



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

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Kua tiporoa te whiti o te rā. Kāpā anō ngā rangi roa o raumati.
*Daylight savings is upon us. If only the long days of summer could be
with us always.*

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Conference 2021: Opening address

Malcolm Stewart, outgoing President NZCCP

*E ngā mana, E ngā reo, E ngā rau rangitira ma, E ngā kaimātai hinengaro,
Tēnā koutou, tēnā koutou, tēnā koutou katoa*

Welcome to the 2021 Conference of the New Zealand College of Clinical Psychologists. It is great to be here together and to be living in one of the few countries in the world where such a gathering can be held and considered safe at the present time. Our thoughts to those elsewhere who do not currently have this freedom.

I wish to acknowledge our hosts for this Conference: Kāi Tahu and Kāti Mamoe, the people of Ōtautahi/Christchurch, and the Christchurch branch of the NZCCP. My thanks to the organising

committee for this conference, particularly for their stamina in organising our conference two years in a row following cancellation of the 2020 conference due to Covid 19.

On behalf of the NZCCP, I want to recognise the heartbreak and struggles faced by Muslim people and others in Christchurch, and beyond, as a result of the hate crimes of March 15th 2019. As-Salaam Alaikum – Peace Be Unto You. Zeenah and Shaystah will be telling us more about this, and psychology's role in the healing, later today. I also acknowledge the continuing impacts for people in Christchurch and beyond of the earthquakes and resulting, and often still unresolved, difficulties the earthquakes have created. The ongoing nature of these events is not forgotten and the College remains keen to be helpful when we can.

The theme of this conference, Tui, Tui, Tui, Tuia – is about joining, unity, and integration. Different presentations speak to different aspects of this unifying. Just a few examples:

- Sonja Macfarlane's korero about bicultural partnership approaches.
- Tony Ward's reminder about the importance of integrating theory into our practice.
- Gregg Henriques work on unification of approaches and paradigms.
- Several sessions about how we can join and work effectively with people who are required (such as by the Court) to see a psychologist rather than it being their choice.

Many other talks speak to different aspects of how we join and integrate to ply our trade.

But one aspect of unity I don't see on our programme is about clinical psychology being unified as a profession so it can be the social force it could be, and live up to its full potential for its clients, its practitioners, and society. Our focus is often, rightly, on our clients and being the best we can be as clinical psychologists. But, it is also at times worth focusing on this vehicle we have chosen, clinical psychology, and working to ensure it is integrated enough to be able to offer a clear and strong voice to the society in which it moves. That is a task for us individually and also for groups such as the College.

However, it is worth remembering that what we seek is a unity which respects and cherishes diversity. Put another way, the most compelling songs are often not sung by a single voice, but have multiple voices singing in harmony. Finding a respectful unity in diversity is not always easy, but with good will on all sides is often possible.

Any ACT practitioner, and psychologists from many other schools of thought, will emphasise the importance of values for making action effective and healthy. Perhaps one way of building unity within the diversity of clinical psychology is to articulate clearly the values to which we ascribe, and then to understand how these values manifest differently within the contexts we work in. At the very top level, I would suggest, or at least hope, that clinical psychology shares 3 key values

- The first is wanting the best, and working to do the best, for the persons and peoples we work with, in all their diversity.
- The second is that the profession is sustainable, in that psychologists are valued, employed, and have reasonable conditions so to be able to contribute to society.
- The third is that clinical psychologists continue to expand and improve their skills and attitudes so that we remain relevant and helpful to the people we serve.

The strategic plan of the College has these values at its heart.

It is my hope that as you are attending the sessions of this conference, in the all-important conversations between sessions, and in your ongoing work, you will spare a thought for the values of clinical psychology as a discipline and a social force as well as a practice.

Nō reira,

Nā tō rourou, nā taku rourou, ka ora ai te iwi

With your food basket, and my food basket, the people will prosper

Best wishes for an enlightening, expanding, and enjoyable conference.

Speaking Up for Clinical Psychology

Tēnā koutou kātoa
Ko Paul tōku ingoa
Nō Ingarangi au
Ko Great Whernside te maunga
Ko Nidd te awa
Kei te noho au ki Pōneke
Ngā mihi nui ki a koutou



Many of you may already be aware that the College has recently appointed me to the (currently titled) position of 'Executive Advisor'- perhaps because you read it in the last edition of ShrinkRAP, heard about it at conference or, most likely, because you have seen me waxing lyrical about Clinical Psychology in the media (and on Social Media) recently.

From my recent discussions with members, many don't realise that, until this year, Caroline has been the *only* paid employee of the College. For the most part, everyone else has been fitting their work for the College (usually unpaid) around their 'day jobs'. I think it's testament to Caroline and the multiple Executive members we have had over the years, how much the College has managed to achieve in that context.

If the College was to move forward, however, the Executive felt that we needed to employ 'someone' to move some of our strategic aims forward- particularly in our relations with the Media and with government agencies. I was formally appointed to the (part-time) role at the start of April and it's been a sharp learning curve ever since!

The College receives an increasingly large number of approaches from the media and/or governmental agencies for comment and submissions on various issues, however almost always they require a very fast turnaround. When we produced [the recent press release](#) on the reform of the Health & Disability system (announced 21st April), in retrospect, we were perhaps two weeks too late (released 5th May). However, we've quickly learned that the more you comment, the more you are asked to comment- following the press release, I was approached to write an [opinion piece for Newsroom](#) on the likely implications of the reform, which has received a great response so far.

Often calls come into the office from journalists who have a story breaking and need a response very quickly. Just last week, I was asked to speak to Radio NZ *that day* about the staggeringly [low number of clients who have their sensitive claims approved by ACC](#). Because of the short turnaround, I've found myself fielding a lot of these calls over the last two weeks, out of necessity, but in the long-term I have to acknowledge that a) there are some issues I know next to nothing about and b) we much prefer the messages to come 'from the College' rather than 'from Paul Skirrow'.

What we're looking to build is a more co-ordinated approach to engaging with the media and with government. The NZCCP membership is full of incredibly knowledgeable, clever and passionate people. Although I'm happy (and paid) to front the media, our preference would be to use your knowledge to inform what we're saying. For that reason, you may have seen two recent (short) surveys through your inbox this week. We launched a survey on [the demand for psychologists in private practice](#), which followed an approach last week by an investigative journalist. We have had over 250 responses to that survey in just a matter of days and many wonderful College members have agreed to speak to the media about this issue, which appears to be country-wide and distressing to members who have to turn desperate families away.

The second survey, which we have also opened up to members of NZSIGN and the Psychological Society, is on [the difficulties of psychologists from procuring 'hard copy' tests from Pearson Clinical](#) in recent months. This has come from a direct approach by College members, and we are hoping to approach Pearson directly with some 'hard data' about the issues faced by our members recently.

Ultimately, we are trying hard to be more responsive to the needs of members and the strategic aims of the College/Clinical Psychology in New Zealand. If you have particular thoughts about what you feel the College 'should' be doing, or if you have particular areas of expertise that we could call upon when news or policy submissions are needed, or if you have had media appearances yourself that you would like us to promote, I'd love to hear from you.

Flick me an email any time at paul.skirrow@nzccp.co.nz and make sure to add us on social media! [Facebook](#), [Twitter](#) (@NZClinPsych), [LinkedIn](#) and [Instagram](#)

Ngā manaakitanga,
Paul

NZCCP Membership News

We congratulate the following award recipients:

NZCCP Fellowship Awards

The purpose of this membership category is to honour a Member's significant and pre-eminent contribution to the New Zealand College of Clinical Psychologists or the Psychology profession in general, over an extended period of time

Catherine Gallagher, Christchurch

Catherine Gallagher has been a public face, and voice, for clinical psychologists in the media following the Canterbury Earthquakes, and the more recent shootings, where she has provided calm and consistent advice for parents struggling with anxious and upset children. She appeared in a RNZ podcast put together by journalist Katy Gosset, again creating an avenue for parents to access general advice about parenting. Catherine has been heavily involved in working with Fire and Emergency NZ at a local and national level, improving access to wellness support for FENZ members. She has also represented the NZCCP in many discussions and regular meetings with ACC with respect to the Sensitive Claims contract.

Leona Manna, Christchurch

Leona Manna has provided service and Kaupapa Māori expertise to the NZCCP committee, to the Canterbury clinical programme, and from the time we entered the Canterbury clinical programme she has been a continuous mentor for Māori psychology students - where they have often had no other opportunities for Māori mentoring into psychology. She has continued to provide bicultural expertise into the undergraduate psychology programme at University of Canterbury. She has provided and continues to provide cultural supervision to many junior Māori and non-Māori psychologists, and other health professionals, to support them in working in a way that is culturally safe for Māori whānau, and normalises the need for clinicians to work towards continuous career progression that builds on cultural competence.

Luke Rowe, Wellington

It is our great privilege to welcome Luke Rowe as a Fellow of the College. The purpose of this membership category is to honour a Member's significant and pre-eminent contribution to the New Zealand College of Clinical Psychologists or the Psychology profession in general, over an extended period of time. Luke has made a significant contribution to both the College and to the profession over a number of years. Luke has served the College as Te Māngai Māori or Māori representative since he took over from Clive Banks and has been a valuable asset to the College Executive and Council over that time. In particular, we have valued Luke's work in this role not only in his ability to represent Māori members of the College but in his ability to guide and support the Executive in their decision making in all matters. Luke's wisdom often serves as a potent reminder of our College values which include the honouring of whanaungatanga within the College and the importance of relationships in all of the work the College does both within the profession and in our work with external Agencies. Luke espouses the notion of whānau in all of his interactions in our organisation. In more practical matters, Luke has played a significant role in organising bicultural competence training including the cultural road show and our next phase of this training. Luke has worked hard to support our Māori students including working to action steps leading from

the Māori student survey carried out 2 years ago. This work has been important not only within the College but in communicating the needs of Māori students to government. More significantly still, Luke helped spearhead the Māori psychologists' organisations He Paiaka Totara and He Paiaka Tipu which address issues of national significance to Māori and provide support and nurturing to Māori psychologists and psychology students around the motu. Since 2016 Luke has been integral in the hosting of the annual wānanga of these groups which provides a space each year for learning and the renewal of key relationships between Māori psychologists. Luke has made significant contributions to the profession and the community in his work across different sectors. Luke instigated the Tāne Ora Alliance a programme supporting Māori mens wellbeing for Te Tihi o Ruahine whānau ora programme. He was until recently the clinical director of Central Primary Health. Luke is a senior lecturer at Massey University where he lectures in Māori Mental Health and is also the mental skills coach for the Hurricanes rugby team.

Life 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.

Nigel Fairley, Wellington (to be presented at the next AGM)

David Mellor, Otago/Southland

David supported the formation of the College early on and was among the first wave of those who joined once it was launched. Over the years, he has actively supported the College in a variety of ways. He was a member of the Otago Branch committee for many years, and in addition to maintaining the Branch was involved in organising both local and national training events. He was the Otago/Southland Branch Chair from 2000. From June 2003 until 2017, David was a member of the College's National Committee, and took responsibility for the NZCCP website for many years. In this role, he developed a digital presence for the College and began to make significant resources available for members online.

David has always given his time freely to support the College, and Psychology as a whole. He has regularly given workshops for Clinical Psychology students on a variety of topics, and has run training workshops for therapists, counsellors, and psychiatrists, both locally and nationally; notably on issues related to addiction, and also on Acceptance and Commitment Therapy (ACT). He was an early adopter of ACT and was instrumental in organising the first Australasian ACT conference.

As Treasurer of the Otago/Southland Branch of the College, David was also instrumental in supporting significant training events such as a five-day workshop on schema therapy by Jeff Young, an American Psychologist. By demonstrating that multi-day training by overseas experts was possible, such events effectively changed the way training was conducted in New Zealand. They also generated considerable income for the College allowing other guests to be invited, such as Judith Beck.

While substantial, we believe that these contributions have not been his main contribution to psychology in New Zealand. David Mellor has worked as a Clinical Psychologist and has over 45 years of experience. He was the first graduate of the Otago Clinical Psychology programme and has worked in a wide range of areas including mental health, medical rehabilitation, private practice, Corrections and for the last 18 years in the addiction sector.

He has supervised and mentored many psychologists, and has always been a thoughtful and supportive colleague who could be relied upon for sound advice. His knowledge and integrity have been recognised by colleagues and other professions. For example, counsellors, social workers, medical professionals, and DHB management have regarded David as a respected colleague, highly professional, ethical and someone you can trust. As a result, he has been offered temporary roles in management which he has taken on as required.

In all of these ways David has greatly enhanced the image of psychology in New Zealand and helped advance the profession. We believe it would be fitting that his contribution be recognised by the College through a Life Membership.

NZCCP Award

This is for current members of the NZCCP who are recognised by the Council as having made a significant and pre-eminent contribution to clinical psychology in the last year. Their contribution may have been in one or more of a number of areas including, research, education, public awareness, clinical applications, or the administration or development of clinical psychology.

Shaystah Dean, Wellington

Zeenah Adam, Wellington

Their enormous contribution to and support of clinical psychologists after the March 15th massacre, not only in Christchurch but nationwide, was extremely valuable and very well received. In addition the significant amount of work they put into creating and delivering the wonderful workshop, "Introduction to Working with New Zealanders of Muslim Faith", was deeply appreciated.

John Bushnell Award

The criteria for winning this award include evidence of a sustained and exceptional contribution to the clinical psychology profession. This should be evident over years to decades and the range of areas where a clinician may demonstrate such a contribution could include but is not limited to:

- Professional affairs (especially but not only College roles and functions)
- Clinical Practice
- Teaching and professional mentorship
- Research

Malcolm Stewart (presented by Kris Garstang)

It gives me great pleasure to present the John Bushnell Award for leadership in Clinical Psychology to Malcolm Stewart. Some of you may remember that Malcolm has received this award in the past but I am sure you will join me in this acknowledgement of significant ongoing contribution to our profession since then.

The criteria for winning this award include evidence of a sustained and exceptional contribution to the clinical psychology profession. This should be evident over years to decades and a range of areas.

It is with great pleasure that the College Council presents you with this Award as a token of acknowledgement of and gratitude for your exceptional contribution to the profession.

Malcolm is himself is concrete evidence that the pen is mightier than the sword and in particular today we would like to acknowledge Malcolm's scholarly and thorough approach to the development and preparation of a number of submissions and proposals relevant to clinical psychology. He has been an extraordinary force in terms of our work with the Psychology Workforce Task Group, which was formed in 2015. This group works at a national level with the Ministry of Health to address issues pertinent to the profession. He virtually single-handedly developed a number of extremely important and useful documents which continue to inform the Ministry of Health's approach to psychologists in the health workforce. Several documents have been particularly important including

- *Psychology Career "Pipeline" Pathway: Issues and Possible Solutions* (2017),
- *How Many Psychologists?* (2017),
- *"Retaining the Psychological Workforce (Reasons for leaving and strategies for retention)* (2017).

In 2019 he also developed a proposal for a Psychological Wellbeing Practitioner in Aotearoa New Zealand which addresses shortages in the mental health workforce.

I cannot emphasise enough the significance of these documents given the frequent changes in individual players in the Ministry environment. These documents hold the thread of our discussions even when individuals may not.

Looking back, Malcolm's contribution to the College itself spans decades and he has held almost every office it is possible to have in the College. He made a significant contribution as chair of the Auckland branch for over 10 years, he was the College Treasurer from 2005 to 2011, convened the NZCCP Ethics committee until 2013, and has also spent further five years on the Executive and Council, serving first as Vice President in 2016 then as the College President, from 2017 until today.

Outside of the College, Malcolm has demonstrated leadership in many areas, including as a Professional Leader for CMDHB where he was an active voice nationally as part of the NZ DHB Psychology Leadership Council. He has been active on the advisory boards for the Auckland and Massey University Clinical Programmes. He is a well-respected researcher and has been used by DHBs and other organisations to evaluate services.

He has acted as a mentor and supervisor for a number of professional leaders as well as others and demonstrates an ongoing passion for evidence based psychological treatments.

The Council wishes to acknowledge the impact on your wife, Janet and your daughters of your work for the College.

Lastly, we would like to thank Malcolm for the sacrifices he himself has made in service to the College and the profession during his time as College President. Working for the College is a largely voluntary position and the President's role involves many unpaid hours per week, time that you might otherwise be spending in your private practice or pursuing your own interests. We thank you wholeheartedly for giving so much of yourself in this role over the past four years.

Kris Garstang *(presented by Malcolm Stewart)*

It is my great pleasure to announce that Kris Garstang has been awarded the John Bushnell Award for Leadership in Clinical Psychology. The John Bushnell Award is given to members who have made a sustained and exceptional contribution to clinical psychology and/or to the College.

Kris completed the Victoria University Clinical Programme in 1999 and subsequently has worked in New Zealand and Australia, for some years now being a private practitioner in Nelson. She has a broad practice, including working within medical general practices and provides a great role model for how clinical psychologists can function in that setting to benefit the patients and the practice.

Kris has been the Vice President of the College since 2017 and in this role has contributed to the development of the College in many ways, including taking a strong lead over several years in the development of the newly established Executive Advisor role within the College. Prior to becoming Vice President she for many years convened the BOMPS (Board of Membership and Professional Standards) group which is responsible for the often challenging task of evaluating whether applicants meet the criteria for College membership. She has been a part of the Council of the NZCCP 10 years since 2011 and has always made an engaged and constructive contribution.

One of Kris' real areas of passion has been in fostering Leadership by clinical psychologists. Pursuing this interest, she recently completed a Master of Health Service Management degree. She has convened the Leadership Strategic Planning Group for the College and has been instrumental with that group in developing the Leadership Mentorship Scheme that has just been piloted, and the Emerging Leaders Development Grant that the College has offered for the last two years. She has written or featured in pieces about leadership for both the College and the NZPsS.

Kris, it has been a huge pleasure to work alongside you and I have very much appreciated your support and input during my time as President. Congratulations on being awarded the John Bushnell Award for Leadership in Clinical Psychology.

Newly approved NZCCP members

The National Executive welcomes the following new members who have joined the College since the last ShrinkRAP.

Associate Members

Ilse Beukes, Palmerston North
 Rachel Cotter, Christchurch
 Matthew Dua, Canterbury
 Amanda Flevill, Waikato
 Sophie Hedley, Wellington
 Joel Hoo, Canterbury
 Rebecca Leidig, Hamilton
 Jonathan Muirhead, Wellington
 Amy Nesbit, Canterbury
 Jennifer Parsons, Waikato
 Meghan Stairmand, Wellington
 Susan Swanson, MidCentral
 Hieu Tran, Auckland
 Mandy van Harmelen, Auckland

Full Members

Kevin Austin, Rotorua
 Genevieve Iversen, Dunedin
 Samuel Lindsay, Wellington
 Martinette Pienaar, Taupo
 Valerie Tan, Otago/Southland
 Helen Van Der Merwe, Auckland
 Esther Vierck, Dunedin
 Tangihaere Walker, Wellington

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 2021 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 **Linda Gow** to help pay for her study and placement at the University of WA to complete a one year Post Graduate Certificate in the assessment and diagnosis of FASD.

As the annual [NZCCP Emerging Leaders Development Grant](#) has not yet been awarded applications are once more invited. Applications should be submitted with requested supporting documentation to the College Executive Director by 15 July 2021.

There was only one **NZCCP Travel Grant** awarded this year to **Tamara Bejakovich**.

The **NZCCP President's Award** was given to **Alice Stevenson**, who is enrolled in the Clinical Psychology Doctoral Programme at Massey University (Albany Campus).

The College heartily congratulates all award recipients.

Membership Renewal time

It's almost time for membership renewal.

Renewing your membership is very straightforward:

- You will be emailed a membership renewal notice with an e-invoice in the next week or so
- 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.

[Membership Benefits](#) include:

Access to excellent Professional Indemnity Insurance

Members of the College can purchase membership of the [Medical Protection Society \(MPS\)](#), which provides access to legal advice and representation in the event of a hearing. Even working for organisations such as District Health Boards or the Department of Corrections does not mean they will protect you in the event of malpractice complaints. You have enduring coverage for events that happened in the entire time you paid MPS fees so in the case of a retroactive complaint many years after your retirement, for instance, you will be entitled to representation. Student members of the NZCCP are entitled to be covered by the MPS scheme at no cost. More [information about MPS professional indemnity](#)

To apply please complete and send the relevant application form to NZCCP at office@nzccp.co.nz

- [Medical Protection Society \(MPS\) membership application form for NZCCP Full or Associate Members](#)
- [Medical Protection Society \(MPS\) Membership Application form for NZCCP Student Members](#)

The [Medical Protection Society \(MPS\)](#) also facilitates a free EAP style counselling service for members who may be having difficulties or issues in their personal or professional lives.

[Continued free access to ProQuest's Health Research Premium Collection Central](#), the world's most varied collection of health sciences literature.

The **[NZ College of Clinical Psychologists website](#)** has lots of other relevant and interesting information and events, also available directly from the following links:

[Professional development events](#)

[Job vacancies](#)

The College website has a very useful **[Find a Clinical Psychologist resource](#)**.

This is an excellent resource if you wish to refer clients to someone of good standing when the client changes location. It also serves to generate referrals for interested clinicians.

There is also an availability field which allows you to [indicate](#) whether or not you are available for new clients and referrals, and also *when* you are available. If you are in private practice and/or you already have a listing please go to <https://www.nzccp.co.nz/your-account/manage-your-private-practice-details-for-publication/> to add or update your private practice details and please make sure that you include your availability!

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

NZCCP communication and information networks

The College prides itself on its collegiality and for fostering supportive connectedness with and between members. To assist with this we offer the following Facebook groups:

- [Facebook group for private practitioners](#) provides a member only 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/>.
- [Teletherapy NZ](#) to share information about how to use teletherapy safely.
- The [NZ Family Court Specialist Psychological Group](#), a shared group between the College and NZPsS members, enables Specialist report writers for the Family Court to liaise together.
- Clinical psychology students are encouraged to join the [NZCCP student member Facebook group](#) at <https://www.facebook.com/groups/172521526883530/>. This page is for clinical psychology students across New Zealand to connect with each other and the College.
- We are also delighted to announce the new [Psychologists Providing Services to NZ Police](#) Facebook group. At the recent NZCCP Conference, there was a Symposium for Psychologists who see NZ Police personnel. From that Symposium we now have this new Facebook page, for all Psychologists who do this work. Rowena Palmer, Clinical Psychologist in Christchurch, and Caroline at NZCCP are the Administrators. Feel free to post comments, ask questions, seek wisdom, from others who do this very demanding work. As it is a Closed Group, you will need to request to join. It operates very similarly to the NZCCP Private Practitioners' Facebook page.

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

Journal NZCCP

The next Journal published will now be the "Winter" issue with a 15 May 2021 deadline for submissions. The theme for this coming issue is **"clinical applications and learnings"**. We welcome your submissions for the Winter issue! Articles may be short (even a few paragraphs) or longer, experiential or data driven, and about (for instance) psychological practice, personal experience, or reflections. Material can be published anonymously if you prefer.

Here are some types of submissions:

- case studies
- descriptions of innovative practice
- accounts of your experiences
- empirical research
- poems
- opinion pieces
- reviews of talks you have attended or books you've read
- an opinion about a piece we have previously published.

All articles/opinions are peer reviewed. The deadline is 15 May to allow us time for peer reviewing and changes, and please note that this is somewhat flexible.

Please also let us know if there are any other clinical psychologists you think we should approach.

[We are very much looking forward to receiving 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/)!

Thank you for your help,
Wade, Liesje, and Caroline

Idle Comments from the Couch

Chris Skellett, MSc Clin Psych Life Member NZCCP

(In which members share brief thought-provoking exchanges with clients that open up rich material for further clinical debate)

"I feel like I'm ordering a curry in an Italian Restaurant!"

We were tetchy with each other from the start. It was hard to say why, but somehow we just didn't connect. The client had been referred by her GP following an escalating series of conflicts with her neighbour. She had a long history of falling out with people in her life, and it was suggested that she needed to learn social skills and positive conflict resolution strategies. I was happy to oblige.

Our first session went reasonably well, but as we progressed she increasingly wanted to talk about her childhood and in particular her difficult relationship with her father. Meanwhile, I was increasingly wanting to focus on the specifics of her current conflicts, looking for alternative tools and techniques to help her interact more effectively with others.

We became increasingly irritated with each other until halfway through the 3rd session she suddenly cried out: *"Chris...I feel like I'm sitting in an Italian restaurant ordering a curry! I want psychotherapy for my childhood issues, and you're simply offering a range of behavioural strategies that I don't need or want"*. There was an awkward pause before we then both laughed, perhaps a little awkwardly.

Her restaurant analogy was perfect. My training and my general approach to clinical work was creating a limiting constraint to the range of treatment options that I could provide. I was a great pizza chef, but not everyone likes pizza! She wanted a curry and she wasn't prepared to budge!

Having agreed that we weren't well suited as diner and chef, we decided that perhaps she would be better served by eating at the psychotherapy centre down the road. We parted with mutual respect, but I was left wondering how often all of us might force feed our specific training models onto our clients without properly considering whether it best fits their dietary needs? And just how wide is the range of genuine options that each of us provides on our therapeutic menus?

- *Additional anecdotes or wise comments on this article are welcomed. The intention is to generate a sharing of clinical wisdom and useful ideas about how to deliver our work more effectively - Ed.*

ACC/NZCCP/NZPsS liaison meeting, 22 March 2021

Discussion:

Changes to the ISSC report templates

- Jen indicated that there will be some initial changes to the report templates and the revised versions will hopefully be in place when the April ISSC newsletter is released and once they are finalised with ACC's internal legal team. These changes are predominantly minor wording changes to streamline the template and avoid repetition. It is planned that there will be a more significant review of report templates as part of a bigger piece of work on report templates for all mental health reports.
- Catherine, Sarah and Barry both indicated a willingness to have input into this in the future.

Find Support Website:

- In November 2020, the refreshed Find Support website went live that included provider-level information. Clients can now see a list of providers who match their selection criteria. At this stage, information about providers is limited to name, region, language(s) spoken

and area of expertise – information that ACC already holds. Clients will continue to contact the supplier(s) linked to that provider for a referral.

- ACC heard feedback from suppliers that we needed to build back in a supplier search function and this work is well underway and the functionality is expected to go live in the next couple of months.
- ACC had also proposed that additional provider information (e.g. optional photo, profile and biography) be displayed on the website. Work is happening to work out how we would gather and load that information.
- There is an intention to display information about provider availability. The intent of this is to make it easier for clients to get in touch with a supplier who can accept a referral and help us understand where capacity issues are. ACC have already engaged with a range of suppliers and providers on how we could display information about availability and have heard some great feedback and surfaced some of the challenges. We are continuing to work through what may be possible, and there will be further opportunities to provide feedback and engage in the process.

ACC Internal changes

There has been an internal restructure within the clinical and provider services area of ACC. Clinical Partnerships and Clinical advice functions are combined under John Robson (Chief Clinical Officer and Head of Health Partnerships) with Penny Kokot-Louw the new Manager of Clinical Services, Stafford Thompson the new manager of Clinical Oversight and Engagement and Fraser Wilkins the new Health Sector Partnerships Manager. Penny Kokot Louw is a Clinical Psychologist and both Stafford and Fraser have clinical backgrounds as physiotherapists.

Provider services who oversee the various contracts within ACC are now combined with Client Recovery services which administers and manages client claims.

Of note for the ACC: NZCCP/NZPsS meetings: Jen Linney is now the Portfolio Manager for Mental Health taking over from Lauren Eastman who was temporary in that role when we last met; Ruby Meres is the Portfolio Advisor for Mental Health taking over from Sherilee Kahui who is on maternity leave; Fraser Wilkins will temporarily stand in for Sue Calvert who has changed roles and returned to the psychology advisors team. It is hoped that a new Clinical partner will be appointed in the near future.

Next meeting is scheduled for 14 June.

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/event-calendar/>)

TRAINING TIMETABLE

NZCCP Events

LOCATION	MONTH	PRESENTER/ CONTENT
Zoom presentation	14 June	"A Short History of Disability: Society and Services"

Other Events

LOCATION	MONTH	PRESENTER/ CONTENT
Webinars	Various	DBTNZ webinar training series
Webinars	Various	NZSIGN Monthly Neuropsychology Webinar Series
Online training	Various	Foundations in Suicide Prevention All New Online Training
Various	Various	EMDR Institute Trainings
Online training	From July	Introduction to Suicidology and Suicide Prevention
Various	June	Mindful-Somatic Trauma Therapy Trainings
Wellington	12-13 June	Getting The Love You Want
Webinar	17-18 June	Use of Adapted Dialectical Behaviour Therapy Coping Skills for Cognitively Impaired Clients with Challenging/Offending Behaviours
Auckland	9 August	ACT for Chronic Pain
Auckland	7-8 September	Treating PTSD, Dr Leah Giarratano
Auckland	9-10 September	Treating Complex Trauma, Dr Leah Giarratano
Wellington	1-2 November	Introduction to Acceptance and Commitment Therapy



Trauma Education

presented by Dr Leah Giarratano

Leah is a doctoral-level clinical psychologist and author with vast clinical and teaching expertise in CBT and traumatology since 1995

Two highly regarded trauma focused programs for all mental health professionals. Offered in Australia and New Zealand and internationally as a self-paced online program or via 2-day livestream

Clinical skills for treating post-traumatic stress disorder

Treating PTSD: Day 1 - 2

This two-day 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. In order to attend 'Treating Complex Trauma' (Day 3-4), participants must have first completed this 'Treating PTSD' program.

1/2/21 to 1/5/21 self-paced online INT
4-5 March 2021 Livestream AEDT

1/4/21 to 1/7/21 self-paced online INT
3-4 June 2021 Livestream AEST

17-18 June 2021 Livestream NZST

1/7/21 to 1/10/21 self-paced online INT

7-8 September 2021 Auckland CBD

1/10/21 to 1/1/22 self-paced online INT

Please refer to our website for other offerings

Clinical skills for treating complex traumatising

Treating Complex Trauma: Day 3 - 4

This two-day program focuses upon phase-based treatment for survivors of child abuse and neglect. Applicable to both adult and adolescent populations, incorporating practical, current experiential techniques showing promising results with this population; 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.

1/2/21 to 1/5/21 self-paced online INT
11-12 March 2021 Livestream AEDT

1/4/21 to 1/7/21 self-paced online INT
10-11 June 2021 Livestream AEST

24-25 June 2021 Livestream NZST

1/7/21 to 1/10/21 self-paced online INT

9-10 September 2021 Auckland CBD

1/10/21 to 1/1/22 self-paced online INT

Please refer to our website for other offerings

Fees: Day 1-2 or Day 3-4 are **\$680** and Day 1-4 is **\$1,270** Australian Dollars

Register directly on our website for Auckland but please contact us to obtain these fees if you wish to register for online, livestream or attend in Australia. These fees only apply to NZ residents.

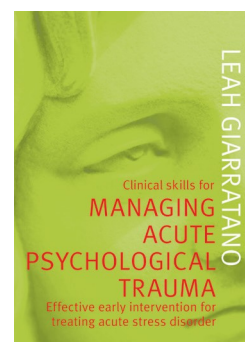
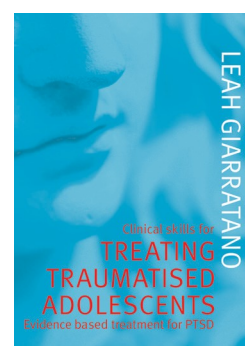
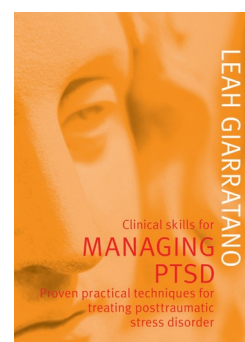
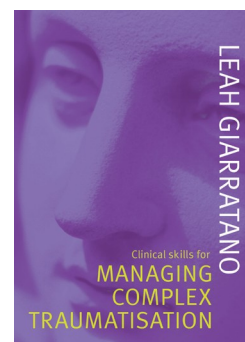
Livestream: Two-days highly interactive with breakout groups and includes one-month complimentary access to self-paced online to consolidate learning

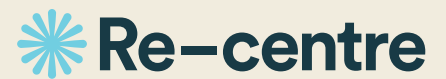
Self-paced online Engaging three months access. Not a recording of a past live event.

Day 1-4 (or 3-4) online modes include complimentary access to a Trauma Case-Study Livestream applying skills to more real cases (2hrs + 2 hrs preparation)

Time commitment for CPD hours: **15 hours for Day 1-2** and **19 hours for Day 3-4**

Please visit www.talominbooks.com for further details about Leah's books and these training offerings





Join us *at Re-centre*

Re-centre is a private mental health clinic based in Parnell, Auckland.

We are looking to partner with sessional, clinical psychologists to provide a range of mental health therapies for children, adolescents, adults and older adults. Some part time, days, evenings or weekend work is available currently, all within a flexible working agreement.

We offer a friendly, skilled team in a central location with a pleasant environment.

For more information please email Lyn.
dawson@recentre.co.nz

