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AND
DISASTERS

A SPECIAL ISSUE

with emphasis on research and practice in the
months of earthquakes in Canterbury,
New Zealand, from September 2010



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SPECIAL ISSUE EDITORS

Frank O'Connor
Moa Resources
Wellington

Ian M. Evans
Massey University
Wellington

SPECIAL ISSUE COORDINATOR

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Massey University and Victoria University of
Wellington

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The Psychology Centre
Hamilton

ASSOCIATE EDITORS

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University of Canterbury

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Bronwyn Campbell
School of Māori Studies
Massey University at Palmerston North

Harlene Hayne
Department of Psychology
University of Otago

Michael O'Driscoll
Department of Psychology
University of Waikato

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Business Manager
New Zealand Journal of Psychology
NZ Psychological Society Inc.
P.O. Box 4092, Wellington, New Zealand

Tel +64.4.4734884; Fax +64.4.4734889
Email office@psychology.org.nz

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SPECIAL ISSUE REVIEWERS

Carrie Barber
University of Waikato

Margaret Beekhuis
*Psychology Associates,
Christchurch*

Neville Blampied
University of Canterbury

Ian de Terte
Massey University

Jeanie Douché
*School of Health Sciences,
Massey University*

Mai Frandsen
University of Tasmania, Australia

Bruce Glavovic
*School of People, Environment
and Planning, Massey University*

Thomas Huggins
Joint Centre for Disaster Research

Brett Hunt
Massey University

Barbara Kennedy
Massey University

Nigel Long
*School of Aviation, Massey
University*

John McClure
Victoria University of Wellington

Tia Narvaez
Massey University

Barry Parsonson
*Group Special Education, NZ
Ministry of Education*

Douglas Paton
University of Tasmania, Australia

Gary Steel
Lincoln University

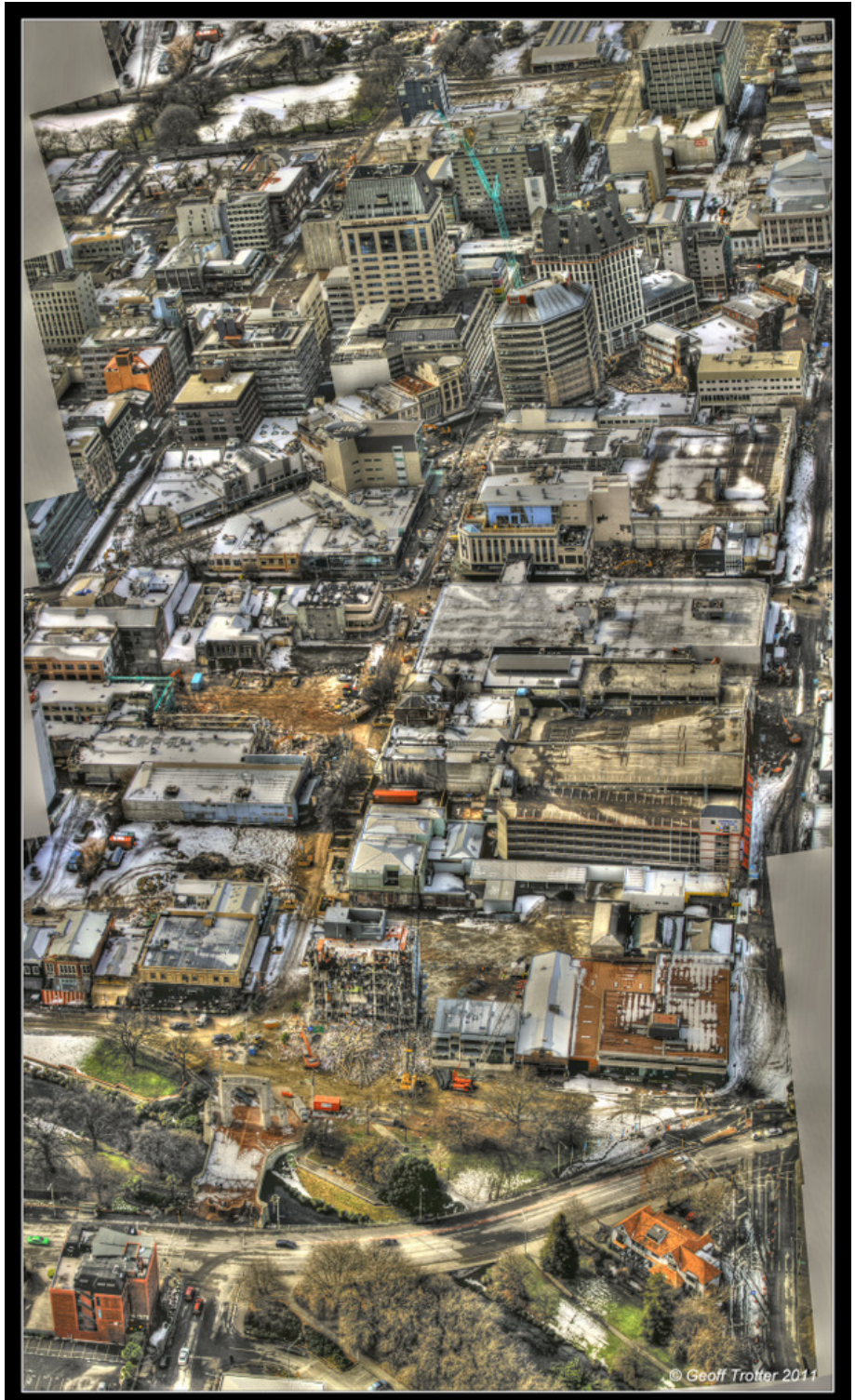
Ruth Tarrant
Massey University

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Geoff Trotter, Tony Brunt and Ross Becker, photographers of Christchurch, have allowed us to use, at no charge, their images to help people understand the changes underway for Canterbury.

▼Cashel Street from above, running away from the Bridge of Remembrance at lower left, on 31 July, 2011 – ©2011 Geoff Trotter



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The New Zealand Psychological Society

Te Rōpū Mātai Hinengaro o Aotearoa

Established in 1947, NZPsS is the largest professional association for psychologists in Aotearoa / New Zealand. Over 1,200 practitioner, academic and student psychologists are members and subscribers of the NZPsS, from diverse sub-disciplines and work environments.

The NZPsS is an incorporated society, governed by an elected National Executive, and managed by an executive director and staff based in its National Office in Wellington. The Society has an institute and branch matrix structure of specialism and regional groups.

The Society exists to:

- Promote the discipline of psychology as a science and the practice of psychology as a profession
- Promote the development and use of psychological knowledge for alleviation of social problems and reduction of social inequalities, consistent with the principle of empowerment
- Promote high standards of ethical and professional conduct and practice by psychologists
- Promote the teaching and dissemination of knowledge and skill in basic and applied psychology
- Ensure that all its policies and practices are responsive to Te Tiriti o Waitangi and to New Zealand's cultural diversity
- Ensure that the New Zealand Psychological Society is a highly valued, proactive and successful professional body that operates to best practice principles

*Awahi kokiringa ā whakamatau
hinengaro i Aotearoa*

Supporting and advancing psychology
in Aotearoa New Zealand

Advocacy

The Society expresses the collective views of psychologists in government and non-government environments and in the media. The Society advocates on behalf of its members on professional and client-relevant issues.

Society position statements express our strategic direction and policies on issues which impact on the psychological services and the health and welfare of New Zealanders. They are developed using members' expertise and may be changed or added to over time.

Professional Development

Members pay reduced rates at our full range of professional development events. Workshops are held around the country and in conjunction with the annual conference. Events use local and international expertise to assist members to enhance skills and knowledge, and to maintain continuing competence, a requirement of registration with the New Zealand Psychologists Board.

Annual Conference

The location of the annual conference moves about the country. The conference allows members and non-members to present to their peers, to hear cutting edge international and local experts, to attend workshops and to network with colleagues.

Publications

The *New Zealand Journal of Psychology* is a peer-reviewed journal, published about psychology relevant to New Zealand and our neighbours. The Society publishes up-to-date guidebooks relevant to practice and research in New Zealand.

Information and Resources

The Society's position statements, submissions and media releases can be found on our website's public pages. Information and links to useful professional resources are also there, with links to some resources for the public. The website also carries member-only information, news, and publications.

In addition to monthly news for members, the Society publishes *Psychology Aotearoa* twice yearly, to inform members about relevant practice, research, social and political issues, celebrate the achievements of members; give a forum for bicultural exchange; show contributions from students; air views of members and connect members with their peers.

Code of Ethics

All members receive a copy of the national Code of Ethics, written with significant input by Society members, which guides legal practice for New Zealand psychologists and safeguards individual and community wellbeing.

Referral Database

Members can choose to place their details on the NZPsS website referral database, which provides the public with a facility to locate psychologists in particular areas of practice in New Zealand.

Cultural Justice and Equity

The Society has a commitment to Te Tiriti o Waitangi and the attainment of cultural and social justice and equity. It has a National Standing Committee on Bicultural Issues, which contributes to publications and advises the Executive on policy development and action.

Awards and Fellowship

The Society makes awards to recognise psychologists' excellence in research and practice, and contributions to the profession and its public.

Links and Networks

The Society assists members to connect with colleagues through branch activities, membership of institutes/divisions and special interest groups. The Society is affiliated with the Royal Society of New Zealand and the International Union of Psychological Science and has links and MOUs with psychological societies in other countries. Find us at www.psychology.org.nz, call us on +64.4.4734884 or email us at office@psychology.org.nz

Foreword

John Fitzgerald, *Editor-in-Chief, New Zealand Journal of Psychology*

On behalf of the *New Zealand Journal of Psychology* and the New Zealand Psychological Society (NZPsS), I would like to open this Supplementary Issue by acknowledging the generosity of spirit and energy of those who have worked so hard to bring this project to completion.

Psychologists and their professional affiliates in Canterbury recognised the importance of the work they could do to assist the population during recovery from the earthquakes beginning on 4 September, 2010. As the aftershocks continued these psychologists continued their efforts to help with clinical treatment, public awareness, in-school services and in support of organisations and people involved in reassessing and repairing the physical, social and environmental damage. Professional support came from psychologists and allied professionals around the country and from further afield. A lot of the effort was unpaid, motivated by doing something for the city and its people.

During October 2010, Frank O'Connor (President of the NZPsS, quarter-time Christchurch resident and one of this issue's guest editors) asked some of those directly involved if they would consider telling of their experiences, with whatever professional comparisons and reflection time allowed, at the 2011 NZPsS annual conference. The invitation was taken up, reflecting the breadth of research and practice of the discipline: clinical research, organisational development, educational crisis response, community perspectives and counselling practices.

In June 2011, just two months prior to the annual conference of the NZPsS I was approached by the guest editors with a proposal. They had now a three-day symposium entitled "Earthquake: Response and Recovery" of 21 presentations directly related to the experiences of those in Christchurch, or on closely associated themes. A number of the presenters were Cantabrians living in the earthquake zone, or were people who had some association with the events which had unfolded since September 2010. This issue's guest editors, Frank O'Connor (symposium convenor) and Prof Ian Evans (Massey University), wanted to capture the content of the symposium for publication so that the wisdom, knowledge, and humanity expressed would not be lost, but rather that it be made freely available to all New Zealanders and other interested parties. This extra issue of the Journal exists largely due to their foresight, creativity and diligence.

Frank O'Connor and Ian Evans played significant roles during the conference by chairing sessions, leading discussions, and generally keeping proceedings on track. The whole symposium was audio recorded. Formal manuscripts of presentations were used where available. We are indebted to the many authors who presented their experiences and

knowledge. We are also grateful for the encouragement and practical support of the Joint Centre for Disaster Research.

All the presentations were transcribed, and we are grateful to Tia Narvaez (Massey and then Victoria University of Wellington) for her supportive work ensuring that the editors did not get too tangled in the morass of audio and digital files, and manuscripts. We are also grateful to the many reviewers who read and re-read the manuscripts, assisting the authors and editors in polishing the final product. Finally, Frank O'Connor turned his hand to typesetting and Ian Evans, once again, demonstrated his familiarity with the contents of the Publication Manual of the American Psychological Association.

The original goal of the guest editors was to 'capture the moment' so that time could be taken to reflect, review and learn, honouring the experiences and those who had experienced it. I believe that this has been achieved, and the NZPsS owes a great debt to those involved in the production of this publication. We thank all the psychologists who have contributed to this work, and the work it reports.