



The New Zealand Psychological Society

Te Rōpu Matai Hinengaro o Aotearoa

29 February 2008

Attn: Health Reporter

Psychologists Support Access to Non-Drug Therapies for Depression

The New Zealand Psychological Society welcomes the announcement that psychological therapies will be available free through primary health care organisations (PHOs) as announced by the Ministry of Health on Thursday.

Speaking in Wellington today, Dr Ray Nairn, President of the New Zealand Psychological Society said “Clinical Psychologists are leading professionals in providing cognitive-behavioural therapy (CBT) for depression, anxiety, and other psychological problems. Unfortunately, at present, clinical psychologists’ services are not widely subsidised in primary health care settings. This means that access to effective non drug therapies is severely restricted.”

Dr Nairn said that the New Zealand Psychological Society looked forward to working with the Ministry of Health and other interested groups in meeting the challenges that will be faced before all New Zealanders with depression can access free, effective psychological therapies such as CBT in primary health care.

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