



ShrinkRAP

**Newsletter of the New Zealand College of Clinical Psychologists
THE SPECIALIST ORGANISATION FOR CLINICAL PSYCHOLOGISTS**

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Rangatira mākohā nui

Gentle compassionate leader

(Psychologists are often considered as influential and significant contributors to the health sector, typically viewed as leaders of the gentle and compassionate kind which is very much the case for the incoming and outgoing Vice Presidents of the College.)



NZCCP 2016 Conference, 9-10 April, Wellington
Submissions are invited for oral presentations, workshops and posters on any topic relevant to clinical psychology for the Conference



**Gottman Method Couples therapy
Level 1 Clinical Training
"Bridging the Couple Chasm"**

with Drs John and Julie Gottman

Thursday 7 & Friday 8 April, Wellington

NZCCP News

A small College contingent, including Elliot Bell, John Bushnell, Nigel Fairley, Malcolm Stewart and Caroline, met with Dr John Crawshaw and Prof Des Gorman (Health Workforce New Zealand) in June. This has resulted in plans to establish a "Psychology Workforce Task Force" (PWTF). The focus of this task force will be psychology in the health workforce. The issue of prescribing rights for psychologists is still being discussed, and is a project that will be ranked against other projects that might come out of the PWTF project. Extension of practice and working to top of scope (including leadership/training/consultation) were also discussed at the meeting as was the further development and creative use of the 'Stepped Care' proposal for Te Pou, which endorses Clinical Psychologists working with the most complex clients and having a potential role in supervising/training/mentoring other disciplines providing evidence-based psychological therapies to clients with less complex presentations. The internships issue was also discussed, and it was suggested that internship funding be a major focus of the PWTF.

Caroline continues to attend Allied Health Aotearoa NZ (AHANZ), ACC, and Allied Mental Health Forum (AMHF) meetings and was part of an AMHF delegation that recently met with Annette King and her Associate, David Clark. The politicians expressed increased concern about workforce issues, and a failure to measure workforce needs that they see as driven by a political agenda interested in promoting the growth of lower cost generalists at the expense of specialists. They are keen to research the changing nature of the workforce, and also to highlight the Government's failure to plan for both present and future need.

The NZCCP Council met in July and among other things discussed was the progress following the recent development of the NZCCP strategic plan. We are identifying the work we have already done and the things we've achieved in each of the four identified areas of focus. The subcommittees formed for each area are investigating ways of further addressing these.

The Strategic Planning group would also like to thank the membership for the many and excellent suggestions for a "tagline" for the College. A shortlist will be decided on at the

next Executive meeting and a final decision made at the next Council meeting in November.

Executive and Council changes

There have been some changes in the Executive. Elliot has been appointed to the Psychologists Board and has as a result resigned from his position as Vice President. We congratulate Elliot and thank him immensely for his hugely valuable and innovative contributions to the Executive and the Council over the last four plus years.

We are also absolutely delighted to announce that Malcolm Stewart has agreed to be co-opted onto the Executive in the role of Vice President of the College pending ratification at the next NZCCP AGM in April 2016. We are very much looking forward to working with Malcolm again.

There also have been changes to the Council. Wellington member, Jane Freeman-Brown, will be taking over the role of the Ethics Committee chair from Marijke Batenburg. Karen Ramsay is stepping down as chairperson of the Otago/Southland branch and Julianne Osborne has been elected to take her place. Louise Woolf has been voted into the Auckland branch chairperson position, taking over from Claire Cartwright.

These new Council members are congratulated and more importantly we would like to thank Marijke, Karen and Claire for their years of commitment and contribution to the College.

NZCCP Membership News

At the National Executive meetings since the ShrinkRAP Winter 2015 edition was published, we would like to welcome the following people in the following categories:

Full Members of the College:

Frances Brinn, Blenheim
Erica Chadwick, Wellington
Kim Coldham-Fussell, Wellington
Phil Howard, Auckland
Megan Lenny, Hamilton
Katie McCormick, Auckland
Angus Maxwell, Auckland
Mary Moore-Cory, Dunedin
Sara Moshenrose, Wellington
Pene Muir, Dunedin
Chris Perkins, Dunedin
Mairin Taylor, Christchurch

Robyn Vertongen, Auckland

As a Full Member, each may now use the acronym MNZCCP.

Associate Members of the College:

Marty Ferreira, Gisborne

Nadine von Rothkirch und Panthen, Gisborne

The National Executive wishes to congratulate these people on attaining their new membership status.

Membership renewals

For the 1 July 2015 to 30 June 2016 period are well overdue now! Please renew your membership at the [online NZCCP/MPS subscription renewal page](#).

Shared Stories

Sam O'Sullivan, NZCCP Wellington Branch

In support of the Mental Health Foundation's (MHF) mental health awareness week this month, the NZCCP Wellington branch organised a variety of speakers to share their perspectives about living and working with mental health issues. The event, held at the Wellington Central Library on Saturday, was free to the public and aptly named "Shared Stories". The MHF theme for the week, GIVE, was embraced at the event. Attendees were given cards with hand-written compliments as they entered, the wonderful people from Atareira were present to give families information, and the walls were lit up by beautiful art created by people living at a local Inpatient Rehabilitation service as part of their weekly art group, run by Pablo's Art Studio.



Hugh Norriss, Director of Strategy, Advocacy, & Research, Mental Health Foundation

The event started with Hugh Norriss, the Director of Strategy, Advocacy, and Research at the Mental Health Foundation, talking about the specific issues New Zealanders are facing with mental health, and some of the amazing and innovative ideas the MHF is supporting. Next up was Julia Rainsford, a Coexisting Disorders Clinician, who delivered a passionate talk about her insights into the realm of addiction, which she referred to as "hungry ghosts", and which finished with a political message and a buzz of excited chatter from the audience.



Julia Rainsford, Coexisting Disorders Clinician, Capital & Coast DHB

Mary Maringikura Campbell, a Consumer Advocate, began the afternoon by taking everyone on a journey. She told her ancestors' stories and recounted her own experiences going through the mental health system, weaving her poetry into the tales. This was followed by Holly Wilkin's popular talk on psychosis. She did a wonderful job of helping the public understand this curious mental phenomenon. Kuni Shepherd, Kaumatua, then gave an address about the Maori concept of *Tukua*, which is to heal and let go of underlying issues. He imparted his knowledge with novel animations drawn on the whiteboard and a well-received warm sense of humour. Finally, the day was drawn to a close with Renee Keenan and Jane Weggery, Equine Assisted Therapists, who explained the theory behind equine therapy and shared amazing stories of how it helps people change their lives for the better.

Journal NZCCP

The themes for the next Journal NZCCP issues are:

Care of Older People, published November 2015, deadline 30 October 2015.

Relationships, published May 2016, deadline 30 March 2016

Culture, published November 2016, deadline 30 September 2015

Leadership, published May 2017, deadline 30 March 2017

If you have (or know of someone else who has) an interest in any of the above themes and

- could write an article, or
- do a literature search, or
- if you could review a conference or workshop you've attended, or
- review a book or article you've read, or
- if you are aware of some good online assessment measures or apps,

please contact Caroline at office@nzccp.co.nz.

If there is a book you want to read and are interested in reviewing it, Journal book review editor, Dr Charlene Rapsey (charlrapsey@gmail.com), may be able to get you a free review copy.

Please don't forget that we are always keen to receive and publish letters to the editor, and encourage all students to submit articles, case studies, book reviews, commentaries on a set of abstracts, reviews of conferences or workshops and students whose submissions are published are paid \$100.

[We look forward to seeing your wonderful submissions \(which can be submitted online here: <http://www.nzccp.co.nz/about-the-college/publications-and-resources/journal-nzccp-article-submission/>\)!](http://www.nzccp.co.nz/about-the-college/publications-and-resources/journal-nzccp-article-submission/)

The Future Psychology Initiative: A Call to Action

The *Future Psychology Initiative* aims to ensure that psychology remains a *robust, resilient, and relevant* profession in the New Zealand health services and potentially other social services. It was started by practising psychologists and teachers in professional psychology training programmes (participants are shown below) who believe that it is important for psychology to be

proactive in positioning itself and evolving how it operates to ensure that it remains strong in the face of the inevitable future changes in funding, organisation, work practices, and priorities of the health and social services sector¹. The Future Psychology Initiative includes members of the NZ Psychological Society (NZPsS) and the NZCCP and hopes to work closely with these organisations. The Initiative started in Auckland but wants to attract interested psychologists from around the country to participate in the Action Groups it is establishing.

Action to Date: Mapping a Pathway Forward

The Future Psychology Initiative held a workshop for psychologists in Auckland in July 2014 that started exploring issues for psychology in health and social services and began generating strategies to address these issues and maintain/increase our robustness, resilience and relevance². Subsequent workshops and discussions at NZPsS annual conferences (2014 and 2015) and at the NZCCP annual conference (2015) ensured that psychologists nationally had input into defining the issues and potential strategies for moving forward. Approximately 230 psychologists have participated in workshops to date. Themes emerging from the large- and small-group discussions at each of these workshops were documented, summarised, and presented to the next workshop to help inform and advance the discussion. From the themes identified at these workshops, there emerged five Areas for Action. These are summarised in the following table:

Area for Action	Brief description
Enhancing our Professional Practice and Identity	This focuses on how psychologists understand and practice their own professional role. It aims to ensure that

¹ Some of these possibilities and challenges were outlined in the 2014 articles "Evidence and wisdom: The role and value of psychologists in healthcare" by Malcolm Stewart, John Bushnell, Jennifer Hauraki, and Margaret Roberts. *Journal of the New Zealand College of Clinical Psychologists*, 24(1), 3-14, and "Psychology in Aotearoa – where are we going?" by Anita Bellamy, Jackie Feather, Kerry Gibson, Fiona Howard, and Ingo Lambrecht, *Psychology Aotearoa*, 6(1), 15-18.

² A more detailed description of the work of the Future Psychology Initiative, and the outcomes of the workshops, will be published in *Psychology Aotearoa* shortly.

	psychological practice is evolving so it will remain sought-after and valued by health and social services and by clients. The target audience for this Area for Action is psychologists and the practice of psychology.
Building Advocacy and the Profile of Psychology	This involves increasing knowledge of, and positive attitudes towards, psychologists and the contribution they can/do make. It may also involve addressing workforce issues that limit the contribution that psychology makes. Its target audience is the public and stakeholders such as service users, employers, other health professionals, and government agencies.
Psychology's Response to Cultural Factors	This aims to assist psychological practice and training to more fully reflect an increasingly multicultural Aotearoa New Zealand and to ensure that the psychological models and approaches used by psychologists are as culturally appropriate and responsive as possible. Its target audience is psychologists and the practice of psychology.
Increasing Leadership by Psychologists	This aims to increase the involvement of psychologists in clinical and organisational leadership by enhancing their level of skill and attitudinal readiness to undertake such activities. It also aims to increase the opportunities and support for psychologists to take on and sustain leadership roles and activities. Its target audience is psychologists and others who may enable or block leadership by psychologists.
Improving	This involves ensuring that

Training and Professional Development	both pre- and post-qualification training enables psychology to remain strong (robust and resilient) and relevant to clients and employers. It also involves ensuring the training supports wellbeing and sustainability for psychologists. Its target audience is the training institutions and staff within them, and funders and providers of other professional development opportunities.
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Moving Ahead: Walking the Talk

A workshop in June 2015 began to define short and longer-term strategies within each of these Areas for Action, and started to recruit people to work within small Action Groups to achieve the strategies that were identified.

We are asking for your participation in these Action Groups.

We are asking for psychologists from around the country, who are interested and prepared to put energy into improving the future of psychology, to volunteer to join the Action Groups for the different Areas of Action outlined above. It is envisaged that these Action Groups will act relatively autonomously. As the groups are likely to include people in different parts of the country, they will mostly use electronic means of communication (e.g., Skype and email). A Coordinating Group, which at present consists of the current members of the Future Psychology Initiative, will provide support, encouragement, and coordination between the various Action Groups. Generally, at least one member of the Coordinating Group will be an active member of each Action Group.

Interested? Next Steps

If you may be interested in participating in one of the Action Groups, please:

1. Have a look at the table above and decide which Area for Action you are most interested in participating in a small group to help bring about change.
2. Email the contact person for the group that you are most interested in being involved with.

Enhancing Professional Practice and identity	Trish Du Villier	trishdv@adhb.govt.nz
Building Advocacy and Profile of Psychology	Tina Earl	tina.earl@tepou.co.nz
Psychology's Response to Cultural Factors	Epenesa Olo-Whaanga	epenesa.olo-whaanga@waitematadhb.govt.nz
Increasing Leadership by Psychologists	Mike Butcher	mbutcher@adhb.govt.nz
Training and Professional Development	Fiona Howard	f.howard@auckland.ac.nz

What Will Happen Then

This person will then contact you and give you more information about the development of the group for that Area for Action. The people who have signed up for the same Area for Action as you will then finalise the strategies and how you as a group (or subgroups for different strategies) want to tackle them.

Psychology in health and social services in Aotearoa New Zealand faces many possibilities and challenges into the future. It will be important for psychologists to be actively involved if we wish to have a future in which psychology remains robust, resilient and relevant as a profession and as a significant contributor to the wellbeing of society. The Future Psychology Initiative aims to be an additional resource that, along with the professional organisations, can help to make this happen. We would very much value your involvement and energy in making this happen.

*Future Psychology Initiative Coordinating Group
Anita Bellamy, Epenesa Olo-Whaanga, Fiona Howard, Helen Lenihan, Ingo Lambrecht, Iris Fontanilla, Jackie Feather, Julian Reeves, Kerry Gibson, Malcolm Stewart, Marleen Verhoeven, Mike Butcher, Mimoza Soldatovic, Nigel George, Tina Earl, Trish Du Villier, Willem Louw.*

NZCCP survey of the Psychologists Board's complaints process

We would like to thank the 61 people who responded to the NZCCP survey about the Psychologists Board's complaints process.

From the results of these 61 people 32 (52%) had had a complaint made against them with the following results:

- No further action – 65%
- Letter of education – 6%
- Referral to a Competence Review Committee (CRC) - 15%
- Referral to another agency - 3%
- Referral to a Professional Conduct Committee (PCC) - 15%

Out of interest we compared this with Board's figures for 2014/15

- 38 new complaints were received between 1 April 2014 and 31 March 2015, including 1 conviction.
- 24 of these were considered by 31 March, resulting in 20 being closed.

The other 18 complaints remained open. Of the 24 complaints considered by the Board:

- 5 were sent for full investigation. (1 NFA)
- 2 were referred for a Competence Review.
- 16 were screened to 'NFA'.
- 2 advisory letters were issued.
- 1 complaint was withdrawn.

Two HPDT hearings were held, both resulting in guilty findings.

It is important to note that, although the process is acknowledged as stressful and sometimes lengthy, these figures indicate that the majority of complaints are dismissed without action.

The survey results indicated that while the majority of people rated the communication about the process, timeliness, fairness, Board's responsiveness, and respectful communication as either somewhat or very satisfactory, a quarter of the respondents felt that the timeliness and fairness of the process was very unsatisfactory and 20% found the Board's responsiveness was very unsatisfactory.

A somewhat surprising 82% didn't take the opportunity to provide feedback to the Psychologists Board with 50% of these unaware that they could.

With respect to making use of NZCCP and other support resources, all respondents had talked to their supervisors and most had talked to colleagues (79%) and family and friends (76%). MPS were approached for advice by 69% and but only 10% used the NZCCP support and mentoring for members, with over 55% of survey respondents unaware that this was available. (Please see below for more information about what the College offers members in the way of support.)

There were a number of common themes and issues around the process that people wanted the College to discuss with the Psychologist Board. These are summarised below along with responses from the Board to most of them.

- *Timeliness in that some complaints take an excessively long time to work through.* The Board are aware of this and endeavour to complete their part of the process in a timely manner however they note that the delays are almost always caused by the complainants, the psychologists' lawyers, the Family Court, and/or the HDC. This can be particularly protracted in complaints arising from Family Court work with three agencies (including the Family Court, the HDC in many cases, and the Board) gathering information and examining the case.

- *Trust, impartiality, transparency, and respect were all felt to be lacking from the Board's engagement and interaction with the psychologists undergoing a complaint.* It is noted that the Board's primary role is to protect the public and they work hard to be completely fair and thorough throughout the process. However the Board and the PCCs are bound to follow the legislative and administrative law requirements and often walk a fine line when being mindful of the parties' natural justice rights and the potential for (very costly) judicial review where these rights have not been honoured.
- *Publication by the Board of a complaint, even in anonymous form, should not occur before it has been fully dealt with.* The Board has agreed to mention complaints in publications only once they have been fully processed.
- *It would be good to clarify what obligations we are under to disclose a complaint that is dismissed with no further action in a new job application (e.g. a complaint to the Health and Disability Commission that is closed with no further action - and not part of the Psychology Board process at all).* The Board has no expectation that practitioners will disclose NFA complaints in such circumstances, and issues letters of "Good Standing" routinely to practitioners who are in such circumstances. Employers may have a different expectation, but the Board are not in a position to comment on that.

The Board will continue to provide information to psychologists about the complaints process (including the requirements of the HPCA Act and the Board's jurisdiction) in its various publications and at its annual presentations to the College and Society.

Suggestions on ways in which the NZCCP can further support members

- More awareness of the available NZCCP support and mentoring resources
- Being more active and sending out an outline of what is available when

the College gets notification of a complaint

- NZCCP could provide a support person for the clinician involved who would attend all meetings and act as a neutral but "witnessing" party
- Keep raising this issue and providing member feedback to the Board
- More review of ethical issues in publications
- Regular workshops on avoiding complaints including presentation from legal advisor from MPS and advice on managing the process through a complaint
- Set up a twice-a-year meeting with the Ethics Chair of the NZCCP, NZPsS, the Board CE/Registrar or Psych Advisor and MPS to exchange the most recent questions that have arisen
- Ask MPS to make the process of their assistance clearer, e.g. financial implications.

Report from Health of the Older Person's Strategy consultation meeting

Karen Kyne

On 14 October 2015 I attended a consultation meeting with regard to the Health of the Older Person's Strategy, a document that is part of the wider Health Strategy that is currently under development.

The meeting was part of a consultation process as directed by Associate Minister of Health, Peta Sam Lotu-Iiga. The consultation draft of the Health Strategy will be issued next month and consultation will continue until this is finalised sometime next year. The consultation process for the HOP Strategy has begun but needs to work in with the wider Strategy once it is more fully developed. Today's meeting was with community stakeholders only and the consultation process will continue with those who work for DHBs and are able to attend Regional Workshops in the near future (dates yet to be advised).

This initial meeting was focussed on the Outcomes Framework and was very much about the identification of gaps in services. It is intended that a solution focussed consultation meeting will occur as follow up in late Jan or Feb 2016. If you have any thoughts in regard to either gaps or solutions, please don't hesitate to let me know. Alternatively, if you work with older

adults, wish to attend a DHB regional workshop, and you work for a DHB, let me know and I can forward your name and email to the MOH and request that you receive an invitation.

With regard to the initial meeting, gaps were identified in each of the five domains from "healthy aging and independence" through to "respectful end of life".

Discussion was wide and broad, but themes certainly emerged. Significant gaps were identified in healthy aging and prevention, particularly related to loneliness as a risk factor for more significant and costly physical and mental health conditions (at present services are only made available fairly late in the piece) and to, surprisingly but convincingly, the provision of dental care. With regard to "complex care needs", the point was made by several people, myself included, about the inflexibility of support packages (i.e. personal care support only) which is often not the support required, and the duplication of assessment that occurs when seeking funding for provision of support. We also discussed the need for mental health NASCs to recognise the unique mental health needs and requirements of older adults. Re: rehabilitation and recovery from acute episodes, it seemed that I had a lot to say, though this wasn't a key area for other's present. I raised concerns about the lack of consistent psychology/neuropsychology input as part of the process of rehabilitation in NZ, particularly from stroke, despite this being considered best practice. And finally, there was some conversation about a lack of evidence in regard to Advanced Care Planning and whether this focus actually translates into measurably better care. I don't think there was a sense that people are against such planning, but that it's becoming a 'tick box' exercise rather than an ongoing conversation that allows for one to change one's mind as a terminal condition progresses.

I'm always happy to discuss our health service and suggest that everyone with an interest in Older Adult Health consider taking this opportunity to be heard.

If you want more information about this group or to see the discussion documents please email office@nzccp.co.nz

Summary of the Psychology Workforce Group (PWG) meeting 18 August, 2015

Representation on PWG

Marc Wilson from VUW was welcomed back as the HOD representative. Tony Ward from VUW will be representing clinical programme leaders. Non-clinical training programmes will be asked for a nomination to attend PWG.

Internships

This issue continues to be raised with the MOH (John Crawshaw), the HWNZ (Ruth Anderson) and Annette King and David Clark, the latter by the Allied Mental Health Forum. A think tank on this issue has been organised at the NZPsS conference.

It was noted re internships and workforce issues in general that

- DHBs may not be aware of the return on investment that interns represent
- Corrections keep part of their funding establishment aside to employ interns
- Te Pou is currently doing a workforce audit of the psychology adult mental health workforce
- Meetings with the MOH indicate that there is less interest in shortages in professional groups per se and increasing interest in availability of competencies
- The psychology workforce goes beyond the health sector
- Leadership, supervising, consulting and other top of the scope activities are part of developing the psychology profession and senior levels

Children's workforce-core competencies discussion document

The NZPsS and NZCCP put in submissions to this online document

Māori and Pasifika Workforce Issues

There was a discussion which noted

- Increasing numbers of Māori psychologists appear to be choosing health psychology as a career
- The barriers to Māori becoming psychologists have been documented a number of times by Michelle Levy and also by Moe Milne
- The lack of clear unambiguous workforce data was lamented although it was noted that Te Rau Matatini collects data
- The enviable level of support provided for Māori students in health sciences at Otago was noted. This

support is focused on entry and retention and is funded by the MOH

- Another issue noted was that universities are incentivised to attract and support Māori students but this has not resulted in a lot of change in recruitment and retention of psychology graduates
- Māori students have many choices once they have postgraduate qualifications
- Waikato University appear to provide good support for Māori students and significantly, have a critical mass of students and staff

Attendance by Ruth Anderson – acting Director, Health Workforce New Zealand

Ruth's attendance arose out of a meeting that the NZCCP had with John Crawshaw, Director of Mental Health and Des Gorman Executive Chair of HWNZ around prescribing rights and internships which resulted in the suggestion of a Psychology Taskforce being set up and chaired by John Crawshaw).

Ruth tabled a set of power points on the positioning of HWNZ. These dealt with the role of HWNZ, recent initiatives, taskforces and work programmes, issues e.g. division in the health sector, traditional thinking about professions, absence of coordinated models of care thinking, assumed powerlessness, mental health and addiction issues from "rising to the challenge", workforce action plan, priority areas and the role of psychologists in the future.

Ruth noted

- Allied health is allocated \$4.5m and a proportion of this goes into psychology internships. This is out of a total annual training budget of \$179m.
- HWNZ progressively increased the medical student funding when there was a shortage and now fewer doctors are leaving NZ highlighting the fact that the workforce development landscape ebbs and flows over the long term and is affected by various factors.
- The recent extension of scopes to include the unregulated care and support workforce
- The HWNZ work action plan is considering new roles to complement existing staff groups which needs to take into account the role of psychologists
- HWNZ has an Allied Health Science And Technical Workforce Taskforce and it was noted that Janice Mueller who is on this taskforce was present by Skype at an earlier meeting of PWG

- The specialist workforce capacity and training pathways taskforce was highlighted.
- It would be possible to have a psychology workforce taskforce/workgroup which could have a strategic alliance with the allied health and technical workforce group or a more standalone group, comprising stakeholders involved in a governance group and/or a small, efficient, action orientated working group that would not be HWNZ driven.
- If psychology has its own taskforce what would be the priorities and what would be the role of PWG?
- There is the opportunity to bring together as part of a taskforce other health professionals e.g. counsellors and psychotherapists and forge a partnership to look at how services could be developed across the sector
- HWNZ would not be able to offer a great deal of support for the taskforce but would have representation on the group and John Crawshaw would chair it
- The questions are
 - who does the work
 - what is the focus/structure of the taskforce
 - what would be priorities
- HWNZ is on board with a mental health action plan but cannot commit large resource and the group will need to focus on how things can be done differently from within the current fiscal constraints
- HWNZ will never be able to fund all psychology internships
- HWNZ is working with the NZPB re gathering workforce data
- HWNZ would like to see the whole profession have an interest in gathering this data.

Summary of the Psychology Profession Advisory Forum (PPAF) meeting, 18 August 2015

Representatives of the New Zealand Psychologists Board, the New Zealand College of Clinical Psychologists, the New Zealand Psychological Society, the DHB Professional Leaders, university Heads of Department, and training Programme Leaders attended this half-day meeting in Wellington.

Cultural Competence (*Updates re each organisation's cultural competence activities*)
The Board enquired if any PPAF members were interested in working with them to

establish two "Cultural Advice Reference Groups". As strong interest was indicated by all, draft terms of reference will be developed for consultation.

The College has recently set up a webpage with links to resources for psychologists working with clients from other cultures

Reports from HoDs and PLs

There are quite a few new HoDs this year. The group is working to develop Terms of Reference and to identify the value of regular meetings/collaboration.

The HoDs will be invited to set a date for a meeting, and will ask that a PPAF representative be invited to meet with them.

DHB Professional Leaders

Arrangements for the HWNZ-funded internships are more organised this year but still in progress, so no comparisons can be made with last year yet. The Leaders next meet in October (Wellington).

Psychologists Board

People are trying to wrap their heads around the possible implications of the new Vulnerable Children's Act. There will, for example, likely be changes need in the Board's Best Practice Guidelines. There are three strands of action arising from the VCA: 1. Government funded agencies must have a child protection policy. 2. The vetting of workers. 3. Better info sharing (especially between 5 government agencies). Strand 3 seems to have the biggest potential impact for psychologists. For example, thresholds for breaking confidentiality may change. There is a clear move towards professionals in the sector sharing more information, with more agencies, and at a lower threshold.

They have produced a leaflet and poster to educate the public about the Board's role and mandate. The leaflet will be distributed broadly, and copies will be available for download from the Board's website.

Updates:

A review of the fees charged by the Board will be completed soon and if any proposals for fee increases result this would be followed by a consultation process.

They are considering an application for development of a Neuropsychologist scope. One or more consultation papers will follow,

touching on the scope description, the title of the scope, the qualifications required for registration in the scope, the core competencies, and a proposed grand-parenting pathway.

The main focus of changes to be made following the review of the CCP will be on streamlining the programme. They noted that there was only a 3% participation rate in the consultation survey, and that most proposals were strongly supported.

Following the review of the *Accreditation Standards and Procedures*, the Board will likely approve a final draft of the revised standards later this week. The revisions ensure that the standards are closely linked to the Board's mandate (protection of the public). The Board's Accreditation Committee will then approve a final set of procedures and the new S&P document will be published soon thereafter.

The colocation of RA secretariats and development of shared services is now making rapid progress. A building has been selected and floor plans are being drafted. One NZPB staff member will be redeployed to the Nursing Council. A Service Level Agreement has been signed for the provision of core (and one optional) business services. Two new appointments to the Board are imminent and the Ministry recently called for nominations for two more psychologist members and two lay members, with a closing date of 1 September. Three of the four current members whose terms expire in November have indicated that they will seek reappointment.

International Declaration on Core Competences in Professional Psychology.

It was noted that the draft is still being developed, and a final version won't be launched until mid-2016 (at the International Congress of Psychology in Yokohama).



National Education Training Timetable

The NZ College of Clinical Psychologists aims to encourage and facilitate continuing education opportunities for members, by providing nationally coordinated events to a high standard. Our goal is to coordinate training opportunities between branches with the goal of facilitating training in all regions. Please consult the College website for further information and links (<http://www.nzccp.co.nz/events/>)

TRAINING TIMETABLE

NZCCP Events

LOCATION	MONTH	PRESENTER/ CONTENT
National – 9 centres	Various	Professional Supervision Workshops
Wellington	7-8 April	Drs John & Julie Gottman: Gottman Method Couples Therapy- Level 1 Clinical Training
Wellington	7-11 April	NZCCP 2016 conference & associated workshops

Other Events

LOCATION	MONTH	PRESENTER/ CONTENT
Auckland	29-30 October	ANZACBT Conference 2015
Wellington, Dunedin, Christchurch, Hamilton, Auckland	30 October-13 November	Mental Health Law Conference 2015
Wellington	5-6 November	NZ Dementia Summit
Christchurch	6 November	Perinatal Mental Health NZ Seminar
Auckland	12-13 November	Kelly Koerner: Enhancing your DBT individual therapy
Hamilton	16-19 November	Healing Our Spirit Worldwide - The Seventh Gathering
Auckland	20 November	Louisa Walker: Advanced Suicide Risk Management & Triage
Wellington	23-24 November	Early Intervention In Psychosis Training Forum
Wellington	24-28 November	ANZ Acceptance and Commitment Therapy conference

CLASSIFIED

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Audrey Holmes

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Diversity in Clinical Practice
Whakahangai te tikanga mahi

NZCCP 27th National Conference
Saturday 9 - Sunday 10 April, 2016
Amora Hotel, Wakefield St, Wellington



Preconference workshop with John and Julie Gottman
Level 1 Clinical Training: Gottman Method
Couples Therapy: Bridging the Couple Chasm
Thursday 7 and Friday 8 April, 9am-5pm

Couples enter the therapy office with pain and despair and look to the clinician to referee chronic conflicts, fix their partners, and rebuild burned bridges. Dr John Gottman's 40 years of compelling research with over 3,000 couples offers a practical and highly effective approach to guiding couples across the chasm that divides them. In this workshop you will be provided with a research-based roadmap for helping couples (heterosexual and same sex) compassionately manage their conflicts, deepen their friendship and intimacy, and share their life purpose and dreams.

Apply Gottman Method Couples Therapy to help couples strengthen:

- The Friendship System – the foundation for intimacy, passion, and good sex
- The Conflict System – the basis for helping couples identify and address solvable problems, and understand and manage irresolvable differences
- The Shared Meaning System – the existential foundation of the relationship that helps partners discover their shared purpose for building a life together

In this two day workshop clinicians learn:

- Research-based strategies and tools to help couples successfully manage conflict
- Skills to empower partners to dialogue about their worst gridlocked issues by uncovering their underlying dreams, history, and values
- Methods to help couples process fights and heal their hurts
- Techniques for partners to deepen their intimacy and minimize relapse
- New assessments and effective interventions to help understand couples' struggles

World renowned for his work on marital stability and divorce prediction, John Gottman has conducted 40 years of breakthrough research with thousands of couples. His work on marriage and parenting has earned him numerous major awards and he was one of the Top 10 Most Influential Therapists of the past quarter-century by the Psychotherapy Networker. He is the author of 190 published academic articles and author or co-author of 40 books, including the bestselling [The Seven Principles for Making Marriage Work](#); [What Makes Love Last](#); [The Relationship Cure](#); [Why Marriages Succeed or Fail](#); and [Raising An Emotionally Intelligent Child](#). Dr John Gottman and Dr Julie Gottman, husband and wife, are co-founders of the Gottman Institute, and John was also the Executive Director of the Relationship Research Institute. He is Professor Emeritus of Psychology at the University of Washington, where he founded "The Love Lab" at which much of his research on couples' interactions was conducted.

Julie Gottman is the President of The Gottman Institute, and Clinical Supervisor for the Couples Together Against Violence study. A highly respected clinical psychologist, she is sought internationally by media and organizations as an expert advisor on marriage, sexual harassment and rape, domestic violence, gay and lesbian adoption, same-sex marriage, and parenting issues. She is the co-creator of the immensely popular [Art and Science of Love weekend workshops for couples](#), and she also co-designed the national clinical training program in Gottman Couples Therapy. Julie is in private practice in the Seattle area, providing intensive marathon therapy sessions for couples. She specializes in working with distressed couples, abuse and trauma survivors, those with substance abuse problems and their partners, as well as cancer patients and their families.



Post conference workshop with Russell Kolts

True Strength: A Compassion-Focused Therapy Approach to Working with Anger

Monday 11 April, 9am-5pm

This workshop will focus on how Compassion-Focused Therapy can be applied to the treatment of problematic anger. Participants will be introduced to an attachment and shame-based model of the maintenance of problematic anger. A Compassion-Focused Therapy approach will be introduced to help clients break the cycle that supports ongoing anger problems, learn compassionate strategies for working with difficult situations and emotions, and cultivate an adaptive, compassionate version of the self. Participants will be introduced to the True Strength group program, a 12-week manualized group therapy program applying CFT to the treatment of anger.

Russell Kolts is a clinical psychologist and Professor of Psychology at Eastern Washington University near Spokane, Washington, USA. An internationally recognized trainer in Compassion-Focused Therapy (CFT), Dr Kolts has pioneered the use of CFT in the treatment of problematic anger. He is the author of several books: *CFT Made Simple*, *The Compassionate Mind Guide to Managing Your Anger*, *Living with an Open Heart: Cultivating Compassion in Everyday Life* (with Thubten Chodron), and *Buddhist Psychology and CBT: A Practitioner's Guide* (with Dennis Tirsch and Laura Silberstein). An active scholar, Dr Kolts has authored or co-authored dozens of peer-reviewed journal articles, book chapters, and conference presentations.

Conference Keynote Speakers

John Gottman: The Science of Trust & Betrayal

We are living through a global catastrophe of trust. We are experiencing this on every front today, including decreased trust in our economic system, in government, in banks, in Wall Street, in employers, and so on. Most tragic of all is a decreased trust people are experiencing in their closest relationships, particularly in marriage and love relationships in general. This presentation reviews "The Science of Trust" in the context of couple relationships, including the physiology and the mathematics of trust and betrayal. Recent research from John Gottman's laboratory will be reviewed leading to a precise definition of trust. Dr Gottman will also talk about a new empirically-based theory of trust, how to create trust in love relationships, and how it is sometimes possible to heal from betrayal. This is based upon Dr Gottman's latest book, [The Science of Trust](#).

Russell Kolts: Compassion and Diversity: Applying Compassion-Focused Therapy in Understanding and Working with Privilege and Oppression

In this address Dr Kolts will present a Compassion-Focused Therapy model of oppression and privilege that is anchored in affective neuroscience and an understanding of how different emotions and motives organize the mind. We will explore how to apply CFT principles in understanding and working with issues of client diversity that can be applied not only to dimensions of diversity such as race, gender, and sexuality, but also to age, disability, and the stigma associated with mental illness, and other ways in which people differ. Compassion and CFT gives us a non-shaming, non-blaming way of understanding the challenges faced by diverse populations in ways that pave the way for helping them (and all) clients apply compassionate strategies for working with life challenges and difficult emotions.

Conference Keynote Speakers

Jane Freeman-Brown: Getting away with murder: Legal and Ethical implications when a client confessed an undetected murder to you

Dr Jane Freeman-Brown is a registered clinical psychologist with ten years' experience in mental health and forensic settings. As well as a clinical focus Dr Freeman-Brown has a specialty in the interface between ethics and the law, and has previously worked as a senior advisor to the Department of Corrections with a focus on psychological practice and psycho-legal issues. She is nearing the completion of a Masters in Bioethics and Health Law through the University of Otago and has been accepted into the University of Victoria's Law School to complete her law degree from 2016. Dr Freeman-Brown sits on the Ethics Committee of the New Zealand College of Clinical Psychologists. She has lectured on the interface of ethics and health information law to clinical psychology students, interns and registered psychologists. Dr Freeman-Brown is a private consultant working out of Central Wellington.

Ranka Margetic-Sosa: The cultural diversity of refugee people in Aotearoa New Zealand

Ranka Margetic-Sosa was born in Sarajevo, Bosnia and Herzegovina, and came to live in New Zealand 20 years ago. Ranka is one of the foundation staff at Refugee Trauma Recovery in Wellington and currently holds the position of Clinical Manager. Ranka has BAs in Psychology and Education, and a Postgraduate Diploma in Gestalt Theory and Practice. Ranka is a registered psychotherapist with The Psychotherapists Board of Aotearoa New Zealand and a member of the NZ Association of Psychotherapists. Ranka attended International Specialist Training in Treatment of the Victims of the War, Torture and Trauma Survivors, and is an EMDR Institute facilitator and supervisor. Ranka's work has always been a combination of clinical and educational work and she is renowned for applied training and teaching of clinicians working with refugees. She has presented at Australian and NZ counselling and psychotherapy conferences on working with refugees and the cross cultural context.

For more information and the call for papers please go to

<http://www.nzccp.co.nz/events/conferences/nzccp-2016/>



EMPLOYMENT OPPORTUNITY:

PSYCHOLOGY ADVISOR (Accreditation and Investigations)



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

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

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

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

Applications and enquiries to:

Steve Osborne, Chief Executive and Registrar

New Zealand Psychologists Board

PO Box 10-626 Wellington 6143

E: steve.osborne@nzpb.org.nz

Application deadline: 06 November 2015



CALLING FOR EXPRESSIONS OF INTEREST FOR SPECIALIST REPORT WRITERS

Ministry of Justice is calling for expressions of interest for selection onto their report writers list:

The term “specialist report writer” means any person from whom a psychological report has been requested under s133 of the Care of Children Act 2004 or under s 178 of the Children, Young Persons and Their Families Act 1989 (CYFS Act)

The Court is currently looking for registered psychologists in the **Auckland, Wellington Christchurch, and surrounding area's**.

Criteria for selection:

- a. Be a registered psychologist with a current practising certificate;
- b. Be a financial member of the New Zealand Psychological Society or the New Zealand College of Clinical Psychologists; and
- c. Have five years' clinical experience or its equivalent, including a minimum of three years' experience in child and family work.

For interested parties please contact Shelley.barwick@justice.govt.nz and an application for inclusion pack will be sent out to you.

Leah is a Sydney-based doctoral-level clinical psychologist with 20 years of clinical and teaching expertise in CBT and traumatology

2015 - 2016 Trauma Education

presented by
Dr Leah Giarratano



Two highly regarded CPD activities for all mental health professionals: 14 hours for each activity

These workshops are endorsed by the, AASW, ACA and ACMHN

Clinical skills for treating posttraumatic stress disorder (Treating PTSD)

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

12-13 November, Melbourne CBD	19-20 May 2016, Melbourne CBD	9-10 June 2016, Perth CBD
19-20 November, Sydney CBD	26-27 May 2016, Sydney CBD	16-17 June 2016, Adelaide CBD
12-13 May 2016, Brisbane CBD	2-3 June 2016, Cairns CBD	23-24 June 2016, Auckland CBD

Clinical skills for treating complex trauma (Treating Complex Trauma)

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

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

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

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

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

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

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

2015-2016 Trauma Education Registration Form for NZCCP

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

Name:	
Address:	
Phone:	Email (*essential*):
Mobile:	Special dietary requirements:
Method of payment (circle one) Visa MasterCard	
Name of cardholder:	Expiry Date:
Card Number:	Card Verification Number:
Signature of card holder:	Debit amount in Australian Dollars: \$
<p>Credit card payment is preferred. Simply complete the information above, scan and email this page mail@talinminbooks.com</p> <p>A receipt will be emailed to you upon processing. Note: Attendee withdrawals and transfers attract a processing fee of \$55 AUD.</p> <p>No withdrawals are permitted in the seven days prior to the workshop; however positions are transferable to anyone you nominate</p>	