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NZPsS NEWS

NZPsS Psychology Week- 9-15th November is nearly here!!!!

The NZPsS inspired and organised Psychology Week is not far off now and preparations are going well. The aim of Psychology Week is to make psychology more visible to the public and raise awareness of what psychologists do in their varied roles. It is also hoped that the week will help to raise awareness of ways to maintain and improve psychological wellbeing.

Some of the events planned include, talks for the public on “living life with wellbeing”, “psychology as a sustainable future”, “mindfulness”, “child psychology”, “what psychologists do” and more. If you would like to be involved make contact with your local branch or institute or email us at office@psychology.org.nz

NZPsS Connecting Internationally

NZPsS President Kerry Gibson and Executive Director Pamela Hyde were invited by Mike Kyrios, President of the Australian Psychological Society (APS) and Lyn Littlefield Executive Director to attend the recent 50th Jubilee Conference of the APS on the Gold Coast. Kerry presented a paper at the conference as did Waikaremoana Waitoki, NZPsS Director of Bicultural issues and colleagues from the University of Waikato. The conference had over 1000 participants. It was good to experience the “welcome to country” from Indigenous Australians at the opening of the conference. There were useful opportunities to meet with Mike and Lyn to discuss issues impacting on psychology in Australia. Many of the issues noted by them are similar to those faced by New Zealand psychologists and raised in the Future of Psychology meetings. The APS has over 22,000 members and a staff of 110FTE. As always they were very generous in sharing resources. There were also opportunities at the conference to talk with President of the International Union of Psychological Science (IUPsyS), Saths Cooper. The NZPsS is a member of this organisation and the NZPsS plans to increase its involvement by being part of discussions in forming an Asia-Pacific psychology alliance.

Making Connections Locally

The Society recently held its annual meet and greet to thank those with whom the Society connects with at a political, policy and professional level and to make new connections. It was good to have a number of the DHB advisors with us and others from Health Workforce News Zealand, the Mental Health Foundation, the Royal Society, Psychologists Board, Victoria and Massey universities, Ministry of Education, Corrections, NZCER, NZCCP, New Zealand Association of Counsellors and others. Good talking was done and it was enjoyable to catch up with old and new colleagues and friends.
Farewell to Fenella Henderson—undergraduate intern

Fenella Henderson and undergraduate student at Victoria University has been spending a three month undergraduate internship at the Society as part of completing her degree and gaining some work experience. Fenella not only experienced the office environment but also learned some more about the profession of psychology. One of her majors is in psychology. Fenella was a great help during a busy period and assisted with some of the tasks associated with the revising of the Professional Practice book. We wish Fenella well in her future studies and career direction. The Society will be enthusiastic participants in this scheme in future years.

NZPsS Family Violence Law Review Submission - a big thank you to Dr Alison Towns

Thanks to the hard work of NZPsS member Dr Alison Towns with the help of the Coalition for the Safety of Women and Children the Society was able to make a thoughtful and well-researched submission on the important review of family violence law. To access this submission click: [http://www.psychology.org.nz/wp-content/uploads/Family-Violence-Law-Review-Submission.pdf](http://www.psychology.org.nz/wp-content/uploads/Family-Violence-Law-Review-Submission.pdf)

Meeting of Institute and Branch Chairs

The annual meeting of Institute and Branch chairs with the Executive and National Office staff was held at National Office on 15 October. This regular meeting is very much valued by all participants in providing an opportunity to talk about the myriad of ways in which the institutes and branches can work with national office to benefit members and with each other in sharing resources and ideas. Topics discussed included Psychology Week, professional development, mentoring for new professionals, future of psychology issues, climate change, student issues. It was an enjoyable and productive day.

Meeting with the Ministry of Education re Special Education Review/Update

Kia ora koutou

John Fitzgerald (Director of Professional Development & Training, NZPsS Executive) and myself (President Elect, NZPsS) met with David Wales (National Director Special Education Service), Julie Hook (National Manager, Practice, Special Education, Sector Enablement and Support) and Anna Priestley (Senior Advisor/ Educational Psychologist, Professional Practice Unit) on 6 October 2015.

This meeting was planned to discuss the Special Education Review/Update in early July and cancelled a number of times by the Ministry of Education. In the event the timing was rearranged at the last minute so the meeting was limited to 30 minutes.

Key points:

1. We understand that the Minster was briefed on a set of A3s and no formal report was produced in July 2015. We have requested any written information in any format about the special needs update. David has delivered a presentation to all Special Education District Manager’s about the special education update and he offered to talk us through this presentation at our next meeting.

2. We expressed concern that many NZPsS members did not feel they were consulted. David acknowledged that Ministry of Education staff may not have felt as involved on this process but that the priority was to ‘engage’ rather than consult particularly the education sector and parents.

3. We sought details of any plans for service design. We were told that they have backed away from an explicit design opting for an ‘appreciative enquiry’ type approach. Managers have been given permission within certain parameters to trial different design/s to meet the Ministry’s goals for young people. The intention is that by mid-next year a service design will emerge. There was a consensus that educational psychologists and psychologists in education had a valuable contribution to make to such designs with expertise working at an individual, local and strategic level. We requested information about the current parameters in which these trials will take place.

4. We asked about the devolvement and commissioning of services. We were told that this had not been discussed and at present there was no planned structural change. Decisions might change next year as the service design evolves and consideration is made as to how best to employ the 2000 staff employed as RTLBs/Psychologists.

5. There was a discussion about the development of self-organising ‘communities of schools’ and that educational psychologists and psychologists in education had valuable skills in consultation, reviewing needs and evaluating data.
6. At present David stated there was a ‘pragmatic’ approach to inclusion with 95% of students educated in mainstream classrooms and no intention to close Special Schools. It was acknowledged that we needed to do more to equip educators around the practicalities of inclusion.

7. David expressed a concern that the Ministry was not readily able to answer the question “How well are we doing?” in terms of how well the special needs service met the needs of young people. The design trials will encourage Ministry of Education staff to collect relevant information about practice to be aggregated at a national level in an attempt to answer this question. The professional training of psychologists was viewed as containing valuable skills to facilitate this process.

8. We were keen for practicing educational psychologists and psychologists in education to fully utilise their skills to deliver relevant research and evaluation alongside colleagues in universities. David, Anna and Julie were keen to explore ways to remove the current constraints on our members to make this possible. This included our need for access to an ethics committee. A further meeting will be scheduled a months’ time.


Quentin Abraham, President Elect, NZPsS

NZPsS Media Releases

Refugee Crisis

President of the NZPsS, Kerry Gibson noted in an NZPsS media release that “Psychologists cannot remain silent on the refugee crisis. To ignore this issue is in breach of our ethical principles that demand that we address and challenge social injustice in our broader society,” said Dr Kerry Gibson, President of the New Zealand Psychological Society. To read the release click http://www.psychology.org.nz/wp-content/uploads/Media-Release-Refugee-Crisis.pdf

New Support for Cancer Patients

An important and compassionate initiative- this is how Dr. Kerry Gibson, President of the New Zealand Psychological Society (NZPsS) described Health Minister Jonathan Coleman’s announcement of $4.5 million a year for improved psychological and social support for people who have had a diagnosis of cancer. Having the input of psychologists for patients and their families during this challenging period of their lives will help people to adjust to their diagnosis and cope with the demands of treatment. To read the release click http://www.psychology.org.nz/wp-content/uploads/Media-Release-Funding-for-Cancer-SupportWS.pdf

Professional Issues

Ethics Matters

It is lovely to be back after I took a break in September – thank you to Pam Hyde and Kerry Gibson for their generous support of my self-care plan. When I started to think about a useful and relevant topic for this column one of my colleagues told me about the ongoing challenges of one her supervisees in private practice. She was struggling with her professional liaison with other health care professionals and asked whether I would mind putting down some thoughts on this topic. She stated her concerns as follows (printed with permission):

“My email to the other professional usually states the risks and urgency, and asks for liaison. I also back this up with a phone message (left with medical practice reception which I find is often quite a useless exercise). I received no reply – even though I ended the email with … I believe it would be helpful if you and I worked closely together in these two weeks - please let me know your thoughts and whether you are prepared to back up this plan - tomorrow I am available on xxx until 8.50am or between 1.30 and 2pm, otherwise with clients.”

The questions that they were battling with in supervision included: (1) What would be an effective way of communicating? (2) When there is a clearly defined safety risk, what do we do to encourage a response? (3) Do we, as the referring psychologist, have a responsibility to keep following up if we don’t get a response from the medical practice or practitioner?

Communicating with other health care professionals requires us to keep the ethical principles of informed consent, confidentiality and privacy in mind. If possible, (keeping the limits of confidentiality in mind) we should obtain written consent from our clients to liaise with other health care professionals, and take care that only information pertaining to their care is shared. Principle 1.6.9. in the Code of Ethics is of particular importance – “Psychologists do not disclose personal information obtained from an individual, family, whanau or community group or colleague without the informed consent of those who provided the information.” It is also important to know that professional and community relations, consultation and collaboration is considered by the New Zealand Psychologists Board as a core competency for psychologists practising in New Zealand. It is described as a list of 17 skills, and I would like to turn our attention to the first six skills:

• Engagement of the client or clients’ clarification of roles, responsibilities, and the nature of service required in consultation with other relevant individuals.
• Establishment of professional relationships.
• Articulation of the role of the psychologist and the role of others in systems they are working with.
• Identification and explanation of psychological models and how they guide intervention.
• Description of the input that the psychologist might have in particular situations.
• Negotiation and clarification of the parameters of the psychologists’ involvement.

If we take the core competencies and the Code of Ethics into account, it sounds as if this should not be a problematic task for us, but every psychologist I asked about this had a story to tell about the difficulties of engaging with other health care professionals, ranging from not getting replies on emails or voicemails, to not being sure whether the client has actually been transferred and accepted into the referred service in order for them to take a step back, and not being kept in the loop of service delivery to the client. It clearly seems to be a problem area for perhaps most of us and it is therefore important to think about how to increase our competency and skill in this regard.

When I go back to the above skill list, it is clear that there are three core tasks that a psychologist has to attend to when liaising with another professional: obtaining the client’s perspective; expectations and informed consent to release relevant information; developing and maintaining a relationship with the other health care professional and being very clear in our communication about our role and the parameters of our involvement, our expectation of their contribution, and how psychological understanding and intervention might make a difference. It is certainly the second task that seems to be most challenging – how do we actually initiate and maintain a relationship with another professional in an effective way?

After an extensive literature search I found the Professional Practice Guideline - Best practice referral, communication and shared care arrangements between psychiatrists, general practitioners and psychologists developed by the Royal Australian and New Zealand College of Psychiatrists can be found at this link - https://www.ranzcp.org/Files/Resources/College_Statements/PS-Best-Practice-Referral-Communication-between-ps.aspx.

The eminent New Zealand psychologist Professor Jack Tizard is internationally honoured

On 14th October the British Psychological Society honoured this New Zealander for his international role as a ‘lens maker’ in the field of intellectual disability. Jack Tizard was born in 1919 in Taranaki. Both his parents died of TB, so he was brought up by his widowed grandmother and her unmarried daughters. He studied psychology and philosophy at Canterbury University College, completing a masters thesis on ‘The Maori School of Learning’.

Through a study grant at Oxford University he gained a first class degree. He began his groundbreaking research into intellectual disability at a new Social Psychiatry Unit in London. In 1973 Jack Tizard founded and directed the Thomas Coram Research Unit in London, a multidisciplinary Unit concerned with factors affecting services to children. His advisory work was extensive, for example as consultant to the World Health Organization and the OECD.

The ‘lens’ through which he looked had first, a focus on learning. When Jack Tizard began his research, people with intellectual disabilities were often incarcerated in hospitals, with limits to learning. Jack Tizard transformed hospital workshops through occupational research and training, leading to the discharge of many hospital residents. His research showed that young adults with ‘IQs’ in the low 30s and 40s, could learn, and use that learning in different situations. He joins other leading psychologists of that time, Vygotsky and Feuerstein, in their optimist view of the capacity of all learners to enhance their learning potential.

Second, the lens had a focus on the learning context. Professor Jack Tizard’s work included detailed research on service delivery for people with intellectual handicap within the community. His books, ‘Community Services for the Mentally Handicapped’ published in 1964, and ‘Varieties of Residential Services’ in 1975, were influential world-wide in the move towards community care. He was personally influential in this move in New Zealand. Professor Tizard explored the complex factors in residential facilities which were responsible for the social well-being of residents: flexibility of routine, individualized treatment, personalized procedures, and the quality of social interaction between staff and residents. No matter what the learning organization (the Tizards also studied nursery facilities), these factors appear crucial. As schools compete in our market-led system, driven by a narrow range of assessment criteria, these factors could play an important role in the success
of all students.
Dr Dorothy Howie, Honorary Academic, University of Auckland (D.Howie@auckland.ac.nz)

**Student Space**

**From your student rep- Michele Blick**

Kia ora fellow students

You may be interested to read the two links below. They relate to a comment made by ACT MP David Seymour to a student's question at a recent annual politicians’ debate at Weir House, Victoria University. When asked a question relating to the rise of student anxiety and depression, he responded that students should ‘harden up’. Students were stunned and there was a “sharp intake of breath all around” commented Labour Leader Andrew Little. According to Rory McCourt, President of the New Zealand Union of Students’ Association (NZUSA), between 2009 and 2014 there has been a 24% increase in counselling sessions at New Zealand’s eight universities. Furthermore, the number of students who have accessed the counselling service at Victoria University during this period has increased by nearly 45%. “How bad does it have to get for politicians to take the deteriorating mental health of our students seriously?” asked McCourt.


Marc Wilson, an NZPsS member, has called David Seymour’s comments ‘reprehensible’. Marc discusses the pressures students are under due to debt, ineligibility for a student allowance at postgraduate level, and unpaid internships. http://www.stuff.co.nz/dominion-post/comment/72161104/act-mp-david-seymours-harden-up-call-reprehensible

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**NZPsS Annual Conference**

Thanks to Camille and Cathy for sharing their experience of presenting at the Annual Conference, and to Cindy for contributing her impressions.

**Camille Patterson**

It was a great experience to be involved in the NZ Psychological Society Conference. I presented on my Master’s thesis The Nature of Engaged Teaching in NZ Secondary Schools. This study presents a case for New Zealand secondary school teachers to integrate social and emotional teaching principles in their school setting. Although preparing to present at the conference was initially rather daunting(!), I enjoyed the challenge and am pleased that I made the decision to do this. The other presentations were inspiring and the opportunity to meet and talk with others from the field was a definite highlight. I encourage more of you to present at the 2016 conference.

**Cathy Robson**

Presenting at the NZ Psychological Society Conference was a great experience and opportunity to share my learning journey from my internship year. It was helpful to receive feedback and further questions from those who attended the presentation. Listening to other speakers was inspiring and provided motivation of new areas to research or interventions to try. It was a wonderful opportunity to find out about what is happening in the field and network with others from around the country.

**Cindy Wu**

My first time attending the Psychological Society Conference was a great experience and opportunity to share my learning journey from my internship year. It was helpful to receive feedback and further questions from those who attended the presentation. Listening to other speakers was inspiring and provided motivation of new areas to research or interventions to try. It was a wonderful opportunity to find out about what is happening in the field and network with others from around the country.
delivered clearly and convincingly. I was in awe of his wealth of knowledge by the end of his presentation. What’s even more exciting was that Joe was even kind enough to sign my book! Definitely the highlight of my day.

All in all, this was a fantastic experience in a gorgeous city with a bunch of intelligent psychologists (and psychologists-to-be) - a weekend well spent.

Student Input
The last couple of Connections have included contributions from students who attended the Annual Conference. Student Space is an opportunity to include the voice of all students. Please email me with your ideas regarding how students can contribute in Student Space. If you already have something you would like to contribute, please feel free to email it to me. You might want to comment on an issue that is currently being discussed in the media, share the experience of your internship year, outline your thesis topic … I look forward to lots of emails!

Ka kite
Michele (micheleblick1@gmail.com)

Check out the 20% discount on the already low NZPsS student price for Professional Practice of Psychology in Aotearoa New Zealand - go to our online bookstore.

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**NZPsS Professional Development**

NZPsS hosted workshop:  
**Making the case for personalized psychotherapy**  
**Presenter: Dr David Green, UK**

3 November, Auckland  
9 November, Wellington  
12 November, Dunedin

See workshop flyer on page 11

Go to the website for more information about the training and to see updates: [http://www.psychology.org.nz/pd-events/nzpss-events](http://www.psychology.org.nz/pd-events/nzpss-events) or contact Heike at pd@psychology.org.nz

You can register for all events online.

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**Membership Notices**

The names of applicants for Full Membership of the NZPsS (and their nominees) approved for ballot, are listed below. Under Rule 11.4, a member who objects to the election of any applicant shall lodge the objection in writing with the Executive Director within 21 days of receipt of this notice. Such objection shall be supported in writing by a second member. An unsupported objection made by one member will be considered only under exceptional circumstances. If no objections are received within the time allowed, these applicants will be confirmed as members of the Society.

Whiringa-ā-nuku - October 2015 Members’ Ballot

**Full members**

**AMES**, Jonathan Hamilton  
D Phil (Psych), Wright Institute, United States of America, 1995

**C Young / R Lean**

**Le GRICE**, Jade S Auckland  
D Phil (Psych), University of Auckland, 2015 BA (Hons) Psychology, University of Auckland, 2011.

**M Dudley / W Waitoki**

**LIDDELL**, Christopher Palmerston North  
M AppPsych (Hons), University of Waikato, 2013; B Soc Sc (Psych), Waikato University, 2011

**S Keamey / M O’Driscoll**

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**Reinstated**

Kirsty Maxwell-Crawford, Whakatane

**Emeritus Associate Fellow**

Dr David Wong, Canada

**Resigned**

Deborah Watkin  
Robyn Vertongen  
Kelly Birkett  
Eve Graham

**Deceased**

Janet Miller, Pahiatua

**Student Welcomes**

Dhakshi Gamage, Auckland  
Samantha Mayall, Hamilton  
Carey Miesner, Christchurch  
Catherine Whitehouse, Levin  
Julie White, Wellington  
Ashley Deane, Dunedin  
Danielle Reeves, Tauranga  
Ashik Patel, Auckland  
Alysha Simonsen, Auckland

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**Institute Welcomes**

**Clinical**

Annie Maillard, Full member, Christchurch

**Educational & Developmental**

Pauline Stewart, Practitioner, Otatara  
Margaret Evans, Practitioner, Tasman  
Kathryn Cumming, Practitioner, Gisborne  
Veerle de Vries, Student, Wellington  
Heidi Mulder, Practitioner, Te Aroha  
Shirley Lethborg, Practitioner, Nelson  
Barry Fry, Practitioner, Feilding

**Health**

Juliette Horne, student, Auckland  
Sarah Colgan, Auckland
The Mental Health Foundation has developed a resource “Support groups for suicide loss: a handbook for Aotearoa New Zealand”.

The resource is the first of its kind in New Zealand and includes practical steps for setting up and running a group, the personal experiences and comments of support group facilitators around New Zealand, and plenty of examples to help those who wish to establish a support group of their own.

Source: Mental Health Foundation Newsletter, September 2015

Children of more caring, less controlling parents live happier lives

A UCL-led lifelong study of people in England, Scotland and Wales has found that those whose parents were more caring and less controlling during their childhood were likely to be happier and more satisfied throughout their lives.

Care from both mother and father were found to be equally important predictors of participants’ mental wellbeing through to middle age, although paternal care had a greater association with wellbeing in later life (age 60-64).

People whose parents exerted greater psychological control during childhood had significantly lower mental wellbeing during adulthood than those with less controlling parents, with an effect size similar to the recent death of a close friend or relative.

The study monitored the mental wellbeing of participants in the in MRC National Survey of Health and Development between the ages of 13 and 64. The survey tracked 5,362 people since their birth in 1946, of whom 2,800 remain under active follow-up. 3,699 participants had complete wellbeing data at ages 13-15, falling to approximately 2,000 by ages 60-64.

Published in The Journal of Positive Psychology, the research highlights how parenting can have long-term positive impacts on wellbeing that continue through to older age.

Source: Mental Health Foundation Newsletter, September 2015-UK: UCL and Medical Research Council.

Engaging with Māori, authentically and holistically

You might be interested to read Te Pou’s latest story of change about the Wairua Tangata programme, offered by Health Hawke’s Bay Primary Health Organisation (PHO). An impressive uptake in engagement has been created through its successful primary mental health service. Within its first year of operating the programme, non-attendance rates have reduced, and have been maintained, from 30 per cent to less than five per cent.

Read the full story on the Te Pou website.

Source: Te Pou e-bulletin- 8 October

Ready for consultation: commissioning framework for mental health and addiction

A consultation draft of the Commissioning Framework for Mental Health and Addiction is now ready. The goal of this framework is to ensure people are at the centre of commissioning for equitable outcomes, wherever they live and whatever their circumstances.

Feedback can be shared through national, regional and local consultation, workshops and forums as well as by written submission. There will be four regional workshops in Auckland, Hamilton, Wellington and Christchurch. Find the consultation draft and more details on the Ministry website.

Source: Te Pou e-bulletin- 8 October

‘Supporting parents, healthy children’ COPMIA guideline launched

Dr John Crawshaw launched the Ministry of Health’s Supporting Parents, Healthy Children guideline in late September. The guideline sets expectations and provides recommendations for services engaging with children, family and whānau. It outlines a five-year phased implementation process across organisational, service and practice levels with both essential and best practice elements. For many services this will require a paradigm shift from the individualised approach that is often the focus.

Supporting Parents, Healthy Children - Supporting parents with mental illness and or addiction and their children: A guideline for mental health and addiction services can be downloaded from the Ministry of Health website.

Source: Te Pou e-bulletin- 8 October

Professional Development Database

We are establishing a database with members who are interested in presenting workshops/seminars/webinars hosted by the Society. Please contact Heike if you are interested. pd@psychology.org.nz

Media database

We have established a database with Members we can contact to comment on psychology issues when the media makes contact with the Society and require subject experts. If you are not on our database, but would like to be added, we will send you the questionnaire to complete. Please contact Heike: pd@psychology.org.nz

New Zealand Psychological Society
PO Box 25271, Featherston Street, Wellington 6146
www.psychology.org.nz
phone: 04 4734884; fax: 04 4734889;
email: office@psychology.org.nz

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Research Project Seeks Your Support

Dr Karen Frewin and Dr Natasha Tassell-Matamua would like to invite registered psychologists to participate in a national survey concerned with “Spirituality in Psychology, Psychotherapy and Counselling: Investigating Knowledge, Attitudes and Beliefs Towards Spirituality Amongst Health Practitioners in New Zealand”. The research is being conducted through Massey University. Karen is a registered psychologist and a senior lecturer in counselling and supervision practice, she has talked with many clients about spiritual experiences and/or the difficulties some clients and practitioners face when wanting to talk about spiritual beliefs. Natasha is a lecturer with the School of Psychology, and over the past few years has researched different forms of spiritually transformative experiences. This research project will extend that work, by developing a broader profile of practitioner’s understandings of spirituality, and furthering awareness of the types of knowledge health practitioners are seeking in order to address matters of spirituality.

The link below will take you to an online information sheet. After reading this you can decide whether or not you would like to continue with the survey questionnaire. Karen and Natasha would like to hear from as many practising psychologists as possible and very much look forward to your response.

Follow the link: http://tinyurl.com/q5odl88

Closing Date of Survey: 20 November 2015

Invitation to Participate in Research: Survey on Evaluation of Professional/Clinical Supervision in Aotearoa.

We are an interdisciplinary team of researchers from counselling, mental health nursing, psychology and social work who are investigating the evaluation of professional/clinical supervision.

We would like invite you to take part in this online survey. We are interested in whether or not, and how you are currently evaluating professional/clinical supervision and your views about how professional/clinical supervision could be evaluated.

This research has ethical approval from the Waikato Institute of Technology Research Ethics Committee. The aims of the research are:

1. to map and document current practice of evaluation in supervision
2. to identify what participants would consider to be best practice in the evaluation of supervision
3. to identify the reasons supervision may not be evaluated
4. to ascertain interest in evaluation and what would be valuable to assist this evaluation.

We would greatly value your contribution to this multidisciplinary venture. This survey should take no longer than 20 minutes. Please click on the following link which will take you to the survey to begin. Please could you complete within two weeks of receiving this email.

https://wintec.qualtrics.com/SE/?SID=SV_089cGmU0c2hgzuR

Many thanks
Janet, Bev, Allyson & Michael.

Janet May, Senior Lecturer, Counselling and Supervision
Beverley Burns, Registered Psychologist, Private Consultancy
Allyson Davys, Registered Social Worker, Private Consultancy
Michael O’Connell, Clinical Nurse Director, Mental Health & Addiction Service Lakes District Health Board

If you have any queries about the project at any stage please do not hesitate to contact janet.may@wintec.ac.nz or ph. 07 8348800 ext. 8974.
PD Opportunities

New Zealand Events
*28 October, 2015 Wellington Skylight “How to deal with feelings, of shame, guilt and regret”. For more information please email pd@skylight.org.nz
*30 October, 5, 6, 12 & 13 November, 2015 Wellington, Dunedin, Christchurch, Hamilton and Auckland Mental Law Conference 2015. For more information please email No1anzap@gmail.com.
*5-6 November, 2015 NZ Dementia Summit 2015, Wellington. For more information contact nzdc@composition.co.nz
*5-6 November, 2015 Christchurch “A Practical Introduction to Using Small Figures in Counselling and Psychotherapy” workshop. For more information please see http://www.smallfigures.net/
*6 November 2015 Auckland IHP presents A breath taking event…..“Assessment and management of people with Breathing Pattern Disorders (Hyperventilation Syndrome)” For more information please email jallison@akcansoc.org.nz or r.dobson@auckland.ac.nz
*9 November, 2015 Family Courts Association of New Zealand (Auckland) Inc November Dinner Meeting Invitation. For more information and to RSVP please email admin@famcourtsassociation.org.nz
*18 November, 2015 Wellington Skylight “Working with Maori”. For more information please email pd@skylight.org.nz
*20, 24 & 30 November, 2015 Auckland, Wellington, Christchurch Healthy Deaf Minds NZ Workshop. For more information please see http://www.cdmhp.org.nz/
*21 & 22 November 2015, Petone, Family Constellations workshop: daveym@ihug.co.nz
*24-28 November 2015 Victoria University, Wellington ANZ ACBS 2015 Conference. For more information see ANZ ACBS

*22-24 November, 2015 Wellington Early Intervention in Psychosis Conference. For more information please see http://www.eistrainingforum2015.org/

*27 November 2015, 4th Aotearoa New Zealand Organisational Psychology and Organisational Behaviour Conference, The University of Auckland - Call for papers: h.cooper-thomas@aubc.ac.nz

Overseas Events
*9-12 November, 2015 Taipei, Taiwan 4th International Workshop on Psychological Intervention After Disasters. For more information see here: www.iupsys.net
*1-3 December, 2015 Cairns Queensland Australia 4th Indigenous Health Conference. For more information please see http://www.indigenousconferences.com/
*2-4 December, 2015 Prague IFMAD 15th Annual International Forum on Mood and Anxiety Disorders. For more information please see: http://www.ifmad.org/
*“Sustainable Global Economy and Human Rights” from December 7th to 12th, 2015 @ Plano Conference Center, Texas City USA: gshro.contactoffice@aim.com
*January 16-17, 2016 in Miami Beach, Florida, USA, 14th Annual Mild Cognitive Impairment (MCI) Symposium, The Annual Early Alzheimer’s Diagnostic and Treatment Workshop and The Annual Alzheimer’s Public Educational Forum

Events Calendar

International Society for the Study of Trauma and Dissociation
Australia and New Zealand Regional Conference:
Broken Structures, Broken Selves: Complex Trauma in the 21st Century
27 – 29 November 2015
The Westin Sydney | 1 Martin Place | Sydney, NSW 2000 | Australia
The early bird registration deadline will soon be ending for this conference, which is of particular relevance to the child abuse/complex trauma field. Please see the flyer here for details: http://nzccp.us3.list-manage2.com/track/click?u=e104fc404816c10570243f3e0&id=09de18bf89&e=9356eb0d56

The conference will include the following events:

- *27 November 2015, 4th Aotearoa New Zealand Organisational Psychology and Organisational Behaviour Conference, The University of Auckland - Call for papers: h.cooper-thomas@aubc.ac.nz
- *10-12 February 2016 Auckland 6th International Gambling Conference. For more information please see www.internationalgamblingconference.com
- *7-9 April, 2016 New Plymouth 41st Annual Scientific Meeting of the New Zealand Pain Society Inc. “Surfing the Pain Wave - Resilience”. For more information please see www.w4uconferences.co.nz

NEW ZEALAND EVENTS
*28 October, 2015 Wellington Skylight “How to deal with feelings, of shame, guilt and regret”. For more information please email pd@skylight.org.nz
*30 October, 5, 6, 12 & 13 November, 2015 Wellington, Dunedin, Christchurch, Hamilton and Auckland Mental Law Conference 2015. For more information please email No1anzap@gmail.com.
*5-6 November, 2015 NZ Dementia Summit 2015, Wellington. For more information contact nzdc@composition.co.nz
*5-6 November, 2015 Christchurch “A Practical Introduction to Using Small Figures in Counselling and Psychotherapy” workshop. For more information please see http://www.smallfigures.net/
*6 November 2015 Auckland IHP presents A breath taking event…..“Assessment and management of people with Breathing Pattern Disorders (Hyperventilation Syndrome)” For more information please email jallison@akcansoc.org.nz or r.dobson@auckland.ac.nz
*9 November, 2015 Family Courts Association of New Zealand (Auckland) Inc November Dinner Meeting Invitation. For more information and to RSVP please email admin@famcourtsassociation.org.nz
*18 November, 2015 Wellington Skylight “Working with Maori”. For more information please email pd@skylight.org.nz
*20, 24 & 30 November, 2015 Auckland, Wellington, Christchurch Healthy Deaf Minds NZ Workshop. For more information please see http://www.cdmhp.org.nz/
*21 & 22 November 2015, Petone, Family Constellations workshop: daveym@ihug.co.nz
*24-28 November 2015 Victoria University, Wellington ANZ ACBS 2015 Conference. For more information see ANZ ACBS

*22-24 November, 2015 Wellington Early Intervention in Psychosis Conference. For more information please see http://www.eistrainingforum2015.org/

*27 November 2015, 4th Aotearoa New Zealand Organisational Psychology and Organisational Behaviour Conference, The University of Auckland - Call for papers: h.cooper-thomas@aubc.ac.nz

*10-12 February 2016 Auckland 6th International Gambling Conference. For more information please see www.internationalgamblingconference.com

*7-9 March, 2016 Auckland, “The Model, Methods and Techniques”. For more information please see http://www.schematherapytraining.com/

*7-9 April, 2016 New Plymouth 41st Annual Scientific Meeting of the New Zealand Pain Society Inc. “Surfing the Pain Wave - Resilience”. For more information please see www.w4uconferences.co.nz

OVERSEAS EVENTS
*9-12 November, 2015 Taipei, Taiwan 4th International Workshop on Psychological Intervention After Disasters. For more information see here: www.iupsys.net
*1-3 December, 2015 Cairns Queensland Australia 4th Indigenous Health Conference. For more information please see http://www.indigenousconferences.com/
*2-4 December, 2015 Prague IFMAD 15th Annual International Forum on Mood and Anxiety Disorders. For more information please see: http://www.ifmad.org/
*“Sustainable Global Economy and Human Rights” from December 7th to 12th, 2015 @ Plano Conference Center, Texas City USA: gshro.contactoffice@aim.com
*January 16-17, 2016 in Miami Beach, Florida, USA, 14th Annual Mild Cognitive Impairment (MCI) Symposium, The Annual Early Alzheimer’s Diagnostic and Treatment Workshop and The Annual Alzheimer’s Public Educational Forum
**Events Calendar**

*14-17 January, 2016 Cannes France Worl Congress on Concurrent Pregnancy Loss. For more information see www.wcrpl.com*


*30 March - 1 April, 2016 Kona, Big Island, Hawaii USA IFTA's 24th World Family Therapy Congress. For more information please see: http://www.ifta-congress.org/

*31 March - 4 April, 2016 Brazil 2nd World Conference on Personality. For more information please see http://www.perpsy2016.com/

*11-13 April, 2016 Athens, Greece 12th conference of the European Academy of Occupational Health Psychology. For more information please see http://www.eaohp.org/conference.html

*28-30 April, 2016 Barcelona Spain 22nd International Symposium on Current Issues and Controversies in Psychiatry. For more information please see www.controversiasbarcelona.org/en

*5-8 May, 2016 Warsaw, Poland 19th SIS World Congress on Breast Health Care. For more information please see http://www.siscongress.org/

*11-13 May, 2016 Porto Portugal 5th EFCAP Conference. For more information please see http://www.efcap2016.com

*16-17 May, 2016 Gold Coast Australia 3rd Eating Disorders and Obesity Conference. For more information please see http://www.vision6.com.au/ch/11035/2w46swp/1888218/d64a417s3q.html


*10-14 July, 2016 Vilnius, Lithuania 24th Biennial Meeting of the International Society for the Study of Behavioural Development. For more information please see www.issbd2016.com


* 7-11 November, 2016 Port au Prince, Haiti. For more information please see http://www.crccp2016.org/

**Character serviced offices in heritage building on The Terrace**

We currently have a couple of rooms on level 3 of our serviced offices that would suit individual professional practitioners. These rooms are part of a suite that can be closed off from the rest of the building for the privacy of clients. Currently there are seven psychotherapists and psychologists already practising in the building. Ideal location in the CBD - easily accessible from the railway station, urban motorway, and buses.

Car parking may be available by negotiation.

For more information or to inspect the offices please contact manager Anne White on (04) 473 7885 or (021) 897 972 email anne.white@xtra.co.nz or go to the website www.bon.co.nz

**EMPLOYMENT OPPORTUNITY:**

**PSYCHOLOGY ADVISOR**

(Accreditation and Investigations)

The New Zealand Psychologists Board requires a Psychology Advisor (.4 FTE) to assist with its accreditation and investigation functions. Unless otherwise mutually agreed, this position will be based in Wellington.

Applicants will have a minimum of eight years of experience as a psychologist, ideally including experience in:

- working to legislation,
- a professional advisory role,
- accreditation and/or investigations,
- relationship management, and
- management in an academic setting.

Applicants must be in good professional standing and have well-developed professional networks.

Applications and enquiries to:
Steve Osborne, Chief Executive and Registrar
New Zealand Psychologists Board
PO Box 10-626 Wellington 6143
E: steve.osborne@nzpb.org.nz

Application deadline: 06 November 2015
Two highly regarded CPD activities for all mental health professionals: 14 hours for each activity

These workshops are endorsed by the AASW, ACA and ACMHN

Clinical skills for treating posttraumatic stress disorder (Treating PTSD)

This two-day (8:30am-4:30pm) program presents a highly practical and interactive workshop (case-based) for treating traumatised clients; the content is applicable to both adult and adolescent populations. The techniques are cognitive behavioural, evidence-based, and will be immediately useful and effective for your clinical practice. The emphasis is upon imparting immediately practical skills and up-to-date research in this area.

12-13 November, Melbourne CBD 19-20 May 2016, Melbourne CBD 9-10 June 2016, Perth CBD
12-13 May 2016, Brisbane CBD 2-3 June 2016, Cairns CBD 23-24 June 2016, Auckland CBD

Clinical skills for treating complex trauma (Treating Complex Trauma)

This two-day (8:30am-4:30pm) program focuses upon phase-based treatment for adult survivors of child abuse and neglect. Participants must have first completed the ‘Treating PTSD’ program. The workshop completes Leah’s four-day trauma-focused training. The content is applicable to both adult and adolescent populations. The program incorporates practical, current experiential techniques showing promising results with this population; techniques are drawn from EFTT, Metacognitive Therapy, Schema Therapy, attachment pathology treatment, ACT, CBT, and DBT.

22-23 October, Adelaide CBD 26-27 November, Sydney CBD 21-22 July 2016, Sydney CBD
29-30 October, Perth CBD 7-8 July 2016, Brisbane CBD 28-29 July 2016, Auckland CBD
5-6 November, Brisbane CBD 14-15 July 2016, Melbourne CBD 20-21 October 2016, Adelaide CBD

Program Fee for each activity is in Australian Dollars (AUD)

Travel to Australia $550 AUD (when you email this form to pay for an Australian workshop with a Visa or Master card)
$550 AUD Auckland 2016 Super Early Bird (when you pay 6 months or more prior)
$615 AUD Auckland 2016 Early Bird (when you pay more than 3 months prior)
$680 AUD Auckland 2016 Normal Fee (when you pay less than 3 months prior)

Program fee includes program materials, lunches, morning and afternoon teas on both workshop days

Please direct your enquiries to Joshua George on: mail@talominbooks.com

For more details about these offerings and books by Leah Giarratano refer to www.talominbooks.com

2015-2016 Trauma Education Registration Form for NZPS

Please circle the workshop/s you wish to attend above and return a copy of this completed page

Name:
Address:
Phone: Email (*essential*):
Mobile: Special dietary requirements:
Method of payment (circle one) Visa MasterCard
Name of cardholder: Expiry Date:
Card Number: Card Verification Number:
Signature of card holder: Debit amount in Australian Dollars: $

Credit card payment is preferred. Simply complete the information above, scan and email this page mail@talominbooks.com
A receipt will be emailed to you upon processing. Note: Attendee withdrawals and transfers attract a processing fee of $55 AUD.
No withdrawals are permitted in the seven days prior to the workshop; however positions are transferable to anyone you nominate
The Evidence-based treatment movement has delivered a number of significant benefits for example the identification of harmful brands of psychological therapy (Lilienfeld 2007). However we remain far from finding the holy grail of “what works for whom” at the level of the individual (Fonagy 2010). What might characterize a truly personal approach to psychotherapeutic practice?

**Informed choice.** For a potential client to make a considered decision about the treatment strategy she would want her therapist to adopt two basic requirements must be met. Firstly there need to be a range of credible local options from which to choose and secondly most consumers will appreciate a trustworthy guide to help them weigh the available scientific evidence for and against the alternatives on offer. While the first criterion could theoretically be met by a service that employed a number of specialist practitioners each of whom operated within a single model, advocates of a “pluralistic” approach to therapy (Cooper and McLeod 2012) argue against the production of one-trick professional ponies and for more flexible training schedules. It is notoriously difficult to find a fully informed and unbiased commentator in the field of psychotherapy outcome research but some appraisals manage to strike a convincing balance (eg Marcus et al 2014)

**Psychotherapy as a responsive exercise.** Rather than construe psychological treatment as the systematic application of tried and trusted procedures a personalized stance emphasizes the ongoing conversation between treater and treated as the two parties search for the most productive way of working together. The emphasis is more on relationships that work than on efficacious treatment packages (Norcross 2002). Equal importance is ascribed to minimizing the interpersonal behaviours that are associated with deterioration and drop-out in therapy (Castonguay et al 2010)

**The centrality of the treatment contract.** There is strong empirical support for the belief that establishing an agreed and mutually understood set of expectations about what the goals of a person's treatment should be is the solid foundation on which the therapeutic alliance is based (Tryon and Winograd 2002). Of course not all clients can easily articulate their aspirations and not all their ambitions will be realistically achievable but upfront negotiation is the only place to start even if initial plans need subsequent revision.

**Tracking progress.** Rather than rely exclusively on their clinical judgment therapists are encouraged to use some brief form of tracking measure with which they can solicit feedback from clients about the effectiveness of their efforts (Lambert 2010). While most of the evidence that supports the collection of this “practice-based evidence” relates to symptomatic improvement there is also a sound theoretical justification for soliciting feedback on clients’ experience of individual therapy sessions (Duncan et al 2004). A recent development of this principle, the therapy personalization form (Bowens and Cooper 2012) provides twenty constructs against which clients can rate the fit of the treatment they receive to their individual needs and preferences.

**Idiographic measurement.** If treatment is to be tailored to the unique characteristics of the individual it follows that whatever measure is employed to assess progress should also be personally designed to match that person's circumstances. There is a long tradition of idiographic single-case research in psychology on which clinicians can draw (Haynes et al 2009) as well as a few pragmatic quick fixes that have evolved from that tradition which might appeal to the time-pressed practitioner (Green 2015). The Evidence-based treatment movement has delivered a number of significant benefits for example the identification of harmful brands of psychological therapy (Lilienfeld 2007). However we remain far from finding the holy grail of “what works for whom” at the level of the individual (Fonagy 2010). What might characterize a truly personal approach to psychotherapeutic practice?

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Systemic family therapy, but he will happily pinch a decent idea from anywhere.

David has also co-written two books: The Child Within. Taking the Young Person’s Perspective by Applying Personal Construct Psychology (2007) with Richard Butler

He currently has a part-time clinical position in the Occupational Health service of Leeds Teaching Hospitals Trust and remains an honorary senior lecturer at the University of Leeds. In his independent practice David undertakes a range of training and legal commissions.

Online registration available here: http://www.psychology.org.nz/pd-events/nzpss-events/#cid=884&wid=301

Venues
Auckland: The University of Auckland Tamaki campus, Building 730, the Function Hall (Room 220), 261 Morrin Road, Saint Johns
Wellington: Massey University, Executive Suite 5B14, Block 5, 14, Wallace Street
Dunedin: Otago University, William James Building Seminar Room, Room 103, 275 Leith Walk