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NZPsS NEWS

Warm Congratulations to our NZPsS Award Recipients

left to right: Jessica Gerbic, Alice Theadom, Devon Polaschek, Russell Wills and Kerry Gibson

The Public Interest Award- Awarded to Dr Russell Wills
The Public Interest Award recognises valuable contributions to psychology in the service of the public interest in areas or issues of concern to psychologists. In making this award the Society considers the extent and significance of the public interest contribution made by the nominee and its import for psychologists, our discipline and practice. In conferring this award on Dr Russell Wills the New Zealand Psychological Society is recognising the exemplary leadership and initiative Dr Wills has displayed in the role of Children's Commissioner since 2011.

Dr Wills has been leader and spokesperson for a team that has consistently brought the issue of child poverty to the attention of the public and government. He has been a courageous advocate for children, challenging the government and the public to act on the issues of poverty and violence that affect too many of our young and vulnerable. His efforts have changed the national narrative about child poverty, sustaining media attention and ensuring there has been increased investment in children in each of the last three budgets. Dr Wills has ensured that children's rights and their best interests have been at the heart of his work. He has been an outstanding Children's Commissioner.

President Kerry Gibson noted that in making this award to Dr Russell Wills the New Zealand Psychological Society is recognising both his individual efforts and achievements and the significance of the issues of children's rights, child abuse, and children living in poverty for psychologists, the government and the wider society in Aotearoa New Zealand.

See below for Dr Wills' acceptance speech.

The Hunter Award- Awarded to Professor Devon Polaschek

The Hunter Award recognises and seeks to encourage excellence in scholarship, research, and professional achievement in psychology. Eligible nominees are current members of the New Zealand Psychological Society with a history of distinguished scholarship, research and professional practice that has been widely recognised. In conferring the 2016 Hunter Award on Professor Devon Polaschek the Society acknowledges and celebrates both her impressive body of research in the field of criminal justice psychology and her continuing commitment to excellence in professional practice. President, Kerry Gibson noted that Professor Polaschek's published work and innovations in clinical practice have made valuable contributions to work with violent offenders, to offender rehabilitation, to issues surrounding parole, and to addressing the challenges created by lay and professional understandings of psychopathy, and to issues associated with psychopathic personality traits in offender rehabilitation.
Professor Polaschek has brought clarity of thought, meticulously careful research, and a commitment to exploring the professional implications of current research, her own and that of others. That commitment and the quality of her work has won her wide international recognition as instanced by her being invited to deliver the R. G. Myers lecture in 2012 and a Visiting Fulbright Scholarship at John Jay College of Criminal Justice, New York in 2014.

The G.V. Goddard Early Career Award -Achievement and Excellence in Applied Psychology-Awarded to Dr Alice Theadom

The G. V. Goddard Early Career Award commemorates the contributions Professor Graham V Goddard, Head of Department of Psychology, University of Otago, made to psychology. It is an award recognising early career achievement and excellence in applied and professional psychology. President Dr Kerry Gibson congratulated the recipient of this award, Dr Alice Theadom who is a senior lecturer in the Department of Psychology and deputy director of the National Institute for Stroke and Applied Neuroscience, Auckland University of Technology. She has made important independent contributions to the understanding of people’s adjustment to and recovery from neurological illness and injury. She has helped generate significant external research funding for the Institute. She is a prolific writer having been lead author and co-author of numerous articles published in high impact journals including Lancet Neurology, Journal of Neurotrauma, and European Journal of Neurology. An important aspect of Dr Theadom’s work on traumatic brain injury (TBI) is that she has focused on mild TBI which is the most common form. Epidemiological studies have shown that nearly all TBI is categorised as being of mild severity (90-95%) for which, it was thought, symptoms resolved quickly. Her study of the deleterious effects of recurrent TBI found that there is a cumulative effect of recurrent TBI with sufferers experiencing frequent, severe post-concussion symptoms a year after the initial TBI. Alice’s work has given voice to those who have been struggling to get help with their symptoms and she has argued for improvements to services for TBI sufferers.

Karahipi Tumuaki- President’s Scholarship- Awarded to Jessica Gerbic

The Society offers annually the Karahipi Tumuaki President’s Scholarship which recognises research undertaken by Māori postgraduate students in psychology that is Māori centred and of value to the Māori community. Jessica Gerbic’s research aims to explore how young Māori women cope with motherhood in a rural setting. Her research will challenge deficit models of Māori and of teenaged mothers and will instead adopt a strength-based approach to understanding their experiences. She will use a Kaupapa Māori methodology, working closely with the local communities within which the research is located. President Dr Kerry Gibson noted that Jessica’s research has the potential to challenge stigmatised views of young Māori mothers, to empower young women in this position and to help services to develop a better understanding of the needs of this group. It is expected that Jessica’s research will have important implications for the way that teenaged Māori mothers are viewed and treated in Aotearoa New Zealand.

Dr Russell Wills’ Public Interest Award-Acceptance Speech

Dr Pamela Hyde, Executive Director, Kerry Gibson, President, distinguished members of the New Zealand Psychological Society.

This Public Interest Award from the New Zealand Psychological Society means a great deal to me and I am delighted to accept it, on behalf of my team at the Office of the Children’s Commissioner.

The citation recognises that I was the leader and spokesperson for a team, and I would like to briefly reflect on what that means.

Psychologists and paediatricians know as well as anyone what it means to be a part of a team. In our clinical work with increasingly complex families, working in multidisciplinary teams keep our clients and ourselves safe. Our assessments are more thorough, our formulations more robust, and the plans we make with families are more likely to lead to effective change. It’s also much more enjoyable. The days of the lone wolf expert are over. It’s the same with advocacy. Not so long ago, professional bodies believed that a group of experts, usually from a single discipline, reviewed the literature, critically appraised it, wrote a paper with recommendations and published it – and our job was done. We now know that, difficult as that is, it is not enough. Effective advocacy is a team sport, like effective work with complex families. The Office of the Children’s Commissioner employs experts in communications, economics, public policy, science, social work and psychology. All our reports are written by a team. The background research may involve discussions with hundreds of people, liaison with multiple agencies and – most importantly – skilled interviewing with many affected children and young people. Ultimately, effective advocacy means giving voice to those who have none. Enormous effort goes into planning and executing the communications of our reports. Relationships matter – with ministers, public servants, frontline staff, support organisations, and with children, young people and their families.

Does it work? Can we change policy and outcomes for our most vulnerable children and their families? I cannot claim that the work of my Office was solely responsible for the changes we saw over the past five years. We truly were standing on the shoulders of giants, and walking alongside them. But the narrative has changed. We talk about child abuse and child poverty now. Over $2 billion in new investment in children and nearly half of the recommendations of the Expert Advisory Group on Solutions to Child Poverty are in place. We have a plan to reduce child abuse – but not child poverty. Much has been achieved but there is still much to do. If we work together, I’m sure we can.

Thank you again for this award.
The NZPsS conference at Massey University in Wellington was attended by over 330 delegates. The conference got off to an excellent start with a moving mihi whakatau and thoughtful address by NZPsS member Charles Waldegrave from the The Family Centre, Social Policy Research Unit. International and local keynote speakers and presentations covered a wide range of areas of psychology and people commented on their enjoyment on being able to dip their toes into a wide variety of topics. Among the highlights of the conference were the Awards Ceremony noted above, the launch of two new books from the NZPsS and meeting old friends and making new ones.

Next year’s conference is to be held in Christchurch. There was a plan to have a joint conference with the APS this has been postponed for a more opportune time for Australian Psychological Society but on the request of the Kiwis we are happy to have a joint presentation of the conference.

Conference 2016 – a vibrant and enjoyable experience

The Society has become known for its publishing of excellent books relevant to psychologists in New Zealand. Two new books are now available. One of these is a revised third edition of Professional Practice of Psychology in Aotearoa New Zealand edited by Waikaremoana Waitoki, Jacqueline Feather, Neville Robertson and Julia Rucklidge. This book has been two years in the making and has thirty-four chapter on diverse topics. It represents the continuing evolution of psychology in Aotearoa New Zealand shaped by the interaction between international theory and practice, te ao Māori and the cultural realities of newer peoples. This book will be of value to both experienced and new psychologists.

Contents:

PART ONE: RESPECT FOR THE DIGNITY OF PERSONS AND PEOPLES - TE WHAKANUI I TE MANA O TE TANGATA, O NGĀ IWI HOKI
Chapter 1 Ethics: The Foundation for Practice - Fred Seymour
Chapter 2 Ethics and Culture: Foundations of Practice - Ingrid Huygens and Raymond Nairn
Chapter 3 Our Voices, Our Future: Indigenous Psychology in Aotearoa - Michelle Levy and Waikaremoana Waitoki
Chapter 4 Pākehā Culture and Psychology - Rosanne Black and Ingrid Huygens

Chapter 5 Connecting Culture and Care: Clinical Practice with Pasifika People - Denise Kingi-Ulave, Monique Faleafa, Tansy Brown and Evangelene Daniela-Wong
Chapter 6 Asian Peoples in Aotearoa New Zealand: Implications for Psychological Practice - Mei Wah Williams and Alice M.M.T. Cleland
Chapter 7 Indian People in Aotearoa New Zealand: Implications for Psychological Practice - Charmaine Gupta
Chapter 8 Working with Refugees and New Migrants - Chaykham Smith, Susan Yates and Gary Poole
Chapter 9 Informed Consent in the Aotearoa New Zealand - Tania Cargo, Waikaremoana Waitoki and Jacqueline Feather
Chapter 10 Confidentiality and Privacy - Joanne E. Taylor, Jan A. Dickson, Julia J. Rucklidge and Tim Williams

PART TWO: RESPONSIBLE CARING - TE ATAWHAI WHAI HAEHPAPA
Chapter 11 Regulation of the Profession: The New Zealand Psychologists Board - Steve Osborne, Lois Surgenor and Anne Goodhead

Chapter 12 Professional Wellbeing - Dianne Gardner and Michael O’Driscoll
Chapter 13 Research Ethics and the Protection of Human Participants - Kerry Chamberlain
Chapter 14 Child Abuse and Neglect - Fred Seymour, Erana Cooper and Sarah Stanton
Chapter 15 He Waka Eke Noa – Māori and Indigenous Suicide Prevention: Models of Practice, Lessons and Challenges - Keri Lawson-Te Aho
Chapter 16 Cross-Cultural Neuropsychology in Aotearoa New Zealand - Margaret Dudley, Monique Faleafa and Esther Yong
Chapter 17 Psychology for Enhancing Physical Health in Aotearoa New Zealand - Malcolm W. Stewart, Iris S. Fontanilla, Eva Morunga and Kathryn A. McGuigan
Chapter 18 eTherapy in Psychological Practice - Kirsten van Kessel, Chris Krägeloh and Duncan Bababbage

PART THREE: INTEGRITY IN RELATIONSHIPS - TE NGĀKAA TAPATAHI I NGĀ HONONGA

Chapter 19 Improving Self-Reflective Practice in Psychology in Aotearoa New Zealand - Beverley A. Haarhoff
Chapter 20 Supervision in Aotearoa New Zealand - Fiona Howard, Beverley Burns and Rosanne Black
Chapter 21 Ethical Decision Making for Psychologists in an Aotearoa New Zealand - Context - Elizabeth du Preez and Sonja Goedeke
Chapter 22 The Client-Psychologist Relationship - Mark R. Thorpe and Bill Farrell
Chapter 23 Research and Practice in Psychology - Calibrating Cultural Understandings - Angus Hikairo Macfarlane
Chapter 24 Assessment of Change and Outcomes in Mental Health Settings - John Fitzgerald and Neville Blampied
Chapter 25 The Effective Use of Psychometric Assessments in Decision-Making - John Eatwell and Ian Wilson

PART FOUR: SOCIAL JUSTICE AND RESPONSIBILITY TO SOCIETY - TE MANA PĀPORI ME TE HAEHPAPA KITE PORIHANGA

Chapter 26 Psychological Practice, Social Determinants of Health and the Promotion of Human Flourishing - Darrin Hodgetts, Ottline Stolte and Mohi Rua
Chapter 27 Social Justice and Community Change - Leigh Coombes, Stephanie Denne and Melissa Rangiwananga
Chapter 28 Practising Psychology in a Media Saturated Society - Raymond Nairn and Tim McClean
Chapter 29 Criminal Justice Psychology in Aotearoa New Zealand: Issues for Practitioners - Armon J. Tamatea, Nick Lascelles and Devon L. L. Polaschek

Two new NZPsS books launched

Click here to order a copy: http://www.psychology.org.nz/publications-media/professional-practice-handbooks
Chapter 33 Mental Health of Older People in Aotearoa New Zealand: Issues and Challenges - P.S.D.V. Prasadarao and Paul L. Merrick

Chapter 34 “Bigger-than-Self” Issues: Implications for Psychological Practice in Aotearoa New Zealand- Quentin Abraham, Jacqueline Feather and Niki Harré

The second book is Te Manu Kai i Te Mātauranga: Indigenous Psychology in Aotearoa New Zealand. This is a ground-breaking book that brings together the work of 18 Māori psychologists. Linked by a central story, each author offers insights into how they work with Māori when they start from positions of hope, cultural contexts, and culturally significant essentials.

CONTENTS:
Introduction My Name is Ripeka- Waikaremoana Waitoki
Chapter 1 Kaupapa Māori Psychologies- Michelle Levy
Chapter 2 A Ripple of Intimacy with Creation: The Stone Bird of Sorrow Our First Mothers- Virginia Tamanui
Chapter 3 Whanaungatanga: Asking Who You Are; Not, What Sorrow Our First Mothers- Virginia Tamanui
Chapter 4 Te Toka Tū Moana - Resilience, Love and Hope - Ainsleigh Cribb-Su’a & Hilda Te Pania-Hemopo
Chapter 5 Healing Whānau Violence: A Love Story - Erana Cooper & Sharon Rickard
Chapter 6 Re: “I Just Want to Heal My Family” - Lisa Cherrington
Chapter 7 Ngā Rākau a te Pākehā: Matiu’s Story- Simon Bennett
Chapter 8 A New Moon: Talking Story with Ripeka to Support the Healing of Soul Wounds- Melissa Taitimu
Chapter 9 Wairuatanga- Hukarere Valentine
Chapter 10 ‘Haerenga ki Waiora’ - My Experience of Inpatient Mental Health Services- Julie Wharewera-Mika
Chapter 11 Māori and Neuropsychological Assessment - Margaret Dudley
Chapter 12 He Wāhine Āwhina: A Healing Narrative of End of Life Care- Tess Moeneke-Maxwell
Chapter 13 A Partnered Approach to Psychological Assessment: He Ritenga Whaimōhio- Sonja Macfarlane
Chapter 14 Kaikau Wāiū: Attributes Gained through Mother’s Milk: The Importance of Our Very First Relationship - Tania Cargo
Chapter 15 He Kākano mai i Rangiātea- Bridgette Masters-Awatere
Chapter 16 Ngā Kete Mātauranga: A Curriculum for an Indigenous psychology- Waikaremoana Waitoki

Two members of the Executive, President Dr Kerry Gibson and Director of Scientific Issues Dr Jackie Feather stepped down from their positions at the NZPsS AGM held Saturday 3 September. Kerry was thanked for her contribution over a number of years and more latterly as President with people noting that the Society had benefited enormously from her leadership. Jackie was also thanked for her contribution which included liaison with the Royal Society, editorship of the newly launched Professional Practice book and her instigation and support of Psychology Week. Both Kerry and Jackie will be very much missed.

A warm welcome to Fiona Howard from The University of Auckland who has been elected to the position of Director of Professional Development and Training and to Associate Professor Sarb Johal from Massey University Wellington who has been elected to the position of Director of Scientific Issues. Congratulations to Rose Black who has retained her position of Director of Social Issues having gained the majority of votes in the ballot for this position. Those on the Executive are: President - Quentin Abraham
President-Elect- John Fitzgerald
Director of Social Issues- Rose Black
Directors of Bicultural Issues- Waikaremoana Waitoki and Julie Wharewera-Mika
Director of Professional Issues- John Eatwell
Director of Professional Development and Training-Fiona Howard
Director of Scientific Issues- Sarb Johal
Student Representative on the Executive- Michele Blick Kainau-Kāhutau-Angus Hikairo Macfarlane

NZPsS Presence at the International Congress of Psychology

Former President Kerry Gibson, Director of Bicultural Issues, Waikaremoana Waitoki and Executive Director Pamela Hyde represented the NZPsS at the International Congress of Psychology in Yokohama in July. As well as Kerry and Waikaremoana presenting papers at the conference, Waikaremoana represented New Zealand on the Asia Pacific Forum working party which developed a declaration on developing greater collaboration amongst psychology associations in the Asia Pacific region which was accepted by the International Union of Psychological Science (IUPsyS).

The International Declaration on Core Competencies in Professional Psychology was launched at the conference. Waikaremoana Waitoki played an important role in ensuring that that culture was reflected in the competencies.

To view the International Declaration on Core Competencies in Professional Psychology go to http://www.psykologforeningen.no/foreningen/english/ipcp

The NZPsS has made two submissions recently- these were related to the health of older people strategy consultation and the Labour, Green and Māori Party Homelessness Inquiry

Submission on the Health of Older People Strategy Consultation
Submission to the Labour, Green and Māori Party Homelessness Inquiry
Before she vacated her role as President, Kerry Gibson and Executive Director Pamela Hyde visited the Otago/Southland Branch and gave a presentation at Otago University on the Future of Psychology and recent activities of the NZPsS. They met with Branch members over dinner and had a very useful discussion on a wide array of psychology issues. Kerry and Pam thanked the Branch for their warm hospitality and Jodie Black Branch Chair, for her organizing of the visit.

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NZPsS member Ann Marie Pike has been invited as a keynote speaker at the International Adolescent Medicine and Child Psychology Conference in London October 6th & 7th to share her research in autism. Her presentation is titled ‘Family Therapy and Autism- A research based ‘multi modal’ approach.’ Anne Marie's travel has been supported with a full grant from the Department of Internal Affairs, whom have requested that on her return she shares her own research with her New Zealand colleagues and that of the international community of speakers at the conference.

Ann Marie's hope is to create relationships internationally to further advance her work in New Zealand in the therapeutic area of autism for children and families. She welcomes contact from other members who might be interested in her work. She can be contacted at Annmariepike@gmail.com

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Last year the NZPsS held a very successful Psychology Week with events being held all over the country. NZPsS Branches and Institutes were at the forefront of activities which had the theme of “Living Life Well” and were aimed to bring psychology and mental wellbeing to the attention of the public. This year’s Psychology Week will continue with this theme. Here are some of the activities offered by our institutes and branches:

**The Institute of Counselling Psychology (ICounsPsy):**
This year’s topic is on “using psychology to develop a better relationship with food”.

**The Institute of Educational and Developmental Psychology (IEDP)**
Our topic is “Resilience in Learning” We propose to represent psychology as applied within an educational context from a strengths-based perspective. The core focus will be on resilience factors which support improved outcomes within education. We will highlight how life-long learning is supported and influenced by key factors indicated in the literature (e.g., relationship with teacher, autonomy as a learner etc.) Our aim is to engage the public in considering what resilience is, reflecting on the key variables that have impacted on their own learner experiences, and thinking about how to build personal resiliency. In addition, we will be incorporating a “Myth Debunking” component.

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President Quentin Abraham attended the reception to celebrate 20 years of the Code of Health and Disability Services Consumer Right. Quentin is pictured at the event with Anthony Hill Health and Disability Commissioner. Our thanks to Neil MacKenzie for this photo.
work in different roles from Health, Clinical, Education and Community, to HR and the Military. And if we don't have someone there on the night who does the work you're passionate about, we'll do our best to connect you with someone who does, so you can find out what it's really like, from someone who does it.

There'll be some great tips for getting sorted now for your career, but mostly it's an opportunity to meet some practicing psychologists and find out what they love about their particular sort of work.

To help us set up the space for the speed-dating format (and for catering snacks), please RSVP using a subject line of Careers Speed-dating, right now, to our Branch Secretary at: angela.baker@inspire.net.nz.

As a special bonus, we have some copies of the 2007 edition of the book *Professional Practice of Psychology in Aotearoa New Zealand* to give away to deserving students; find out how to win your copy on the night (it's easy and does not involve keeping your hand in a bucket of ice-cold water; no students will be harmed in this activity). (Although there's an updated edition of the book on the way, it is a mine of useful information and remains relevant.)

**Bay of Plenty Branch**

Presentations:
(i) Psychology - What is it? What does it do? How is it different?
(ii) Coping with cravings.
(iii) Responding to workplace bullying.
(iv) Living in a socially-connected world.
(v) Mindfulness, and avoidance.
(vi) Six strategies to apply to your life right now.

If you would like to offer a public talk or other activity - please contact Heike at National Office (pd@psychology.org.nz). Notification of Psychology Week is up on the website: [http://www.psychology.org.nz/pd-events/psychology-week](http://www.psychology.org.nz/pd-events/psychology-week)

We will keep you posted on more developments.

**Institute & Branch News**

The Central District Branch invites you to:

**Career Speed-Dating Event - Tuesday 20th September, 5.30 - 7.00 pm**
School of Psychology, Room 2.22, Massey University
PALMERSTON NORTH

Well actually, as a career strategy, speed dating is as useful as a cool car and nowhere to go, but it's a great way of getting ideas about what's out there and what you might actually really like to do.

Central Districts Branch of the New Zealand Psychology Society is hosting a psychology careers evening with a twist. This is an opportunity for you to get up close and a little bit personal with practicing psychologists who

**NZPsS Wellington Branch presents:**

**“Who Guards the Guards?”**
A Self-care Workshop for Mental Health Professionals
By James L. Brown, University of Southern Queensland
Thursday, 1st December 2016, 1:00-4:30pm
Massey University, Wellington Campus, Executive Suite
Wallace Street, Wellington

A half-day workshop exploring the necessity of maintaining good self-care, with practical evidence-based strategies, and an experiential format.


See the flyer on page 19

**NZPsS Auckland Branch presents:**

**Cultural Competency and Mental Health**
Presented by eCALD

**Auckland Saturday, 29th October 2016 , 9.00am - 4.30pm, SOP Seminar Room, Massey University, Albany**

The aim of the course is to increase your awareness of your own cultural values and of others; to improve your understanding of how cross cultural differences can affect communication, consultation and diagnosis; to improve your skills working with interpreters and skills working with CALD clients in a mental health context.

To register click here: [https://www.eventbrite.co.nz/e/cultural-competency-and-mental-health-tickets-27747782364](https://www.eventbrite.co.nz/e/cultural-competency-and-mental-health-tickets-27747782364)

See flyer on page 20

The Institute of Community Psychology Aotearoa is proud to host:

**A strengths-based approach to post-settlement practice**
Presenters: Dr Rawiri Waretini-Karena & Dr Ingrid Huygens

**Hamilton: Friday 4 November 2016, 9am-5pm, Anglican Action, Morrinsville Road**

This is a practice-oriented workshop to assist leaders, practitioners and trainees to respond in strengths-based ways to the expectations and aspirations of Māori clients and communities, and to work confidently in the area of responsiveness to Māori. To register click here: [http://www.eventbrite.co.nz/o/institute-of-community-psychologyaotearoa-9909026015](http://www.eventbrite.co.nz/o/institute-of-community-psychologyaotearoa-9909026015)

See flyer on page 21
Professional Issues

Ethics Matters

Dr Elizabeth du Preez is a registered clinical and counselling psychologist and a lecturer on the Postgraduate Programme in Counselling Psychology at AUT. She has a special interest in professional ethics and clinical supervision and maintains a small private practice in Auckland.

I attended the NZ Psychological Society conference in Wellington last weekend and was reminded of how small our community of psychologists is. At times I had students, colleagues, my supervisor and my therapist in the same room during morning tea or a presentation, and I was very aware of professional boundaries and who knew what about whom. Confidentiality and dual relationships are popular topics in the professional practice of psychology, and is often cited as the number one and two reasons for complaints against psychologists. The Code of Ethics is clear on this matter – “Psychologists seek to avoid dual relationships where that might present a conflict of interest and where dual relationships are unavoidable, psychologists identify any real or potential conflicts of interest and take all reasonable steps to address the issue in the best interests of the parties.”

The issue that was raised in my peer supervision group was however not about dual relationships but about confidentiality. According to the Code of Ethics, the limits of confidentiality in a therapeutic relationship is quite clear and broadly defined as diminished capacity, urgent need, legal requirements or public or client safety. It is specifically the last condition that we discussed – “Where a psychologist believes that non-disclosure may endanger a client, research participant or another person but is denied permission to disclose, the psychologist exercises professional judgement in deciding whether to breach confidentiality or not”

What do we as psychologists do when during the course of assessment and therapy, we start to think that our client, who is also a psychologist, might not be able to work effectively as a practitioner due to the severity of their presenting problem, or the level of emotional distress that they are expressing? Since this is not supervision, what is our responsibility to enquire about professional functioning if the client does not talk about this? In this context, we don’t have a supervisor hat on, and the Code of Ethics is also clear that we only collect information that is pertinent to the presenting problem – “Psychologists seek to collect only that information which is germane to the purpose(s) for which informed consent has been obtained”. In this case, informed consent was given for treatment of a psychological issue, and not for the assessment of professional competence. Do we therefore have the right to ask about how our client is functioning in a professional capacity; or are we actually obliged to ask given our responsibility to the public? What if our client becomes cautious in disclosing their professional struggles, for exactly this reason? Are we still providing a safe environment for therapists to become clients?

In trying to untangle this a bit more I looked for research on this topic and found an extensive survey on Psychologists’ Experience, Problems and Beliefs as Patients (Pope & Tabachnik, 1994). Not surprisingly, psychologists reported increased challenges around confidentiality, concerns about their professional reputation and withheld information from their therapists that they thought might be damaging to their careers. I also consulted the NZ Psychologists Board page on “Raising a concern about a psychologist” which outlines these steps: (1) If you have a concern about a psychologist you should first discuss your concerns with the psychologist; (2) If that is not possible, or if you remain dissatisfied, you may wish to contact the psychologist’s employer or contracting agency; (3) You can contact the NZPB at any stage to discuss your concerns informally or to make a formal complaint or notification where there are fitness or competence concerns. Lastly it is also important to remember that psychologists, whether they are clients or not, are bound by the Code of Ethics principle 2.2.7 “Psychologists have responsibility to monitor their ability to work effectively in order to avoid conditions that could result in impaired judgement and interfere with their ability to practice safely. They seek appropriate help and/or discontinue scientific or professional activity for an appropriate period of time if a physical or psychological condition reduces their ability to work effectively and maintain safe practice”.

So where does this leave us when seeing a psychologist as a client in our practice if we start to have concerns about their competence? In summarising the Code of Ethics and the Board’s guidelines it seems as if the responsibility to ensure safe practice is primarily held by the practitioner, and needs to be considered in a supervision context, but if you as a therapist have information about possible harm to a client, then the Code expects us to consider our options, which include talking to your client, discussing it with your supervisor and being able to justify the decision that you ultimately make. I am also aware that every case has its own context, and as the purpose of this column is to raise awareness of ethical dilemmas, I look forward to hearing your views on elizduprezz@gmail.com.


New collective agreement for DHB psychologists

The Association of Professionals and Executive Employees (APEX) in July settled a new collective agreement for psychologists employed by fifteen District Health Boards. The collective agreement has guaranteed Continuing Professional Development funding of $2500 each year for each psychologist able to be accumulated to $5000, as well as lifting salaries by 2% this year and 1.5% next year. APEX is the specialist union for allied scientific and technical health professionals – if you would like to join or find out more information visit apex.org.nz or call 09 526 0280.
From your student rep-
Michele Blick

The recent annual NZPsS conference in Wellington brought together psychologists and students working and studying in a broad range of areas. It was a time to learn and share, socialise and connect. In his opening address, Charles Waldegrave reminded the audience that psychology is about well being, motivation and building capability. He discussed the issues of our time such as market domination, the growth of inequality, marginalisation of peoples, and destruction of the climate's resources. Charles reminded us that psychologists have a professional responsibility to address these issues.

The keynote speakers included Sonja Macfarlane and Jan Jordan (Aotearoa New Zealand), Suzanne Chambers (Australia), Jennifer Muehlenkamp (USA), Matthieu Villatte (originally France), and Janel Gauthier (Canada). In addition, there were seven guest speakers and many psychologists and students sharing research from a broad spectrum of areas. As always, it was difficult to decide which presentations to attend.

Students were approximately 50% of the total attendees at conference. I attended a number of student presentations and they were excellent. In addition, posters created by students were on display throughout the conference period. Congratulations Nicole Cameron (The psychosocial interactions of Adolescent and Young Adult (AYA) cancer survivors and the possible impact on their development) for joint best paper winners, and Horiana Jones (Māori whānau perspectives on infant sleep) for best ICP paper.

There were a number of social events offered at conference as well as a student pub night and a free student breakfast. The student breakfast was attended by 40 students. In addition to enjoying great food and meeting fellow students, the students worked in groups to discuss and respond to the following questions:

- What does the NZPsS do well to support students?
- What could the NZPsS do to better support students?
- Please comment on any student-related issues and needs that you would like to communicate to the NZPsS executive committee.
- Please list PD that you would like the Society to offer.
- Please share ideas for workshops run by students for students.

In the next Connections I will share the findings. If you were not at conference and I did not have an opportunity to shoulder tap you about contributing, please feel free to do so – I would be thrilled! Student Space is one way for students to share their thoughts, ideas, and experiences.

Student Contributions

Rebekah Graham is studying towards a PhD at Massey University. She has kindly shared her research topic below.

Tēnā Koutou,

I am currently halfway through my PhD at Massey (Albany), and prior to this I completed my Masters in Applied Psychology (Community) at Waikato. I am interested in the ways in which everyday food-related practices (including eating - makes for yummy interviews!) reflect more abstract processes such as identity construction and a sense of belonging (i.e. the ways in which we construct who we are and where we’re from).

For my PhD I’ve taken an ethnographic approach and spent time with a local community group that provides a free weekly charitable meal for people experiencing food insecurity in Hamilton. As part of this I’ve attended the meal, talked with local attendees, and recruited participants for further interviews where I’ve gone along with people as they do their supermarket shop, taken photos and had participants take photos, observed interactions, and generally immersed myself as much as possible within their world of food. This has given me an extraordinary depth of material which I am currently writing up. In conjunction with this I’ve also incorporated elements of action research, whereby I’ve applied for (and received) funding for the community group for their annual Christmas meal, and for the children’s play area, and of course presented my initial findings to key community members.

It’s been super challenging and has required a great deal of thought and consideration, but it’s also great to feel like your work is making a positive difference in the world and has real world applications. Any questions more than happy to answer them – email rebekah.graham.1@uni.massey.ac.nz
Samantha Urgent has studied a Master of Science in Psychology at Massey University. She writes about her experience of writing a Master’s thesis.

I fell into my topic by chance, attending a workshop on mindfulness. It got me thinking, do psychologists, psychotherapists, counsellors, and other related professionals use mindfulness in their approach to therapy? So this was what I aimed to explore: Knowledge, attitudes, and beliefs among New Zealand psychotherapists towards mindfulness psychotherapies. Initially I had the grand plan of including a mixed method approach, but a year is not a long time and many intentions I had were not meant to be. Luckily, I had an excellent supervisor who supported my ideas and guided me through the process. About midway through, the questionnaire was out, and I still wasn’t sure where the thesis was going. Frantically writing a literature review, collating ideas, and re-writing became my full time job (not that others understood this as being a job - I just sat around on a computer for fun ...). I had underestimated how much background work goes into creating the final piece. I thought for sure, this has to be nearly there ... but I was still a long way off.

Nearing the end of the year, my data returned, analyses were completed, and it was time to pull it all together. This was by far the most challenging part. All of the ideas I had previously were changing, and my perspective was too. It felt like I had spent half a year writing and developing great ideas, only for them to be cut. The end came quickly and thankfully everything found its place. Past students speak of the relief, which did not come to me. The days after hand in were odd and the guilt of relaxing was evident. Although it was great handing in my thesis, letting it go was difficult. After all, it was my biggest and best piece of work, so how could it ever be ‘ready’. I think the satisfaction comes from knowing you completed something by yourself, with the added guidance of excellent supervision. But it isn't over, not until the marks are in. The greatest fear for me is waiting to see what others think of my ideas, and hoping they see it through my eyes.

Thanks so much, Rebekah and Samantha. It's always fascinating reading about students' experiences and research topics.

Find out what is going on in your region - Feel free to make contact with your branch and institute student rep:

Branch Student Reps

Otago Branch
Sabrina Goh – sabrinagoh@gmail.com
Tia Neha – tiagirl@gmail.com

Canterbury Branch
Julia Bergman - julia.ornella.bergman@gmail.com

Nelson Branch
Trish Kennedy – trishknz@gmail.com

Wellington Branch
Charlotte Wainwright – char.pr.wainwright@gmail.com
Maddy Brocklesby – madeleinebrocklesby@outlook.com
Mick Arnott-Steele – nick.amottsteele@gmail.com
Thea Wass – theawass@gmail.com

Bay of Plenty
Emma-Leigh Hodge – emma_leighh@hotmail.com

Waikato Branch
Jane Currie – jhc1@students.waikato.ac.nz

Auckland Branch
Jules Lough - juleslough@gmail.com
Debbie Kenwright – Debbie.kenwright@vodafone.co.nz

Institute Student Reps

Institute of Counselling Psychology
Amanda Gilmour - amandagilmour@hotmail.com

Institute of Organisational Psychology
Karen Tonkin – Karen.tonkin@xtra.co.nz

Institute of Educational and Developmental Psychology
Veerle Van Cooten – vmdevriesmsc@gmail.com

Institute of Clinical Psychology
Kate Ross-McAlpine – kateross.mcalpine@gmail.com
Parewhaika Harris – pare.harris@hotmail.com

Institute of Community Psychology

Teah Carlson – teah.carlson@gmail.com
Institute of Criminal Justice and Forensic Psychology
Jessica Scanlan - jessica.scanlan@vuw.ac.nz

Vacant branch and Institute student rep positions:
Central Districts Branch – contact Barbara Kennedy (b.j.kennedy@massey.ac.nz)
Institute of Health Psychology – contact Iris Fontanilla (ifontanilla@adhb.govt.nz)

Please don’t hesitate to contact me regarding anything that you would like me to share at the next executive committee meeting.

Ka kite
Michele
micheleblick1@gmail.com

FREE SEMINAR FOR STUDENTS LEAVING UNIVERSITY
Presenter: Jessica McIvor
Wednesday 28 September, 5.30 to 6.30pm in Wellington

An informal group discussion covering key points:
• Transitioning from being a student to a registered clinical psychologist,
• Imposter syndrome (yes it’s real, so let’s talk about it),
• The limits of clinical training in the workplace,
• Professional supervision do’s/don’ts,
• Self-care strategies in the workplace,
• Professional development
• Benefits of becoming a member of the NZ Psychological Society.

See flyer on page 18

We are hoping to offer these seminars in the other University cities as well.
Professional Development

NZPsS & ACC jointly hosted workshops:

**Workshop 3- ‘Ki te whakaora’: Sexual Violence trauma - Towards healing for Māori victims/survivors**

Presented by Julie Wharewera-Mika & Erana Cooper

11 October Auckland, 13 October Wellington and 18 October Christchurch

This workshop will explore understandings of sexual violence for Māori laying foundations to strengthen practice. Bi-cultural approaches in the assessment, intervention and prevention of sexual trauma will be discussed with a focus on enhancing knowledge and the development of useful tools and skills to best support Māori survivors.

See the flyer on page 16

Go to the website for more information about the training and to see updates: http://www.psychology.org.nz/pd-events/nzpss-events or contact Heike at pd@psychology.org.nz You can register for all events online.

Also check out the events page for branches and institutes: http://www.psychology.org.nz/pd-events/nzpss-institute-and-branch-events

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**PsychDirect** is a referral search facility that allows NZPsS members to have their practice details accessed by members of the public looking for a psychologist in private practice in New Zealand. **PsychDirect** is linked directly from the NZPsS Home page via the menu item “Find a Psychologist”. The listings on PsychDirect are available to NZ registered, Full Members of the Society with a current APC, offering private psychology services in New Zealand. PsychDirect is searchable by psychology work area, geographic location, and client type and/or psychologist surname. “Additional languages spoken” is a further option which is very helpful when looking for help with specific cultural requirements.

PsychDirect is now offered free of charge to all existing and new members.

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**Members in the News**

This section only features members’ articles that have an accessible link.

Have we missed anyone? Please let us know: pd@psychology.org.nz


Sarb Johal: [http://www.radionz.co.nz/national/programmes/ninetonoon/audio/201815333/what-is-your-parenting-style](http://www.radionz.co.nz/national/programmes/ninetonoon/audio/201815333/what-is-your-parenting-style)

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PsychDirect is now offered free of charge to all existing and new members.

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**Check out the HUGE discount on the price for Professional Practice of Psychology in Aotearoa New Zealand, 2nd edition NOW ONLY $10!! - go to our online bookstore.**

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**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

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**New Zealand Psychological Society**

PO Box 25271, Featherston Street, Wellington 6146

[www.psychology.org.nz](http://www.psychology.org.nz)

Phone: 04 4734884; fax: 04 4734889; email: office@psychology.org.nz

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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.

Mahuru- September 2016 Members’ Ballot

Full members

BONE, Carlene Thames
M Soc Sc Waikato University, 1999; PG Dip Clin Psych Waikato University, 2000

CAMPBELL, Toby Hamilton

DEVCHICH, Daniel Auckland
MSc (Hons) Health Psych Auckland University, 2007; PhD Health Psychology Auckland University, 2011

JORDACHE, Sandu Auckland
BA (Hons) Psych Auckland University, 2006; D Phil (Psych) Auckland University, 2013

KILIAN, Dean Auckland

LEVV, Emma Wellington
M Psych (Clinical) Victoria University Australia, 2007; Grad Dip App Psych Victoria University Australia, 2000

LOUW, Willem Auckland
MA Clinic Psych University of South Africa South Africa, 2000; BA (Hons) Psych Pretoria University South Africa, 1996; Doctor of Philosophy in Psychology Pretoria University South Africa, 2012

MACFARLANE, Sonja Hamilton
PhD Special Education University of Canterbury, 2012

MASON, Rennee Whangarei
PG Dip Practice of Psychology Waikato University, 2012; Postgraduate Certificate in Educ Psychology, Massey University, 2010; M Ed (Hons) Psych Massey University, 2007

McLACHLAN, Sharon Hamilton
M Psych (Forensic) Monash University Australia, 1997; Grad Dip App Psych Monash University Australia, 1991

MILIFFE, Anastasia Dunedin
Postgraduate Diploma in Educational Psychology (Merit) Massey University, 2014; BSc (Hons) Psych Sussex University United Kingdom, 2005

NGAMANU, Robert Hamilton
M Soc Sc (Hons) Psych University of Waikato, 2007; PG Dip Psych (Clinical) University of Waikato, 2008

SHACKLETON, Lana Christchurch
BA Canterbury University 2008 MSc (ChFamPsysc), PGDIP ChFamPsyc

Shannon, Sarah Wellington
MA(hons), Massey University; PGDip I/O Psych

Van Der Meer, Linee Auckland
MA (Dist) Clinical Psychology Rhodes University South Africa, 2011; BA (Hons) Psych Stellenbosch University South Africa, 2008

Reinstated

Astrid Katzur
William Gilmore

Resigned

Frances Towsey, retired

Student Welcomes

Shikha Agarwal, Hamilton
Krystal Culver, Palmerston North
Emma Dear, Christchurch
Wolfgang Dempsey, Brisbane
Georgina Guthrie, Auckland
Esther Russell, Hawera
Wade Stent, Christchurch
Kate Tappenden, Manawatu

Institute Welcomes

IEDP- Educational/Developmental Psychology
Anastasia Miliffe (Full Membership)

IHP- Health Psychology
Judith M. Ansell, Full Member Academic

IOP- Organisational Psychology
Sarah Shannon (Chartered)

ICounsPsy - Counselling Psychology
Matthew Kalloor Full Membership (Practitioner)
Journal special issue: Social movements, resistance and social change in Aotearoa New Zealand

Kōtuitui: New Zealand Journal of Social Sciences Online has just published special issue, guest edited by Ozan Alakavlukar and Andrew Dickson, both from Massey University. Papers cover the practice of social movements, including food access, oil exploration, democratic participation and Treaty of Waitangi education. All papers are open access and can be read on the Kōtuitui journal homepage.

Mental Health Awareness Week is 10-16 October, the theme is: Connect with nature for good mental health and wellbeing

NZPsS member Janet Peters reviews app…

Janet Peters, registered psychologist and writer reviews The MyPsyDiary app. The MyPsyDiary app [http://www.mypsydiary.com/] helps you monitor and improve your wellbeing. It records and responds to your thoughts and emotions and contains psychological strategies to help you feel better. Australian clinical psychologist Dr Amanda Commons Treloar developed the app to allow people to have a “pocket psychologist”. She’s really passionate about everybody having access to mental health support... Read Janet's review [http://us8.campaign-archive1.com/?u=c4f6b2fca0e12e49c424dea9f&id=adfd353eb3&u=0ba28f24a6]

Updated autism guideline released

The 2016 edition of the New Zealand Autism Spectrum Guideline is now available to read. The guideline is based on the most up-to-date information to improve the health, education and social outcomes for people with autism.

Source: Mental Health Foundation E-Bulletin 31 August, 2016

Relationships and work have biggest impact on mental wellbeing - [http://mentalhealth.us8.list-manage1.com/track/click?u=c4f6b2fca0e12e49c424dea9f&id=adfd353eb3&e=0ba28f24a6]

A new report from NatCen's British Social Attitudes survey has found that nine out of 10 people are confident they know what it means to have good mental wellbeing. The two factors people believe have the biggest impact on their mental wellbeing are relationships with family and friends and their job or work-life balance.

Source: Mental Health Foundation E-Bulletin 31 August, 2016

Royal Society resources related to sugar consumption

The impact of sugar on health is considered a growing public health issue worldwide. The Royal Society of New Zealand has collated current scientific evidence on sugar and health, in collaboration with national and international health and nutrition experts, to enable New Zealanders to make informed choices about their sugar consumption.

We have produced three resources. These can all be found on the Society's website [www.royalsociety.org.nz/sugar]

1) a short web animation focusing on added sugar in foods (for a younger audience)
2) a one-pager on sugar consumption and health, in English, Te Reo Maori, Samoan, and Tongan (for ages 12+)
3) a review summary of the current evidence on sugar and health (for health professionals, students, and members of the public with an interest in health and nutrition research)

Are you a psychologist employed in a forensic setting?

Would you be willing to talk to a researcher about your experiences?

In the last decade or so, psychologists employed in forensic settings have played an increasing role in legal decision-making. Some authors have suggested that this has created unprecedented challenges for these psychologists (Wilson, Tamatea & Riley, 2007; Ward, 2013). This study sets out to explore these challenges, and what can be done to mitigate them.

If you are a clinical psychologist or a general psychologist employed in a correctional or other forensic setting, we would be interested in hearing about your experiences.

For more information, contact Virginia Jones, a clinical psychology doctoral student at the University of Auckland.

Email: vjon555@aucklanduni.ac.nz

Approved by the University of Auckland Human Participants' Ethics Committee on 30th November 2015, for three years. Reference number 016507.

Invitation to Participate in a University of Otago National Survey on Suicide

REMINDER MESSAGE

LAST CALL: Help advance knowledge in clinical suicidology! - Participate in an ONLINE Survey & AND BE IN TO WIN iPad Mini4.

This survey is part of my PhD (supervised by Professor Sunny Collings, Dr Gabrielle Jenkin and Dr Elliot Bell) examining clinicians' experience of suicidal patients in NZ, for which there is little data.

To be eligible you need to be a NZ registered psychiatrist, psychologist or psychotherapist.
Upon survey completion, you will be able to enter a lucky draw to win an iPad Mini 4.
If you want to consider taking part, please click on the link below:
https://otago.au1.qualtrics.com/SE/?SID=SV_6XOcN3oSUarhl0V
If clicking the link above doesn’t work, please copy and paste the URL in a new browser window instead.
Thank you for your time and for considering this request.
Yours sincerely,
Tess Soulie | PhD Candidate

Are you a psychologist who identifies with an Asian background?

You are invited to participate in doctoral research on your unique experiences and perspectives as an Asian mental health professional working in New Zealand.
- How does your background influence your encounters with clients?
- How do you work with clients from your own culture and across other cultures?
- What personal and professional challenges have you experienced?
- How do you see cultural competence in relation to you?
This study encourages you to reflect on your experiences of working with your own and others’ cultures (including the dominant culture). To date there has been no research on the views of Asian mental health professionals and their experiences in New Zealand. Yet, this is vital for professionals to develop cultural competence in a diverse society.
The study involves individual interviews of approximately 1-2 hours conducted at a time and place that suits you, and a brief questionnaire completed at the start of the interview. You will receive a $20 grocery or petrol voucher as a thank you for your participation.

Understanding the Link Between Emotional Awareness, Therapy and Training

Dear Therapists,
I would like to invite you to be involved in this research study, which is an investigation of therapists’ awareness of emotion in practice.
Who can participate?
Practicing therapists including counsellors, psychologists, or psychotherapists are invited to participate. Therapists are required to be proficient in English and to have not previously completed any emotion recognition training.
What is involved?
The study is administered through a secure website that needs to be accessed using a computer/laptop. Your consent will be sought at the beginning of the research process and will be followed with a confidentiality agreement. You will complete an emotional practice questionnaire, which takes approximately 15-minutes, and watch and respond to a filmed therapy session segment approximately 20-minutes long. While watching the film segment you will be asked to identify emotion displayed by the client. The time it takes you to watch and respond to the filmed therapy session segment will depend on the frequency of your responses.
Participating therapists will be randomly assigned to either a training or no training group. The training group will engage with the Subtle Expression Training Tool (SETT) developed by Dr. Paul Ekman, which is provided at no cost to you, while the no training group will be able to partake in any activity provided it is not emotion training. The training group will be required to complete four SETT sessions within two weeks, with each SETT session taking approximately 30-minutes to complete. The no training group will have a two week delay before the final research step. The final step involves all participants completing the questionnaire again and watching the film once more.
Note: participants in the no training group will be given free access to the SETT upon completion of the research.
If you are interested in participating in this research please contact Amanda Johnsen at emotional.practice@gmail.com.
Thank you for taking the time to consider this invitation.
Amanda Johnsen
NEW ZEALAND EVENTS
*24-26 September, 2016 Auckland fourth biennial New Zealand Applied Neurosciences Conference. For more information please see www.nzanc.aut.ac.nz.


*12-13 October, 2016 Auckland A Practical Introduction to Working with Small Figures in Counselling and Psychotherapy. For more information please see http://www.smallfigures.net/upcoming/upcoming.html.

*22-23 October, 2016 Christchurch Tell Me More Sharing our Stories. For more information please see http://www.oralhistory.org.nz/.

*31 October - 1 November, 2016 Wellington AnzacBT workshop and conference. For more information please see http://cbt.org.nz/events/conference/.

*14-16 November, 2016 Hamilton "Schema Therapy - Beyond the Basics" 3 Days. For more information please see http://www.schematherapytraining.com/.


*25 November, 2016 Auckland The 5th Aotearoa New Zealand Organisational Psychology and Organisational Behaviour Conference. For more information please email rachel.morrison@aut.ac.nz.


*2-4 March, 2017 Nelson 42nd Annual Scientific Meeting of the New Zealand Pain Society Inc. For more information please see https://www.eiseverywhere.com//ehome/174204?eb=304006.


*17 May 2017, Hakomi Professional training in Napier, see here for more information: http://hakomi.co.nz/training/.

OVERSEAS EVENTS

*17-19 October, 2016 Cairns, Australia WFMH International Conference. For more information please see http://www.wfmh2016.com/.

*26-28 October, 2016 Dublin, Ireland. 5th International Conference on Violence in the Health Sector. For more information please see http://www.oudconsultancy.nl/dublin_5_ICWV/violence/registrationandp.html.


*5-6 November, 2016 Indonesia 5th International Congress on Interdisciplinary Business and Social Sciences 2016. For more information please see http://icibsos.org/.

*7-11 November, 2016 Port au Prince, Haiti. For more information please see http://www.crrc2016.org/.


*8-10 December, 2016 Rome. 16th International Forum on Mood and Anxiety Disorders. For more information please see http://www.ifmad.org/.


*15-18 March, 2016 Malaga Spain IFTA 2017 World Family Therapy Congress. For more information please see http://www.ifta-congress.org/.


*July 2017 - June 2017 Indigenous Conferences, please see http://www.indigenousconferences.com/ for conference details including dates and locations.
Dream Job in Australia

Psychologists - New Zealand Interviews, Wednesday 23rd November

Soak up the Melbourne lifestyle and enjoy a job loaded with benefits at Forensicare, Australia’s leading provider of forensic mental health care. Geneva Healthcare, their recruitment partner, can get you there! Contact us now to book your interview.

Forensicare delivers a range of mental health and offending behaviour services targeted at patients with different needs at different stages of recovery; from early intervention and prevention to rehabilitation and community transition support. They provide services in the community, prisons, and in the state’s secure forensic psychiatric hospital.

Forensicare needs more psychologists as they are undergoing a period of growth and demand for their services and expertise.

At a minimum applicants need to be:

- Registered as a Psychologist and have a Masters or Doctorate of Clinical Psychology, or a Doctorate in Forensic Psychology
- Endorsed or eligible for endorsement as a clinical psychologist
- Endorsement as a forensic psychologist is also desirable

Forensicare provides board approved supervisors. As well as flexible employment options, salary packaging and opportunities for further learning, development, and research.

Contact Shane King:
Free phone 0800 900 801
shanek@genevahealth.com
www.genevahealth.com
The New Zealand Psychological Society & ACC are proud to host:

‘Ki te Whakaora’ Sexual Violence Trauma: Towards Healing

Bi-cultural Approaches with Māori in the Assessment and Treatment of Sexual Violence Trauma

presented by:

Dr Julie Wharewera-Mika & Dr Erana Cooper

Auckland 11 October, Wellington 13 October, Christchurch 18 October 2016 - 9.30am to 4.30pm

This workshop will build on the first two workshops and will explore understandings of sexual violence for Māori, laying foundations to strengthen practice. Bi-cultural approaches in engagement, assessment and intervention in sexual trauma will be discussed with a focus on enhancing knowledge and the development of useful tools and skills to best support Māori survivors. The workshop will include a mixture of presentations from the facilitators, small group activities, and facilitated group discussions of key topics and case studies.

9.30 – 10.45am
Preparing to support Māori survivors: What preparation can we undertake to be well equipped to work with Māori survivors? Understanding the impact of sexual violence, including historical trauma, for Māori, whānau, hapū and iwi. Cultural interpretations/understandings of sexual violence within Te Ao Māori (the Māori world); group activities.

10.45 – 11.15am
Kai iti mo te ata (Morning tea)

11.15 – 12.30pm
Engagement and assessment with Māori survivors: How can we meaningfully connect with Māori survivors and hear their stories? Principles of engagement with Māori; culturally responsive and sensitive approaches to assessment; working from a position of cultural humility; gathering and honouring information; case examples.

12.30 – 1.30pm
Kai nui (Lunch)

1.30 – 2.45pm
Intervention with Māori survivors: Healing – What does this mean for Māori survivors? Sharing of “Good Practice Guidelines”; review of the usefulness of current interventions/models with Māori; healing the whole person; taking a ‘Whānau Ora’ (wellbeing of whole whānau) approach; case examples.

2.45 – 3.15pm
Kai iti mo te ahiahi (Afternoon tea)

3.15 – 4.30pm
Specific supports for Māori survivors: How do we implement specific support for Māori survivors? Supporting Māori through the ACC ISSC (sensitive claims) process; review of personal commitment to implementing cultural responsiveness; being supported to support (!); group activities.

Dr Julie Wharewera-Mika (DClinPsy; Ngāti Awa, Ngāi Tuhoe, Te Whānau-a-Apanui (left)) and Dr Erana Cooper (PhD, PGDipClinPsych; Ngāpuhi, Ngāti Hine) (right) are both directors and clinical psychologists with The Flying Doctors – Ngā Manu Ārahi, Mobile Clinical Psychology Consultants. They have a long history of working together in academic, research and clinical environments, and are both passionate about advancing development and enhancing service delivery for Māori. Their current mahi is centered around service delivery research, as well as providing a national mobile clinical psychology service for ACC with Māori survivors.

Julie has extensive experience as a practitioner in the mental health sector with both adults and children, working in particular with acute and complex cases. Julie's broader areas of research interest are focused on improving Māori mental health and wellbeing, mental
health service delivery, support services for survivors of sexual violence and Māori mental health workforce development. Julie is currently the lead researcher for the TOAH-NNEST (Te Ohākī a Hine National Network Ending Sexual Violence Together) project ‘Good Practice Guidelines for Sexual Violence Crisis Services’. Her doctoral research (2012) investigated Māori experiences of acute mental health services in Aotearoa.

Erana also has extensive experience in academic, research, and professional clinical practice. Erana’s clinical work and research interests include whānau mental health and wellbeing; parenting; child maltreatment and whānau violence; service delivery for survivors of violence/trauma; clinical neuropsychology and neurorehabilitation with Māori; and cultural competence. Erana has also previously held a post in Kaupapa Māori Psychology at the University of Auckland, contributing to teaching, research, and supervision across the Clinical/Professional Programmes and General Programme. Her doctoral research (2012) investigated intervention in whānau violence. Erana has long-standing involvement with the Ngāti Hine Health Trust in Te Tai Tokerau (Northland) and is currently a consultant to the Trust. Julie and Erana have together published work on Māori child maltreatment; experiences of caregivers of children with non-accidental (and accidental) head injury; and strategies to reduce the use of seclusion and restraint with Māori in acute mental health settings. They have both been members of the National Standing Committee on Bicultural Issues for the New Zealand Psychological Society since 2006; they are the most-recent (Erana) and current (Julie) Bicultural Directors on the Executive of the Society alongside Dr Waikaremoana Waitoki.

**Venues**

Auckland: Parnells on the Rose Garden, 85 Gladstone Road, Parnell
Wellington: Te Wharewaka o Poneke, Jervois Quay (on the waterfront)
Christchurch: Chateau on the Park, 189 Deans Ave, Riccarton

**Online registration available here:** [http://www.psychology.org.nz/pd-events/nzpss-events/#cid=884&wid=301](http://www.psychology.org.nz/pd-events/nzpss-events/#cid=884&wid=301)
You are warmly invited to attend

**FREE SEMINAR FOR STUDENTS* LEAVING UNIVERSITY**

Presenter: Jessica McIvor

**When?** Wednesday 28 September, 5.30 to 6.30pm

**Where?** Victoria University- Room to be confirmed.

Jessica McIvor qualified as a clinical psychologist in 2015 from Massey University, Wellington. She has been a member of the NZPsS since 2010 and soon became the student representative for the Institute of Clinical Psychology, and then in 2013 was elected as a student member for the NZPsS executive committee. Jessica now works for the Wellington Adult Community Mental Health Team where she completed part of her internship.

**Presentation Outline: An informal group discussion covering key points:**
- Transitioning from being a student to a registered clinical psychologist,
- Imposter syndrome (yes it’s real, so let’s talk about it),
- The limits of clinical training in the workplace,
- Professional supervision do’s/don’ts,
- Self-care strategies in the workplace,
- Professional development
- Benefits of becoming a member of the NZ Psychological Society.

Please RSVP to Heike: pd@psychology.org.nz

*Refreshments will be provided*

*If you are not an NZPsS student but would like to attend, please apply for membership here: www.psychology.org.nz/study-careers/student-hq*
NZPsS Wellington Branch presents:

“Who Guards the Guards?”
A Self-care Workshop for Mental Health Professionals
By James L. Brown, University of Southern Queensland

A half-day workshop exploring the necessity of maintaining good self-care, with practical evidence-based strategies, and an experiential format.

Participants will explore the occupational risks and hazards of the profession, and how they can be mitigated against by developing and implementing a self-care plan. The content is based on the work of Norcross and Guy on research supported self-care practices, with topics including self-awareness and self-monitoring, acknowledge the hazards, refocus on the rewards, minding the body, supportive relationships, boundary setting, cognitive restructuring, healthy escapes, flourishing environment, personal therapy, cultivating a mission or purpose, and fostering creativity and growth. At the end of the workshop, participants will leave with a determination to maintain their own self-care, which will aid their effectiveness as professionals, and improve their job satisfaction and career durability in the long term.

James Brown completed his undergraduate training at QUT in Brisbane and a Master of Psychology (Counselling) program through Swinburne University in Melbourne. James is a full member of the Australian Psychological Society and the College of Clinical Psychologists and is endorsed by Medicare as a provider of clinical psychology services. Over the course of his career James has worked in a number of consulting and clinical psychology settings, including his own private practice for over 10 years. Currently James is a Lecturer in the School of Psychology and Counselling at the University of Southern Queensland, and also continues to work in private practice consulting with clients and providing supervision. James has provided self-care workshops to government agencies and private service providers, and advocates for best practice in self-care in his teaching, training and supervision.

Thursday, 1st December 2016, 1:00-4:30pm
Massey University, Wellington Campus, Executive Suite
Wallace Street, Wellington

NZPsS Members: $60
Non-members: $80
Students: $10
Afternoon tea will be provided
To register, click here
Course: Cultural Competency and Mental Health
Duration: 7 hours

Course information: This course is a combination of the following courses from the CALD Cultural Competency Training Programme:

• CALD 1 Culture and Cultural Competency
• CALD 4 Working with Interpreters
• CALD 9 Working in a Mental Health Context with CALD Clients

The aim of the course is to increase your awareness of your own cultural values and of others; to improve your understanding of how cross cultural differences can affect communication, consultation and diagnosis; to improve your skills working with interpreters and skills working with CALD clients in a mental health context.

Learning Outcomes:

• Gain skills on how to apply the four elements of cultural competency (awareness, sensitivity, knowledge and skills) in practice to develop cultural competency.
• Gain skills on how to work with interpreters; including pre-briefing, structuring a session and de-briefing.
• Develop skills in collaborating on treatment plans with clients with different belief systems and practices in mental health.

On completing this course you will have gained knowledge of differing cultural beliefs; developed new skills in cultural competency; and become aware of how assumptions, interpretations and judgements can impact on how we communicate and understand our CALD clients during interactions / consultations.

Accredited for: CME – 7 hours

It is recommended that participants access the complete courses stated above for further in-depth learning on these topics if possible. Culture specific supplementary resources are also available for these courses. Go to www.ecald.com.

CALD Courses:

• Culture & Cultural Competency
• Working with Migrant Patients
• Working with Refugee Patients
• Working with Interpreters
• Working with Religious Diversity
• Working with CALD Families and Disability
• Working in a Mental Health Context with CALD Clients.

Resources: Online cross-cultural toolkits and resources are available on the eCALD® website. These are supplementary resources to further increase cultural awareness, knowledge and skills and provide additional cross-cultural communication tips and guidelines, and research material to increase cultural specific knowledge about working with Asian and MELAA (Middle Eastern, Latin American and African) groups.

For more information visit www.ecald.com

Programme:

AM 0900 – 1045 Culture and Cultural Competency
1045 – 1000 Morning tea break
1100 – 1245 Working with Interpreters
PM 1245 – 1315 Lunch break
1315 – 1445 Working in a Mental Health Context with CALD Clients
1445 – 1500 Afternoon tea break
1500 – 1630 Working in a Mental Health Context with CALD Clients cont.

For more information and to register please click on the link: https://www.eventbrite.co.nz/e/cultural-competency-and-mental-health-tickets-27747782364
This is a practice-oriented workshop to assist leaders, practitioners and trainees to respond in strengths-based ways to the expectations and aspirations of Māori clients and communities, and to work confidently in the area of responsiveness to Māori. Responsiveness to Māori needs and aspirations, from governance through to operations, is now a requirement of government contracts and many community funders. A deeper understanding of historical context, strategy and available practice models will assist in funding applications, strategy, service provision and evaluation of your Treaty-based practice.

Ingrid will introduce the issues with a brief refresher on Waitangi Tribunal evidence of Māori aspirations for the Treaty relationship as shown in He Wakaputanga (the Declaration) and new evidence about Te Tiriti o Waitangi.

Rawiri will showcase his doctoral research into inter-generational impacts of colonisation, and show how trauma can be approached without activating a deficit perspective. He will cover current models which allow practitioners and clients to work respectfully together on analysis, action and aspirations. Within these frameworks, Western models such as CBT and Māori models such as Whare Tapa Wha can all be used.

The workshop will include presentations, group discussions, and the opportunity for organisational strategising. (Bring your current strategy documents and funding applications, etc, with you to look at through a different lens during discussion).

This workshop will appeal to managers, Board members, staff and volunteers in a wide range of health and social services. Students, too, are most welcome to attend.

For more information and to register for this event please click on this link: http://www.eventbrite.co.nz/o/institute-of-community-psychology-aotearoa-9909026015