2013 Editorial

During 2013 the New Zealand Journal of Psychology (NZJP) has continued to publish material demonstrating the broad range of psychological scholarship, practice and innovation in Aotearoa/New Zealand. We can all be rightfully proud of the sharp intellects, adventurous spirits, and diligent hard workers active within our discipline. It is the task of the Journal's Editorial Board and reviewers to work with authors to ensure that the highest standards of publication are maintained. but we start by thanking the authors for their generosity in disseminating their work. Our journal is a scholarly record and reflection of what we do, of our development as a discipline, and a sharing of local resources and understanding. All contributions are respectfully and carefully considered.

In the three issues published this year you will find 21 papers and a book review. Seven of these papers are part of a Special Section on Counselling Psychology contained in this issue. On behalf of the Editorial Board I would like to thank Rhoda Scherman (Guest Editor), and her co-editors Jackie Feather and Elizabeth du Preez, for compiling this special section. The inclusions of Special Sections within the *NZJP* have been a useful development. When the Journal was produced in hard copy the financial limits on size meant that large collections of papers would necessarily restrict space for 'regular' papers, thus delaying publication. This made Special Issues a little difficult to manage. Moving to digital publication, with a theoretically limitless issue size, provides more options for producing collections of papers without needing to place restrictions elsewhere. Publishing Special Sections may require additional assistance from the Editorial Board and National Office and (usually) a guest editor, however, the opportunity to gather a body of work on a single topic into one place can be valuable ... the total often being greater than the sum of the parts. We encourage anyone with an idea for a special collection of papers to approach the NZJP with your ideas.

The Journal is also looking to develop its Book Review section. Books reviewed for the Journal must be authored by a New Zealand psychologist, or have a substantial amount of the content contributed by local psychologists, or be on a topic that has substantial and significant relevance to the practice of psychology in Aotearoa/New Zealand. The purpose of the Book Review section is to assist readers in remaining informed about current local resources, and being able to identify psychologists with expertise in particular areas. We currently have a number of books being reviewed under the expert management of Ros Case. Unfortunately, Ros will be leaving the Journal after this issue, so we must thank her for her valuable contribution, and wish her well for the future.

We must also thank the many individuals who have provided manuscript reviews for the *Journal*. With the diverse range of topics covered it can sometimes be difficult to identify reviewers who are able to 'cover all the bases'. We are particularly grateful to those who take on reviews which are on the periphery of their interest area, but who are willing to put in the extra time and effort to provide a review. We are also grateful to the overseas reviewers; your contributions have been much appreciated.

Reviewers of articles in 2013:

Stephen Appel Ailke Botha Stuart Carr Kerry Chamberlain Helene Cooper-Thomas Cate Curtis Nick Drury Elizabeth du Preez Bill Farrell Pani Farvid Jackie Feather Ron Fischer Ross Flett Stewart Forsyth Clare-Ann Fortune Dale Furbish Dianne Gardner

Nigel George Kerry Gibson Mary Grogan Brian Haig Jocelyn Handy Niki Harré Dione Healey Jackie Hunter Penny Kotot-Louw Joana Kuntz Ian Lambie Keith McGregor Martin Milton (UK) Tamar Murachver Mike O'Driscoll Epenesa Olo Whaanga Danny Osborne Elizabeth Peterson Prasad Podugu Devon Polaschek Jan Pryor Julia Rucklidge Richard Sawrey Ria Schroder Fred Seymour Byron Seiluli Peter Stanley Chris Stephens Sean Sullivan Louise Surgenor Armon Tamatea Natasha Tassell Paul Therly **David Thomas** Mark Thorpe Keith Tudor Keith Tuffin Kirsten van Kessell Tony Ward Mei Williams Carolyn Wilshire Kumar Yogeeswara

Finally, I acknowledge the contribution of the 'back room', the members of the Editorial Board and National Office, especially Donna and Debra. Without the skill and hard work of these people the *Journal* would not be fashioned into the form you see today.

John Fitzgerald, Ph.D.

Editor, New Zealand Journal of Psychology



Dr Russ Harris is now running workshops in:

Wellington: Jan 27-28, 2014 Auckland: Jan 30-31, 2014

To register, visit: www.actmindfully.com.au/auckland www.actmindfully.com.au/wellington

Over 14,000 Australian therapists have attended Russ's workshops!

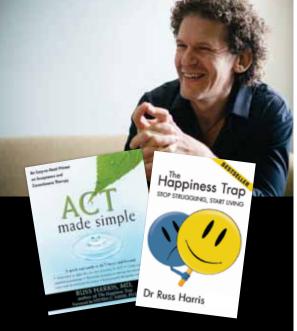
The aim of ACT is to create a rich, full and meaningful life, through mindfulness and values-guided action. Do you like the idea of:

- · Mindfulness without meditation
- · Motivation without coercion
- · Symptom reduction without trying
- Meaning, fulfillment and vitality for both clients and therapists

If so, come to one of our workshops! Numerous published studies show good results for ACT with depression, OCD, GAD, social anxiety disorder, addictions, chronic pain, schizophrenia, and many other conditions.

The introductory workshop includes a vast range of free resources including:

A copy of Russ's book, The Happiness Trap A copy of Russ's CD, Mindfulness Skills: Volume 1 A brand new 3-month e-course to get you started: 'Dipping Your Toes Into ACT' Numerous training videos, MP3s, PDFs, handouts, worksheets, and much more!



Dr Russ Harris, internationally-acclaimed ACT trainer, is the author of the world's best-selling ACT book, *The Happiness Trap,* as well as seven others, including *ACT Made Simple* and *The Reality Slap*

'Russ Harris is brilliant in his ability to present complex clinical ideas in an accessible way. He has put in the years to understand the ACT model deeply, to apply and extend it with integrity ... and brought his clinical creativity to new methods and new ways of getting to the heart of these issues with clients.'

Steven C. Hayes, creator of ACT

For details, visit www.actmindfully.com.au