In this issue

NZPsS NEWS

NZPsS Conference, 1-4 September 2016 in Wellington

CALL FOR SUBMISSIONS

Call for submissions is now open- Academic programme conveners: Ian de Terte & Ruth Gammon, Massey University.

Closing date is 1 May 2016.


More on the conference on page 8.

Find a Supervisor Service

The NZPsS is setting up a “find a supervisor” service for NZPsS members which will operate through the NZPsS website. We have a “find a psychologist” service on the website which is free for members to add their details for prospective clients to access. The “find a supervisor” service will operate separately from this. We will keep you posted on progress.

NZPsS and NZ Red Cross partner on “psychological first aid resource” -

The Society along with Te Piringa O Te Awakairangi has worked with the New Zealand Red Cross to produce a “Psychological First Aid Guide”. The guide and training tool provides an overview of best practice in psychological first aid following emergencies and traumatic events within the context of Aotearoa. The Red Cross will be running training courses based on the material in the booklet. You can download a free first aid and emergency response app at www.redcross.org.nz/app

Thank you to our members who contributed to this guide.

Welcome to Kylie Jackson- Membership Administrator

A warm welcome to Kylie Jackson who has taken up the position of membership administrator. Kylie, who emigrated to New Zealand from Australia in 2002 has had considerable experience in administration in a number of contexts including Massey University in Palmerston North where she was examinations officer. She has also held
Welcome to Raima Harding - Undergraduate psychology Intern

A warm welcome to Raima Harding who is a third-year student at Victoria University studying psychology and English literature. Raima is completing an undergraduate internship placement at the NZPsS. The purpose of the internship placements is to have students undertake work in workplaces that are relevant to their areas of study. Raima is completing a varied number of tasks during her placement including, assisting with the revising of the Professional Practice book, assisting with student marketing, and collating evaluation material. She is also learning more about psychology and what it has to offer as a career. Raima’s placement ends at the end of May.

The Wellington branch is hosting Psychologists’ Code of Ethics Workshop on Thursday, 9 June 2016 from 1:00 PM to 4:30 PM at Room 5C18, Massey University, Wallace Street, Mt Cook. Presenter: John Fitzgerald.

After a general introduction this half-day workshop will be divided into two parts, each consisting of a short presentation and groups exercises. The focus for the two parts will be (i) when clients threaten harm, and (b) boundary violations. The exercises will take the form of small group work on case studies developed specifically for this workshop.

Click on this link for more information and registration: https://www.eventbrite.co.nz/e/professional-ethics-issues-controversies-boundaries-and-confidentiality-tickets-24446419900

The Waikato branch is hosting Psychologists’ Code of Ethics Workshop, 12.45 – 4.15 p.m., Friday 6 May 2016, Anglican Cathedral Hall, 51 Victoria Street, HAMILTON. Programme: 12.45 p.m – Ethical issues in my practice — speaker TBA

1.15 pm - Applying the N.Z. Psychologists’ Code of Ethics: Workshop on ethics scenarios submitted by participants from academic, clinical, community, counselling, educational, industrial/organisational fields. Giles Burch, facilitator (NZPsS Waikato Branch Committee) Please click here for more information on the event: http://www.psychology.org.nz/pd-events/nzpss-institute-and-branch-events

You are warmly invited to attend our first CPSIG Networking event of 2016 in Christchurch, Tuesday 19th of April, 4.30-6.00pm at Joe’s Garage

Trish Tapara and Jonathan Black will lead discussions around what is Coaching Psychology and how you use coaching psychology principles in your practice.

This is a great opportunity for coaches and anyone interested in coaching to come along and meet face-to-face, share your experiences of coaching, and reflect on how coaching psychology principles are applied in your practice. Click here for more information.

The Institute of Educational and Developmental Psychology (IEDP) offers free membership to NZPsS members who work primarily with children, young persons, their families and in learning environments. For further information on the IEDP or to access our membership form go to: http://www.psychology.org.nz/membership/member-groups/institute-of-educational-and-developmental-psychology. The IEDP has an active Discussion Forum. Recent topics include the review of decile ratings in schools, the review of the 1989 Education Act, the Dyslexia Debate and vulnerable children in care. If you have any queries please email IEDP Chair, Rose Blackett - rose.blackett@gmail.com.

On Saturday 2 April 2016 Auckland hosted the inaugural Ironmāori event in Umupua, Maraetai and team KRAKEN aka K - Kerry Gibson (NZPsS President), R - Rose Black (Director of Social Issues) and K - Korina Vaughn-Mason, (Clinical Manager, Huntly Birthcare) and individual entrant, Waikaremoana Waitoki (Bicultural Director) earned their fabulous medals.

The Ironmāori half will be held in December, 2016 in Napier. Team KRAKEN are entering and invite anyone to join them in a fun-filled, but tough event.


Ironmāori, founded by Heather Skipworth and Missy Mackey in 2009 is a half-Ironman, triathlon event held annually in Napier, Taranaki and the Gold Coast. The aim of the event is to provide inspiration to Māori to participate in physically and psychologically challenging events.

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This is a great opportunity for coaches and anyone interested in coaching to come along and meet face-to-face, share your experiences of coaching, and reflect on how coaching psychology principles are applied in your practice. Click here for more information.

And in Auckland on Thursday 14th of April, 5.30-7.00pm (Winsborough, 85 Fort Street, Auckland), Trish Tapara will lead discussions around what is Coaching Psychology and how you use coaching psychology principles in your practice. Click here for more information.

Click here for all institute and branch events
This meeting was a follow-up session to a consultation process that took place between Sept and Nov 2015 that aimed to identify problems in the sector and identify best practice models. It was part of a series of meetings being held in various cities across NZ with a wide range of stakeholders in the sector.

The purpose of these meetings was to identify actions and resolve issues identified in the emerging draft HOP strategy and contribute to the design process of the strategy.

The meeting in Auckland had approximately 100 representatives from a large range of stakeholders. Participants were assigned to a range of tasks organised around the themes of the draft document –

- Healthy ageing,
- Acute care/rehabilitation and recovery,
- Living well with health conditions
- Support for people with high and complex needs and
- Respectful end of life.

Discussion in groups and via presentations made it clear that ‘health’ of older people in terms of the document so far developed referred almost exclusively to physical health. Contributors in several groups were keen that health be seen in a more holistic manner including people’s emotional, social and spiritual wellbeing. While many psychological constructs were discussed as part of the strategy – for example, well-being, dependency; along with physical illnesses that have, at this point, almost exclusively validated psychological diagnoses and treatment regimes - for example dementia – concepts of psychological wellbeing, psychological research related to successful ageing and mental health are almost completely absent from the document so far developed. To this end I have written to the email address provided at the workshop to encourage the developers of the HOP strategy to more explicitly include ‘holistic health’ and specifically ‘psychological health’ as part of the emerging HOP strategy.

I hope that this brief report captures the meeting. I would like to thank NZPS for sponsoring my attendance at this meeting and representing both the organisation and psychology at a forum where clearly psychological input had previously been absent. If you require any further details please do not hesitate to contact me.

Our thanks to Nigel George for this report.

Meeting with the Ministry of Education

A meeting was held with John Fitzgerald (Director of Professional Development & Training, NZPsS Executive) and myself (President Elect, NZPsS) with David Wales (National Director Special Education Service) and Julie Hook (National Manager, Practice, Special Education, Sector Enablement and Support) on 9 March 2016.

Here are some of the responses to the questions:

1. We understand that a new service delivery model for Special Education will be implemented from mid-2016 this year as a result of the analysis of the 22 new projects. A ‘stocktake’ of all Ministry of Education Special Education staffing will take place to determine the projected required staffing. How and when will field staff and our members be able to contribute to the final draft of this service delivery model?

The key learnings from the 22 projects in 11 locations will be collated by 21 April. We received an A5 sheet summarising the current projects. Information will be sent to all staff and David Wales will be meeting with all service managers. The expectation is that NZPsS members and other field staff will have the opportunity to discuss any proposals and communicate this with their service managers. Firm proposals will be made to cabinet in July 2016. This was seen as an iterative process with the framework adapted for the different demand and demographics of each location with changes made in an ongoing manner. Full implementation was not expected until 2017.

2. What is the current formula used to determine the number of educational psychologists and other professional staff in the Special Education Teams?

Staffing has evolved in piecemeal manner with
different initiatives often determined by the limits of the existing budget and needs. Decisions might need to be made as to the cost of each professional and what added value they could bring. At present it was not clear what methodology might be used to determine a staffing mix and the number of psychologists/educational psychologists required.

3. If The Update agrees to implement a single point of contact, who will be this person? How will it be funded? What is the evidence that this will create change? How will this be piloted? To be discussed at our next meeting.

4. We note the recent loss of expertise and educational psychologists regionally. In March 2014, The Ministry of Education employed 181 FTE (or 205 individual psychologists). Please could we have the latest data on the number of psychologists and full time equivalents employed? This information was not available but staffing was perceived as stable. We requested that this information was forwarded by email. It was agreed we would discuss the current staffing in relation to recruitment and retention considering additional data about turnover, length of service, the regional variations and types of work (School Wide; Early Childhood, School Focus etc).

5. How many psychologists to date have progressed to Level 3 at the top of the salary scale (requiring a contribution at national and an international level). We wondered what barriers there might be for psychologists to meet these requirements? What could the NZPsS do to help? Current Numbers were estimated as (TBC):
   - Level 3: 9 psychologists
   - Level 2: 2 psychologists
   - Level 1: 1 psychologist

   There has been a recent review of the skills progression framework – there is the expectation that the psychologist would be visible in one or more different areas (i) good practitioner (ii) policy (iii) leadership (iv) innovation.

   We discussed ways the NZPsS could help make the work of psychologists visible in our journals, conferences, supporting research initiatives and linking with the work of other psychologists. We would explore the possibility of having a special section in one of our journals disseminating the work of educational psychologists.

   6. We would like our members to assist the Ministry of Education with evidence based approaches. We understand from our previous discussion that our members can apply to an accredited ethics committee. Who is the point of contact and who will vet these applications?

   Previously some research proposals had been considered by the internal Ministry of Education Data and Knowledge Group and then had additional scrutiny by University ethics committees. It was likely that the internal Data and Knowledge Group would have the necessary expertise, independence to meet the standards required to authorise psychological research.

   David stated that he was keen for us to adopt a science-practitioner approach and he would support research that aligned with the Ministry of Educations goals.

   Practitioners are using the outcome measurement tool to self-rate the success of their work (for presence, participation and learning on a scale 0-9). We discussed research that indicated this was effective if there was a safe environment for reflective practice rather than being used in a managerial context. David hoped that if consistency could be established with these ratings, it might be useful at an aggregated at a national level to help meet the requirements for policy design.

   We discussed the need for quantitative and qualitative information.

   7. What plans are in place for common database or record keeping with the necessary confidentiality/privacy measures in place?

   It was agreed that clients would need to know how their data was being used with good consenting processes. However, David also stated that the Privacy Act allowed anonymised, aggregated data sets to be used.

   8. How will decisions be made about prioritising and enacting these findings of the Special Education Update? How will you resolve conflicting requests? To be discussed at our next meeting.

   9. Since our previous discussion has there been any progress promoting the training and employment of Māori psychologists, such as the Te Reo scholarship offered to Speech and Language Therapists? To be discussed at our next meeting.

   10. There have been recent UK and NZ email conversations about organisations that have dyslexia policies to reflect the latest evidence. Does the Ministry of Education need to update its policy to reflect this latest evidence?

   David felt psychologists would need to deliver good, professional educational psychology practice based on the literature. Julie and David felt there needed to be a focus on learning needs but be prepared to adopt a lay understanding of the term dyslexia.

   We briefly discussed some of the tensions with professional codes and being a public servant.

   Our next meeting is scheduled for 31 May 2016.

   Ngā mihi

   Quentin


Public Interest Award
The Public Interest Award recognises valuable contributions to psychology in the service of the public interest. This award is open to members and non-members of the Society. The award is offered every four years. Click for more information.

For more information, contact Pamela Hyde at executivedirector@psychology.org.nz

Summary of the Meeting of NZCCP and NZPsS with ACC – 1 March, 2016
Click here to read these on the members only page of our website

Psychology Workforce Group (PWG)
A summary of the notes of PWG can be viewed at http://www.psychologistsboard.org.nz/what-s-new/what-s-new

NZPsS Awards

Karahipi Tumuaki – The President’s Scholarship
The Society offers the Karahipi Tumuaki President’s Scholarship which recognises research that is Māori centred and of value to the Māori community. The Scholarship is valued at $3000 plus one year’s free membership of the Society. If the recipient is a Full Member of the Society, the subscription fee will be waived for one year. If the recipient is not a member, they will receive a year’s free subscribership to the Society. This scholarship is offered each year. For more information email membership@psychology.org.nz.

Download the Application Form

Goddard Early Career Award – Achievement and Excellence in Applied Psychology
This award recognises early career achievement and excellence in applied and professional psychology. Recipients need not be current members of the Society at the time of nomination but they do need to be eligible for membership. The award is offered every two years.

Click for more information.

Hunter Award
The Hunter Award recognises and encourages excellence in scholarship, research, and professional achievement in psychology. This award is offered every three years.

Click for more information.

C.J. Adcock Award
The Adcock Award recognises an individual who has made valuable and significant contributions to scholarship and research in psychology in the past five years in a range of fields of psychology. The award is offered every four years. Click for more information.

NZPsS Awards Available in 2016 – Closing date 6 June 2016

From your student rep- Michele Blick

Representation in the Psychology Workforce
Professor Kate Bullen (Chair of the British Psychological Society Ethics Committee) and Professor Jamie Hacker Hughes (President) responded to a letter to the editor in the February 2016 issue of the British Psychological Society online magazine, The Psychologist. The response is titled ‘Achieving Representation in Psychology’ (https://thepsychologist.bps.org.uk/volume-29/april/representativeness-psychologists-bps-response).

This response examines the demographic of UK psychology and asks the question, [Does] it matter if members of a profession are unrepresentative of the population it seeks to serve? A response to this question would need to explore the impact on those who use the services and on the psychology workforce. The authors note that ‘Without inclusivity we lose out on the talents of the many people who could make valuable contributions to the profession, and to those we serve.’

What about the psychology workforce in Aotearoa/New Zealand?
According to the NZPsS Psychology Factsheet, 60% of psychologists are female, with this trend consistent across all ethnic groups. Approximately 6% of psychologists identify as Māori (compare this to 15.6% of people in Aotearoa/New Zealand who identify as Māori http://www.stats.govt.nz/browse_for_stats/snapshots-of-nz.nz-in-profile-2015.aspx). Ethnicity data for other ethnic groups across the psychology workforce is difficult to ascertain.
The NZPsS acknowledges the need for greater diversity in the psychology workforce and is working in numerous ways towards ensuring that the psychology workforce is representative of the diversity of Aotearoa/New Zealand. The NZPsS lobbies the Government on the need to increase the diversity of the workforce. Furthermore, the NZPsS is actively involved in a number of forums where consideration is given to strategies to increase the number of Māori and Pasifika students who are training as psychologists.

The NZPsS has a bicultural commitment to Māori in its Rules* and ensures that submissions, media statements and other forms of communication note the importance of ensuring that Māori health and wellbeing needs are met. The NZPsS notes that psychological services, professional training and education and policy initiatives are developed and delivered in consultation and partnership with Māori. Reflecting the diversity of other populations in the delivery of psychological services in New Zealand is also noted by the NZPsS in its advocacy on health and well-being.

The Society’s National Standing Committee on Bicultural Issues (NSCBI) provides advice on appropriate implementation of Rule 3*. The key areas of focus outlined in the NSCBI Strategic Plan for 2011-2016 are to:

- Increase and support Māori participation and development in all areas of psychology
- Support the recognition and development of psychologies relevant and applicable to Aotearoa
- Promote bicultural accountability and responsibility within psychology

He Païaka Totara is a network of Māori psychologists and students. He Païaka Totara also has a group for Pākehā New Zealanders and immigrants who are interested in developing their cultural competencies. Several areas that have been identified by the network are:

1. The need for cultural supervision for Māori psychologists.
2. The need for training for supervisors offering cultural supervision.
3. The need for support for students in psychology programmes.
4. The need for academic Māori staff to access support.
5. The need for networks in regions across the country.

The NZPsS awards the Tumuaki Karahipi - President’s Scholarship each year. This award recognises research that is Māori centered and of value to the Māori community. In addition, the Society provides ongoing support and sponsorship of the Indigenous Psychology Conference.

* Rule 3: In giving effect to the objects for which the Society is established the Society shall encourage policies and practices that reflect New Zealand’s cultural diversity and shall, in particular, have due regard to the provisions of and to the spirit and intent of, the Treaty of Waitangi.

Diversity in Aotearoa/New Zealand is evident in many areas – ethnicity, gender, sexual orientation, socio-economic status, age, physical abilities, religious beliefs, and political beliefs. Share your experiences and thoughts on the topic for inclusion in the next Connections.

**Student Contributions**

Many thanks to the students who have sent me contributions for Connections. They have all received a psychology book as a thank you for getting the ball rolling. I hope that reading about the experiences of other students will inspire more students to contribute. Contributions can be about your journey as a psychology student, topics and issues related to psychology, internship placement and experiences, thesis topics … I look forward to receiving more contributions!

**Cindy Wu** is studying Educational Psychology at Massey University. Cindy notes the increase in numbers of Chinese immigrants over the last few decades. Her Master’s thesis examines the relationship between Chinese students’ academic self-concept of filial piety and its relationship to academic achievement.

I am a student currently studying full-time towards a Masters in Educational Psychology.

My thesis direction is **Filial Piety, Academic Self-Concept and Academic Achievement in Chinese Immigrant Students**.

Over the last two years there has been a considerable influx of Chinese immigrants into New Zealand. In 2013, nearly one in four (24%) immigrants were Asian, compared to less than 2% in 1986. Pinehill on the North Shore has one of the highest concentrations of Chinese immigrants.

This rapidly changing New Zealand demographic has an enormous effect on the mainstream education system. It is essential that the curriculum and teachers’ teaching are rigorous and relevant. Therefore, it is important that schools develop intercultural competencies that will better support teachers, which in turn helps students to achieve successfully at school. I am interested in the relationship between Chinese students’ academic self-concept of filial piety and its relationship to academic achievement.

Even though it has only been two months into the year, I have been researching this topic since late last year. While the journey to completing my thesis has yet to be determined, the path so far is definitely not the straight and narrow. Already, I have had my fair share of small wins, major self-doubts and lots of tears of frustration, and of course, joy.

I have to be honest, there is no hard and fast way of coming out of this unscathed. Everyone is different and will have different ways of managing stress. I do not have a quick-fix remedy for all the speed bumps and hill tops that are inevitable during our academic pursuits, despite being a psychology nerd for years.

What I do know is that what is keeping me sane and motivated to continue down this thesis journey is the thought that I have to complete this, there is no going back, this is my destiny and I am not becoming anything
other than an Educational Psychologist. And I will repeat this all day every day for the next foreseeable year ...

Sehar Moughal is studying Applied Behaviour Analysis (ABA) at the University of Auckland. Sehar writes about the experience of working with young migrant women for her Master's thesis. Master's Thesis - Increasing social connections for young migrant women in the NZ community using Video Self Modelling (VSM).

I am enrolled in a specialised programme called Applied Behaviour Analysis (ABA). ABA is a field of psychology that uses well researched methods and interventions to improve an individual's quality of life, primarily by focusing on reducing behavioural deficits and behavioural excesses. In other words, teaching individuals new skills which are needed to function better in everyday life (e.g. personal grooming, social and communication skills), and reduce problematic behaviours that interfere with learning these skills (e.g. hurting themselves or others, and non-compliance).

This is my last year of a three year programme at the University of Auckland. So far, my favourite year has been the Master's year. Last year I conducted a very interesting research study – a topic very close to my heart. My research title was: Increasing social connections for young migrant women in the NZ community using Video Self Modelling (VSM). I conducted my Master's research in a migrant women in the NZ community using Video Self Modelling (VSM).

I am enrolled in a specialised programme called Applied Behaviour Analysis (ABA). ABA is a field of psychology that uses well researched methods and interventions to improve an individual's quality of life, primarily by focusing on reducing behavioural deficits and behavioural excesses. In other words, teaching individuals new skills which are needed to function better in everyday life (e.g. personal grooming, social and communication skills), and reduce problematic behaviours that interfere with learning these skills (e.g. hurting themselves or others, and non-compliance).

I am excited about the results of this study. It is a positive, cost and time effective technique that can be used to integrate migrant refugees into the mainstream NZ community. This is the first research carried out in NZ that focuses on an intervention strategy for youth migrant refugee women using ABA.

It was a very rewarding yet stressful year. I learnt so many things about myself that I thought were not possible. When things got tough, I started keeping a log of my success and failures for the day. It made me realise that success came more often than failure. I did not give up because ABA is so reinforcing … and I really wanted to know whether I could improve these young women's lives.

Thank you Cindy and Sehar for your contributions. I look forward to receiving contributions from more students. Find out what is going on in your region - Feel free to make contact with your branch and institute student rep:
Walker (serena.walkerpsych@gmail.com)
Institute of Health Psychology – contact Iris Fontanilla (ifontanilla@adhb.govt.nz)
Institute of Criminal Justice and Forensic Psychology – contact Sarah Christofferson (sarah.christofferson@canterbury.ac.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

NZPsS 2016 Conference

Where: WELLINGTON, Massey University
Thursday 1st to Sunday 4th September
Thursday is the pre-conference workshop day

CALL FOR SUBMISSIONS
Call for submissions is now open
Please read the submissions guidelines
Closing date for submissions is 1 May 2016.

Confirmed keynote speakers:
Jennifer Muehlenkamp - is a clinical psychologist and associate professor at University of Wisconsin - Eau Claire. She specializes in understanding and preventing suicidal and non-suicidal self-injury in youth. She has published over 60 peer-reviewed articles and book chapters on self-injury and suicide in adolescents and college students, some of which have informed the non-suicidal self-injury diagnostic category for DSM-V. She is a founding member of the International Society for the Study of Self-Injury, and co-author of a treatment book titled Non-Suicidal Self-Injury that is part of the Advances in Psychotherapy Series. Her research and clinical guidelines are internationally recognized and have earned awards from the American Association of Suicidology.

Keynote: NSSI: Beyond Emotion Regulation

Suzanne Chambers - Professor at Griffith University. She is a health psychologist who has worked as a practitioner-researcher in psychological support for people with cancer for over 20 years. She Chairs the Quality of Life and Supportive Care Committee for the Australia and New Zealand Urogenital and Prostate Cancer Trials Group. Professor Chambers has published extensively on the psychological effects of cancer and is currently leading large scale randomised control trials of interventions that address couple support and sexuality, lifestyle and unmet supportive care needs, and psychological distress in men with prostate cancer.

Keynote: Striving for Relevance: Psycho-oncology, Curve Balls and Saving the Pitch
Workshop: Developing and Evaluating Health Interventions in Chronic Disease: Psychosocial care for people affected by cancer

Check out the HUGE discount on the NZPsS student price for Professional Practice of Psychology in Aotearoa New Zealand NOW ONLY $20!! -go to our online bookstore.

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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Lisa Cherrington, 1 day workshops
Auckland 14 April, Wellington 20 April, (Christchurch now cancelled)
To Te Whare Tapa Whā and Beyond: Making sure you went to Spec Savers
see the flyer on page 16

NZPsS & ACC jointly hosted workshops:
Workshop 1- Introduction to Working with Clients with Sexual Violence Trauma
presented by Kim McGregor
April in Auckland, Wellington and Christchurch
Workshop 2- The Assessment and Treatment of Sexual Violence Trauma
presented by Eileen Swan
29 July in Auckland, 4 August in Wellington and 5 August in Christchurch
see the flyer on page 18

NZPsS & ICP jointly hosted workshop:
Worried Sick? Extending the application of CBT from health anxiety to medically unexplained symptoms and long term medical conditions.
presented by Paul Salkovskis, UK
Auckland on Friday 1 July and Christchurch on Monday 4th July
see the flyer on page 20

PLEASE SEE THE EVENTS CALENDAR ON PAGE 15
You can print this and hang on your noticeboard
WEBINARS

We have a number of excellent webinar recordings on our Members only pages: http://www.psychology.org.nz/members-only/webinars

We are now looking for more presenters.

Would you be interested to talk for 10-20 minutes about a psychology area that you feel passionate about?

The webinar process is very easy and requires no technical knowledge - I will even send you the headset. All you need is access to a computer with a camera and a reliable internet connection. It is also not ‘live’ (although if you preferred an interactive webinar we can arrange this too).

I hope to hear from you - please contact Heike pd@psychology.org.nz

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


Marc Wilson: http://www.listener.co.nz/lifestyle/psychology/psychology-professors-take-luck-vs-fate/

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.

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.

Paenga-whāwhā - April 2016 Members’ Ballot

Full members

ASI-PAIKIETO, Hana Auckland BSc(Hons) Psychology, MHSc (Hons) Psychology, PG Dip Counselling, Auckland University, 2011 S Hira / S Mafi

Baird, Vikki Auckland Postgraduate Diploma in Arts (Psychology), Auckland University of Technology, 2010, B Health Sciences (Hons) Psych, Auckland University of Technology, 2012 M Rowthorn / M Thorpe

BUSCH, Robert Palmerston North BA(Hons), MA Cant., BAppSc, DipAppMH OPNZ, BSc(Hons), PGCertSc, PhD Massey University A Aldridge / C Woolley

CONWAY, Arlene Wellington BSc with First Class Honours in Psychology 2014, MSc in Psychology with Merit 2014, PGDPP, 2015 O'Connor / S Boeke

CRISFORD, Lynda Auckland BA (Hons) Psych, Auckland University, New Zealand 2013 S Brennan / B Stiles-Smith

DICKS, Casey Auckland Postgraduate Diploma in Psychological Practice, Massey University, 2015 T Tairi / Benita Stiles-Smith

KERRISK, Cian Auckland MHSc(Hons), PGDipPHlth, GradDipPsych, BA(Ed.), CertCBT H Harrison / T Wetherall

LANGHAM, Anne Otago MEd, Canberra College of Advanced Education, Australia, 1984 Feely / J Eatwell

SAMPSON, Alena Auckland PG Dip Practice of Psychology, Waikato University, 2008, M Soc Sc (Hons) Psych, Waikato University, 2005 M Paul / M Armistead

SINGH, Mamta (Emma) Auckland MA (Hons) Psych, Auckland University, 2008, PGDIP Psychological Practice Lawrie / B Stiles-Smith

VIVIERS, Melissa Central Districts PGDip in Psychological Practice, Masters by Thesis only (Psychology) Bachelor of Arts (Honours) Psychology Graduate Diploma in Arts in Psychology Moxon / K Frewin

WHITE, Lyn Wellington PGDipScPsych, Massey University Ayland, H Dixon

Reinstated

Devash Naidoo

Resigned

Ethne H. Thomas (Retired)

Student Welcomes


Institute Welcomes

Clinical Psychology

Melanie Haeta

Health Psychology

Sandra F. Cavell

Community Psychology

Student members:
The Board recently conducted a consultation on a proposed new vocational scope of practice for neuropsychology. Submissions closed on January 31st 2016. The consultation document is still available for download here. The Board discussed the proposal further at its meetings in late February, and agreed to proceed with the second stage of consultation. A second consultation paper is now being prepared and will be published here by mid-April.

Source: New Zealand Psychologists Board

**Educational Psychology**
Kate Pennell (Student Member)

**Organisational Psychology**
Ria Jacobs, Auckland (student member)

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**News Bytes & Resources**

**Special Journal Issue**

**Cultural Advice Reference Groups (now recruiting)**
The Board are currently recruiting members for our new Cultural Advice Reference Groups. Two groups will be formed, one specific to Māori and the other for all other major cultural groupings in New Zealand. They will provide cultural advice and/or peer review on relevant issues under consideration by the Psychologists Board. It is intended that each group will include psychologists, students, and/or non-psychologists from all regions of New Zealand. If you are interested in serving on one of the groups, please review the [DRAFT Terms of Reference](#) and then contact Steve Osborne.

Source: New Zealand Psychologists Board

**Consultation on a Proposed Scope of Practice for Neuropsychology**
The Board recently conducted a consultation on a proposed new vocational scope of practice for neuropsychology. The consultation document is still available for download here. The Board discussed the proposal further at its meetings in late February, and agreed to proceed with the second stage of consultation. A second consultation paper is now being prepared and will be published here by mid-April.

Source: New Zealand Psychologists Board

**Whaioa Online**
A tool has been developed by He Waka Tapu that may be of interest particularly for those members working in mental health. He Waka Tapu received health innovation funding for the project, which has been built for up to 10,000 people for mental health recovery. It is written in the first person, shifts control from the clinician to the individual and a phone app is being developed this year.

Go to [http://www.hewakatapu.org.nz/](http://www.hewakatapu.org.nz/) to learn more about this tool.

**Call for papers- Neuroscience of Mindfulness**
Vernon Press invites book or chapter proposals on the neuroscience of mindfulness. Please click on the link for more information [https://vernonpress.com/proposal?id=78uid=8e56f3cc3d959dbf5b985d448e758c7e](https://vernonpress.com/proposal?id=78uid=8e56f3cc3d959dbf5b985d448e758c7e)

The deadline for proposals is 30th June 2016
**NEW ZEALAND EVENTS**
*19-22 April, 2016 Auckland 10th International Conference on Workplace Bullying and Harassment. For more information see www.bullying2016.com.*
*5-7 May, 2016 Wellington NZCCA Conference on Neuroscience + Clinical Practice - New Directions in Working with Trauma + Attachment. For more information please see http://www.nzcca.org.nz/2016-conference-registration/*
*12 May, 2016 Alexandra Park Function Centre, Epsom Family Courts Association Dinner Meeting & AGM. For more information please see http://nzfca.co.nz/nzfca-dinner-meeting-thursday-may-12th-2016/*
*16 July, 2016 Wellington Advanced Hynosis Training. For more information please email cmc89@xtra.co.nz*
*15-16 September, 2016 Auckland. Master Class: Adults and Older Adolescents with ASD Level 1 (Asperger's Syndrome) For more information please see http://www.mindsandhearts.net/*
* 17 September, 2016 Auckland. Emotion Management with Children and Teens with ASD. For more information please see http://www.mindsandhearts.net/*

**OVERSEAS EVENTS**
*27 April, 2016 Manchester, England “Dementia: Quality of Care 2016”. For more information please click here http://www.openforumevents.co.uk/event/dementia-quality-of-care/?utm_source=P1.0+DEM+QC+DHR+ALL+0%2FC%3FINAL+07%2F03&utm_medium=email&utm_campaign=P1.0+DEMENTIA+QUALITY+OF+CAR+2016*
*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*
*5-6 May, 2016 Piran, Slovenia. “7th TRIPLE i Conference: Intuition, Imagination and Innovation in Suicidology” For more information please see http://zivziv.si/triple-i-2016/*
*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/11035/2w46wp/1888218/d6f4a41753q.html*
*17 May, 2016 Manchester, UK. Confronting Online Child Sexual Abuse and Exploitation. For more information please see http://www.openforumevents.co.uk/event/confronting-online-child-abuse/*
*1-3 June, 2016 Complex Systems 2016 New Forest, UK. For more information please see http://www.wessex.ac.uk/16-conferences/complex-systems-2016.html?utm_source=wt&utm_medium=email&utm_campaign=friar16cfp&uid=29790*
*3-4 June, 2016 Singapore. The American Counseling Association – Asia Pacific Counseling Conference 2016. For more information please see http://www.aca-apcc.org/
*19-27 June, 2016 Melbourne Australia Comprehensive DBT Training. For more information please see http://www.bpdaustralia.com/new-events/*
*13-14 June, 2016 Philadelphia, USA “International Conference on Cognitive Behavioral Therapy” For more information please see http://www.bpdaustralia.com/new-events/*
*6 July, 2016, Manchester UK UK Oil & Gas: Planning and Environment Summit. For more information please see http://www.openforumconferences.co.uk/link.php?M=4072478&N=2135&L=3546&F=H*
*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.isssdb2016.com*
*13-14 July, 2016 Brisbane, Australia Challenging The Mental Illness-Violence Nexus. For more information see https://www.griffith.edu.au/conference/mental-illness-violence-conference*
*15-19 August, 2016 Copenhagen Denmark 3rd International Conference on Time Perspective. For more information please click here https://itpnetwork.wordpress.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*
*7-11 November, 2016 Port au Prince, Haiti. For more information please see http://www.crcp2016.org/*
*23-25 March, 2017 Vienna Austria International Convention of Psychological Science. For more information please see http://icps.psychologicalscience.org/
*July 2017 - June 2017 Indigenous Conferences, please see http://www.indigenousconferences.com/ for conference details including dates and locations*
Phoenix Psychology Ltd is currently seeking motivated psychologists to join our rapidly expanding team in a contracting role. We are seeking individuals with at least two years’ experience who have interest in the areas of mental health, physical injury, pain and/or trauma, sexual abuse, and/or neuropsychology. This position predominantly involves ACC work. Training and advocacy are provided for the successful applicants. Phoenix Psychology provides services in the Bay of Plenty, Waikato and Thames/Coromandel areas, and the ideal team member would be a person with flexibility to travel for contracted work within these areas (funding for travel is available). The contracting position may suit a psychologist who already has an established private practise, or is interested in establishing one. If you would like to find out more, please contact:

Nicole Calder, Director and Clinical Psychologist

nicole@phoenixpsychology.co.nz

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**Lovely quiet and sunny consultation/therapy rooms available in Bayview, North Shore**

Sharing with a psychologist. Rooms are available fully furnished or you may bring your own furniture if you prefer.

The rooms are available Monday to Friday, 8 am to 8pm. Car parking is plentiful.

Costs are negotiable depending on whether the bookings are casual or permanent and length of time booked.

Contact Elaine at elainewest1@hotmail.com or phone 022 122 1884
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.

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<th>Date</th>
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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. In order to attend, 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.

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<td>28-29 July 2016</td>
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<td>4-5 August 2016</td>
<td>Adelaide CBD</td>
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<td>11-12 August 2016</td>
<td>Auckland CBD</td>
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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) $615 AUD or $550 each if you register to both (or with a colleague) more than three months prior using this form $680 AUD or $615 each if you register to both (or with a colleague) less than three months prior using this form

Program fee includes program materials, lunches, morning and afternoon teas on each workshop day

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

2016 Trauma Education Registration Form for NZPS

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

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<th>Name:</th>
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<td>Email (<em>essential</em>):</td>
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<td>Signature of card holder:</td>
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<td>Debit amount in Australian Dollars: $</td>
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</table>

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.
2016 Events Calendar
for NZPsS hosted
Workshops and Seminars

1. To Te Whare Tapa Whâ and Beyond: Making sure you went to Spec Savers
   presented by Lisa Cherrington
   Auckland 14 April, Wellington 20 April, (Christchurch now cancelled)

2. NZPsS & ACC jointly hosted workshops:
   Workshop 1- Introduction to Working with Clients with Sexual Violence Trauma
   presented by Kim McGregor
   7 April Auckland, 11 April Wellington and 18 April Christchurch
   Workshop 2- The Assessment and Treatment of Sexual Violence Trauma
   presented by Eileen Swan
   29 July Auckland, 4 August Wellington and 5 August Christchurch
   Workshop 3- Bicultural Approaches in the Assessment and Treatment of Sexual Violence Trauma
   presented by Julie Wharewera-Mika
   October in Auckland, Wellington and Christchurch

3. NZPsS & ICP jointly hosted workshop:
   Worried Sick? Extending the application of cognitive behavioural approaches from health anxiety to medically unexplained symptoms and long term medical conditions.
   presented by Paul Salkovskis, UK
   Christchurch on Friday 1st July and Auckland on Monday 4th July

4. Free evening seminars: Students Leaving University - to assist students to prepare for the transition from student to registered psychologist.
   Presenters, Dates and locations to be announced later this year.

5. Conference workshops, 1 September:
   Matthieu Villatte: Advanced ACT: Getting Experiential Without Exercises
   Suzanne Chambers: Developing and Evaluating Health Interventions in Chronic Disease: Psychosocial care for people affected by cancer
   Sonja Macfarlane: The problem with conflict...

Detailed information about these workshops can be found on our website:
http://www.psychology.org.nz/brochures-for-workshops

To register please go to:
http://www.psychology.org.nz/pd-events/nzpss-events/#cid=884&wid=301
or contact the professional development coordinator pd@psychology.org.nz
or phone 04 9141983
The New Zealand Psychological Society is proud to host:

To Te Whare Tapa Whā and Beyond: Making sure you went to Spec Savers
presented by Lisa Cherrington
Auckland 14 April & Wellington 20 April

Aim of workshop:

What does Buzz Lightening from Toy Story with his optimistic shout of ‘To infinity and beyond’ and the Spec Savers Aerobics television ad where a vision impaired fitness instructor accidentally wanders into the Bingo hall, mistaking it for the gym and then leads a group of surprisingly spritely senior citizens on an aerobics routine set to LMFAO’s ‘Sexy And I Know It’ all have to do with a cultural supervision workshop? By the end of this one day cultural supervision workshop, participants will have formulated their own answer.

The workshop is intended for those practitioners who already have a working knowledge of Te Whare Tapa Whā and want to advance their own practice utilising Te Whare Tapa Whā in a meaningful and practical way. In addition, through the use of case studies provided by the participants and adaptation of Hua Oranga (a Māori mental health outcomes measure), practitioners will learn practical skills to enhance their own reflective practice when working with Māori clients and their whānau.

Participants will be required to submit a brief case study when registering (no longer than a paragraph) about a Māori client/whānau they are working with or have worked with. The case picked should be a case the practitioner has identified as:

‘Could have done better but not quite sure what and I am open to some new ideas.’

‘I’m not too sure if I am on the right road here, would be open to some suggestions.’

“I feel really out of my depth here. What else could I be doing? ‘or

Something else (for example, no engagement or lack of rapport).

Topics covered in the 1 day workshop may include:

1. An overview of Te Whare Tapa Whā
2. Identifying cultural and ‘clinical’ issues using Te Whare Tapa Whā
3. Personal application of Te Whare Tapa Whā
4. Using Te Whare Tapa Whā as a framework in assessment and planning
5. Hua Oranga and reflective practise
6. Exploration of case studies using Te Whare Tapa Whā and Hua Oranga

About the facilitator:

Lisa Cherrington qualified as a clinical psychologist in 1994 and worked for a number of years in Kaupapa Māori Mental health services in Palmerston North and Wellington. The use of narrative therapies and pūrākau (Māori mythology) when working with Māori are long standing areas of interest. In addition, she has facilitated numerous workshops on the practical application of Te Whare Tapa Whā. Lisa developed and taught the Indigenous Psychology in Aotearoa paper at Victoria University. Lisa has worked part time at Massey University with the Cancer Psychology Service in addition to providing
consultancy services to other organisations such as Department of Corrections and Central Cancer Network. She currently provides training and supervision for Whānau Ora Navigators for Te Tihi o Ruahine and Central PHO. Lisa is also a published novelist, a scriptwriter and Iron Māori/Iron Man competitor.

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

Venues
Auckland: Sorrento in the Park, One Tree Hill Domain (670 Manukau Road), Royal Oak
Wellington: Mercure Abel Tasman Hotel, 169 Willis Street
Christchurch: HAS BEEN CANCELLED

REGISTRATION & TAX INVOICE
Name ..........................................................................................................
City.........................................................................................................
E-Mail ..................................................................................................
Phone ..................................................................................................

☐ Auckland - 14/4
☐ Wellington - 20/4

Booking Conditions: Places confirmed only upon receipt of registration and full payment. If your employer is paying for your registration please ensure your payment is referenced with your surname.
Cancellation: Up to 14 working days before event – refund less 20% administration fee. Less than 14 working days before event – no refund but named substitutes will be accepted if the Society is notified.
The NZPsS reserves the right to cancel the workshop, with not less than 10 days notice, should there be insufficient registrations.

☐ I accept the booking conditions

Signed ..................................................................................................
Date .....................................................................................................

Once payment for your registration has been processed you will receive a confirmation letter. If you do not receive a letter within two weeks of registering please contact the Professional Development Coordinator:
pd@psychology.org.nz

scan and email completed form to: pd@psychology.org.nz
or fax to: 04 4734889
or post to PO Box 25271, Featherston St, Wellington 6146

PAYMENT
All prices are GST Inclusive - GST Number 42-486-864

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Cost (incl. GST) covers:
• m/tea, lunch, a/tea
• workshop materials

☐ I have special dietary requirements (please specify)..............................................................

Payment method: Please tick one box
☐ Cheque payable to: NZ Psychological Society Inc
☐ Direct Credit Payment to: New Zealand Psychological Society BNZ, 02-0560-0262471-000
  Payment reference ......................................
☐ Credit Card Payments: MasterCard or Visa only.
  Card Number: ...................................................
  Cardholder Name ..........................................................
  Expiry Date: ...................../..........................

Start: 9.30am
M/tea: 11am - 11.30am
Lunch: 1pm - 2pm
A/tea: 3.30pm-4pm
Finish: 5pm
The New Zealand Psychological Society & ACC are proud to host:

The Assessment and Treatment of Sexual Violence Trauma

presented by Eileen Swan

Auckland 29 July, Wellington 4 August, Christchurch 5 August 2016 - 9.30am to 5.00pm

9.30 – 10.00am Impact on clients (children, young people and adults) and their family/whanau of trauma and diagnoses/PTSD associated with sexual violence.

10.00 - 10.45am Support for clients who have experienced sexual violence, services offered by ACC to sexual violence clients, ways in which practitioners can work with ACC to offer services.

10.45 - 11.15am Morning tea

11.15 - 12.30pm Assessment – aims/methodology of assessment of clients with PTSD and complex trauma associated with sexual violence trauma and other mental health issues - including cultural considerations, male and female clients, differing ages, intellectual and physical disability.

12.30 - 1.30pm Lunch - An ACC representative will be available to answer any question in regards to ACC procedures.

1.30 - 3.00pm Assessment contd/Treatment - evidence-based treatment approaches for clients with PTSD and complex trauma associated with sexual violence trauma, consideration of situations when other mental health issues coexist. Reporting back to ACC.

3.00 – 3.30pm Afternoon Tea

3.30 - 5.00pm How to further develop skills in assessment and treatment; quality professional supervision/self-care strategies/support.

Eileen Swan has been a clinical psychologist for nearly thirty years – she was previously a registered nurse. She conducted research prior to the opening of HELP in Auckland in 1982 and was the first coordinator for HELP until 1984.

Eileen then spent six years working as a psychologist and family therapist at the Leslie Centre establishing a team to work with families who had experienced sexual violence and with other families with a wide range of presenting problems, including Family Court referrals. She was then Managing Psychologist, Specialist Services, Child Youth and Family for four years before spending three years in West Berkshire, England.

During this time Eileen worked in primary care, health psychology and the Wallingford
and therapy company Tiaki Consultants alongside her partner Russell Smith. She also has a part time role as the Chief Victims Advisor to Government. From 2005-2015 Kim was the Executive Director of Rape Prevention Education Whakatu Mauri, 2005-2013 was a founding and executive member of the Te Ohaakii a Hine - National Network Ending Sexual Violence Together, and the Tauwi Caucus Chair, 2007-2009 was a member of the New Zealand government’s Taskforce for Action on Sexual Violence and was a founding and executive member of Project Restore 2004-2013. Kim has worked alongside Louise Nicholas since 2006 and wrote the Forward for her book Louise Nicholas My Story.

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

Venues
Auckland: Jubilee Hall, Parnell Trust, 545 Parnell Road, Parnell
Wellington: Level 1, Mercure Abel Tasman Hotel, 169 Willis Street
Christchurch: Conference room, YMCA Christchurch, 12 Hereford Street

REGISTRATION & TAX INVOICE

Name .............................................................................................................
City.............................................................................................................
E-Mail ....................................................................................................... 
Phone .......................................................................................................

☐ Auckland - 7 April  
☐ Wellington - 11 April  
☐ Christchurch - 18 April

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Cancellation: Up to 14 working days before event – refund less 20% administration fee. Less than 14 working days before event – no refund but named substitutes will be accepted if the Society is notified.
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Signed .........................................................................................................

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• m/tea, lunch, a/tea
• workshop materials

☐ I have special dietary requirements (please specify).......................................................... 

Payment method: Please tick one box
☐ Cheque payable to: NZ Psychological Society Inc
☐ Direct Credit Payment to: New Zealand Psychological Society BNZ, 02-0560-0262471-000

Payment reference ............................................

☐ Credit Card Payments: MasterCard or Visa only.

Card Number: ..........................................................

Cardholder Name ..........................................................

Expiry Date: .....................................................

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

Venues
Auckland: Jubilee Hall, Parnell Trust, 545 Parnell Road, Parnell
Wellington: Level 1, Mercure Abel Tasman Hotel, 169 Willis Street
Christchurch: Conference room, YMCA Christchurch, 12 Hereford Street

REGISTRATION & TAX INVOICE

Name .............................................................................................................
City.............................................................................................................
E-Mail ....................................................................................................... 
Phone .......................................................................................................

☐ Auckland - 7 April  
☐ Wellington - 11 April  
☐ Christchurch - 18 April

Booking Conditions: Places confirmed only upon receipt of registration and full payment. If your employer is paying for your registration please ensure your payment is referenced with your surname.
Cancellation: Up to 14 working days before event – refund less 20% administration fee. Less than 14 working days before event – no refund but named substitutes will be accepted if the Society is notified.
The NZPsS reserves the right to cancel the workshop, with not less than 10 days notice, should there be insufficient registrations.

☐ I accept the booking conditions

Signed .........................................................................................................

Date ...........................................................................................................

Once payment for your registration has been processed you will receive a confirmation letter. If you do not receive a letter within two weeks of registering please contact the Professional Development Coordinator: pd@psychology.org.nz

PAYMENT

All prices are GST Inclusive - GST Number 42-486-864

<table>
<thead>
<tr>
<th>Category</th>
<th>Price</th>
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<tr>
<td>NZPsS Member</td>
<td>$190.00</td>
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<tr>
<td>Non Member</td>
<td>$220.00</td>
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<tr>
<td>NZPsS Student</td>
<td>$50.00</td>
</tr>
<tr>
<td>Non NZPsS Student</td>
<td>$80.00</td>
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</tbody>
</table>

Cost (incl. GST) covers:
• m/tea, lunch, a/tea
• workshop materials

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Background: Cognitive behavioural approaches to health anxiety have been shown to be effective in RCTs in people where the main presenting problem is anxiety focused on health, and in those seeking medical help in hospital found to have high levels of health anxiety. There are also indications that CBT could be effective in Medically Unexplained Symptoms (MUS) and in Long Term Physical Health problems (LTC) associated with relatively severe psychological distress.

Purpose of workshop: In this workshop, the theoretical and clinical underpinnings of CBT for health anxiety on its own and linked to MUS and LTC will be described, starting with the success of CBT and identifying its limitations in this context. The importance of using a transdiagnostic approach as a way of ensuring high quality therapy is considered in the context of the need to address the specific issues in diverse problems such as chronic pain, irritable bowel, chronic fatigue and so on. The result is a new hybrid transdiagnostic/specific approach, with core elements including engagement and developing a shared understanding supplemented by “modules” addressing specific aspects of MUS in the later stages of treatment, with behavioural experiments cutting across both aspects of the treatment. Treatment fundamentals and details will be discussed and, where possible, demonstrated. Time will be allowed for discussion of cases brought by participants who are prepared to role-play their clients.

Suitable for: All clinicians interested in working with these problems, including but not confined to clinical psychologists, general practitioners, psychiatrists, nurse therapists and so on.

Professor Paul Salkovskis
B.Sc., M.Phil. (Clin. Psychol), PhD, C.Psychol., FBPsS
Paul Salkovskis is currently Professor of Clinical Psychology and Applied Science at the Institute of Psychiatry, King’s College, London and Clinical Director at the Centre for Anxiety Disorders and Trauma, South London and Maudsley NHS Trust. He is editor of “Behavioural and Cognitive Psychotherapy”, the official scientific journal of the British Association for Behavioural and Cognitive Psychotherapy. He completed his training at the Institute of Psychiatry in the late 70s, after which he worked as a full time clinician in the health service, also conducting research as part of this work. He
TIMES: 9.00am - 4.30pm (10.30am m/tea, 12.30pm lunch, 3.00pm a/tea)
ONLINE REGISTRATION AVAILABLE HERE: http://www.psychology.org.nz/pd-events/nzpss-events/#cid=884&wid=301

subsequently transferred to a clinical research position in 1985 at the University of Oxford; at the time he left in 2000, his title was Professor of Cognitive Psychology. His transfer to an academic position did not interfere with his commitment to clinical work, which continues at a high level to the present day. His main contributions have been in the areas of cognitive models and treatments of anxiety disorders and in health psychology. His theoretical paper (in 1985) on a cognitive theory of Obsessive compulsive disorder was a synthesis of the work of Beck and Rachman, and highlighted the role of the way in which intrusions were interpreted as a sign of “responsibility” for harm or its prevention. Such interpretations were described as motivating compulsive behaviour, paving the way for new cognitive strategies for the treatment of OCD. He worked closely with David M Clark on the development and validation of the cognitive model of Panic Disorder, and with Hilary Warwick on severe and persistent Health Anxiety (“Hypochondriasis”). With all of these disorders he has developed and refined innovative cognitive-behavioural treatment strategies. Paul also developed the concept of “safety seeking behaviour”, highlighting its role in the maintenance and treatment of anxiety disorders. This influential work has resulted in new ways of thinking about the use of behavioural strategies in cognitive therapy, resulting in a proper integration rather than a hybridized approach. In health psychology he has researched aspects of health screening and developed the concept of “evidence based patient choice”. More recently he and his team have been considering issues including dissemination of treatment and the application of the cognitive model of health anxiety to chronic pain.