCP). He is a member of the Board of Directors of CASA, a not-for-profit company delivering suicide prevention programmes, and a Fellow of the NZCCP.*

***Brad Watson** (Samoan, NZ European, Chinese) was appointed as a lay member to the Board in November 2019. Currently residing in Dunedin, Brad has a LLB, BA(Hons) and MA from the University of Otago and is an enrolled Barrister and Solicitor of the High Court of New Zealand. Brad has wide-ranging experiences in tertiary education and health sectors with experiences working in Samoa. He has contributed to the development and delivery of Pacific Health content at Otago and currently teaches into the various health professional training programmes at the University. His current research interests focus on Pacific health and Pacific leadership. Brad continues to build his experience in governance and has held roles across education, health and sports boards at community, regional and national levels.*

***Lisa Cheung** (Registered Clinical Psychologist, practising) is one of the Board's Psychology Advisors. In her role she advises the Board, the Secretariat, and the wider psychology community on professional aspects of complaints, competence, fitness, and registration matters, as well as any other issues arising that impact on the psychology profession. She takes a lead in setting up Competence Reviews and Programmes, and is a member of the Conduct, Competence, and Fitness (CCF) Committee. Lisa also maintains a private practice and has previously worked as a Clinical Psychologist for mental health services, a Clinical Advisor specialising in suicide prevention and training, lectured at tertiary level, and provided consulting services.*

Other webinars coming up



Kindness Matters: An introduction to the science and practice of self-compassion

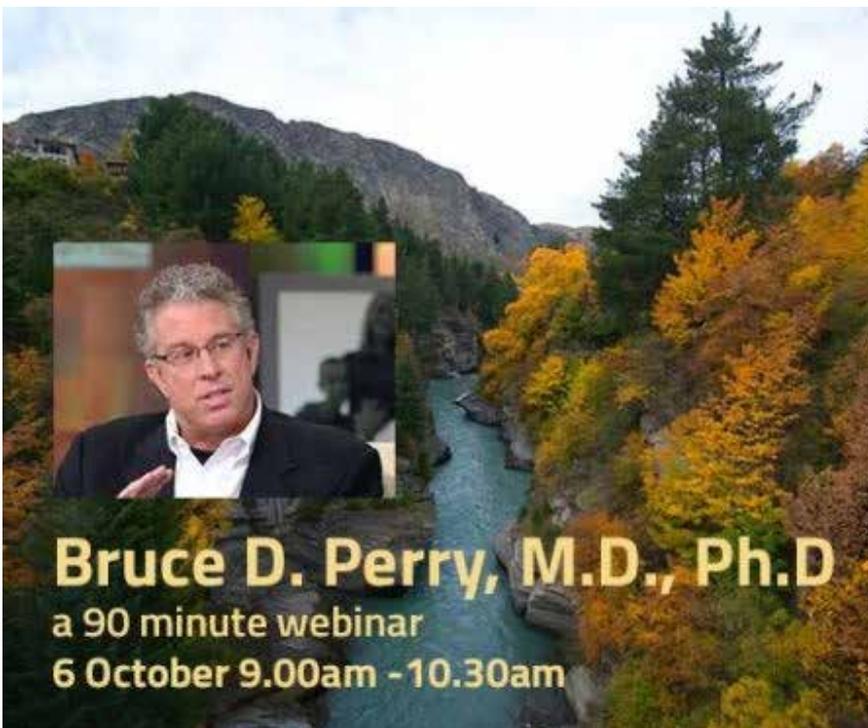
A 90 minute interactive online presentation with Dr Anna Friis

It will include:

- A short talk introducing the science and practise of self-compassion – what it is, what it is not, and why it matters
- How do I treat a friend ? (This will be offered as a guided exercise with interactive small-group discussion).
- What gets in the way? (An opportunity to discover conscious and unconscious barriers to practising self-compassion)

- The power of touch; the physiology of self-compassion and supportive touch

Click here for more information and registration: <https://www.psychology.org.nz/events/nzpss-events#cid=884&wid=301>



Introduction to the Neurosequential Model of Therapeutics

A 90 minute webinar

The development of a young child is profoundly influenced by experience. Experiences shape the organization of the brain which, in turn, influences the emotional, social, cognitive and physiological activities. Insights into this process come from understanding brain development. Based on a neurosequential understanding of brain development, the Neurosequential Model of Therapeutics (NMT) is a developmentally sensitive, neurobiologically-informed

approach to clinical problem solving that integrates core principles of neurodevelopment and traumatology to inform work with children, families, and the communities in which they live.

Click here for more information and registration: <https://www.psychology.org.nz/events/nzpss-events#cid=884&wid=301>