



# What is a HIP?

## Integrated behavioural health in primary care explained

**Alysha Simonsen & Aaron O'Connell**

**Auckland - 6 November 2020**

**4pm to 5.30pm**



### What is a HIP? Where did they all come from?

#### Integrated behavioural health in primary care explained

You've probably heard of and seen the terms "HIP / Health Improvement Practitioner" around in recent years but maybe wondered what they are and where they all came from. Broadly, Alysha and Aaron will provide an overview of the following:

- » Primary Care Behavioural Health (PCBH),
- » the delivery of brief interventions and population perspectives into primary care – i.e. not just fACT,
- » the history of PCBH in NZ,
- » skills you need for working as a HIP (Life context, functional analysis, brief interventions),
- » fACT – and ACT,
- » the difference between diagnosis and functional assessment,
- » what is contextual science,
- » the difference between mental health and HIP approach.



**Alysha Simonsen** is a Health Psychologist from Taranaki trained at Auckland and Otago. Alysha loves ACT and is passionate about primary care, population and preventative health. In keeping with these passions, and her other values (namely adventure and curiosity), Alysha was one of the very first Health improvement Practitioners (aka HIPs) in New Zealand, trained by Dr Patti Robinson in 2017. This project, a pilot at the time, was radical and wild and life changing for all involved. Alysha is now the HIP Lead for the programme rollout in Taranaki, and is training to become a HIP Trainer, as well as working her small private practice. Alysha is also a 'Covid refugee', having recently come home from an extended trip of adventures and shenanigans, ending up somehow back in New Plymouth, Taranaki.



**Aaron O'Connell** is a NZ trained clinical psychologist with 25 years experience in senior clinical and leadership roles across New Zealand and the UK.

In keeping with his own values (connection, contribution, innovation, irreverence) – Aaron's career has reflected his desire to be at the forefront of relevant and effective therapies and service provisions. Aaron was an early adopter of CBT for psychosis, led inaugural early psychosis services in NZ and the UK, and has spent recent years working outside the 'therapy office' in assertive outreach and primary care roles.

Aaron shifted from CBT to the emerging therapy – Acceptance and Commitment Therapy (ACT) - which has helped him engage more meaningfully in his clinical work.

In 2018 he made a sudden pivot from secondary to primary care to join the new Primary Care Behavioural Health initiative – and led the small Auckland pilot of Health Improvement Practitioners (HIPs) that provided evidence for the 2019 Wellbeing Budget initiative and the rollout of PCBH in NZ. He is now one of the senior trainers of HIPs and divides his time between training new HIPs and GP clinics, and running a small private practice in central Auckland.

***This seminar is hosted by the NZPsS Institute of Health Psychology  
and precedes the IHP dinner ! See details over***



## Seminar Venue

Auckland University Medical School  
22 Park Ave, Grafton, Auckland

Park West - Building 507, Room G125

## Times

4pm to 5.30pm, dinner from 6 pm

**The venue is equipped for zoom - please indicate when you register if you need to zoom in to join the seminar.**

## Register online !

at <https://www.psychology.org.nz/events/nzpps-events#cid=884&wid=301>

### PAYMENT

All prices are GST Inclusive - GST Number 42-486-864

	seminar	dinner
IHP Member/Student	free	\$20
NZPsS Member/Student	\$10	\$40
Non Member (incl students)	\$30	\$40

*\* please note dinner does not include drinks*

Join the IHP for dinner!

Even if you can't make the seminar please join other health psychologists and professionals at the IHP dinner after the seminar.

IHP members and students we would love to see you, and your colleagues are invited too for great food, fun and networking.

While the seminar is at the Medical School the dinner is not far away in Mt Eden.

**\*\*Please pre-pay dinner by Wednesday 4 November**



Sen Vietnamese Kitchen  
26 Normanby Road  
Mt. Eden

### REGISTRATION & TAX INVOICE

Name .....

City.....

Email .....

Phone .....

#### IHP Auckland - 6 November 2020

Need to zoom to the seminar.....yes.....no.....

Have special dietary requirements  
(please specify).....

Payment method: Please tick one box

☐ Direct Credit Payment to: New Zealand Psychological  
Society BNZ, 02-0560-0262471-000

Payment reference .....

☐ Credit Card Payments: MasterCard or Visa only.

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Booking Conditions: Places confirmed only upon receipt of registration and full payment. If your employer is paying for your registration please ensure your payment is referenced with your surname. Cancellation: Up to 14 working days before event – refund less 20% administration fee. Less than 14 working days before event – no refund but named substitutes will be accepted if the Society is notified. NZPsS reserves the right to cancel the workshop, with not less than 10 days notice, should there be insufficient registrations.

Register online (see link above) or scan and email completed form to: [liaison@psychology.org.nz](mailto:liaison@psychology.org.nz)  
or post to PO Box 10536, The Terrace, Wellington 6143

Once payment for your registration has been processed you will receive a confirmation email which is also your Tax receipt.