



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

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Inā te mahurutanga o Koanga.
Behold the settling in of Spring

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COLLEGE EXPANSION

We are delighted to welcome Kara Pennington to the College Office as the new Office Manager. Kara brings with her years of experience in administration and membership management and is a welcome addition and a huge help for Caroline:



A little about me.

I live in Pae tū Mōkai (Featherston) in the Wairarapa with my amazing partner, Amy, six mischievous chickens and two adored cats. We have been establishing a māra kai (food garden) on our property over the past five years which now provides 80-90 percent of our fruit and veges and is what keeps me busy outside of work.

I grew up in Taranaki, moved to Wellington at sixteen and, apart from a few stints working in London, the Wellington region is where I have been based since my late teens.

I have a BA from Te Herenga Waka. I started my working life in the private sector, spent several years as a strategic policy analyst in the public sector and, before joining NZCCP, I managed a couple of small charities.

I am in the office sixteen hours across three days (Mon, Tues, Thu) each week, working with Caroline on all things operational.

Thanks to the wonderful Caroline and all on the Executive who have given me a very warm welcome. I am looking forward to connecting more with members over the coming year.



Speaking Up for Clinical Psychology

Paul Skirrow, Executive Advisor

Kia ora tātou,

It's been a challenging year for many of us- not least due to the arrival of COVID-19 on our shores, with associated lockdowns, vaccinations and 'traffic lights' to navigate. It's been heartening to see how quickly clinical psychologists around the country have adapted- continuing to support others as best they can. In such challenging times, it feels like New Zealand needs Clinical Psychologists more than ever and I'm constantly impressed with how our members continue to rise to those challenges.

That said, we know that it's been tough for all of us. Caring deeply about the work that you do, but not being able to provide the care people need, is clearly a potential recipe for burnout. We recently collaborated with the Association of Salaried Medical Specialists, on their report that [a sizeable proportion of the psychiatry workforce is experiencing feelings of burnout](#), and we know that clinical psychologists experience those same pressures. We continue to advocate for change in the health system but, in the meantime, please do take care of yourselves and each other.

For those of you who don't have access to EAP supports, or do not feel able to utilise those services, we want to remind you that your MPS membership also allows you access to several [free psychology sessions](#). The College has also recently started a register of members who are able to offer prioritised sessions to fellow clinicians. At the moment, you can [register as a provider](#) on our

website (you need to login first) and, in the near future, you'll be able to see the details of colleagues who would be available to work with you.

Our media and social media communications have continued to grow steadily and it's been terrific to see more and more of our members feeling confident in communicating with the media and via social media. Thank you again to all of the members who have helped to inform the public on issues around mental health and neurodiversity this year- you can read most of our media stories on our [Facebook](#), [Twitter](#) and [LinkedIn](#) pages- and those of you who contribute to the discussion on the Facebook groups. In particular, I'd like to thank Luke Rowe, Te Māngai Māori, for his help with our social media communications during Te Wiki o Te Reo Māori in September.

A *huge* thanks should also go out to members who contributed to our recent parliamentary submissions, including those who provided feedback via the surveys that we circulated. An enormous amount of work went into both our [written](#) and [oral](#) submissions on the [Conversion Practices Prohibition Legislation Bill](#), as well as the [submission](#) to the [Inquiry on School Attendance](#)- for which I would like to say a particular thanks to Zara Mansoor for giving a [presentation](#) to the select committee on our behalf. As you'll see from Page 8, the government have recently launched a consultation on the redesign of the Mental Health Act. You can submit your own thoughts directly [here](#) or to us, for our collected submission, on the link at the bottom of the page.

We were also approached by the Petitions Committee this month, to provide a response to the petition of Lucy McLean, a student from Victoria University, calling for an increase in the Clinical Psychology workforce. You can read our (fairly extensive) response [here](#), where we discuss both the high demand for clinical psychologists and some of the barriers to increasing training numbers.

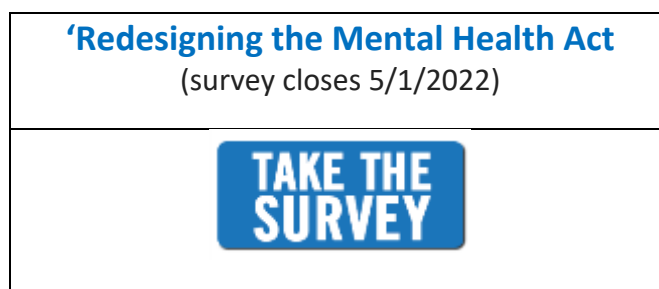
We have had some positive feedback from our colleagues at the Ministry of Health, that they are working hard on the issues raised by Lucy's petition. The government has recently increased both the funding to Universities and the funding (both amount and number) for training Internships in Clinical Psychology. This is a good start, although there is still a great deal of work still to be done to deliver on the recommendations of the He Ara Oranga Mental Health Inquiry.

Work will be slowing down over the holiday period, with myself and both of our Presidents due to take some well-earned leave over the coming weeks. We're looking forward to the challenges that 2022 will bring us!

Wishing you and your families a peaceful holiday period.

Ngā mihi o te wa me te Tau Hau,

Paul



Te Pātaka: Psychology Workforce Information Hub

A problem in advancing and developing the psychology workforce in Aotearoa New Zealand has often been that it is difficult to access the kind of information that guides and/or supports such development. This has often led to people not being able to access helpful information and/or having to “reinvent the wheel” and write documents that have already been written by others.

The NZCCP has recently set up **Te Pātaka: Psychology Workforce Information Hub**. This public-facing web resource holds a variety of key documents about psychologists’ roles; the psychology workforce in Aotearoa New Zealand; and psychology workforce dynamics.

The aim of Te Pātaka is to give easy access to information that can inform and inspire psychologists, health managers, and members of public (including reporters and journalists) to promote psychology workforce development so we have a strong and sustainable psychology workforce. It aims to help psychologists and others have the information they need to understand, plan, advocate for, and develop psychological services. The link to *Te Pātaka: Psychology Workforce Information Hub* is

<https://www.nzccp.co.nz/te-pataka/>

Te Pātaka holds published articles and other resources, some of which would otherwise be difficult for people to access or even know that they exist. Contents relate to all sub-disciplines of psychology practising in the therapeutic and social services.

If there are documents, either published or unpublished, about the NZ psychology workforce that you think would be relevant to Te Pātaka, please let us know (providing an electronic copy of the document if possible) - we would be grateful for your input.

We would also appreciate any other feedback you have on Te Pātaka, as it is still in the process of being developed and populated.

Feedback or suggestions for documents to include can be sent to Caroline Greig at office@nzccp.co.nz

NZCCP Membership News

Newly approved NZCCP members

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

Associate Members

Stephanie Barnett
 Nikki Beukes, Auckland
 Georgia Cowan, Canterbury
 Julie Cox, Canterbury
 Brylee Cresswell, Waikato
 Aramis Dennen, Auckland
 Crysta Derham, Taranaki
 Madeline Dykes, Otago
 Jake Gallagher, Taranaki
 Laura Gilkison, Wellington
 David Gillan, Nelson
 Jennifer Jeffrey, Wellington
 Ella Kroch, Auckland
 Darshani Kumareswaran, Wellington
 Alexandra MacLeod, Hawkes Bay
 Arran Milne, Wellington
 Jessica Morris, Christchurch

Lisa Nathan, Rotorua
 Erika Nell, Auckland
 Michael Oosthuizen, Auckland
 Natalie Robbs, Otago
 Jessica Swart, Wellington
 Hayley Walker-Williams, Whangarei

Full Members

Zenat Ally, Auckland
 Damien Appleton, Dunedin
 Phillipa Appleton, Dunedin
 Jillian Butterworth, Auckland
 Jeremy Caunt, Christchurch
 Louise Edwards, Wellington
 Larnee Flannery, Canterbury
 Jessie Gwynne, Christchurch
 Alexandra Hill, Wellington
 Jessica McIvor, Wellington
 Alexandra McLeod, Hastings
 Rebecca Manning, Canterbury
 Tamyra Matthews, Palmerston North
 Christian Ruzibiza, Wellington
 Kirstin Thomson, Waikato
 Mariaan van der Merwe, Napier
 Simon Waigh, Northland
 Arna Witskowski, 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.

NZCCP membership Benefits include:

The **Find a Clinical Psychologist resource** which also now has an availability field so you **can 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! 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.

Free access to 25 video recordings/year of the work of master therapists and different therapeutic approaches, from Psychotherapy.Net for ongoing Continuing Professional Development.

NZCCP hosted Zoom presentations: This year the College has hosted a series of monthly hour long continuing education webinars for members. Most of these are available to view [here](#).

Free access to ProQuest's Health Research Premium Collection Central, the world's most varied collection of health sciences literature.

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. 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.

The **Facebook group for private practitioners** provides a forum for sharing ideas and information relating to running a private practice. Click on this link and ask to join the group:

NZCCP PO BOX 24088 WELLINGTON T: 04 801 6088 E: office@nzccp.co.nz W: www.nzccp.co.nz

SPRING 2021

<https://www.facebook.com/groups/1974851039510715/>. The College's Facebook activity also includes other discussion groups including the [teletherapy discussion group](#), the [family court special interest group](#), [Psychologists Providing Services to NZ Police group](#), [student members group](#), and branch groups for [Auckland](#) and for [Otago/Southland](#). Recently added groups include [All Members" Facebook group](#), which is open to all College members, and the [NZCCP ACC Clinical Psychology Providers Group](#), a discussion/support page for NZCCP members who work under the ACC Contracts. If you're a Facebook user, please feel free to click on and sign up to those groups. Please don't hesitate to let me know if you want me to create more regional or special interest groups within the page.

Please go to the [NZCCP facebook page](#) at <https://www.facebook.com/nzccp/> to post and to like and share events and other interesting and relevant information.

Benefits of College membership for Clinical Psychology Students - Kaimātai Hinengaro Tāuira

Resources for students

You can find information on various topics related to clinical psychology work here (<https://www.nzccp.co.nz/membership/members-only-resources/recommended-resources-2/>).

This will grow over time as we ask College members who work in each area to add their "go to" resources. If you have a resource you've found particularly helpful please share it with us by emailing Caroline (Executive Director) at office@nzccp.co.nz.

Advocating for students:

The College leadership meet regularly with government ministers and write letters in support of issues pertaining to clinical psychology students. If there are issues you would like the College to address on your behalf, please let us know by contacting your local student rep or the national student representatives (General Student Representative George Guthrie and Māori Student Representative Irie Schimanski are available to kōrero with at studentreps@nzccp.co.nz).

NZCCP member benefits for clinical psychology students include:

- Free [professional indemnity insurance with the Medical Protection Society \(MPS\)](#). MPS also facilitates a free EAP style counselling service for members who may be having difficulties or issues in their personal or professional lives.
- [Free access to 25 video recordings/year of the work of master therapists and different therapeutic approaches](#) from Psychotherapy.Net for ongoing Continuing Professional Development.
- [Annual scholarships](#) and student prizes at our annual conference
- Reduced subscription fees for the first two years of membership of the College after you graduate
- The NZCCP has a strong emphasis on supporting Māori through clinical psychology training and tautoko the kaupapa of [Te Paiaka Tipu](#) (Māori psychology students) and [He Paiaka Totara](#) (Māori psychologists).
- [Short videos for NZCCP student members](#): NZCCP student reps interviewing a number of different clinicians from various fields (i.e. Corrections, private practice, DHB), including our very charismatic Maori psychologists, talking about their work and other extremely useful topics.
- [NZCCP student member Facebook group](#) at <https://www.facebook.com/groups/172521526883530/> for clinical psychology students across New Zealand to connect with each other and the College.

For a full list of please go to [Clinical Psychology Students - Kaimātai Hinengaro Tāuira](#)

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:

NZCCP Events

Other workshops and Seminars

For a more detailed list of what's coming up please go to [National Education Training Timetable](#)

Job vacancies:

North Island

South Island

Seeking Mentors for Trainee and Early-Career Clinical Psychologists

The College has recently been working on a number of mentorship programmes and is pleased to announce our intention to launch the:

Tuakana/Teina Mentorship Programme for Trainee and Early-Career Clinical Psychologists.

The concept of Tuakana/Teina literally refers to the relationship between an older and younger sibling respectively. In most modern contexts however, it is used more metaphorically to reflect the importance of relationships and acknowledge levels of knowledge, experience and expertise (irrespective of age). Tuakana/teina is values-based and helps to inform the way the relationship is nurtured and navigated throughout. In essence, it is the hull to the mentorship programme waka.

Mentorship is distinctly different from supervision and teaching roles, it is a process of support offered by a more experienced psychologist to a less experienced psychologist that offers guidance, support, and encouragement to support the personal and career development of the person being mentored. Mentorship is typically a longer-term relationship, often at least three years.

As the mentor role is typically less intensive, it doesn't require in-depth knowledge of the area that the person being mentored is working in, and generally involves much less frequent meetings. The role may be suitable for people who are not in a position to be providing supervision for students or early-career psychologists.

At this stage, we are **seeking expressions of interest from psychologists who might be willing to offer this support** to trainee and early-career clinical psychologists.

If you are interested in offering this support, [PLEASE REGISTER YOUR INTEREST HERE: https://www.nzccp.co.nz/membership/support-and-mentoring-for-members/mentors-for-trainee-and-early-career-clinical-psychologists/](https://www.nzccp.co.nz/membership/support-and-mentoring-for-members/mentors-for-trainee-and-early-career-clinical-psychologists/)

Noho ora mai,
Angus Maxwell
President, NZCCP

Time to apply for the annual NZCCP Grants and Scholarships

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.

The annual [NZCCP Emerging Leaders Development Grant](#), of up to \$5,000, is offered annually to a full member or members of the College to assist to them to conduct research and/or participate in an educational opportunity/skills training on the topic of leadership. The purpose of the grant is to enhance leadership capabilities of NZCCP members by supporting further education and/or research in the field of clinical leadership. Depending on the number and quality of applications, the grant may be awarded to multiple applicants in situations where a number of high-quality applications are received. The grant may be used to fund course fees, travel, accommodation, a daily allowance, or other expenses directly related to the above purpose, as detailed in their application.

The [President's Award](#), of up to \$1,500, is 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.

NZCCP Travel Grant. Up to four NZCCP Travel Grants of up to \$1,000 are provided annually to Full or Associate 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.

For more information go to the links above to download the criteria and application forms for each of these awards.

Journal NZCCP

The next Journal, Vol 32 (1) 2021, will be published in the first half of 2022. The theme for this issue is **"Technology and therapy"**.

We welcome your submissions for this issue, provided you can get them to us by mid-April at the latest!

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.

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/>)!

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

Get involved in transforming mental health legislation in Aotearoa New Zealand

One of the recommendations in [He Ara Oranga](#) was to repeal and replace the Mental Health (Compulsory Assessment and Treatment) Act and the public consultation has now been open for six weeks.

The Mental Health Act became law in 1992. It has not kept pace with new approaches to care, and statistics show that Māori, Pacific peoples, and disabled people experience a range of inequities under the Act. There is an opportunity to create new mental health legislation that protects human rights, recognises Te Tiriti o Waitangi, and improves equity. Although the current Mental Health Act is only used for a small proportion of people each year, it has a big impact on the lives of those who do experience it, and their family and whānau.

The goal is to transform Aotearoa New Zealand's approach to mental health and addiction, so that people can get the support they need, when and where they need it, and ensuring fit for purpose legislation is one part of this transformation.

Read more about this consultation on the [Ministry of Health website](#).

There are a number of online [hui](#) being held by the Ministry of Health, together with a 94-page [consultation document](#). You can make a submission directly to the Ministry [here](#) or contribute to the College's submission at the link below.

'Redesigning the Mental Health Act

(survey closes 5/1/2022)



NZCCP supports the Postgraduate Certificate in CBT Prizes at the University of Otago Wellington

The College recently made a donation in support of the following prizes:

- **Postgraduate Certificate in CBT Prize for Excellence:** Hollie Asprey and Rachel Navanua
- **Postgraduate Certificate in CBT Prize for High Achievement:** Anna Geiserman, Barbara Pike, Qiuyue Sang and Nigel Guy



These prizes are valued highly by the students and staff. The winners of the CBT Prizes this year all accepted their prizes in absentia, which is unusual but not surprising given the circumstances. The University of Otago Hui Whakanui Tauria Awards Ceremony was held on Friday, 19 November and was held at Massey University (due to the building closure). This was a heavily masked and distanced event, but still a wonderful celebration of the students' achievements.

L-R; Vice Chancellor (Acting) Professor Helen Nicholson Dean of the University of Otago Wellington, Professor William Levack Pro-Vice-Chancellor, Health Sciences, Professor Paul Brunton Student mace carrier; Sam Lloyd

Invitation to participate - Psychologists' stress, burnout and resilience during COVID-19, in Aotearoa New Zealand

You are invited to participate in a small study being undertaken by Dr Amy Kercher, clinical psychologist and lecturer in psychology at Auckland University of Technology.

"Earlier this year, we asked psychologists about their experience of stress, burnout and resilience.

Due to the extended COVID-19 lockdown in August-September 2021, we understand that this experience may have changed – that many psychologists have seen changes to their workload, working conditions and personal experiences.

We would like to gauge the impact of this latest COVID-19 lockdown on psychologists.

Even if you have completed our survey before, we would be very grateful for your time in telling us how you have been feeling and experiencing your work lately, during the latest lockdown (whether a shorter lockdown in other areas, or longer in Auckland). No identifying information has been collected, so rather than comparing individual responses, all responses will be collated and compared on average.

Participation is anonymous and voluntary, and will take approximately 30 minutes to complete an online survey.

The research aims to consider practising psychologists' recent experiences of stress, anxiety, depression, compassion fatigue, compassion satisfaction, burnout, resilience, caseload, supervision, support, family and personal factors, including the impact of COVID-19. The objective is to survey the wellbeing and risk of burnout of the psychology workforce in Aotearoa New Zealand, with a view to improving professional support, training and practices for a strong and well supported mental health sector in the future.

As a mental health workforce, psychologists are vital to the wellbeing of Aotearoa New Zealand, but are often overlooked with no one looking out for our own wellbeing! Please help me to understand your experiences and how we might better train and support psychologists to provide a sustainable and strong workforce."

Please click the following link if you would like to contribute to this important research:

https://aut.au1.qualtrics.com/jfe/form/SV_5mOjM0TgSdUKGqy

ProviderHub – ACC's new one-stop-shop for providers

A new way of working with ACC

Early next year ACC is launching a new online platform for healthcare providers called ProviderHub. It will replace their existing self-service digital offerings, providing more services in one place. If you use ACC's existing online services – including e-Business Gateway, e-Lodgement, the ACC32 Treatment Extension Request or the Sensitive Claims Engagement Form – you'll be invited to register early in 2022.

ACC's Dr John Robson, Chief Clinical Officer and Head of Health Partnerships says ProviderHub is part of improving the way ACC works with providers across the healthcare sector.

"When we launch next year, you'll be able to do most of the things you can do through our current online services, but all in the one place. ProviderHub will be easy to use and will offer some new functions providers have been asking for – including the ability to search for other ACC healthcare providers, view and update your contact details, and pause forms for up to 14 days."

"Over time we'll build even more into ProviderHub, so it becomes a true hub for healthcare providers and makes it easy to work with us to deliver a great service to our shared clients."

Over the next few months, ACC will be contacting all impacted psychologists to let you know about ProviderHub and find out who in your team will need access. Each user will need their own login. Administrative and management staff will also need to be set up with access if they need to submit invoices, query invoices or claims, or have access to manage your business's details such as bank account information.

How Practice Management Systems (PMS) currently work with ACC is not affected by this change; however, if you use some of ACC's online services outside of your PMS, you will need to sign-up.

Once all users of ACC's existing online services have transitioned to ProviderHub, the old systems will be turned off.

To find out more, visit www.acc.co.nz/providerhub.

Diagnosticians (paediatricians, psychologists, psychiatrists) diagnosing 4-and-8-year olds in Aotearoa

What is the aim of the project?

This project aims to understand what key features might be of concern to a diagnostician and what, if any, would be your possible next lines of investigation. Your participation will support research by helping referrals to be better written with more relevant information for a possibly faster triage and improved diagnosis pathways. This research has been approved by the Victoria

You have been invited to participate because you are involved with diagnosing children with learning or developmental diagnoses. If you agree to take part, you will complete five questions based on brief hypothetical referrals (vignettes) of a child aged 4 and 8-years-old.

It is difficult to generalise from a vignette, however the purpose of this study is to get a general idea of what diagnosticians might consider as next steps for this hypothetical child.

The survey is divided into two parts.

Part 1: A few details to ensure we have a range of diagnosticians.

Part 2: Hypothetical vignettes and five short questions

If you are interested in participating or would like further details, please click on the link to participate

http://vuw.qualtrics.com/jfe/form/SV_4VqFI4eCAWPLOI

or contact Willow Sainsbury, willow.sainsbury@vuw.ac.nz

Key research findings will be shared with organisations involved with diagnosis. Other proposed publications include academic or professional journals, conferences and a thesis in the Victoria University Library.

Perinatal Health & Wellbeing Survey

The Sleep/Wake Research Centre at Massey University are investigating what sleep related information, services and interventions currently available to New Zealand women. The findings will be used in future research on how to best support sleep, circadian and mental health during the perinatal period.

This work has been funded by a Health Research Council of New Zealand, Health Delivery Activation Grant and is conducted by a team of researchers with expertise in maternal sleep and maternal mental health (Professor Leigh Signal, Dr Bronwyn Sweeney, Clare Ladyman, Dr Tanya Wright, Dr Mark Huthwaite, Associate Professor Katie Sharkey, Dr Bei Bei and Professor Jane Fisher), Māori health (Professor Chris Cunningham and Hannah Mooney) and Pacific health (Dr Riz Firestone) and in collaboration with Te Hīringa Hauora/Health Promotion Agency and Perinatal Anxiety and Depression Aotearoa.

The survey has 10 questions and should take no more than 5-10 minutes to complete. Participation in the survey is voluntary and responses will be kept completely confidential.

If you support hauora wāhine, women's health and well-being during pregnancy and/or the postpartum The Sleep/Wake Research Centre warmly invites you to complete this survey whether or not you offer sleep information, services or interventions.

The link to the survey is: [Perinatal Health & Wellbeing Survey](#)

To understand the information, services and interventions currently available, they would also be grateful if you could share the survey link with other people or colleagues that offer services or support to women in the perinatal period (you can forward this email or share this link: <https://tinyurl.com/98u4w7sd>). If you would like to contact the Principal Investigator in the study to discuss this research, please email Professor Leigh Signal, Sleep/Wake Research Centre, Massey University (Wellington) at t.l.signal@massey.ac.nz.

Ngā mihi nui,
Many thanks,
The Sleep/Wake Research Centre Team

Participant Invitation

Michaela Wooller is a Master's student in Psychology at Massey University. Her project is being supervised by Dr Ian de Terte, a senior lecturer in Clinical Psychology at Massey University.

They are seeking Psychologists (Clinical or General scope) who currently or have worked with (in the last three years) with clients who are Police or Military personnel or other first-responders populations. You are being invited to participate in a research project aiming to determine the most appropriate and effective self-care mechanisms for police and military personnel who have been exposed to terrorist documents.

Aim of the study:

This research project will focus on self-care mechanisms specifically for police officers and military personnel as these two occupational groups are deployed overseas to offer their assistance. It is during these deployments where exposure to terrorist documents occurs. In this study, 'terrorist documents' refer to videos, photographs, and written documents that depict terrorism. A prominent reason for undertaking this research is due to a significant gap in the literature on this specific topic. The majority of the literature has paid attention to direct victims of terrorism, and less is understood of the impacts on first responders. In addition, there is a multitude of literature explaining the significant adverse psychological effects that exposure to traumatic events can have on police, military personnel, and other first responders. However, there is a lack of literature on how police and military personnel can care for themselves after exposure to terrorist documents.

What is involved:

This research project will use a bridged version of the Delphi Method to collect data. A bridged Delphi Method will involve your participation by responding to 13 questions using your professional knowledge and will involve two rounds of emails. Firstly, the questionnaire will be sent to you via email, where it will be responded to and returned to myself, the primary researcher. After this round, your answers will be summarised and returned once again to provide you the opportunity to make any additional comments or changes. The questionnaire will then be again returned once more to Michaela.

Your participation will take approximately 20-30 minutes for the first part and approximately 10 minutes the second time around.

Risk of harm:

Participating in this study is not anticipated to cause any distress. However, there is a possibility of feeling discomfort due to the negative and traumatic nature of the topic. If this is the case, contacts will be provided for support.

If you are interested in participating in this study, please email Michaela Wooller (Primary researcher): michaelawooller@gmail.com to receive the information sheet and questionnaire.

Views sought on Digital Mental Health Tools (online therapy resources, apps, chatbots etc.)

Catherine Rawnsley is a Master of Science student in Psychology at the University of Auckland, and is interested to learn how New Zealand mental health professionals and trainees use digital mental health tools such as websites or apps to support clients. The study is called: *Clinicians and Digital Mental Health Tools - exploring knowledge, attitudes and training needs*.

They seek participants practicing as Registered Health Practitioners (RHPs) in mental health or are in training programs for these professions. They have developed a short, 10-minute online questionnaire. At the end of the survey, there is an option to volunteer for a brief (20-30 min) follow-up interview (via Zoom). Participants are welcome to engage in one or both parts of this study. The link to the survey is here: https://auckland.au1.qualtrics.com/jfe/form/SV_8IcXpwUcvjeivN4

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
Dunedin	11 March	NZCCP Otago/Southland branch workshop: Borderline Personality Disorder

Other Events

LOCATION	MONTH	PRESENTER/ CONTENT
Webinars	Various	DBTNZ webinar training series
Various	Various	2022 Trauma Education presented by Dr Leah Giaratano
Webinars	Various	NZSIGN Monthly Neuropsychology Webinar Series
Various	Various	EMDR Institute Trainings
Online training	N/A	Foundations in Suicide Prevention All New Online Training
Online training	Various	Mindful-Somatic Trauma Therapy Trainings
Wellington	15-16 February 2022	Relational Learning Framework Training
Online	28 February	A Solution Focused Approach to Severe Trauma & Stress Recovery
Online	4 March	Early Planning Reports 101 – For ACC registered sensitive claim providers
Auckland	24-26 March 2022	NZPS 2022 Conference
Online	28-29 April 2022	The Use of Adapted Dialectical Behaviour Therapy Coping Skills for Cognitively Impaired Clients with Challenging/Offending Behaviours
Wellington	2-3 May 2022	Introduction to Acceptance and Commitment Therapy (ACT) Workshop
Wellington	25-26 July 2022	Sharpen Your Skills ACT Workshop



EATING HABITS & WELLBEING AMONG EARLY ADOLESCENTS

We are investigating eating behaviour and mental health among adolescents aged 11-13.

We are looking for approximately 400 young people to join our study and complete a 15-minute online survey.

If you participate, you will go in the draw to win one of four \$50 Whitcoulls vouchers.

FOR FURTHER INFORMATION, PLEASE FOLLOW THIS LINK:

eatingandwellbeing.com

OR EMAIL [KATIE.BABBOTT@AUCKLAND.AC.NZ](mailto:katie.babbott@auckland.ac.nz)



**MEDICAL AND
HEALTH SCIENCES**
SCHOOL OF POPULATION HEALTH

Approved by the Auckland Health Research Ethics Committee on 24/09/2021 for three years.
Reference number AH22950



Nationwide Contracting Opportunities for Psychologists with The Nelson Clinic

We are seeking psychologists from throughout New Zealand to join us in providing assessment, treatment, and intervention to clients on ACC contracts, including Psychological Services and Integrated Services for Sensitive Claim (ISSC), as well as private referrals.

If you are interested in working with clients with a range of clinical presentations including psychological needs related to either rehabilitation following physical injury or in response to the effects of sexual violence and trauma, then we would like to hear from you.

Who we are

The Nelson Clinic is a nationwide team of multidisciplinary professionals. We hold an extensive range of contracts across New Zealand designed to provide assessment and therapeutic support for New Zealanders. We specialise in mental health challenges in diverse contexts, including ACC Physical Injury and Sensitive Claims, Insurance Sectors, Medico-Legal and Private referrals. We are dedicated to providing compassionate and evidence-based treatment in working with the impact of sexual violence and physical injury and promoting healing, growth and resilience. We take an integrative approach to psychological treatment, tailored to individual needs.

What we can provide

We are able to provide referrals for our contractors that ensure both autonomy and security. We offer a flexible and supportive working environment with excellent peer, technical and administrative support. We can assist you in becoming a registered ACC provider and applying to work on the Psychological Services and ISSC contracts. We provide organisational supervision and a range of resources and tools to assist in streamlining clinical work including an electronic health management system designed to simplify scheduling, billing, and reporting. We pay our contractors 90% of revenue generated and this is paid on a weekly basis. You can provide both assessments and interventions to your clients or choose to specialise in providing assessments.

Our team includes psychologists and neuropsychologists, psychiatrists, social workers, psychotherapists, counsellors, art therapists and occupational therapists. We value developing a sense of connection and support within our team and thus offer peer supervision and opportunities for inter-disciplinary discussion.

Skills and Experience Required

We are seeking psychologists with:

- A current annual practicing certificate and registration with the New Zealand Psychology Board together with membership of NZCCP or NZPS (ICP).
- An interest in providing trauma informed care and furthering professional development within the dynamic and emergent areas of trauma and rehabilitation.
- Excellent relationship management skills with highly developed verbal and written communication skills.
- At least two years post registration experience.
- Attention to engaging sensitively with cultural needs and awareness of and commitment to Te Tiriti o Waitangi.
- Willingness to apply to become an ACC registered provider.

Both casual enquiries and formal applications (cover letter & CV) are welcome via email to our Practice Manager, [Frances Brett](#) or via our [website](#)



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

A highly regarded trauma focused program for all mental health professionals. Offered in Australia and New Zealand and internationally as a self-paced online program or via 4-day livestream

Trauma Education: Day 1 – 4 overview

There is a difference in the best-practice treatment for PTSD and Complex PTSD. This program synthesises practical approaches from several modalities that are publishing positive outcomes for these clients, and presents them using actual cases that will underpin your clinical practice in traumatology. The content is applicable to both adult and adolescent populations. The techniques will be immediately useful and effective for your clinical practice. The program will explain when exposure-based interventions are indicated and appropriate, and when other therapeutic needs must be addressed first.

Day 1-2 is dedicated to treating PTSD clients utilising a cognitive behavioural approach. Day 3-4 is dedicated to the treatment of Complex PTSD (survivors of child abuse and neglect/prolonged interpersonal trauma) utilising the phase-based approach and incorporating 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.

Upcoming online offerings for 2022

Self-paced online commencing 1 Feb, 1 Apr, 1 Jul, 1 Oct and 1 Nov 2022

17-18 + 24-25 March 2022 **Livestream** 9am-5pm AEDT

19-20 + 26-27 May 2022 **Livestream** 9am-5pm WAST/HKT

2-3 + 9-10 June 2022 **Livestream** 9am-5pm AEST

16-17 + 23-24 June 2022 **Livestream** 9am-5pm NZST

1-2 + 8-9 September 2022 **Livestream** 9am-5pm AEST

18-19 + 25-26 November 2022 **Livestream** 9am-5pm AEDT

Please visit our website for capital offerings in Australia and New Zealand in 2022

Day 1-4 online mode program fee is \$1,270 Australian Dollars (AUD) for NZ residents. The NZ fee for Day 1-2 (or Day 3-4) is \$680 AUD when you register at different times.

Day 1-4 Auckland program fee is \$1,390 Australian Dollars (AUD) for NZ residents. The NZ fee for Day 1-2 (or Day 3-4) is \$795 AUD when you register at different times.

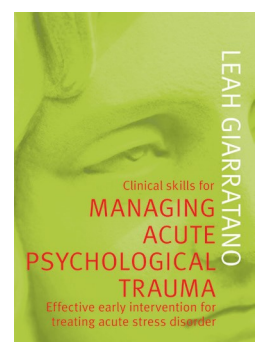
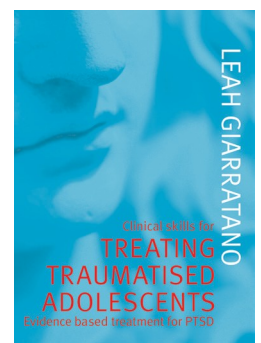
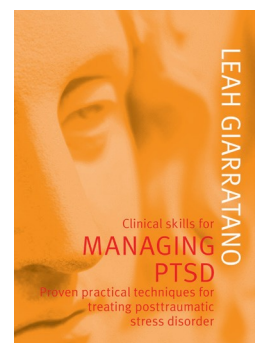
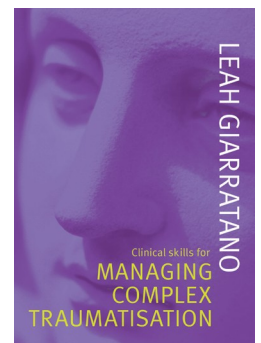
Livestream: The four days are split into two days, one week apart. They are highly interactive and include three-months complimentary access to self-paced online to consolidate learning.

Self-paced online Engaging three months access. Not a recording of a past live event and includes access to a livestream of the program you register for during your access period.

Both online modes include 4 trauma case studies after completing the program to apply the Day 1-4 skills to real cases and improve your trauma case formulations.

Time commitment is: 30 hours (or 39 if you return 4 completed case formulations)

Please visit www.talominbooks.com for further details about Leah's books and this Day 1-4 trauma education, also watch Leah present an overview of Day 1-2 and Day 3-4





**VIA
ZOOM!**

New Zealand Emotionally Focused Therapy (EFT) Online Externships

as developed by Dr. Sue Johnson

21-22 Feb & 25-26 Feb 2022
9am-5pm NZ time

1-2 April & 6-7 May 2022
9am-5pm NZ time

Register: <https://tinyurl.com/8u9aznc>

Register: <https://tinyurl.com/dbs48ymx>

EFT is:

- A short-term focused treatment for individuals, couples and families, which blends family systems and experiential approaches to therapy with attachment theory.
- Developed by Dr. Sue Johnson, and showing strong empirical evidence for positive client outcomes. It is globally the most successful approach to couple therapy.
- Based on a solid treatment map, which helps the therapist guide the couple away from conflict impasse into new bonding interactions.

Participants learn to:

- Conceptualise relationship distress and repair based on theories of attachment and emotion.
- Build strong therapeutic alliances utilising finely tuned validation and careful attunement.
- Help partners access the more vulnerable emotions underlying repetitive destructive cycles.
- Shape new patterns of engagement by creating powerful enactments.

What participants have said:

- "After four days I feel energised and equipped to deepen into EFT work. I am surprised how collegial and fun the zoom training actually was"
- "The sessions were beautifully and seamlessly coordinated. Everything from the learners perspective flowed and the breakout rooms were fabulous to try and consolidate the new learning"
- "I was pleasantly surprised at how effective the training was, how easy it was not having to travel and doing it from the comfort of my own home and how authentic and well supported it was to participate in roleplay online. I can highly recommend it and moving forward will chose online over in-person."

FEE NZ\$1,295

- * early bird NZ\$1,095
- * student/low income NZ\$950
- * repeat externship NZ\$700

2 scholarship places for Maori/Pasifika therapists or therapists who work in these communities.

PRESENTERS:



Yve Gould

Reg.
Psychotherapist,
MNZAP, M. Couns,
EFT Therapist,
Supervisor and
Trainer (ICEEFT).
Dip. Teaching



Heike McCahon

MNZAC, M.A.,
Dip. Counselling,
EFT Therapist,
Supervisor and
Trainer (ICEEFT).
Dip. Teaching

Cancellations are subject to a \$50 administration fee and must be made in writing at least 8 days prior to the workshop date to qualify for a refund of the balance paid. If you cancel with less than 8 days' notice, you will be refunded 50%. In the unlikely event of us having to cancel due to a lack of participants or other unforeseen circumstances, we will refund your paid workshop fees but are unable to reimburse you for further costs such as travel, airfares and accommodation.

Professional Rooms Available

Full time and part time professional furnished rooms available in Ilam. The *Maidstone Centre* consists of experienced psychologists in a modern purpose-built psychological counselling facility with a collegial environment. It is a busy practice and there is potential for a new clinician to quickly develop their client base with the number of referrals that come into the centre. It is fully air conditioned with good sound proofing, quiet confidential environment, disability facilities and good onsite parking. There are various counselling related services, free inclusion on website and an online room rental booking system. Close to transport facilities, links to freeway, shops, and university.

Address: 78 Maidstone Road, Ilam, Christchurch. Visit website www.maidstonecentre.co.nz

For information, please contact John de Freitas at: johndfwork@xtra.co.nz or phone 021 1483981.

