



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

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**Ka puta a Matariki, ka rere ko Whānui. Ko te tohu o te tau hou
Māori e**

Pleiades reappears, Vega takes flight (signaling the Māori New Year)

Contents

As-Salaam Alaikum – Peace Be Unto You	1
Presi-Rap	2
Professional vs Public Indemnity	3
Mental Health Apps	4
New CPD videos now available at Psychotherapy.Net.....	4
Membership Renewal time	4
NZCCP communication and information networks.....	5
NZCCP Membership News	5
Grants and Scholarships	6
Journal NZCCP	7
Our Clever Authors.....	7
The Walking Dead	8
Observations of some of my favourite animals – Cats	9
A riddle reflection from my pond	9
National Education Training Timetable	10
Classified	10

As-Salaam Alaikum – Peace Be Unto You

The College sends its deepest sympathy to those who were killed or injured in the March 15 hate crime in Christchurch and to those whose loved ones were killed or injured in this event. Our thoughts are also with those who were not directly involved, but who as a result of the shootings, feel less secure in their everyday life – in particular in the Muslim community, but also beyond.

Members from all over the country are working with people of all backgrounds who are dealing with the effects of this event. A variety of resources have been posted on [our website](#) that focus on helping people who have been affected by traumatic events such as mass shootings. Some relate specifically to people of the Muslim faith, others are more general.

The impacts of this event have travelled nationally and internationally, some positive, some not. The changes to the New Zealand gun laws and international efforts, led by Jacinda Ardern and Emmanuel Macron, to reduce the potential for social media to be used as a weapon of hate are viewed by many as positive outcomes from a terrible event. Perhaps another positive outcome has been the reflection about race relations in New Zealand, and the opportunities this provides for improvement.

Muslim psychologists in New Zealand have been working hard to support Muslim people who were directly or indirectly affected by the shootings. Those of us who attended the NZCCP Conference in Auckland in May heard a very powerful keynote presentation by Shaystah Dean, Zeenah Adam & Aamina Ali about their own and the Muslim community's journey to date in coming to terms with the shooting and its aftermath. The College is grateful for their efforts and is working with the NZ Psychological Society and independently to support their efforts, and to enable other psychologists and health workers to be able to contribute effectively.

The healing work for individuals and for the whole of New Zealand as a community is ongoing. Many different kinds of actions, from large community events such as concerts to small interactions between strangers on the street, can be part of this broader healing. As individual clinical psychologists, as branches of the College, and as the College as a whole, it is useful for us to think how we can best support this national healing and strengthening.

Presi-Rap

Indigenous Psychology for Aotearoa New Zealand and the NZCCP

Malcolm Stewart, President NZCCP

*Tungia te ururua, kia tupu whakaritorito te tupu o te harakeke.
Set fire to the scrub that new shoots of the flax plant may come forth.
(Make way that advantageous benefits may abound).*

The bulk of psychological theory and research has been based on Western (i.e., Caucasian) societies, and most of what is commonly described as psychological knowledge emerges from this cultural context. Yet, on the basis of population alone, the relatively individualistic culture of Western societies can only be seen as a something of an aberration compared to the relatively collectivist cultures of most of the rest of the world. There is no guarantee that much of Western psychology, including clinical psychology, is "fit for purpose" for people from other cultures. The development of indigenous psychologies around the world aims to address this.

Indigenous psychology is described as a reaction against the colonisation/hegemony of Western psychology and emphasises the need for non-Western cultures to be able to recognise themselves in the constructs and practices of psychology, to use indigenous philosophies and concepts to generate psychological theories, and to solve their local problems through indigenous practices and applications.ⁱ It is incumbent upon clinical psychologists to ensure they are drawing from the most relevant knowledge bases to benefit the client, which as appropriate will include indigenous psychological understandings.

As with other non-Western cultures, much thought is being put into developing Māori indigenous psychology. Several key bodies of work have recently addressed the establishment and promotion of an indigenous psychology for Māori. Some of these are briefly described below and are significant for any clinical psychologists who work with Māori.

- *Te Manu Kai I te Matauranga: Indigenous Psychology in Aotearoa/New Zealand.*ⁱⁱ This book is edited by Waikaremoana Waitoki and Michelle Levy and was published by the NZ Psychological Society in 2016. Using a case study of a Māori wahine and her whanau with many difficulties familiar to clinical psychologists, chapters by different authors focus on

different aspects of Māori indigenous psychology, including the influence of myth and traditional understandings, the influence of key cultural concepts and practices, and Māori approaches to therapy / manāki.

- *Wai 2575: Treaty of Waitangi claim regarding the teaching, practice, and regulation of psychology in Aotearoa.*ⁱⁱⁱ This claim, submitted in 2018, states that psychology as an academic discipline and as a profession has not met the needs of Māori, that there continue to be disproportionately few Māori psychologists, and that the cultural competency of many psychologists is inadequate. It highlights the persistent monocultural perspective of the teaching of psychology and the limited contribution that the Psychologists Registration Board, Crown employers of psychologists, and professional bodies such as the NZCCP and the NZ Psychological Society have made to improving the situation.
- *Indigenous Psychology in Aotearoa: Reaching our highest peaks.*^{iv} This document, written by Michelle Levy in 2018, looks at progress in developing a Māori indigenous psychology and psychological workforce that is responsive to the needs of Māori. This document closely mirrors a document Michelle Levy wrote in 2002, showing that while there has been progress in the growing the number of Māori psychologists, many of the barriers to achieving equity in the proportion of psychologists who are Māori remain. It proposes five pathways for moving forward: Leadership and collective capacity; workforce data and targets to grow the Māori psychological workforce; continued development of Māori indigenous psychology; improving training pathways; and developing the potential for strategic participation leading to improvements.

These are only some pieces of work that are relevant to the kaupapa of improving the responsiveness of our system to psychological needs of Māori, but they are representative of a constructive effort to identify the current difficulties, develop and disseminate Māori indigenous psychology, demonstrate its power for addressing Aotearoa's pressing mental health and social needs, and establishing frameworks to support this development to continue.

One of the objectives in the NZCCP Strategic Plan is "to be actively involved and support Māori environments and aspirations" with the ultimate goal that "Māori clinical psychologists will be thriving with the support of the College". Through support of the development of Māori clinical psychologists we will uphold our responsibilities under Te Tiriti o Waitangi to promote partnership and participation of Māori. Further, we will particularly offer protection for the taonga that is Māori mental health by working to redress the adverse mental and social wellbeing status of Māori. Sometimes the question is asked "What about our Pasifika, Asian, and other minorities?" This work is obviously important also, but meeting the obligations to Te Tiriti o Waitangi would establish a core level of fairness and respect that strengthens the ability to work as kaitiaki to others. If you would like to be involved in the College's efforts for this, please let Caroline know.

*Haere mai, e whai i ngā waewae o Uenuku kia ora ai te tangata.
Come, let us pursue the footprints of Uenuku that humankind may be well.
(Pursue wisdom to bring about good)*

ⁱ Adapted from the APA Taskforce on Indigenous Psychology, www.indigenousspsych.org

ⁱⁱ Waitoki, W., & Levy, M. (2016). *Te Manu Kai I te Mātauranga: Indigenous psychology in Aotearoa/New Zealand*. Wellington: New Zealand Psychological Society.

ⁱⁱⁱ Levy, M. (2018). *Indigenous psychology in Aotearoa: Reaching our highest peaks*.

www.psychology.org.nz/wp-content/uploads/wai-2725-1.1.001.pdf

^{iv} Levy, M. (2002). *Barriers and incentives to Māori participation in the profession of psychology: A report prepared for the New Zealand Psychologist Board*.

Professional vs Public Indemnity

The National Office has once again been receiving a number of queries as to whether the [Medical Protection Society \(MPS\)](#) provides public liability. This seems to have arisen from requests from employers who are now insisting on evidence of professional **AND** public indemnity from their contracted practitioners. To clarify the situation for those of you in this position, [MPS](#)

(<http://www.medicalprotection.org/newzealand/>) provides professional indemnity which entitles you to medico-legal advice and assistance with any matter which arises from your practice of Clinical Psychology.

The Medical Assurance Society (<https://mas.co.nz/Home>) is one company which offers insurance to help you manage the risks associated with owning and managing a business, including legal liability cover which "covers you against legal liability to pay for accidental bodily injury and/or accidental damage to property owned by other parties in connection with your business". Another option is to approach the insurance company which provides your personal (house, contents, vehicle, etc.) and/or your company or business cover and ask them to include public liability in your policy(s). AMI, IAG and State insurance are all providers that offer this option.

Mental Health Apps

JAMA Network has listed an article entitled [Assessment of the Data Sharing and Privacy Practices of Smartphone Apps for Depression and Smoking Cessation](https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2730782), published by Kit Huckvale, MBChB, MSc, PhD¹; John Torous, MD²; Mark E. Larsen, MEng, DPhil¹, (<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2730782>)

In summary, transmission of data to third-party entities was prevalent, occurring in 33 of 36 top-ranked apps (92%) for depression and smoking cessation, but most apps failed to provide transparent disclosure of such practices.....Consequently, users should be aware that their use of ostensibly stand-alone mental health apps, and the health status that this implies, may be linked to other data for other purposes, such as marketing targeting mental illness. Critically, this may take place even if an app provides no visible cues (such as a Facebook login), and even for users who do not have a Facebook account.

New CPD videos now available at Psychotherapy.Net

We (once again in conjunction with the Australian Clinical Psychology Association ACPA) have signed up for another 12 month subscription to Psychotherapy.Net's [free access to 25 video recordings/year of the work of master therapists and different therapeutic approaches](#), for ongoing Continuing Professional Development.

There is a [new selection of 25 video recordings of Master Therapists](#) which demonstrate and/or discuss their work, providing training in specific approaches. These recordings have been selected specifically to enhance knowledge and skills in clinical psychology for NZCCP members.

Membership Renewal time

It's almost time for membership renewal and for the first time in 6 years there is a slight (7%) increase in the NZCCP membership fee for 2019/2020.

Renewing your membership is very straightforward:

- You will be emailed a membership renewal notice with an e-invoice in early June
- Please follow the link to renew your membership with NZCCP (and MPS if relevant)
- Please pay your membership subscription fees promptly

Thank you - your continuing support of the College is greatly appreciated.

[You are also now able to update your membership details here whenever you wish](#) and your private practice information published on the "Find a Clinical Psychologist" resource can also be [updated and changed](#) whenever you want.

Please let me know if you have any questions or if you need any help.

NZCCP communication and information networks

- [NZCCP facebook page](https://www.facebook.com/nzccp/) at <https://www.facebook.com/nzccp/>
- [Facebook group for private practitioners](https://www.facebook.com/groups/1974851039510715/) providing a forum for sharing ideas and information relating to running a private practice. Click on this link and ask to join the group: <https://www.facebook.com/groups/1974851039510715/>.
- [NZ Family Court Specialist Psychological Group](#) to enable Specialist report writers for the Family Court to liaise together. This is a shared group between the College and NZPsS members.
- [NZCCP student member Facebook group](https://www.facebook.com/groups/172521526883530/) at <https://www.facebook.com/groups/172521526883530/>

Please let us (office@nzccp.co.nz) know if you want more regional or special interest groups set up.

Check out the [NZ College of Clinical Psychologists website](#) for more resources, information and events:

- [Professional practice resources page](#)
 - [Resources for 'Early Career' Psychologists](#)
 - [Online professional development opportunities](#)
 - [Professional development events](#)
 - [Job vacancies](#)
-

NZCCP Membership News

Warm congratulations to three new NZCCP Fellows

Terri Donovan has worked for a number of decades initially in the child adolescent and family area and more recently in Brief Intervention Service. Terri consistently puts in 100%+ to her clients and colleagues. She practises with compassion and a thorough, professional work ethic. She is consistently ethical and kind in all her dealings with those she comes in contact with. Her communications with her clients and other professionals are timely, relevant and clear. Her written clinical notes and formulations are meticulous. She attends with enthusiasm to ongoing professional development. Terri has worked hard for the local branch of the NZCCP. She attends regular committee meetings and organises and attends to the practical setups for the workshops that are run a few times every year in Canterbury. Terri puts her own time into her work on the Board of the Seabrook McKenzie Trust, where she is a greatly valued member. Much of Terri's work and commitment is 'over and above', and her capacity to engage with integrity, kindness, and lively and appropriate humour means that she is an exceptional professional and a giving clinician over an extended period.

Annmaree Kingi is a consultant clinical psychologist at the Canterbury DHB and has worked for the Forensic Service there for the last 14 years. This is an exacting role, treating very complex and high risk clients, and preparing reports for the criminal courts and sometimes presenting these in court as an expert witness. But this nomination is just not for doing a difficult job well; it is on the basis of Annmaree's extra service to clinical psychology while performing that role. She is a significant contributor to the training of clinical psychology students and interns, being one of the most frequent supervisors and providing specialist lectures to the interns. She also trains and consults for other staff working in the mental health arena in risk assessment for both CDHB and on the West Coast. She is a foundation member of our local Acceptance and Commitment Therapy

interest group and a respected practitioner and supervisor in this mode of therapy. She has always contributed to the emergency response following each of our significant local disasters, has been on the emergency first response planning group, and is now part of a CDHB group overseeing the response to the recent shootings. She has had advisory roles representing the Forensic Service at a national level. More recently she has become APEX's National Secretary for Psychology, and this reflects a long history on her part speaking up on behalf of DHB psychologists, giving the concerns of front line clinician's visibility and voice.

Melanie Woodfield completed her training at the University of Auckland, graduating in 2005. Since this time she has worked with children and families across a range of services such as the Child and Family Unit at Starship hospital, Youth Forensics Community team, and the Kari Centre. Melanie has a passion for working with children and families, and in particular, for supporting parents and parenting. Melanie has trained in PCIT and has worked with many families in providing support for parents of children with Conduct Disorder problems. Melanie was awarded a Health Research Council Foxley Fellowship, and this has enabled her to undertake research using PCIT in New Zealand. Melanie also is engaged in teaching, training and supporting teachers and communities in working with young people. She also writes for *Oh Baby* magazine regularly on parenting topics. Melanie has also been an active and much appreciated committee member of the Auckland branch of the College for the past ten years. Melanie served as Treasurer for a number of years, and has been a source of wisdom and sound reason over this time, always balancing financial responsibility with the committee's aim of providing opportunities for professional development for our members.

Newly approved NZCCP members

The National Executive would like to welcome the following new members who have joined the College since the last ShrinkRAP.

Associate

Elize Coetsee, Hamilton
Larnee Flannery, Canterbury
Tim Ganly, Wellington
Joanna Macfarlane, Auckland
Catherine Pihema, Wellington
Melanie Prinsloo, Auckland
Jessica Reedy, West Coast
Naomi White, Whangarei
Naomi White, Dunedin
Yvonne Yap, Wellington

Full

Nicholas Allan, Wairarapa
Nicholas Arnott-Steel, Christchurch
Penny Mansell, Canterbury (effective 1 July 2019)
Arwen Markwick, Wellington
Karina Perry, Canterbury
Marion Roberts, Auckland
Hannes Venter, Auckland
Jeanique Willemse, Hawkes Bay

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

The National Executive congratulates these people on attaining their new membership status.

Grants and Scholarships

As usual, the calibre and range of applications was extremely high this year. We congratulate the 2019 award winners, while at the same time commiserating with those who missed out, and we would like to say that, as always, it was a close call.

NZCCP is delighted to announce the following award recipients:

The **Research/Study Award** goes to Auckland member **Kimberly Falconer** to help pay for expenses to attend *Sleep DownUnder 2019* (31st Annual Scientific Meeting of the Australasian Sleep Association (ASA) and Australasian Sleep Technologists Association (ASTA), in Sydney in October.

The four **NZCCP Travel Grants** have been awarded to **Melodie Barr, Tessa Brudevold-Iversen & Shelly Hindle, Nicola Crook, and Jenny Wilson.**

The **NZCCP President's Award** was given to Jenny Jeffrey, who is enrolled in the Doctoral Programme of Clinical Psychology at the Doctor of Clinical Psychology Massey University (Wellington Campus).

The three **Susan Selway Scholarships** went to **Nika Anderson, Rebekah Smith and Nic Ward.**

The College heartily congratulates all award recipients.

Journal NZCCP

The theme for the next Journal NZCCP issue is:

"What we wish we had been taught", published December 2019, deadline 15 September 2019

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 contact Caroline at office@nzccp.co.nz and she 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. We encourage all students to submit articles, case studies, book reviews, commentaries on a set of abstracts, reviews of conferences or workshops. 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/>)!

Our Clever Authors

Wellington based NZCCP member **Karen Nimmo** is one of a number of members who publish books. Read on for a synopsis of Karen's latest book, **"Busy as F*ck"**.

We're busy, busy, BUSY.

But when did being busy become a badge of honour? When did it become our new normal, our measure of self-worth?

If we want to squeeze the most from ourselves and our all-too-short lives, we need to be able to gauge when our busyness is drip-feed destroying our physical and emotional health, when we're hurting people we love and becoming that person others want to hide from.

Busy as F*ck is an antidote to the stress and striving of modern life. Divided into 10 "on-the-couch sessions", it explores the problems we all come up against in a high-stress world – and offers a range of ways to approach them.

Wellington clinical psychologist Karen Nimmo wrote this book in response to the alarming rise of mental health difficulties in society – as well as the struggles she was seeing amongst her clients in navigating ordinary life. She wanted to make the tips and tools that had worked with her clients accessible to everyone.

Consequently, **Busy as F*ck** is a DIY approach to therapy and coaching. It is for people experiencing mild to moderate difficulties (but not as a replacement for therapeutic work) -- or butting up against many of the problems we all face at home, at work and in our relationships. It aims to help people to help themselves using a range of different strategies.

More self-help than clinical in its focus, you'll find lots of useful tools developed from evidence-based theories you can use with clients or adapt for your own professional (or personal) needs.

Funny, gut-wrenching and thought-provoking – sometimes all at once -- **Busy as F*ck** gives you a glimpse into a clinical psychologist's world: including some of the challenges, trials, joys, sadness -- and mistakes.

It will prompt you (or your clients) to ask the big questions, to figure out what matters most – and to create a life of meaning.

Available at all good bookstores and also available as an ebook: <https://www.harpercollins.com/9781775491750/busy-as-fck/>

If you have recently written a book you would like to share with NZCCP members please email Caroline at office@nzccp.co.nz.

The Walking Dead

Chris Skellett, Life Member NZCCP

It has been confirmed that a member of a little known class of NZCCP membership was seen raising its ugly head at the Auckland Conference recently!! It was a rare sighting of a 'Life Member', making a spectacular and surprising appearance in College affairs.

For when you retire from the College, which eventually you will, your colleagues will have the option of nominating you for Life Membership. And this was a rare sighting of a real Life Member hiding in plain sight.

But what does it all mean? Who are these Life Members and just what do they do?

Nobody really knows, but the rules describe the awarding of Life membership as "honouring a previous Member's long-standing commitment and contribution to The College and to retain his or her wealth of accumulated knowledge and experience in the ongoing "existence" of The College by encouraging his or her continued involvement."

They seem like they should be useful, but are they? Do they walk amongst us like the deathly spirits of a former life...they are there but we never see or hear from them? In effect, are they are the *Walking Dead* of the College?

So what shall we do with them? It turns out that there are only 4 of them currently, so one option is to activate a quick cull and draw a discrete veil over the whole Life Membership award business.

Or perhaps we celebrate them and roll them out like old soldiers in wheelchairs on parade at the AGM? Or create a sepia coloured photographic hall of fame perhaps, or list them on an engraved wooden honours board in the college office for Caroline to gaze at every day?

But perhaps they are more useful than this? They could pass around canapes at the opening function at conference, or make rambling speeches on behalf of the College at mental health

forums? Or we could send them all expenses paid as our ambassadors to International Conventions in exotic locations?

We have them, but we don't use them. They live in the shadows, and their hearts still beat to the College drum. They are our treasured taonga, but we keep them in the darkest of cupboards. One day, we will all be joining them.

So what on Earth should we do with them?!! Here are three challenging questions for us to consider:

- 1) Is this category of membership useful?
- 2) What criteria such as length of service and contribution should trigger a nomination? (- maybe it should simply be offered to all Fellows who retire?)
- 3) How do other professional groups that we know use their own Life Members?

All comments welcome.

College Membership for Retired People

The College has two categories of membership that are open to members who have retired. The Members Handbook of the NZCCP (2019) provides the following description of these:

Retired/Deferred Membership is offered to members who are currently not working in a professional role, due to being on extended leave, living overseas, on maternity leave or for other reasons. Deferred membership ends when the member resumes any clinical practice or another professional role. It is important to notify the College Manager when this happens.

A **Life Member** is a special membership category that is for retired College Members. The purpose of this membership category is to honour a previous Member's long-standing commitment and contribution to The College and to retain his or her wealth of accumulated knowledge and experience in the ongoing "existence" of The College by encouraging his or her continued involvement. Life Membership status is awarded to those previous NZCCP Members by the NZCCP National Executive following consideration by that body (or delegated subcommittee) of a written nomination by at least two existing Members of The College.

Observations of some of my favourite animals – Cats

Rachel Findlay

I listened to a (highly recommended) sleep podcast recently by Professor Matthew Walker. He made a comment about humans being the only species on the planet that purposefully deprive themselves of sleep – potentially an explanation for why we haven't evolved to simply "catch up" on lost sleep with no ill effects. It got me to thinking about our cat. My husband thinks she's currently undergoing a thesis focused on uncovering the best places to sleep in a house – just that there is a lack of writing going on but no shortage of experiential learning! It has definitely informed my practice when I'm talking to clients about the importance of sleep and why it should be more of a priority to us, just as it is to animals.

A riddle reflection from my pond

Genevieve Iversen

I am a frog
 A teen is a tadpole
 It is the day after the apocalypse and the tadpole is #Miserable
 I think to myself, "They could do with a holiday."
 But...All the roads are closed.
 And...All the planes are grounded.
 How do I get this tadpole to Rarotonga?
 (Don't leap ahead to the answer)

National Education Training Timetable



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](http://www.nzccp.co.nz/events/event-calendar/) for further information and links (<http://www.nzccp.co.nz/events/event-calendar/>)

TRAINING TIMETABLE

NZCCP Events

LOCATION	MONTH	PRESENTER/ CONTENT
Christchurch	29 June	Introduction to Working with New Zealanders of Muslim Faith (level 1 training)
Christchurch	5 July	NZCCP Canterbury branch workshop: Working with Gender and Sexual Minority Clients
Nelson	12&13 August	NZCCP Nelson branch workshop: Laying the Foundations for a Successful Psychotherapy
Christchurch	27 September	NZCCP Canterbury branch workshop: Radically Open Dialectical Behaviour Therapy

Other Events

LOCATION	MONTH	PRESENTER/ CONTENT
Wellington	11 June	Advanced Suicide Risk Management & Triage
Auckland	13 June	Beyond Stress Management: Burnout Prevention and Treatment
Auckland	26&27 July	Elation Institute Workshop offerings
Auckland	27 June	PADA Seminar Series
Wellington	5-6 August	Sharpen Your Skills: Intermediate ACT Workshop
Christchurch	17 August	MMPI-2-RF workshop
Napier	22 August	Introduction to CBASP - Treating Chronic Depression with the Cognitive Behavioural Analysis System of Psychotherapy
Napier	23-24 August	Complex Cases: Treatment of Chronic and Recurrent Mental Health Problems by Personality Functioning Informed Therapy
Wellington	26-27 August	Accredited Gottman Marital Therapy Training
Nelson	18-20 September	The Royal Australian and New Zealand College of Psychiatrists 2019 NZ Conference
Dunedin	23-24 September	The Snow White Model: Working with complex and developmental trauma
Christchurch	17&18 October	Save The Date: 2019 ANZACBT Conference and Workshop

Classified



2019 Trauma Education

presented by Dr Leah Giarratano

Leah is a doctoral-level clinical psychologist and author with 24 years of clinical and teaching expertise in CBT and traumatology

PLAN OR ACT NOW TO SAVE ON THE FEE

Two highly regarded CPD activities for all mental health professionals: **14 hours for each activity** Both workshops are endorsed by the AASW, ACA and ACMHN – level2

One new, and four revised, trauma texts by Leah are now available

Clinical skills for treating post-traumatic stress disorder Treating PTSD: Day 1 - 2

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. **In order to attend Treating Complex Trauma, participants must have first completed this 'Treating PTSD' program.**

16 - 17 May 2019, Sydney CBD
23 - 24 May 2019, Brisbane CBD
30 - 31 May 2019, Auckland CBD
13 - 14 June 2019, Perth CBD
20 - 21 June 2019, Adelaide CBD
22 - 23 August 2019, Darwin CBD
(minimum numbers must be achieved by 30/4/19 for Darwin)
19 - 20 September 2019, Auckland CBD

Clinical skills for treating complex traumatisation Treating Complex Trauma: Day 3 - 4

This two-day (8:30am-4:30pm) program focuses upon phase-based treatment for survivors of child abuse and neglect. This 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 Emotion focused therapy for trauma, Metacognitive therapy, Schema therapy, Attachment pathology treatment, Acceptance and commitment therapy, Cognitive behaviour therapy, and Dialectical behaviour therapy.

27 - 28 June 2019, Auckland CBD
1 - 2 August 2019, Melbourne CBD
8 - 9 August 2019, Sydney CBD
15 - 16 August 2019, Brisbane CBD
29 - 30 August 2019, Darwin CBD
(minimum numbers must be achieved by 30/4/19 for Darwin)
5 - 6 September 2019, Perth CBD
12 - 13 September 2019, Adelaide CBD

Program fee for each activity

NZ Early Bird \$615 AUD each when you pay more than three months prior.

NZ Normal Fee \$680 AUD each when you pay less than three months prior.

NZ Residents attending Australian workshops are charged a flat fee of \$550 AUD each (subject to availability)

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

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

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

Registration form: NZCCP Members

Please circle the number of workshop/s you wish to attend above and return a copy of this completed page via email
Visa card, MasterCard or bank transfer is available. An invoice with payment instructions will be emailed to you

Name:	Dietary Requirements
Address:	
E-mail:	Mobile:

Simply complete the information above, scan and email this page (or email the details requested) to mail@talominbooks.com

A receipt will be emailed to you upon processing. Attendee withdrawals and transfers attract a processing fee of \$66.

No withdrawals are permitted in the ten days prior to the workshop; however positions are transferable to anyone you nominate.

ⁱ Adapted from the APA Taskforce on Indigenous Psychology, www.indigenousspsych.org

ⁱⁱ Waitoki, W., & Levy, M. (2016). Te Manu Kai I te Mātauranga: Indigenous psychology in Aotearoa/New Zealand. Wellington: New Zealand Psychological Society.

ⁱⁱⁱ Levy, M. (2018). Indigenous psychology in Aotearoa: Reaching our highest peaks. www.psychology.org.nz/wp-content/uploads/wai-2725-1.1.001.pdf

^{iv} Levy, M. (2002). Barriers and incentives to Māori participation in the profession of psychology: A report prepared for the New Zealand Psychologist Board.