



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

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### **Inā ko Māui hopu i te rā**

*Behold Māui who caught the sun (causing it to give light longer in the day)*

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#### **Presi-Rap**

##### **Public-Sector Clinical Psychology Employment**

*Malcolm Stewart, President NZCCP*

The Multi-Employer Collective Agreement (MECA) between the 600 psychologists employed in DHBs who are members of the APEX union has been settled after a several months of industrial actions by the psychologists. The PSA Union, which covers another approximately 20% of the psychologists employed in the DHBs settled their agreement with the DHBs last year. A press release from the College in October 2019 stated the DHB psychologists "...are very reluctant to strike because of the impact on clients and the teams they work with, but feel it is necessary or we risk losing the ability of already-limited psychological services to meet the vital needs of people in New Zealand."

The DHBs have suffered a considerable exodus of psychologists for quite some time, particularly in recent years, which is making it hard to fill positions. With fewer more experienced psychologists, it becomes harder to find supervisors for trainees and other staff members, which can perpetuate the inability to fill positions.

The psychological literature tells us that while salary is important, it is only one component (and not the most important) in an employee's level of job satisfaction. Research undertaken by the NZ Psychology Workforce Task Group identified the most common reasons (from most to least common) Health Sector psychologists considered leaving are: demand-driven stress, insufficient salary and career progression, ineffective work and clinical service delivery approaches, unhelpful leadership/management performance, stress due to lower-than required psychology staff numbers, ineffective organisational structure and function, and inadequate physical resources and working conditions. Broadly the same factors, with some variation in the order, were seen for psychologists working in other social service providers such as Corrections.

Despite these factors, for many psychologists, working in the public health and social services systems is an excellent lifestyle and career choice. It can provide good opportunities to gain experience in a well-supported environment. It offers financial security that is hard (or expensive) to match in other environments. Many who go from the health and social services into private practice or contracting talk about the loss of collegial contact as being a significant disadvantage. Also, from a societal perspective, having psychologists working in the public sector is hugely important to ensure that those who aren't individually able to pay can get access to high-quality psychological assistance. This social agenda is important to many psychologists also, and many in private practice talk about the frustration of not being able to help the people who can't pay.

The current situation presents the challenge for us as a country, as a government, and as a profession to ensure that conditions are such that psychologists choose to work in the health and social services in sufficient numbers that we can meet the needs of people in New Zealand.

Part of the APEX MECA arrangements involves establishment of two work-streams, one which aims to recommend options for increasing DHB psychologists in future years. The other involves working with other key employers of psychologists to understand the difference in pay rates for the different employers, with a possible view to achieving more parity between psychologists working with different employees.

Alongside these activities is the work that the College is very involved in with the Psychology Workforce Task Group (PWTG). The PWTG has members from the Ministry of Health, Health Workforce New Zealand, Tangata Whenua and Pasifika representatives, the NZCCP, the NZPsS, university psychology programmes, and employer groups including the Ministries of Health, Education, Corrections, and Oranga Tamariki, and the ACC, and aims to increase the availability of psychologists through the health sector. For the last few years the PWTG has focused on increasing the number of psychologists trained in New Zealand, with some success. For example, a mechanism for funding additional internships has been established and then expanded, and we have facilitated the Ministry of Health working directly with the Universities to somewhat expand the number of clinical psychology training positions in all programmes. The PWTG has done extensive work in the last couple of years on identifying the issues that affect retention across different employers, and has committed to make its primary focus in the coming year as being to make a difference to factors related to retention of psychologists in these settings.

**REGISTER NOW**  
for the  
**NZCCP 31<sup>st</sup> National Conference**



**Tui, tui, tui, Tuia**  
Psychology: Foundations and Integration

**"Tui, tui, tui, tuia" "Bind, join, be united as one"**  
**Psychology: Foundations and Integration**  
**Saturday 28 & Sunday 29 March, 2020**  
**Chateau on the Park, Christchurch**

**CHECK OUT THE DRAFT PROGRAMME HERE**  
and  
**DOWNLOAD THE FABULOUS FLYER HERE**

**REGISTER NOW**  
for  
**NZCCP preconference workshop with *Gregg Henriques*:**  
**Thursday 26 - Friday 27 March,**  
**"Toward a unifying meta-paradigm for the science and practice of**  
**psychology"**

### **NZCCP Membership News**

#### ***Newly approved NZCCP members***

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

#### **Associate**

Scottie Anderson, Otago  
Anica Bura, Wellington  
Saara Cavanagh, Wellington  
May-Lee Chong, Auckland  
Ruth Glynn, Auckland  
Mindy Hung, Auckland  
Niha Jalota, Palmerston North  
Amy Kercher, Auckland  
Tariro Marufu, Hawkes Bay  
Jessica Mueller, Auckland  
Martinette Pienaar, Wellington  
Ellen Warhurst, Otago  
Tanya Waterton,

#### **Full**

Heinrich De Kock, Wellington  
Keith Edlin, Tauranga  
Kirsten Holder, Hamilton

Kim Kemp, Wellington  
 Tahlia Kingi, Rotorua  
 Nick Mann, Christchurch  
 Mary Miller, Auckland  
 Frances Oliver, Hawkes Bay  
 Eugenia Rodriguez, Wellington  
 Aisling Sheehan, Canterbury  
 Melanie Simons, Palmerston North  
 Juanita Smith, Tauranga

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

The National Executive congratulates these people on attaining their new membership status. Check out the [NZCCP website](#) for a wide range of membership resources and [membership benefits](#).

### **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 NZPpS 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](mailto:office@nzccp.co.nz)

### **Member Resources**

As a member of the NZ College of Clinical Psychologists (in any category) you have [free access to ProQuest's Health Research Premium Collection Central](#), the world's most varied collection of health sciences literature.

You also have [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. Check out the [current selection of 25 video recordings of Master Therapists](#) demonstrating or discussing their work, or providing training in specific approaches. As this subscription is about to renew these recordings are (mostly) only available until 31 March, after which time there will be a brand new list. The new list of recordings will be sent out to you once they've been decided upon and booked in.

Please check out the [NZ College of Clinical Psychologists website](#) for many more relevant and interesting information and events, including

### **Professional development events:**

[Conferences](#)

[Workshops and Seminars](#)

### **Job vacancies:**

[North Island](#)

[South Island](#)

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### **NZCCP 31st Annual General Meeting, 28 March 2020, Christchurch**

The NZ College of Clinical Psychologists 31<sup>st</sup> Annual General Meeting will take place at the [NZCCP National conference](#), at 5pm on Saturday 28 March, at the [Chateau on the Park, Christchurch](#).

An agenda for this year's AGM, and any other relevant documents, will be circulated on 9 March.

Please note that if you would like to submit remits for consideration these can either be sent to your local branch, or to the national office by 8 March, or submitted on your attendance at the AGM.

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### **Journal NZCCP**

Due to a new editorial team, we thought that we would try to reflect this stage of our journey with this Journal's theme, which is **"New Beginnings and looking forward"**. Something that we are currently experiencing, trying to find the next step forward on this new journey, and we would appreciate your submissions.

Here are some types of submissions:

- case studies
- poems
- opinions
- empirical research
- 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.

Is there anyone you think we should approach?

The deadline is 15th April to allow us time for peer reviewing and changes.

[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

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### **COVID-19**

Here are some links that may be useful to members

- The Government has set up a [COVID-19 portal for businesses](#). It includes links to materials from government agencies on a wide range of topics including Health, Travel, Worksafe, Employment, IRD, etc.
  - The Ministry of Health's website has a [dedicated COVID-19 coronavirus page](#), which is frequently updated with the latest reliable information and advice on preparedness and response.
  - The Ministry of Health's [guidance on how to prepare for an influenza pandemic](#), contains sensible advice about personal preparations you can take now.
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### **Member news**

Ben Sedley is the first New Zealand ACT Peer Reviewed Trainer. He was recently approved as an Acceptance and Commitment Therapy Peer Reviewed Trainer by the Association of Contextual Behavioral Science (ACBS). ACT Peer Reviewed Trainers have demonstrated that they provide quality training with high fidelity to the ACBS model and work from explicit, agreed-upon shared

values when they train others. In order to be approved, applicants submit videos and slides of their training, provide evidence that their behaviour is consistent with ACBS values, demonstrate in-depth understanding about Relational Frame Theory and Functional Contextualism and are professionals of good standing. Ben's application process took almost five years and included some daunting experiences of being observed by world leaders in this area.

Ben is happy to talk to others about the peer reviewed trainer process. To learn more about ACT workshops Ben is involved in or to ask him any other questions, visit <http://www.actwellington.co.nz>

### **Report: Susan Selway Memorial Scholarship**

Canterbury member, Rebekah Smith, received one of the three 2019 [Susan Selway Memorial Scholarships](#). This is her report.

I want to thank the NZCCP council for granting me one of the Susan Selway Memorial Scholarships in 2019.

I felt that, given the history of the scholarship, it was appropriate to put these funds toward a 6-week online course learning ACT for Trauma with Russ Harris. The course has enabled me to expand my use of ACT to clients with a trauma history, and given me tools to use in therapy such as suggestions for psychoeducation about trauma responses, the 'hand model' of the brain, and metaphors to illustrate the different roles of parts of the brain in reprocessing trauma. I found the examples helpful for different strategies to use to help a client reconnect to the present and to their bodies.

I look forward to using my new skills with clients. Thank you to the NZCCP for your support for clinical psychologists in Christchurch.

### **Our Clever Authors**

Palmerston North based NZCCP member Robyn Salisbury has been editing and co-writing with 15 others *Free to be Children: preventing child sexual abuse in Aotearoa New Zealand*.

Child sexual abuse dates back to antiquity: now is the time for us to do something different to stop it. We clinical psychologists know all too well the resulting short and long term, physiological and psychological harm. This book gathers precious knowledge and wisdom from many working in the field in this country, both professionally and voluntarily. Following the story, written at age 70, of a sexual abuse survivor are chapters from dedicated professionals who have specialised in working with traumatised children: a forensic paediatrician, a clinical psychologist, a Police DSS, a researcher into underage sex working and sex trafficking and a therapist and advocate who has fought powerfully against sexual violence in her community. The academic who wrote the curriculum guidelines for sex education describes where we've got to on this crucial piece of the puzzle. Our chief censor summarises all that he and his team have discovered in the online world where sexually explicit images of young people are increasingly being obtained and shared.

The second half of the book contains chapters from those researching and working in prisons and in community treatment and restorative justice agencies, with people with sexually harmful behaviours. Then Robyn explores where our erotic selves come from and how some develop destructive sexual behaviours. In the middle of these two halves, minding the boundaries, is a fiercely protective mum and grandma who learned that her neighbour was an alleged child sex offender being sought by Police. Each contributor writes from their heart and soul, making this book reassuring and inspiring as well as giving crucial information on how all of us can make a difference by daring to hold this grand vision. Books available from March 12<sup>th</sup> at all good bookstores or contact MUP today [editorial@masseypress.ac.nz](mailto:editorial@masseypress.ac.nz) to be sent a link for online ordering on the release date.

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### **Asian Suicide in Aotearoa - Suicide Mortality Review Committee new report 2019**

The **Suicide Mortality Review Committee** has released a report looking into some of the key issues behind the incidence of suicide in the Asian population of Aotearoa.

You will find the report '**Understanding death by suicide in the Asian population of Aotearoa New Zealand**' here:

<https://www.hqsc.govt.nz/our-programmes/mrc/sumrc/publications-and-resources/publication/3848/>

This current report is an introduction to some of the issues affecting Asian populations mental wellbeing in relation to suicide.

This is a complex area in that the ethnicities and cultures within the Asian population are extremely diverse and unique, also all ages are affected, and genders, and each of these require their own understanding.

The SuMRC will therefore be looking into this further in 2020, and following up on this current report with a more in-depth analysis.

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### **External scholarships and other opportunities**

*Funding of up to \$7,000 for health sector women available*

Women currently working in the health sector have a final opportunity to register their interest in a scholarship worth up to \$7,000 to support participation in a leadership development program. Funding must be apportioned by the end of March and it is unsure when these grants will be available again. Find out more and register your interest by completing the Expression of Interest form here prior to the extended deadline of March 22: [www.womenandleadership.co.nz/register](http://www.womenandleadership.co.nz/register)

*Neurological Foundation Announces O'Brien Clinical Fellowship*

The Neurological Foundation is offering a new Research Fellowship. This Fellowship will be awarded to a New Zealand registered non-medical health professional who is committed to a clinical research career with a major focus on treatment or care of those affected by brain disease or injury, including end of life care. It is intended to enhance their research skills and experience and thus contribute to improved patient outcomes in New Zealand. The expectation is that at the end of the Fellowship the successful applicant will work in New Zealand in a clinical or research setting. The duration of the Fellowship is up to two years. Applicants should be New Zealand citizens or permanent residents who have a Bachelor or Masters degree, or other relevant professional qualification.

Fellowship will be available to, but not limited to:

Clinical Nurses, Clinical Psychologists, Clinical Trials Managers, Dieticians, Exercise Physiologists, Health Psychologists, Medical Laboratory Technologists, Medical Physicists, Neurophysiologists, Neuropsychologists, Occupational Therapists, Pharmacists, Physiotherapists, Radiographers, Research Nurses, Social Workers, Speech Language Therapists. Those not sure about eligibility should contact the Neurological Foundation Research

Manager [douglas.ormrod@neurological.org.nz](mailto:douglas.ormrod@neurological.org.nz)

The closing dates are May 1st and October 1st each year.

The application Form and Advice to applicants are available for the Foundations web site <http://www.neurological.org.nz/grants-careers/grants-applications-deadlines/scholarships-fellowships>

# 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
Christchurch	26-29 March	<a href="#">NZCCP 31st National Conference "Tui, tui, tui, tui"</a>

### Other Events

LOCATION	MONTH	PRESENTER/ CONTENT
Auckland	10 March	<a href="#">Working with the impact of Developmental Trauma on Sexuality and Intimacy</a>
Auckland	13 March	<a href="#">Treating the effects of childhood abuse and neglect on young adults</a>
Christchurch	16-17 March	<a href="#">New Zealand Mental Health Conference</a>
Bay of Islands	18-21 March	<a href="#">New Zealand Pain Society 2020 Conference</a>
Wellington	23 March	<a href="#">The Call Of Darkness: Managing Suicidality In Clinical Practice</a>
Wellington	25 March	<a href="#">Beyond Stress Management: Burnout Prevention and Treatment</a>
Auckland	26-27 March	<a href="#">Introduction to Compassion Focus Therapy</a>
Wellington	Mar, Jun, Sep	<a href="#">ACT workshops</a>
Various	Apr, May	<a href="#">Emotionally Focused Therapy (EFT) Training</a>
Tauranga	3-4 April	<a href="#">Nonviolent Communication [NVC] for Therapists</a>
Wellington/Christchurch/ Auckland	June	<a href="#">The Snow White Model: Working with complex and developmental trauma</a>
Auckland	17-23 October	<a href="#">MTI NZ Intensive</a>
Auckland	7-10 November	<a href="#">ANZ ACBS conference 2020</a>





# Trauma Education

presented by **Dr Leah Giarratano**

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

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

Both workshops are endorsed by the AASW, ACA and ACMHN – level 2.

**PLAN OR ACT NOW TO SAVE ON THE FEE**

## 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.

7 – 8 May 2020, Melbourne CBD  
14 - 15 May 2020, Sydney CBD  
21 – 22 May 2020, Brisbane CBD  
28 – 29 May 2020, Auckland CBD  
11 – 12 June 2020, Perth CBD  
18 – 19 June 2020, Adelaide CBD  
29 - 30 October 2020, Brisbane CBD  
5 – 6 November 2020, Sydney CBD  
19 – 20 November 2020, Melbourne CBD

## 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. This workshop completes Leah's four-day trauma-focused training. 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.

25 – 26 June 2020, Auckland CBD  
6 - 7 August 2020, Melbourne CBD  
13 - 14 August 2020, Sydney CBD  
20 – 21 August 2020, Brisbane CBD  
3 – 4 September 2020, Perth CBD  
10 – 11 September 2020, Adelaide CBD  
12 – 13 November 2020, Sydney CBD  
26 – 27 November 2020, Melbourne CBD

**\* Program fee for NZ residents. Please note that fee and payment is in Australian Dollars (AUD)**

**Early Bird Fee \$600 AUD** each (Day 1-2 or Day 3-4) when you pay more than four months prior

**Normal Fee \$680 AUD** each (Day 1-2 or Day 3-4) when you pay less than four months prior

**Pairs Fee \$1,170 AUD or \$1,270 AUD** as above when you pay for Days 1-4 in one transaction.

*\* Register directly on our website for Auckland but please contact us to obtain these fees if you attend in Australia. These fees only apply to NZ residents who travel to Australian workshops.*

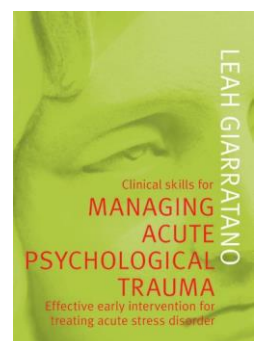
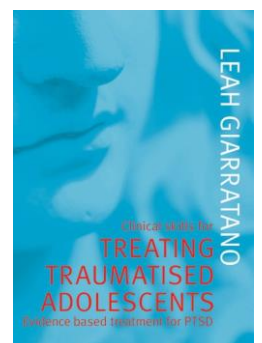
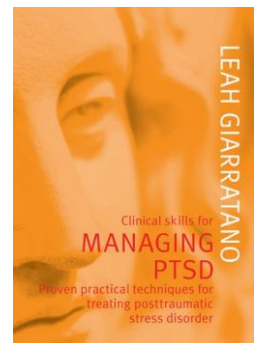
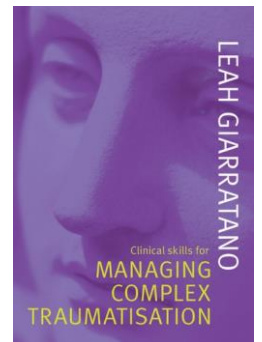
Your fee includes program materials, lunches, morning and afternoon teas on all workshop days.

You must have first completed Day 1-2 to attend Day 3-4. For Days 1-4, if you wish to attend different locations, please email us your location preferences, name, address, mobile and any dietary requests for catering and you will receive a reservation invoice with the discounted fee and payment instructions.

Please visit [www.talominbooks.com](http://www.talominbooks.com) for further details

Direct your enquiries to Joshua George, [mail@talominbooks.com](mailto:mail@talominbooks.com)

Note that attendee withdrawals and transfers attract a processing fee of \$77 AUD. No withdrawals are allowed in the ten days prior to the workshop; however, positions are transferable to anyone you nominate.



# New year, new system, make therapy accessible.

Clearhead is a one-stop-shop mental health platform that aims to promote mental wellbeing in New Zealand.

We provide a public, New Zealand - wide directory of therapists to the consumer. Through a smart matching process, we can help them find the therapist that best suits, based on location and expertise. Clearhead was founded by a New Zealand medical doctor, and GPs are currently recommending this tool to patients who are looking for a therapist.

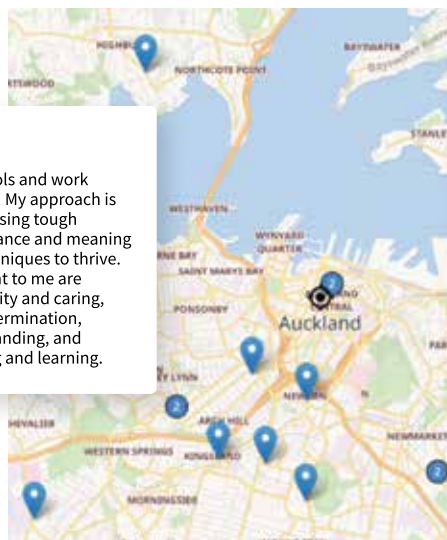
As a practitioner on our site, you are provided with a free platform to advertise your services, and can activate an online booking system. In your profile, you can include multiple locations and prices, as well as specify your expertise.



**Sam O'Sullivan**

Clinical Psychologist

I teach psychological tools and work collaboratively with you. My approach is to support you in processing tough experiences, finding balance and meaning in life, and teaching techniques to thrive. Values that are important to me are manaakitanga - hospitality and caring, rangatiratanga - self determination, maramatanga - understanding, and tuakana/teina - teaching and learning.



## BOOK AN APPOINTMENT



### 1 Choose appointment

#### DURATION

Individual Session - 55 min - \$90

#### LOCATION

Mt. Wellington, Auckland



Wednesday 19th February



9:00am

10:00am

11:35am


1:00pm

### 2 Your Information

### 3 Questions

### 4 Confirmation

**For more information** and to set up a free profile, visit <https://provider.clearhead.org.nz>  
Or contact Angela: [angela.lim@clearhead.org.nz](mailto:angela.lim@clearhead.org.nz)




MASSEY UNIVERSITY  
COLLEGE OF HUMANITIES  
AND SOCIAL SCIENCES  
TE KURA HUMANIA TANAKA

We are inviting clinicians who currently work with young people and their families/whānau to express their interest in joining the Child Cancer Counselling Network

**Expressions of interest now called for**

You need to be: a registered clinician holding an annual practising certificate; experienced in working with young people and whānau; and interested in working with distress resulting from a cancer experience.



Child  
cancer  
FOUNDATION

Please email:  
[CCCN.Coordinator@massey.ac.nz](mailto:CCCN.Coordinator@massey.ac.nz)  
for more information and to express  
your interest in joining our network.

