



ShrinkRAP

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

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Hinana ki uta hinana ki tai

Search abroad, search inland

With all the conversations around Leadership and Psychology, this whakatauki seemed appropriate as it was Te Heuheu (Paramount Chief of Tuwharetoa) who proclaimed this to all the Iwi in response to the arrival of the British monarchy. It was considered a complimentary leadership arrangement (rather than competitive) that would eventually end with King Potatau Te Wherowhero being announced as the first Māori King.



**BEST WISHES TO YOU ALL FROM THE NZCCP
EXECUTIVE FOR A HAPPY AND SAFE FESTIVE
SEASON!**

REGISTRATION IS NOW OPEN FOR THE NZCCP 2016 CONFERENCE and ASSOCIATED WORKSHOPS

including the

**2 day pre-conference workshop: Gottman Method Couples
Therapy- Level 1 Clinical Training: Bridging the Couple Chasm**



Saturday 9 - Sunday 10 April, 2016
Amora Hotel, Wakefield St, Wellington
REGISTER ONLINE HERE

or

**DOWNLOAD THE CONFERENCE BROCHURE AND REGISTRATION
FORM HERE**

**Please follow this and the links above for more information about
the conference and associated workshops**

From Te Mangai Māori

Luke Rowe

This ShrinkRAP whakatauki is timely given my recent dethroning at the annual Ironmaori Half Ironman event in Napier this December. Some soul-searching indeed occurred... at the bottom of Boundary Road. Whether it was the thought of Maori Psychologists all wearing 'rubber onesies' or the fact that in a previous life, Clive Banks recalls a time when he paid extra for women in rubber to be that close to him – it was nonetheless a distraction that led to Simon Bennett being hailed the undisputed Tuna Nui champion for 2015/16.

Simon now has the unenviable pressure of potentially holding the record for the shortest tenure with the Tuna Nui trophy as we again go head to head at the Capital Classic in Wellington on 31 January 2016.

Special thanks to those who partook in the Tuna Nui Kaupapa:

- John Pahina
- Lisa Cherrington
- Moana Waitoki
- Clive Banks
- Luke Rowe
- Simon Bennett
- Bronwyn Campbell

- Tahlia Kingi
- Michelle Johnson-Jennings (Choctaw Nation of Oklahoma)



On another note, a number of Māori Psychologists (He Paiaka Totara) met up in Palmerston North recently. Among many Kaupapa discussed, key to the sustainability of Māori Psychology is the importance of support and advocacy for Māori students. We are very pleased to announce that Tahlia Kingi has agreed to be the Māori student rep for NZCCP. Tahlia has already begun korero with other Maori Psychology students at the various institutes with some exciting ideas and activities lined up for 2016. One institute in particular will have seven Māori students on their Clinical Psychology programme in 2016 – making Māori student support all the more crucial.

NZCCP News

Psychology Workforce Task Force group update

Ruth Anderson attended the Psychology Workforce Group meeting in August and agreed to facilitate setting up a specific Psychology Workforce Task Force Group as directed by Des Gorman at the June meeting. This group will have a strategic alliance with the Allied Health, Science and Technical Workforce Governance Group. It is yet to be determined whether it will be a Governance Group or a Working Group, or perhaps have elements/components of both, and this will be determined after consideration of the TOR documents, which have been circulated to all involved.

The Psychology Workforce Task Force initially has a small working group that includes a representative of each of the following: Ministry of Health (Dr John Crawshaw) Health Workforce NZ (Ruth Anderson) The regulatory authority: NZ Psychologists Board (Ann Connell and Monique Faleafa) NZ College of Clinical Psychologists (Deb

Moore and Malcolm Stewart with Caroline Greig as secretariat support) NZ Psychological Society (Kerry Gibson, John Fitzgerald, Moana Waitoki with Pamela Hyde as secretariat support) Pasifikology (Denise Kingi) DHB Psychology Leaders/Advisors (Paul Skirrow) DHB Directors of Allied Health (Karen Ramsay) ACC (Kris Fernando) PHOs (Luke Rowe) Clinical training programmes (Tony Ward) Heads of Department (Marc Wilson)

The first meeting was at the Ministry on Friday 18 December.

Other strategic alliances

Caroline has continued to attend Allied Health Aotearoa NZ, ACC and Allied Mental Health Forum meetings, the latter of which Mental Health Foundation's Hugh Norriss has now joined. In her role on the AHA NZ Exec Caroline helped to organise the first Connecting event in Hamilton early last

month and hosted a meeting with CYFS to discuss psychologists' input into the agency review. Caroline attended the final NZ Health Strategy planning day in November and the College made a submission to the Strategy.

The College has also been represented at the Health of the Older Person's Strategy consultation meeting and the ACC Mental Health Sector Liaison meeting.

Strategic plan

We are currently progressing the four focus areas identified in the plan, in particular the area of increasing the role of clinical psychologists in leadership and management. This includes devoting the first Journal for 2017 to this theme and investigating mentoring and training options such as a half day forum at next year's conference. There is a small group of Council members who is working on this.

NZCCP Membership News

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

Full Members of the College:

Joon Choi, Palmerston North
Anna Dawson, Dunedin
Kasia Edlin, Auckland
Sandhya Fernandez, Hamilton
Carolin Ritter, Christchurch
Polly Schaverien, Wellington
Charis Scott, Canterbury
Chad Soley, Christchurch

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

Associate Members of the College:

Adrienne Bartle, Auckland
Paula Bateup, Christchurch
Bronwyn Sweeney, Wellington

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](http://www.nzccp.co.nz/online_NZCCP/MPS_subscription_renewal_page).

College Awards

Applications are open for the NZCCP awards for 2016 as follows:

The **NZCCP Research/Study Award**, of up to \$6,000, is offered annually to a full or associate member of the College to assist to them to undertake travel or a similar specific activity to further their education or interest in a clinical or research activity related to clinical psychology.

Up to four **NZCCP Travel Grants** of up to \$1,000 are provided annually to Full, Associate, or Student members of the College to assist them to travel to and attend a continuing education opportunity (such as a Conference, Workshop, or substantial organised site visit) either in New Zealand or overseas.

Te Karahipi Oranga Hinengaro and the **President's Award**, of up to \$1,500, are offered annually to a student member of the College who is recognised as performing well in their training and as likely to make a positive contribution to Clinical Psychology in the future. The purpose of this award is to assist the student member to undertake the development of their knowledge and skills in Clinical Psychology and its application. The first is available for Māori students.

Applications for these awards and grants must be submitted by the end of February and the successful recipient will be informed by the end of March.

Susan Selway Memorial Scholarship

In recognition that the aftermath of the earthquakes in Christchurch has created ongoing difficulties for psychologists working in Christchurch, possibly including more difficulty than usual with funding continuing educational activities, a special scholarship was established by the NZCCP Auckland Branch jointly with the National Office for an initial period of 5 years (2011 - 2015).

As the situation in Christchurch continues to present difficulties the NZCCP Council has extended the Susan Selway scholarship, offering 3 x \$400 scholarships, which will now be entirely national office funded, for a further 5 years (2016 - 2020) for NZCCP members (of any category) currently living and working in Christchurch.

The purpose of the scholarship is to support NZCCP members from Christchurch to attend Continuing Educational activities relevant to their profession.

This scholarship has been named The Susan Selway Memorial Scholarships, in honour of Susan Selway, a clinical psychologist and College member, who was killed in the 22 February 2011 earthquake.

This scholarship has a total value of \$1200 per annum, and is distributed as three grants of \$400 each per year. Applications should be submitted by the end of February. The successful applicants will be chosen by lottery and the successful recipient informed by the end of March

For more information on these please go to <http://www.nzccp.co.nz/membership/awards-and-grants/>

Journal NZCCP

The themes for the next Journal NZCCP issues are:

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/)

Summary of the Psychology Workforce Group (PWG) meeting 23 November, 2015

Representation on PWG

There have still been no nominations received from the non-clinical training programmes. As funding could be a barrier an alternative option could be joining the meeting by Skype or video-conference. This will be more feasible at the new Board shared office which has top of the line facilities. The Society noted that they will be setting up an interest group for all the different programmes.

The issue of representation also needs to be part of a discussion about the newly set up, and yet to meet, Psychology Workforce Task Force group, perhaps with strategic people being including in the Task Force group and then creating links to other satellite interest groups. This Task Force has been set up to meet and liaise regularly and directly with the Ministry of Health and Health Workforce NZ, and the purpose of this group, and representation on it, will be clarified at the first meeting in December. It is important not to lose the wider application of the profession (beyond health) and, as there is still a need to maintain a place to strategise together and to keep including the wider workforce, PWG business could possibly be included in the PPAF agenda

The Ministry of Health has also been talking about developing inter-structural connections including with the Ministries of Education/Justice/Social Development.

Internships

Although the Health Workforce internships for next year have been appointed, there had been some difficulty in the central region finding DHBs to pick them up. The Central Region has indicated possible changes to the allocation of HWNZ funding from 2017, in that it is likely to go into a regional "bucket"

for all Allied Health training. It is of concern that the Psychology Internships are not protected given the shortages of placements across the Psychology workforce.

It was suggested that changes at HWNZ have possibly meant that current staff are not aware of the history of DHB placement shortages, and the need for HWNZ to support the future health psychology workforce through the establishment and continuation of these positions.

In light of all this, the HWNZ training hub(s) will be lobbied to give special consideration to psychology interns, who not only have longer training periods than the other professions but are also denied student allowances for their post graduate training. In addition there is a need to review the future planning of the training programmes, and for the universities to advocate more proactively on behalf of psychology interns. This issue will be high on the agenda for the Workforce Task Force meeting next month, along with working on how to future proof the profession in line with the new MoH policies and practices, e.g. chronic long term conditions, etc.

There is also a need for support for Health Psychology interns as at this point they only get a \$10k pa stipend from the university, funded by the health board, and there is no internal supervision provided.

The Ministry of Education are yet to offer any Ed Psych internships but it seems that things will change for next year particularly with the numbers from the psychology and education workforces that are leaving Auckland. The disparity and inequity in education psychology internships across districts is huge, and there is no central way of administering this from within the MoE. It was noted that David Wales, the MoE national Director of Special Education, is a clinical psychologist and is perhaps behind the promise for change.

The overall ideal goal would be nationwide consistency for all psychology internships.

Psychology Workforce Task Force Group meeting 18 December

Agenda items for the meeting that will highlight the contribution of psychology to long term conditions and the long term effect on health dollar were noted as follows:

- Paid internships

- What can psychologists do for the health workforce (e.g. long term conditions)
- Access to and efficacy of psychological therapies - high levels of training produce better outcomes
- Primary care
- Consultation/training/supervision
- Māori/Pasifika workforce

Current psychology Workforce data is no longer being collected.. The Psychologists Board and the MoH jointly collected data for some years but over time the Ministry lost interest, the data became inconsistent and no longer useable and this was dropped in 2009. The Board is still keen to collect workforce data and there is the possibility of adding 3-4 questions into the APC registration form, thereby building in a core data segment. However the Board is bound by the Act and need to be legally authorised to be able to effectively collect workforce data. There was an agreement to collect data 2 years ago but the mechanism for collection was never set in place and, to further complicate things, there was (is) no nationwide DHB agreement as to how the data will be collected. There is a significant cost in setting up a national electronic data collection resource and the bottom line is that the Ministry needs to support (and fund) this.

Māori and Pasifika Workforce Issues

There simply aren't enough Māori and Pasifika psychologists in the workforce with the issues of recruitment and retention underlying this.

Pasifikology had responded to a Ministry request for proposals, focussing on health and primary services, with a proposal suggesting a pipeline from the universities to the PHOs, including setting up internships in the PHOs, and also suggesting more leadership roles.

There was also some discussion about the National Cancer Psychosocial Support project, and reportedly a lack of psychologists involved in the regional steering groups, and national lead positions for Psychology are not necessarily held by psychologists.

Other business

It was noted that the Te Pou report on the mental health and addiction workforce is now

available on the website, as well as two reports focusing separately on the addiction workforce and the mental health workforce. Reports on Māori, Pasifika, Asian and the roles of psychologists are also being developed.

Summary of the Psychology Profession Advisory Forum (PPAF) meeting, 23 November 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 draft Terms of Reference (ToR) for two "Cultural Advice Reference Groups" was discussed. The ToR will remain in draft form until after the groups are formed and have had the opportunity for some input. A final draft will be brought back to PPAF for comment before final consideration and adoption by the Board.

Reports from HoDs and PLs

They will be meeting on Wednesday November 25th.

There was some interest in Psychology Week, and an interest in being more involved in the future.

DHB Professional Leaders

They met in Wellington in October. Kris Fernando attended their meeting to update them on changes to ACC's processes.

Tina Earl (Te Pou) also attended, and spoke about "stepped care".

Psychologists Board

Representatives of the Psychologists Board, the Psychology Board of Australia, and the Association of State and Provincial Psychology Boards (USA and Canada) plan to meet in May 2016 to hold preliminary discussions regarding the possibility of a future mutual recognition agreement.

Joint meeting with the Psychology Board of Australia and representatives from psychology organisations around the Asia-

Pacific region – The IUPsyS has sent out invitations to a one-day meeting in Yokohama. It was noted that representatives of the Board and the NZPpS will attend.

Updates; The Board also reported that:

The current consultation on the fees charged by the Board closes on December 11th. Very few submissions had been received to date. They will consider a revised draft consultation paper on the proposed establishment of a scope for neuropsychology later this week. If approved, the paper will seek feedback on the need for such a scope and on the question of whether or not eligibility for the Clinical Psychologist scope will be a prerequisite for the neuropsychology scope. It was noted that the (very significant) ramifications of the Trans-Tasman Mutual Recognition Agreement (**TTMRA**) will have to be considered by the Board.

The revised Continuing Competence Programme (**CCP**) will be signed off this week and published with the December newsletter. The CCP will still be high trust, with emphasis on self-reflection and supervision.

As previously advised, they will colocate with nine other RAs in February. The new offices (Levels 5 & 6, 22 Willeston Street) are currently being fitted out, and should be ready in time for the February PPAF and Board meetings. Some financial and governance support services are already being provided by the Nursing Council.

Two new appointments to the Board were made in late August; Dr Elliot Bell (Clinical Psychologist, Wellington) and Mrs Nalini Meyer (Lay Member, Christchurch). It is anticipated that three of the current members whose terms expire this month will be reappointed. Mrs Beverley Clark (Lay Member) chose not to seek reappointment, and this will be her last Board meeting. The Ministry only short-listed one person to fill this vacancy, and she has been interviewed and an appointment by the Minister is expected within the next few weeks.

The Board will consider a final draft of the best practice guideline on "*Informed Consent*" later this week. Anne Goodhead has also been working with a small reference group on the development of a guideline on "*Coping with a client's suicide*". Once they have a near-final draft it will be sent to a

lawyer and (perhaps) the Chief Coroner for review and comment.

The Board's Chief Executive and Registrar will attend a national forum in Canberra on 4 December. The forum will bring together a large and varied group of organisations and individuals to review the Australian psychology education and training model. These discussions are of great interest to the Board and the profession, given the requirements of the TTMRA.

ACC/NZCCP/NZPsS liaison meeting, 17 November, 2015

Currently, with the greater than expected demand for Sensitive Claims services, it appears that some clients are being turned away by suppliers due to lack of capacity. The issue of wait lists was raised so there is a way of holding clients until there is availability within the service. ACC will be considering this and seeking advice from suppliers who are successfully using waiting lists. ACC will be advising suppliers who have no capacity to take on new clients to ensure that clients have the 0800 number. This is on the 'Find Support' website but clients may not be using this. If they ring the 0800 number, ACC will do the work behind the scenes to find a supplier for the client. Overall capacity will be determined in different geographical regions by the ACC lead supplier manager – Tracy Hobson. ACC is continuing to take on new providers.

The 'Did not Attend' rate for Neuropsychological Assessment Services and the Integrated Services for Sensitive Claims contracts was raised. The ACC pricing team is looking into this currently but the process of price revisions takes some time. In the interim, we request that providers contact clients by phone or text within 24 hours before the appointment to remind clients about their upcoming appointment.

It is still difficult for assessor to get notes prior to conducting assessments which is slowing down the assessment process. Some of the problem lies with DHBs/GPs but some is also related to ACC internal processes as revealed in a current analysis which is ongoing. Service Coordinators (Case Owners) are being reminded about the processes involved and that it is critical to get the notes to assessors in a timely manner.

There was discussion about ACC providing providers with educational materials such as

what constitutes a Schedule 3 event. This information has been sent out to providers but often it is difficult for providers to decide whether an event can be considered a Schedule 3 event. It is possible to contact Branch Advisory Psychologists and they will consult with internal Technical Claims managers if they cannot address your concern. The other way to manage this is for providers to contact the Service Coordinator indicating that they are unsure whether the criteria for a Schedule 3 event have been met and the Technical Claims Managers can look at this.

There was some discussion about Gallagher Bassett, who handle staff claims on behalf of ACC, as to the extent of their knowledge and experience in handling sensitive claims. Over time, they are increasing their experience and two current Service Coordinators in SCU are transferring to Gallagher Bassett which will serve to increase the expertise.

Conflict of interest issues were raised regarding the ISSC contract with regards to providers delivering both assessment and treatment services. This joint role was debated vigorously with the sector and it was decided that providers would be able to assume both roles. As usual, it is expected that psychologists assuming these roles have a good understanding of the New Zealand Psychologist's Board Code of Ethics, adhere to them and discuss possible conflicts of interests with their supervisor. It is the process of acknowledging and dealing with conflicts of interest in an ethical manner which is of primary importance.

Comment was made about ACC Service Coordinators not being fully trained one year after the introduction of the contract. This is an issue which ACC is working on. Many of the Services Coordinators are relatively new and have only been trained within the last few months. Additionally, in the area of Sensitive Claims, there is a relatively high staff turnover, as it is not an area which many staff members are able to work in for long periods of time. The SCU Unit works hard on staff engagement but turnover remains a problem.

Many general problems/issues were raised from members but it is difficult to investigate when the specifics are not provided. It would be useful to have more specific details around an issue that is being raised but, course, when it is a client matter, it is

important that client identifiers are not included in the correspondence. If there is a client issue, it is best to contact the Service Coordinator, their Team Manager or a Branch Advisory Psychologist.

Summary of the Mental Health Sector Liaison Meeting, 7 October, 2015

Attended by Kay Cunningham

The second Mental Health Sector Liaison Group meeting took place on 07 October 2015 in Wellington. Attendees included ACC staff as well as external psychological and psychiatric professionals. The following updates were provided:

All minutes were confirmed as true and accurate and all action points were updated accordingly during the meeting.

Tinaka Birch provided a comprehensive update regarding the Variation on the Psychological Services Contracts. Aspects relating to service design were covered with the ultimate goal of providing consistent and efficient services to clients. It was also noted that Family and Whanau sessions were being offered to clients under this contract.

Cultural Issues and Aspects were covered by Tracy Haitana and Tinaka Birch. Tracy focussed on the questions surrounding culture, in particular its relation to the 'ACC6429 form – Supported Assessment – Adults' and its implications. This particular issue also explored the importance of comprehensively inquiring about culture during assessments. Further guidance will be provided to providers around the question about culture and spirituality. Tinaka outlined current ACC's cultural initiatives and informed the group of ACC's development of a strategy in cultural responsiveness that is specific to Maori but looking at encompassing other ethnic groups in due course. This initiative is seeking involvement with Maori and other stakeholders and currently, the

aim is to engage with local groups and gain visibility in rural centres.

Kris Fernando looked at initiatives in developing the mental health workforce. This discussion resulted in a brainstorm of initiatives that focussed on upskilling current staff and looked at ways of developing skills through workshops and post-graduate studies.

Bonnie McLean discussed the outcomes from review cases and also the ways in which reviews are managed. She discussed several cases specifically to highlight the learnings from these.

WHODAS 2.0 issues were discussed in relation to its purpose. It was noted that the use of WHODAS 2.0 is help guide therapy by including a focus on everyday functioning as well as being used as an outcome measure.

Lastly, there was discussion about the feedback sessions following a mental injury assessment under the Integrated Services for Sensitive Claims (ISSC) contract. There was some concern expressed by assessors that they have difficulty finding the time to schedule these feedback sessions. It was highlighted that the feedback session is useful for ensuring that the factual content of the reports is accurate and to help the client understand the contents of the report. The client can be accompanied by his/her therapist to these feedback sessions. It was stressed that these feedback sessions are not compulsory but rather they should be used when it is thought that the client would benefit. It is acknowledged that it can be difficult to fit a feedback session in when providers travel out of their local area to do the assessment but there is the possibility of discussing the report with the client over the phone perhaps with the therapist present or sending the client and/or therapist a copy of the report to ensure the factual details are accurate.

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 – 3 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
Canterbury	1 February	Education session
Canterbury	1 July	Education session

Other Events

LOCATION	MONTH	PRESENTER/ CONTENT
Auckland	13 January	Dr Ian Kerr/CAT based approaches to mental health
Christchurch	24-26 February	People in Disasters Conference
Auckland	26-28 February	Advanced Imago Training
Auckland	25 February	Working with endings in Cognitive Analytic Therapy
Wellington	February – March	Dr Jane's Boutique Training Workshops
Auckland	7-9 March	Level 1 Schema Therapy Practitioner Training
Christchurch	18-20 March	Advanced Imago Training
Christchurch	29 March	Andra Mobberley & Jane Freeman-Brown/Duty to Warn workshop
New Plymouth	7-9 April	41st Annual Scientific Meeting of the New Zealand Pain Society



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 homicide 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/>



Fees

- Fees include morning and afternoon teas, and lunches
- Cancellations received before Monday 21 March 2016 will receive 80% refund. No refunds will be given after 21 March.
- In the unlikely event of conference cancellation, we will refund fees in full, less a \$60 administration cost.
- We will not accept liability for travel or accommodation expenses or any other costs incurred by registrants.
- To qualify as a student delegate, you must be enrolled in a clinical psychology training programme.

Registration

- All registrations will be acknowledged by email.
- Registrations must be accompanied by payment
- You can register by:
 - mail to Caroline Greig, NZCCP, P.O. Box 24 088, Wellington
 - [online](#)

Enquiries to Caroline at office@nzccp.co.nz

Please send registration no later than 30 March 2016

Pre-conference workshop	Earlybird (Up to 1 March 2016)	Standard Rate
NZCCP Member	<input type="checkbox"/> \$675	<input type="checkbox"/> \$750
Non Member	<input type="checkbox"/> \$750	<input type="checkbox"/> \$835
NZCCP Student	<input type="checkbox"/> \$335	<input type="checkbox"/> \$375
Non Member Student	<input type="checkbox"/> \$375	<input type="checkbox"/> \$425

Conference

NZCCP Member	<input type="checkbox"/> \$575	<input type="checkbox"/> \$635
Non Member	<input type="checkbox"/> \$640	<input type="checkbox"/> \$710
NZCCP Student	<input type="checkbox"/> \$285	<input type="checkbox"/> \$315
Non Member Student	<input type="checkbox"/> \$320	<input type="checkbox"/> \$355

Post-conference workshop

NZCCP Member	<input type="checkbox"/> \$225	<input type="checkbox"/> \$250
Non Member	<input type="checkbox"/> \$250	<input type="checkbox"/> \$280
NZCCP Student	<input type="checkbox"/> \$110	<input type="checkbox"/> \$120
Non Member Student	<input type="checkbox"/> \$125	<input type="checkbox"/> \$140

All three combo

NZCCP Member (saving \$200 or 14%)	<input type="checkbox"/> \$1275	<input type="checkbox"/> \$1415
Non Member	<input type="checkbox"/> \$1415	<input type="checkbox"/> \$1570
NZCCP Student	<input type="checkbox"/> \$635	<input type="checkbox"/> \$705
Non Member Student	<input type="checkbox"/> \$705	<input type="checkbox"/> \$780

Payment

Payment can be made by:

- Cheque payable to NZCCP
- [Online using a credit card](#)
- Direct debit to account: BNZ
02 0865 0271109 05
- Enter reference details as "Conference Fees" and please identify your payment clearly
All fees include G.S.T.

Conference Function

- 7.30pm Saturday 9 April
- The Conference function will be held at the Amora Hotel, Wellington

The cost of the function is included in your conference registration fee. Partners may attend dinner as well for a small cost of \$75

Dinner on Saturday night

Please indicate if planning to attend

☐ Yes

Tick if partner/guest attending dinner for \$75

☐ Yes

Total to pay \$ _____

Your details

Name _____

Email _____

Phone _____

Special dietary and/or mobility needs

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Clinical Psychologist for Wellington Private Practice

Our busy private practice in central Wellington is looking for an experienced clinician to join our team. We are a well-established practice with six Clinical Psychologists and an Office Administrator who manages all incoming referrals, appointments, invoicing, phone calls, office supplies/materials/printing and provides comprehensive day to day administrative support.

This position would suit someone who is available to work privately up to three days a week and prefers being part of a larger group practice with excellent administrative support. We are looking for someone who has specialist areas of interest that they may wish to develop further such as working with adolescents or couples.

If you would like to know more please contact Vicki or Gerry on (04) 472 0710.

Experienced academic editor and proofreader with extensive APA style expertise

Available for:

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Audrey Holmes

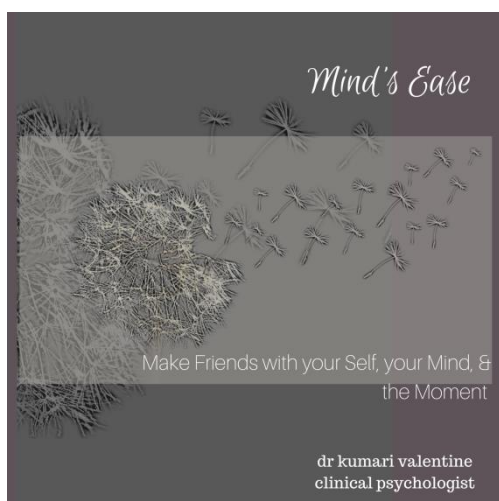
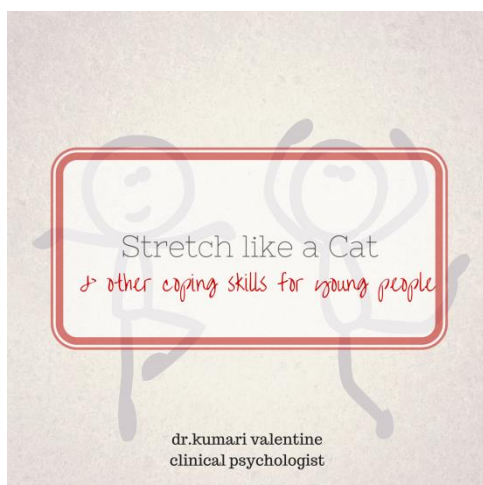
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After Quick Mindfulness Based Exercises for clients?

CDs released for young people/those with an ID (12 tracks, three free to download) and for adults (17 tracks, 1 free to download). CDs can be ordered through CDBaby, iTunes, and Amazon. Visit www.kumari.co.nz for more information and the track listing.



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

2015 Trauma Education

presented by
Dr Leah Giarratano



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

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.

7-8 May, Brisbane CBD

11-12 June, Perth CBD

25-26 June, Auckland CBD

21-22 May, Melbourne CBD

18-19 June, Adelaide CBD

12-13 November, Melbourne CBD

28-29 May, Sydney CBD

19-20 November, Sydney 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.

14-15 May, Darwin CBD

23-24 July, Sydney CBD

29-30 October, Perth CBD

4-5 June, Cairns CBD

30-31 July, Auckland CBD

5-6 November Brisbane CBD

16-17 July, Melbourne CBD

22-23 October, Adelaide CBD

26-27 November, Sydney CBD

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

Travel to Australia \$500 AUD (when you fax this form to pay for an Australian workshop with a Visa or Master card)

Auckland Early Bird \$600 AUD if you register by 18/3/15 or \$550 AUD each if you register to both workshops using this form by fax

Auckland Normal Fee \$650 AUD if you register after 18/3/15 or \$600 AUD each if you register to both workshops using this form by fax

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

Direct your enquiries to Joshua George on (00612) 9823 3374 (phone/fax/voice) Email: mail@talominbooks.com

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

2015 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: (if using a credit card)	Expiry Date:
Card Number:	Card Verification Number:
Signature of card holder: (if using a credit card)	Debit amount in Australian Dollars: \$

Cheques are to be made out to Talomin Books Pty Ltd in Australian Dollars and mailed to PO Box 877, Mascot NSW 1460 Australia
If payment is made with a credit card (or if you are reserving a place), simply complete the information above and fax this page to (00612) 9823 3374.

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.