



The New Zealand Psychological Society

Te Rōpū Mātai Hinengaro o Aotearoa



Media Release

20 April 2018

For immediate release

How to help kids live happier lives

Dunedin parents and educators will be offered tips to help children live meaningful and satisfying lives in the 21st century at a free public seminar run by the [New Zealand Psychological Society](#) (NZPsS) at the Dunedin Public Art Gallery on April 24.

Psychological health needs to be nurtured in young people from an early age because half of all lifetime cases of mental disorder start before the age of 14.

Guest speaker at the seminar will be Max Gold, a psychologist at the Ministry of Education. The free seminar is being offered by the NZPsS as part of its 50th Jubilee celebrations. NZPsS celebrates 50 years of being the largest professional association for psychologists in Aotearoa New Zealand this year.

Max says, “The daily news is often full of events which focus on negative aspects that envelop people’s lives. In the face of such a tirade of bad news, it is no surprise that young people lose hope and struggle to find a future they are optimistic about occupying. Within this milieu, we expect youth to find their purpose in life.”

He will examine the contribution psychology has made to helping young people live purposeful lives. He will focus on the active role adults’ play in helping young people construct purposes in life. Max will argue that from birth onwards, the attitudes and actions of important adults can be very supportive in helping young people create a path to purpose.

“Our aim as psychologists is to help parents to think of ways to engage their children in activities that make their lives interesting and meaningful. Parents can assist children to seek out experiences that enrich their relationships and to live their lives well,” explains NZPsS president, Quentin Abraham.

“Psychologists not only need to be on hand when there is a crisis but also available to help schools and parents develop their skills and resilience in these situations. Prevention and early intervention is beneficial and cost effective. Educational psychologists have skills to help schools prevent mental health difficulties develop,” he comments.

Mr Abraham says the NZPS has an active history of supporting bicultural practice and advocacy on social justice issues that impact on the health and wellbeing of New Zealanders. The Jubilee will be marked by events throughout the year and by a Jubilee conference in September.

Full list of events here: www.psychology.org.nz/pd-events/jubilee/?#.Ws2SQUxuKUI

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Background to the New Zealand Psychological Society

The New Zealand Psychological Society is the largest professional association for psychologists in New Zealand. It has over 1200 members and 600 student subscribers and aims to improve individual and community wellbeing by representing, promoting and advancing the scientific discipline and practice of psychology.

Contacts: Quentin Abraham President New Zealand Psychological Society.

Please note: The free public Dunedin seminar will be held at the Dunedin Public Art Gallery on Tuesday, April 24 from 6-7 pm.