



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

ISSN 1174-4251 (Print)
 ISSN 1175-3110 (Online)

Mānawa mai ai ngā ngaru a Hinemoana, a Tangaroa
Fortunate are we for the waves of Hinemoana and Tangaroa
(Appreciate the ocean which provides relief from the heat of summer)

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Presi-Rap

Changing Faces

Malcolm Stewart, President NZCCP

Ehara tāku toa I te toa takitahi, engari he toa takatini
My strength is not as an individual, but as a collective

It has always been a challenge for the College to respond quickly and persistently to emergent situations in psychology, society, politics, and the workforce so it can maximise how it can benefit society and support and advocate for clinical psychologists. Given how psychology is generally a little outside the dominant paradigms of government and organisational thinking, this activity takes a lot of time, energy, and persistence.

Yet, members (including Council and Executive members) are very busy people, who only have limited time for College activities such as contributing to submissions on behalf of the College, and

building a stronger College. The Council and Executive have often looked for ways of making it easier for members to contribute in their areas of wisdom and expertise without overloading them. This is a difficult task to achieve, but we hope that a new initiative starting in April will improve the College's ability to respond and have a voice more quickly about many relevant issues, and advance the interests of clinical psychologists in other ways. This is the establishment of a new paid (0.4FTE) staff position of Executive Advisor. This position was advertised last year. The Executive Advisor is a role for an experienced clinical psychologist who works alongside Caroline (who as Executive Director is in charge of things administrative and much more) to proactively and reactively provide the clinical psychology voice for the College and catalyse other development processes.

I have much pleasure in welcoming Paul Skirrow as the new Executive Advisor. Paul is a clinical psychologist who holds a Doctor of Clinical and Post-graduate Diploma in Clinical Neuropsychology from the UK. He worked as a clinical psychologist in the disabilities and neuropsychology areas in the UK from 2004 to 2012. Since coming to New Zealand in 2012 his roles have included Clinical Service Leader in the brain injury area, Consultant Clinical Psychologist and Professional Leader – Psychology for 3DHB, and a Senior Lecturer for the Department of Psychological Medicine at Otago University. He has been involved in variety of College activities including as an active participant in the Psychology Workforce Task Group. I have no doubt that Paul will take on, develop, and define this new role with the same enthusiasm, skill, and wisdom he has brought to other roles.

To make this role successful, Paul will need the help of ALL of us! The breadth of clinical psychology and the fields and interests it inhabits means that the wisdom of all of us is important to represent it well. Paul's role is in part to distil that wisdom to the benefit of society and clinical psychology. To do this he will need the willing assistance from us as members to ensure that what we are putting out to the world, and what we are building for ourselves as members, is as strong as possible.

This is my final Presi-Rap as President of the NZCCP. It has been an honour and a pleasure to serve in this role and to work with so many fine and highly motivated people in the College and from the psychology profession more broadly. I would like to thank Caroline for the amazing job she does as the heart of the College, to the members of the Executive and Council, past and present, who give so much to the College, and to Tricia Stuart and Angus Maxwell who have agreed to step up as Co-Presidents at the next AGM. With all these people, I believe that the College is in very safe hands!

REGISTER NOW

for the

NZCCP 31st National Conference



Tui, tui, tui, Tuia

"Tui, tui, tui, tuia" "Bind, join, be united as one"

Saturday 27 & Sunday 28 March, 2021

Rydges Latimer Christchurch

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

Misha-Joy Clark, Hawkes Bay
 Kathryn Darling, Canterbury
 Kelsey Davis, Christchurch
 Stacey-Lee Esterhuizen, Auckland
 Gloria Fraser, Wellington
 Lissy George, Hamilton
 Nari Hann, Tauranga
 Tracey Irving, Hamilton
 Melissa Melnick, Wellington
 Alicia Myburgh, Wellington
 Anni Narsakka, Wellington
 Kristopher Nielsen, Wellington
 Victoria Thompson, Auckland

Full Members

Anna Kristy Bolter, Auckland
 Jacinda Calkin, Auckland
 Germaine Ingley-Cook, Nelson
 Victoria Lee, Wellington
 Jessica Reedy, West Coast
 Emily Thomas, Auckland
 Claire Troon, Hamilton
 Tanya Waterton, Waikato
 Signe Wiingaard, Canterbury

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

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

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](#)

Access to free confidential counselling service

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.

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.

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

Networking

Stay connected with your fellow members via the following Facebook groups:

- **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: <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.

Let Caroline know if you want a particular regional or special interest groups set up: office@nzccp.co.nz

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

Useful videos for Clinical Psychology Students - Kaimātai Hinengaro Tāuirā

New resources for students

Some of the NZCCP student representatives, both regional and national, have conducted a number of extremely useful short interviews with a number of experienced College members, covering a variety of topics, including supervision, burnout, the importance of mentors and working bi-culturally, among others. These videos are available at <https://www.nzccp.co.nz/student-membership/short-videos-for-nzccp-student-members/> and we are extremely grateful for the time the interviewers and interviewees contributed.

Other 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 Paiaaka Tipu** (Māori psychology students) and **He Paiaaka Totara** (Māori psychologists).

For a full list of please go to **Clinical Psychology Students - Kaimātai Hinengaro Tāuirā**

Journal NZCCP

Along with many of the other changes and adaptations we have had to make this year, we have now also rescheduled and renamed the publication of the Journal NZCCP to be more seasonal. The next Journal published will now be the "Winter" issue with a 15 May 2021 deadline for submissions.

We welcome your submissions for the coming 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/>)!

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

Our Clever Authors – Julie Zarifeh

Canterbury member Julie Zarifeh written a new book - *Grief On The Run*, *How active grieving helped me cope with devastating loss*



What happens when your life is rocked by unimaginable loss and grief? How do you survive and how do you keep going?

In November 2017, Julie Zarifeh lost her husband Paul to pancreatic cancer. Then in a cruel twist of fate, just 16 days later, her beloved eldest son, Sam, who was a popular PE teacher in Christchurch, died whilst on a recreational whitewater rafting trip. Sam was 27 years old.

It was an incredibly tragic double whammy... one that altered the course of Julie's life and that of her remaining two children, irreparably, from that moment forward.

To cope with this loss, Julie drew on both her intuition and her experience as a Clinical Psychologist and embraced the notion of 'active grieving'.

Once she adjusted to the initial shock, she started setting herself goals. Early in 2018 she undertook a 450-kilometre cycle tour around Sri Lanka, raising money to give disadvantaged Kiwi children new bikes. After that, she trekked the 800-kilometre Camino de Santiago and featured in a documentary called *Camino Skies*. She then ran the New York marathon on behalf of the Mental Health Foundation.

Grief on the Run is Julie's inspirational story of using active grieving to help move on with your life after devastating loss.

Julie's five ways to wellbeing (which align with NZ Mental Health Foundation's framework):

1. **Connect** – spending time with people who you strongly connect to, emotionally.
2. **Give** – giving your own time or resources to help others, unconditionally.
3. **Choose what to focus on** – focusing on the good things in life: past, present and future.
4. **Learn** – continue learning whether it's a new sport, hobby, language or studying.
5. **Be active** – walking on the beach, swimming, skiing, running etc.

ABOUT JULIE ZARIFEH



Christchurch-based Julie Zarifeh is a Consultant Clinical Psychologist. She has investigated the psychological factors contributing to 'broken heart syndrome' after the Christchurch earthquakes and has presented at many conferences. The 2017 deaths of Julie's husband and son fuelled a passion for resilience psychology, as she worked to accept and adjust to the double bereavement. Julie is now engaged to be married again. She loves swimming, running, exploring NZ and spending time with her two adult children, their partners, her new grandson, her extended family and good friends. She lives in Sumner, Christchurch.

PUBLISHED: Tuesday 9 March 2021; IMPRINT: Allen & Unwin NZ; NZRRP: \$36.99

<http://www.allenandunwin.co.nz/browse/books/other-books/Grief-on-the-Run-Julie-Zarifeh-9781988547367>

Our Clever Authors – Gwendoline Smith



Auckland member Gwendoline Smith has recently published *The Book of Angst*.

There's a lot of angst around these days. This heightened sense of fear, concern, insecurity and uncertainty can be overwhelming. Bestselling author of *The Book of Overthinking* and *The Book of Knowing* Gwendoline Smith explains what angst is and the ways in which deep anxiety can manifest. Gwendoline then drills down into social anxiety, which is often underdiagnosed but is one of the most common of the anxiety family.

Based on cognitive behavioural therapy, Gwendoline's approach is scientific and logic-based, but also straightforward and practical. Using simple, clear language and humorous illustrations, as well as seven "therapy session" chapters, Gwendoline gives detailed step-by-step advice on how to cope.

Gwendoline Smith B Soc Sci, M Soc Sci (hons), Dip Clin Psych is a clinical psychologist, speaker, blogger and the author of bestselling books *The Book of Overthinking*, *The Book of Knowing* and others. She regularly presents workshops for companies and government organisations on communication and stress management, and is an educator for teachers and school counsellors. Gwendoline lives in Auckland and also goes by the name of Dr Know.

PUBLISHED: Thursday 28 January; IMPRINT: Allen & Unwin NZ; NZRRP: \$24.99

Our Clever Authors – Chris Milton

NZCCP member Chris Milton has contributed a chapter, entitled "A Jungian contribution to the notion of well-being", to the *Routledge Handbook of Well-Being* compiled and edited by Kate Galvin and published in May 2018. This comprehensive reference work seeks to explore diverse conceptualisations of well-being and it provides an overview of key issues and draws attention to current debates and critiques. It consists of chapters by international writers on well-being. In his chapter, Chris, situates Jungian thinking with respect to the notion of well-being linking it to individuation. He introduces classical Jungian ideas through the medium of a fairy-tale and a phenomenological account of individuation.

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'm feeling a little bit quingy..."

My good friend James recounts a conversation with a client in which he asked how the client was feeling. "A little bit...quingy" was the reply. This rather strange description rather took James aback, and it was quite some time before a more workable emotional framework could be established. Our profession does not provide tools and techniques for dealing with quinginess...

It brought to mind a client of my own who had difficulty describing her feelings of embarrassment at seeing an old flame. *"The feelings surge around inside me. They don't stay still. It's not anxiety, guilt or shame. It's a heady cocktail of all three emotions. I feel humiliated, and they don't prescribe anti-humiliation drugs nor do you have chapters in your psychology books about it."*

She was right. We collectively buy into a formal directory of emotional descriptions that often don't adequately address how we really feel. We may feel awkward. We may feel shy. Or how does one describe the uncomfortable feelings associated with 'imposter syndrome', where we simply feel like a fraud? These are all legitimate emotional states for which we have no useful labels.

I have often marvelled at how we manage to share the subjective feelings of pain to each other. *"It's a stabbing pain". "It's a nagging pain". "It's a dull pain"*. Somehow, despite never having been stabbed, we know how it feels. But neurologists have never provided us with a formal taxonomy of similes to use when describing the pain. We just flounder along.

The human condition offers a rich palette of emotional experience, with subtle shades that offer nuances far beyond the simple anxiety/depression/mania labels that we tend to rely upon. These tend to be based on the medicalised DSM5 classifications, and inevitably lead us towards prescriptive drug treatments (anti-depressants, anxiolytics, etc.).

I once heard that the real antidote to anxiety was *curiosity*, in that we are scanning ahead positively rather than negatively. We can invite a client to explore feelings of curiosity rather than fighting feelings of anxiety. And if a client presents as feeling quingy, then we may also be obliged to find a more positive alternative emotion to encourage. Perhaps a feeling of equanimity? Who would know, except the client of course?

It's great to listen out for these more unusual descriptions of emotional states. To validate them, and to work creatively with them.

- *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.*
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National Education Training Timetable

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

TRAINING TIMETABLE

NZCCP Events

LOCATION	MONTH	PRESENTER/ CONTENT
Christchurch	25 March 2021	NZCCP preconference workshop, "He Puna Whakaata"
Christchurch	26 March 2021	NZCCP preconference workshop, ACT Skills Intensive: An Intermediate/Advanced Workshop to enhance your clinical practice
Christchurch	27-28 March 2021	NZCCP 31st National Conference "Tui, tui, tui, tui"
Nelson	8 April	Perspectives in Forensic Psychology risk, interface and practice

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
Auckland	26-28 March	Hold Me Tight Couples workshop (EFT)
Wellington	6-7 May	ACT & Exposure Response Prevention for OCD
Christchurch	31 May-1 June	Introduction to Acceptance and Commitment Therapy
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 Giaratano
Auckland	9-10 September	Treating Complex Trauma, Dr Leah Giaratano
Wellington	1-2 November	Introduction to Acceptance and Commitment Therapy

Professional Rooms Available

Full time and part time professional furnished rooms available in Ilam. The *Maidstone Centre* consists of experienced psychologists and social worker 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 develop their client base with the number of referrals that come into the centre. It is fully air conditioned with good sound proofing and we provide various services including disability facilities. Close to transport links and easily accessible with good onsite parking.

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

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





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

