



ShrinkRAP

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

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

Best wishes to you all for
a happy and safe festive season!

Ma te kai, ka ora ai te tinana
You must make adequate provisions for any major undertaking.

Conference 2011

Homespun Wisdom

19-20 March, 2011
Quality Hotel Barrycourt
Parnell, Auckland

There is much to celebrate about clinical psychology and psychological therapy in New Zealand! This conference celebrates and show-cases the wisdom and the innovation of New Zealand psychologists and psychologists living in New Zealand who will each present a two and a half hour workshop on their area of particular expertise, focusing on helping you develop skills and knowledge you can really use. Workshop presenters were invited to present after being identified by NZCCP members as leaders in their fields and able to deliver authoritative, interesting, informative, and practical workshops.

The Post Conference Workshop, *Neuropsychological and Cognitive Assessment Training and Update*, which is free to College members, will be held on 21st March.

In addition to this there will be a satellite workshop, *Imago Relationship Therapy*, presented by Harville Hendrix and Peter McMillan and Brenda Rawlings, from Imago NZ, on Monday 21st March & Tuesday 22nd March, also in Parnell, Auckland.

Join us for this conference at Barrycourt Hotel and Conference Centre, Gladstone Rd, Parnell, Auckland City. Situated near the Parnell Rose Gardens, the Barrycourt is five minutes' walk from the Parnell shopping centre. Free parking is available at the venue and in surrounding streets and there are hotels, motels, and backpacker accommodation to suit all budgets within easy walking distance of the venue.

For more information please go to www.nzccp.co.nz

NZCCP PO BOX 24088 WELLINGTON T: 04 801 6088 F: 04 801 6086 E: office@nzccp.co.nz W: www.nzccp.co.nz

DECEMBER 2010

College News

Workshops

The College - hosted ten two day Motivational Interviewing workshops, presented by Eileen Britt in all the main cities and a large number of provincial towns this year, were well attended and the feedback has been extremely positive.

Chris Skellett presented a series of four half day workshops on Valuing Clinical Insights in Wellington and Palmerston North and in Hamilton and Auckland. Again these were received well.

Liaison Committee

Earlier this month Nigel, Clive and Caroline met with key people from the Psychological Society, including Frank O'Connor, President, Peter Coleman, President Elect, Rose Black, NSCBI, and Pamela Hyde, Executive Director. This was primarily to celebrate the good relationship that has grown over the last few years and to informally discuss matters of mutual interest. This was the first of many such meetings.

Self regulation

The College made a submission on this draft paper stating firmly that we are definitely not in agreement with self regulation for the simple reason that it compromises the protection of the public.

Intern issue

The joint submission to the Health Workforce NZ, from the College, the Board and the Society, was sent in by the Board recently. However there's been absolutely no mention since (not even in the latest newsletter).

ACC

A brief summary of the discussion at the ACC issues meeting in October is also included below.

Australian Clinical Psychology Association (ACPA)

College President, Nigel Fairley, and College Kaumatua, Kuni Shepherd, gave the opening presentation, "*Hei Timatatanga/New beginnings: Experiences from across the ditch*" at the inaugural ACPA conference in Sydney at Labour weekend. There was a small cohort of College members there to support the new Association and to offer much welcome advice.



From left, Gillian Hawke, ACPA President Judy Hyde, Mary Miller, Kuni Shepherd, Nigel Fairley, John Bushnell, Caroline Greig and Tara Clark.

Accolades for College Members

It's been decided that, as there are so many College members who have gone way beyond the call of duty, from now on we'd include a regular column to acknowledge and applaud their efforts and achievements.



Firstly, we'd like to acknowledge and thank Tara Clark for her excellent channel 9 interview where she spoke about the effect of ACC changes on clients. Well done to Tara for eloquently drawing attention to the plight of a vulnerable population.



MaryAnn van Helden, a Nelson branch committee member, has been very active in promoting and organising educational events for Nelson

Marlborough over the past year – putting into action the things they have talked about but not quite actioned including two workshops with Jim Hegarty on ACT, Eileen's Motivational Interviewing workshop and a session with tangata whenua about local iwi history and customs.



And the last acknowledgement this month goes to Julie Zarifeh, a Senior Clinical Psychologist in Christchurch, who has been studying in addition to her work at the Psychiatric Consultation Service. Julie has recently

graduated with a Postgraduate Diploma in Health Sciences which was awarded with Distinction.

Membership News

At the National Executive meetings since the August ShrinkRAP the following people have been approved and accepted as

Full Members of the College:

Amy Chisholm, Christchurch
Sasha Gold, Wellington
Lynne Goodbrand, Wellington
Kalpana Govind, Auckland
Allison Hewitt, Wellington
Hilary Mack, Auckland
Lana Morrison, Nelson
Scott Nash, Auckland
Jethro Pack, Palmerston North
Philippa Peacocke, Tauranga
Nadine Pow, Christchurch
Melissa Ryan, Otago
Paula Sowerby, Blenheim

The following people have been approved as **Associate Members** of the College:

Sarah Bell-Booth, Auckland
Mikala Graham, Dunedin
Mark Ottley, Christchurch
James Pope, Hamilton
Kathryn Turpin, Auckland
Anthony Morrison, Nelson

College Awards

Applications are open for the NZCCP awards for 2011 as follows:

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.

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

Te Karahipi Oranga Hinengaro and the **President's Award** are their fourth year now. Each of these awards, 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. The first is available for Maori students.

For more information on these please go to <http://www.nzccp.co.nz/about/the-college/nzccp-awards-and-grants.html>

ACC reports

ACC meeting with the Psychological Society and the College.

Representatives from the NZPsS and the NZCCP met with Dr Peter Jansen, ACC Senior Medical Adviser and Dr Kris Fernando ACC National Psychology

Adviser in October as part of the regular meetings scheduled through the year to discuss ACC issues.

Branch Advisory Psychologists (BAPs) are now ACC employees and no longer contractors. The BAPs should always be the first point of contact for queries from psychologists, and as well Peter Jansen and Kris Fernando are also available to answer questions directly from College and Society members

Sensitive Claims Clinical Pathway

ACC is currently working with the Sensitive Claims Group (SCG) to implement the recommended changes from the review panel's report.

The first recommendation from the panel was put in place before the report was made public, offering up to 16 hours of support to new claims. These sessions are to ensure the safety of the client, build coping mechanisms, provide education and help with decision making. These and other components are being considered carefully to ensure they meet ACC's legislative requirements.

The Massey guidelines have been endorsed by the review panel. The guidelines are for treatment of injuries for sexual abuse / assault rather than assessment for the purposes of 'cover'.

Assessment is still a critical issue and ACC is working with SCG and others to determine the nature of an appropriate and comprehensive assessment which provides ACC with the information to make decisions around cover and then any ongoing entitlements. While the use of DSM IV for assessments is currently commonplace and accepted by the Courts, the use of alternatives has always been a possibility. ACC is now being more proactive in looking at which other tools may be acceptable in determining the presence of mental injury.

Concerns about ACC requesting clinical documents from practitioners

The ACC167 has been confirmed as the correct form to be used for obtaining consent from the client, however psychologists often also develop their own consent forms to obtain informed consent for assessment/therapy at the beginning of and during therapy if required. Generally all these forms document the nature of assessment/therapy and detail who can have access to information shared by the client.

Although ACC legislation can override the Health Information Privacy Code, any request for clients and providers to release clinical notes is subject to the test of "reasonableness": that is ACC can only collect information that is relevant to the claim. ACC takes care to check with the client before seeking information.

There have been one or two cases of clients requesting to see their neuropsychological reports before they are sent to ACC and then refusing release, especially when the report has detailed that they have underperformed and/or exaggerated symptoms, thus holding up the rehabilitation process. As a result case managers, who need to see the report from the feedback session before making a referral, are asking that feedback sessions are done *after* the report is with ACC. ACC are currently seeking legal advice on the contract terms and professional requirements.

Mental injury assessments arising out of physical injury

Four months ago ACC started contracting clinical psychologists to conduct these assessments, previously restricted to psychiatrists. This work is part of the Psychological Services contract and all referrals come via the Branch Advisory Psychologists, including those for psychiatrists. However, referrals requiring lot of medical knowledge and an assessment of work

capacity are still being sent to psychiatrists.

Psychologists are being offered introductory training sessions with a focus on the content of reports, and while the peer review process, available for psychiatric reports, has not yet been formally set up for psychological reports, this will happen eventually.

Summary of Pain Focus Group meeting

Jane Lennan

The following items were discussed at the ACC Pain Focus Group meeting on 16th September 2010

PGAP in New Zealand.

Professor Mick Sullivan was in NZ recently to supplement training on the Progressive Goal Attainment Programme (PGAP) for pain related disability. While this training focused on PGAP, Professor Sullivan's new work has identified the concept of "perceived injustice" as a potent factor in amplifying the pain experience. ACC is particularly interested in the PGAP approach because it addresses known risk factors for extended disability and has an accumulating body of literature behind it.

However, Pain Focus Group contributors noted that the absence of a training venue in Southland/Otago made it too difficult for some of them to attend. There were also concerns raised about the low referral rate to PGAP providers and the sustainability of vendors supporting training for a potentially mobile clinical workforce. FRP (Functional Reactivation Programme) and PGAP compete for the same "low – moderate" complexity client group and it was noted that while PGAP could be expected to provide graded activity exposure, some clients seem to require more focused guidance to achieve physical rehabilitation following injury.

Following the recent training, ACC is redoubling efforts to help case staff make appropriate referrals. Professor

Sullivan has made available a new DVD training resource for ACC staff. The need for provider support and updates within NZ was highlighted by professional representatives and ACC is discussing options for provider training and support with Mick Sullivan.

AFP/FRP templates

The Pain Focus Group heard specific feedback on difficulties with the AFP (Activity Focussed Programme)/FRP template format. These difficulties have largely been resolved and in future providers will be asked to ensure they download the new form from the provider website link <http://www.acc.co.nz/publications/index.htm> under Pain Management.

Forms, though important for communication, are sometimes not very user-friendly and the Pain Focus Group has taken back provider concerns to the ACC process team to inform further changes

Keele University "keep Active" DVD

The group that worked on the "yellow, blue & orange flags" met late 2007 at Keele University to discuss progress on the flags informed by recent scientific research. Familiar yet crucial psychosocial and environmental flags emerged as predictors for pain related disability. Gordon Waddell and Kim Burton from the flags group appear on an appealing DVD for the wider public emphasising the importance of activity as part of sound pain management for back pain. The Pain Focus Group reviewed the DVD to consider what place it might have in the NZ arena.

ACC's programmes for more complex pain presentations

The Pain Focus Group continues to advise and discuss with ACC the requirements and refinement of the services which address our clients with more complex pain. These programmes are MDPP (Multidisciplinary Pain Programme) and AFP. Clients may be referred to the programmes after a Comprehensive Pain Assessment, and

ongoing work is addressing the outcomes and inputs for the programmes and how to ensure the rehabilitation component of the programme is successful in helping clients become more independent. Part of rehabilitation is aimed at participation and our future work will include approaches to integrate pain management and return to work for this group of clients.

Interventional Pain management

ACC's research services are completing a literature review to supplement the IPM guideline (2006). Once these are complete the IPM evidence will form part of new operational guidelines which will assist both staff and providers understanding on how ACC can support the use of interventions (medical) in the management of pain.

Feedback on the SCAG meeting- December 3rd 2010.

Catherine Gallagher

For those of you who are not 'in the know' this stands for 'Sensitive Claims Advisory Group'. For a while it was changed to SCG as nobody particularly wanted to be a 'SCAG', however it was decided that the 'advisory' part was probably quite important and so SCAG we remain. Now onto business.....

The main points from the meeting follow.

ACC is being reviewed in March 2011, and March 2012, against the recommendations of the independent review, so they seem committed to a process of working through these issues and liaising with interested parties to ensure that sufficient progress is being made.

ACC have recognised the importance of informing providers about what changes are occurring and receiving feedback firsthand about what challenges remain. This looks like it will happen in a number of ways.

- A specific website is being developed related to sensitive claims which will include all the forms needed, invoicing codes, updated process information, associated publications and press releases, fact sheets etc. The address will be www.acc.co.nz/sensitiveclaims. But don't look just yet as it is not finished. The suggestion was even made to open up a question and answers forum online. What do people think?
- A revival of the "road shows" that bring ACC to the providers. This would be a chance to ask questions and hear information directly.
- Building up the visibility of the 'provider relationship managers' These are based in all the main cities and are apparently a good source of support and information when people do not feel that issues are being addressed through individual case managers.

ACC has decided to 'move back in time' in terms of how they deal with RETURNING CLIENTS. As was the case, when a client presents who has a previously accepted claim, the provider will fill in an ACC719 and then will be allocated 4 sessions to gather information to fill in an ACC720. This will focus on current functioning and intervention goals and will not require a diagnostic interview as cover has already been determined. If appropriate, 10 sessions will be allocated and then the ACC291 will be submitted. One outcome of this may be a recommendation for more sessions. Please note that this has not started yet, but will likely be implemented before Christmas.

ACC has established working groups to focus on issues relating to children and adolescents, and Maori clients. The main themes include the need for families and wider systems to be involved, increased flexibility of timeframes, workforce

development, developmentally appropriate assessment tools and resources, and actively exploring how children access ACC (in other words the diagnosis issue!!!). ACC is seeking another legal opinion regarding what flexibility there exists around this.

ACC is currently hiring a number of case managers and this should improve the timeliness of queries being responded to.

In terms of an update on the 'support sessions', here is a link to a handout from ACC on how this is working and issues that have arisen <http://www.acc.co.nz/news/WPC090008> ACC are thinking of introducing a report to be done by session 12 (that will be paid for) that will summarise background information, how the client is progressing, and whether the client is progressing to a cover assessment. This report looks like it will have a reasonable amount of flexibility within it. If you are planning on doing a 290 for the client yourself, you would need to signal this intention to ACC by session 12 and then send in the completed 290. In other words, you would not need to do both!

Through the SCAG group we are going to review the communication (i.e. letters) that ACC sends to clients and hopefully increase their clarity for both clients and providers. The request was made for ACC to send providers a copy of any letter that is sent to clients so that they are also kept informed and can help the client interpret the information. ACC will follow this up and find an efficient way to get a client's consent for this to occur.

As a final note, the issue of representation was discussed in terms of the individual members and their professional groups. Different groups seem to do this differently. In our case, I am happy to receive emails via Caroline at head office and bring these issues up with the SCAG. I have been providing feedback via this type of summary, however if people have other ideas on how this can work- do let me know.

Merry Christmas and may 2011 continue to show healthy change and progression within ACC ranks.....here's hoping anyway!!!

NZCCP National Educational Coordinating Committee

The National Educational Coordinating Committee 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. A clear distinction is kept between the function of this committee and the broader role of Branch Representatives, who continue to liaise with Council on matters of Policy and general Branch business. Please consult the College website for further information and links (<http://www.nzccp.co.nz/events/>)

TRAINING TIMETABLE

NZCCP Events

LOCATION	MONTH	PRESENTER/ CONTENT
Auckland	March 19 – 21, 2011	NZCCP National Conference

NZCCP Branch Events

BRANCH	MONTH	PRESENTER / CONTENT
Dunedin	February 20-22	Robert Green & Anthony Bateman/Mentalisation workshop
Canterbury	February 25	Social phobia (A.M.)/OCD (P.M)

Other Events

LOCATION	MONTH	PRESENTER/ CONTENT
Christchurch	February 10	Dr Deborah Cullen & Dr Lee Kannis/CBT for PTSD
Auckland	February 18-21	Graham Taylor/EMDR workshop
Christchurch	February 25-28	Graham Taylor/EMDR workshop
Wellington	March 4-7	Graham Taylor/EMDR workshop
Christchurch	March 17–20, 2011	36 th Annual Scientific Meeting of the NZ Pain Society
Auckland	March 21-22	Harville Hendrix/Imago workshop



Want to tune up your CBT?
Apply now for the
Advanced Topics in Cognitive
Behaviour Therapy course.

This 60point paper is being offered by the Dept of Psychological Medicine, at the University of Otago, Wellington campus.

Funded* by Te Pou (The National Centre of Mental Health workforce development) for 2011.

The course is designed to suit new grad psychologists with a foundation in CBT or psychologists who want to extend their CBT knowledge and skills. Psychology applicants must be working at least 0.6FTE in a DHB or NGO mental health setting and have a post graduate diploma in clinical psychology (or equivalent). After a successful course in 2010 we are delighted to again have this opportunity to offer training to clinical psychologists.

The course covers advanced conceptualisation, working with complex cases, and advanced topics in mental health and addictions. It is a practical and applied workforce development course, which is taught in Wellington over three block weeks. Students apply what they have learnt in their workplace, under supervision from a senior clinical psychologist. The course is taught by Fiona Mathieson and Elliot Bell, experienced senior clinical psychologists, who have been teaching the Otago University certificate level CBT course for several years.

Applications accepted from anywhere in New Zealand. Places are limited, so early application is recommended.

For more information: uow@otago.ac.nz
or email Maria Fitzmaurice maria.fitzmaurice@otago.ac.nz
our course administrator and request a copy of the application form & brochure today.

*****Course Fees are fully funded by Te Pou*****



NZCCP

Te Whare Wānanga o te Mātauranga Hinengaro

The New Zealand College of Clinical Psychologists

Introduction to:
Mentalisation-Based Treatment for BPD
20th -22nd February, 2011

This **three-day workshop** will provide an outline of mentalisation-based treatment (MBT), giving details of the treatment programme and its organising principles, and helping participants to develop the basic skills required to treat patients with personality disorder using MBT.

Mentalising is the process by which we make sense of each other and ourselves in terms of subjective states and mental processes. It involves both automated capacities for tuning-in to emotional states and directed attention to understanding interactions. While most mental disorders inevitably involve some difficulties with mentalisation, disruptions to mentalising capacity appear to be a central part of the difficulties in borderline personality disorder (BPD). Patients with BPD show reduced capacities to mentalise, which leads to problems with emotional regulation and difficulties in managing impulsivity, especially in the context of interpersonal interactions.

Mentalisation-based treatment (MBT) is a time-limited treatment which structures interventions to promote the development of mentalising. It has been tested in research trials and found to be an effective treatment for BPD when delivered by mental health professionals given limited additional training and with moderate levels of supervision. In MBT, the safe attachment relationship with the therapist provides a relational context in which it is possible for the patient to explore the mind of the other - to mentalise. This involves encouragement and support to experience and confront negative affect and to elaborate and review interpersonal issues. The simultaneous activation of the attachment system and development of reflective processes moves the pattern of arousal within interpersonal systems closer to that characteristic of secure attachment and increases mentalising capacity under stress.

This workshop is suitable for mental health and other professionals who are interested in the treatment of personality disorder. In order to maximise the learning of this model, **numbers are limited to 24 participants**. The programme includes presentations on the theoretical background to the model as well as an outline of the treatment framework in MBT and an introduction to the basic interventions that address the encouragement of reflective functioning (mentalising). The first two days of the programme will be led by MBT therapists from the Christchurch MindSight Programme (CDHB MBT treatment service for BPD) and the final day of the course will be taken by Prof. Anthony Bateman, who developed the treatment approach with Prof. Peter Fonagy in London.

Note: The first half-day of the course presents the MBT model of BPD and will be open to a wider audience (see separate course outline).

Dates: Sunday to Tuesday, February 20 to 22, 2011

Presenters: Robert Green, Consultant Clinical Psychologist, MindSight Clinical Supervisor
Dr Neil Thompson, Clinical Psychologist, MBT Therapist
Prof. Anthony Bateman, University College London

Information: For an introduction to MBT for BPD, see:
Bateman, Anthony and Fonagy, Peter (2010) - Mentalization based treatment for borderline personality disorder. World Psychiatry. vol. 9:11-15.
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2816926/pdf/wpa010011.pdf>

Costs:

3 day workshop	NZCCP members (before 15 Jan):	\$460
	NZCCP members (after 15 Jan)	\$520
	Non-NZCCP members (before 15 Jan)	\$500
	Non-NZCCP members (after 15 Jan)	\$550

Venue: Dunedin (Specific details to be advised)

Introduction to: The Mentalising Model of BPD 20th February, 2011

This **half-day workshop** will provide an introduction to the mentalisation model of borderline personality disorder (BPD).

Mentalising is the process by which we make sense of each other and ourselves in terms of subjective states and mental processes. It involves both automated capacities for tuning-in to emotional states and directed attention to understanding interactions. While most mental disorders inevitably involve some difficulties with mentalisation, disruptions to mentalising capacity appear to be a central part of the difficulties in borderline personality disorder (BPD). Patients with BPD show reduced capacities to mentalise, which leads to problems with emotional regulation and difficulties in managing impulsivity, especially in the context of interpersonal interactions. The concept of mentalising shows promise as an integrating framework for understanding how BPD develops and what should be targeted in its treatment. The mentalising model of BPD also offers a perspective on *why treatments work* that can help clinicians adjust their use of other approaches to maximise therapeutic outcome.

This half-day workshop is suitable for mental health and other professionals who are interested in the treatment of borderline personality disorder.

Date:	Sunday, February 20, 2011	
Presenters:	Robert Green, Consultant Clinical Psychologist, MindSight Clinical Supervisor Dr Neil Thompson, Clinical Psychologist, MBT Therapist	
Information:	For an introduction to the mentalising model of BPD, see: Fonagy, Peter and Bateman, Anthony (2007) - Mentalizing and borderline personality disorder. Journal of Mental Health. vol. 16, No. 1:83-101.	
Costs:		
½ day introduction	NZCCP members	\$70
	Non-NZCCP members:	\$80
Venue:	Dunedin (Specific details to be advised)	



NZCCP

Te Whare Wānanga o te Mātauranga Hinengaro

The New Zealand College of Clinical Psychologists

Mentalisation for BPD Workshops Registration Form

Please complete one registration form per person

Participant Details:

Name (Mr/Ms/Mrs/Miss/Dr)	First Name:	Surname:
Position		
Organisation		
Postal Address		
Telephone		
E-mail		

Select Workshop:

<input type="checkbox"/>	Half-Day Workshop: The Mentalising Model of BPD	Sunday, February 20, 2011
<input type="checkbox"/>	Three-Day Workshop: Mentalisation-Based Treatment for BPD	February 20 to 22, 2011

Note: The first half-day of the course presents the MBT model of BPD and will be open to a wider audience (see separate course outlines).

Venue: Quality Hotel Cargills, 678 George Street, Dunedin.

Dietary Requirements (tick if applicable):

- ☐ Vegetarian ☐ Dairy free ☐ Gluten free
- ☐ Other please describe: _____

How to pay:

Half-Day Workshop: You can pay your registration fee of \$70 (members) or \$80 (non-members) in one of the following ways:

- ☐ Mail a crossed **cheque** payable to NZCCP
- ☐ Make a one-off payment via **internet banking** into our
Account No: 03 1729 0028803 00

Note: If paying by internet banking, please include a clear reference

Three-Day Workshop: As places are limited, please send registrations to kumari.fernando@otago.ac.nz and payment options will be advised. Only registrations with payment will be given a place. Please see the three-day workshop flyer for full details regarding cost.

What to do with this registration form

Complete this form and send using one of the following options:

Email to: kumari.fernando@otago.ac.nz as an attachment

Mail to: Kumari Fernando,
c/o Department of Psychological Medicine
Dunedin School of Medicine
PO Box 913
Dunedin 9054

Fax to: 03 474 7934

EMOTION FOCUSED THERAPY & COMPLEX TRAUMA



DR SANDRA PAIVIO



Monday 4th & 5th April 2011
Auckland Convention Centre
The Edge, Aotea Centre

DR SANDRA PAIVIO

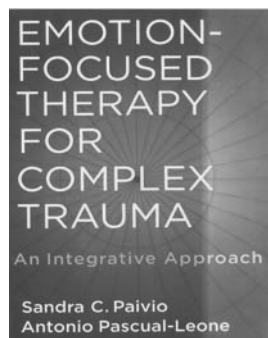
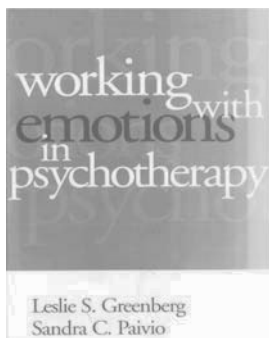
Sandra Paivio received her PhD in psychology from York University in 1993 where she studied with Les Greenberg. She is one of the developers of emotion-focused therapy particularly applied to complex relational trauma (EFTT). Dr. Paivio currently is a practicing clinical psychologist, Head of the Psychology Department, and Director of the Psychotherapy Research Centre at the University of Windsor. She is an internationally recognized scholar and therapist with more than 20 years of experience. Dr. Paivio is an invited member of the American Psychological Association (APA, Division 56) committee to develop treatment/best practice guidelines for complex trauma.

Dr. Paivio is author of numerous publications and conference presentations on psychotherapy and problems related to trauma. She is co-author (with Les Greenberg) of *Working with Emotion in Psychotherapy* and author (with Antonio Pascual-Leone) of a recent book, *Emotion-Focused Therapy for Complex Trauma*, published by APA. Her research has focused on evaluating the efficacy of emotion-focused therapy and on in-session processes of change – the latter is most relevant to clinical practice. She has been extensively involved in clinical training with graduate students and professionals and maintains a part-time clinical practice.

About the Workshop

Day One will present material on the nature of complex trauma, including the central roles of attachment relationships and emotional processes in the development of disturbance. This will be followed by distinguishing features and advantages of the EFTT treatment model. The morning will conclude with guidelines for assessing and addressing the different types of emotions and emotional processes typically observed in trauma therapy, including avoidance and dysregulation of emotion. The afternoon of day one will focus on the two inter-related change processes in EFTT - a safe and empathic therapeutic relationship and trauma work - and present guidelines for promoting these processes.

Day Two will begin with guidelines and strategies for promoting client self-development, including reducing fear and avoidance of emotional experience and transforming shame and self-blame. The afternoon will focus on strategies for confronting trauma feelings and memories (exposure), and for resolving attachment injuries with particular perpetrators. The workshop will conclude with a discussion of issues related to therapy termination. Numerous videotaped examples will illustrate key therapy processes and each period will conclude with opportunities for questions and discussion of issues.



SPECIAL OFFER
NEW ZEALAND ONLY
CLOSES
14/03/2011



Introduced by Dr Michelle Webster, Director
Institute for Emotionally Focused Therapy

Workshop claimable for active CPD with Psychologist Board of Australia.

Endorsed specialist CPD for Clinical & Counselling Colleges (Australian Psychological Society)



REGISTRATION FORM

WORKSHOP WITH DR SANDRA PAIVIO 2011

INSTITUTE FOR EMOTIONALLY FOCUSED THERAPY

ABN: 18 085 501 837

PO BOX 97, 83 JOHNSTON STREET

ANNANDALE NSW 2038

Website: www.EFTtherapy.com

Email: Admin@EFTtherapy.com

PH: (02) 9552-2977 FAX: (02) 9660-8233

Workshop on Emotion-Focused Therapy for Complex Trauma

This workshop is designed to help you:

1. Understand central roles of attachment relationships and emotion in development of disturbance from complex trauma
 2. Understand distinguishing features and advantages of the EFTT treatment model
 3. Learn how to assess and respond to core emotions and emotional processes typically observed in trauma therapy
 4. Understand processes essential for developing safe and empathic therapeutic relationships
 5. Understand how to help clients confront trauma feelings and memories
 6. Learn strategies for promoting client self-development
 7. Learn a step-by-step process for helping clients resolve interpersonal trauma
 8. Integrate EFTT principles and strategies into your current professional practice
- Participants will be introduced to the EFTT approach, the theoretical and research underpinnings of the approach, and the interventions used in the therapy.

**SPECIAL OFFER
NEW ZEALAND ONLY
CLOSES
14/03/2011**

PROGRAM DAY 1

EFTT Theory and Primary Change Processes (Alliance Development and Trauma Work)

Morning: Complex Trauma and the EFTT Treatment Model

Period 1:

The nature of complex (versus single incident) trauma
APA treatment guidelines/recommendations for best practices
The EFTT treatment model (theory and research, phases and tasks of therapy; intervention principles)
Videotape demonstration

Period 2:

Assessing emotions and emotional processes in trauma therapy
Distinguishing between adaptive and maladaptive emotions
"Emotional processing" in EFTT
Videotape demonstration

Afternoon: Cultivating the Alliance & Introducing Trauma Work

Period 3:

Intervention principles and goals of alliance formation in Phase One
Conducting the first three sessions
Videotape demonstration

Period 4:

Introducing trauma work and the imaginal confrontation procedure
The process of resolving interpersonal trauma
Addressing emotion regulation difficulties
Videotape demonstration

PROGRAM DAY 2

Promoting Self-Development, Resolving Attachment Injuries, and Termination

Morning: Promoting Self Development in Phase Two

Period 1:

The process of resolving intra-psychic conflicts
Reducing fear and avoidance of emotional experience
Transforming shame and self-blame
Videotape demonstration

Period 2:

Memory work for accessing, exploring, and resolving self-related difficulties
Videotape demonstration

Afternoon: Resolving Attachment Injuries in Phase Three and Therapy Termination

Period 3:

Promoting healthy anger experience and expression
Promoting sadness and grieving losses
Videotape demonstration

Period 4:

Addressing termination issues
Workshop wrap-up

APPLICATION

Workshop Location _____

Name: _____

Address: _____

Postcode: _____

Phone: _____ **Email:** _____

Amount: _____ ☐ Cheque to IEFT enclosed

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☐ I have read, understand and accept the terms and conditions
of registration (available at: www.EFTtherapy.com)

SPECIAL OFFER, NEW ZEALAND

(Application prior to 5pm AEST 14/03/2011)

☐ NZ\$495 (New Zealand Residents only)

REGULAR REGISTRATION

☐ NZ \$550 (New Zealand Residents only)

All fees include GST, participant notes and folder.

Morning and afternoon teas and lunch is provided.

PROFESSIONAL DEVELOPMENT POINTS ARE AVAILABLE

Your professional association: _____

Contact IEFT Administration for any further details.

Eye Movement Desensitisation and Reprocessing (EMDR) Basic and Advanced Workshops

AUCKLAND, WELLINGTON, CHRISTCHURCH : FEBRUARY , MARCH 2011

Conducted by Graham Taylor, Clinical Psychologist.
Leading Australian trainer and NZPSS Life Member.

'If you work with trauma, you owe it to yourself and your clients to know EMDR.'

Bessel van der Kolk, Keynote address to joint Australian & New Zealand Psychological Society Conference.

That was in 1997. Since then there have been more outcome studies demonstrating the effectiveness of EMDR than any other trauma therapy. As a result, EMDR has been endorsed as an empirically supported treatment by the American Psychiatric Association, United States Department of Veteran Affairs and Department of Defence, the International Society for Traumatic Stress Studies, Israeli Council for Mental Health, the Dutch National Steering Committee for Guidelines for Mental Health Care, the Northern Ireland Department of Health, and the United Kingdom Department of Health. The Australian Centre for Posttraumatic Mental Health endorsement for EMDR was supported by the Australian Psychological Society and the Royal Australian and New Zealand College of Psychiatrists.

Special NZ pricing, and Earlybird fees apply.
Full details and pre-workshop material online at www.therapist-training.com.au.

**NEW
TRAINING**

EFFECTIVE RELIEF FOR STRESS AND TRAUMA

Affect Regulation Therapy using Neuroplasticity

Event One:

Lessons for effective psychotherapists from recent neuro science. 1 April, 2011.

Event Two:

Master Brief Affect Regulation Therapy. 1, 2 & 3 April, 2011.

Event Three:

Master Long Term Affect Regulation Therapy. 5, 6, 7 & 8 April, 2011.

Venue:

Rydges Harbourview Auckland

Successful recovery from stress and trauma requires a body and mind therapy.

Learn practical ways to use implicit and explicit memory and discover how

Affect Regulation Therapy has these essential benefits for clients:

- *Rapidly improves mood* ■ *Creates effortless change*
- *Achieves a broader range of personality development*

To register on-line, download brochures and read articles, go to www.affectregulationtherapy.com
or contact us on **61 2 9418 3692** (Sydney, Australia) and email info@bestmindset.com.au



Harville Hendrix

New Zealand Tour March 2011

Harville Hendrix is an internationally acclaimed relationship expert, co-creator of Imago Relationship Therapy and author of nine books including the best seller 'Getting the Love You Want – A Guide for Couples'

Public Lectures (7pm - 9pm)

Couplehood as a Spiritual Path	Tue 01 March	Auckland	\$30 (per person) \$50 (couple)
The Four Essentials for a Loving Relationship	Wed 02 March	Auckland	\$30 (per person) \$50 (couple)
The Four Essentials for a Loving Relationship	Thu 03 March	Wellington	\$30 (per person) \$50 (couple)
The Four Essentials for a Loving Relationship	Sun 13 March	Christchurch	\$30 (per person) \$50 (couple)

Couples Workshops

Getting the Love You Want	11-13 March	Fri Eve/Sat/Sun Morn	Wellington	\$850 or \$795 *
Getting MORE of the Love You Want	18/19 March	Fri Eve/Sat	Auckland	\$650 or \$595 *
If both workshops are registered for together				\$1300 or \$1200 *

Two Day Professional Training Workshops in Imago Relationship Therapy

Wellington	Fri/Sat	04/05 March	\$450 or \$395 *
Christchurch	Mon/Tue	14/15 March	\$450 or \$395 *
Auckland (In collaboration with NZCCP)	Mon/Tue	21/22 March	\$450 or \$395 *

Day One presented by Harville Hendrix and Day Two by Brenda Rawlings & Peter McMillan

Advanced Training for Imago Therapists

Auckland	Sun 20 March	\$300 or \$250 **
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** For Imago New Zealand Members

* Early Bird Fee if paid by 07/02/11

Public Lectures

This is a unique opportunity to hear one of the most stimulating and innovative relationship specialists in the world. Harville Hendrix is a captivating public speaker; dynamic, thought provoking, humorous and inspiring.

Couplehood as a Spiritual Path

This lecture has been described as an outstanding contemporary presentation of relationship as a spiritual journey and deeply satisfying on different levels: mentally, emotionally and spiritually. Hendrix speaks inclusively and we expect that this lecture will be accessible to all, no matter what one's spiritual or religious beliefs.

The Four Essentials for a Loving Relationship

Over three decades of research and clinical practice have led Hendrix to pinpoint what he considers to be the four essentials for creating and sustaining a healthy, mature and loving relationship. These four relational elements enable movement towards greater choice, increased joy and deepened connection.

Harville Hendrix NZ Tour is sponsored by
Imago New Zealand

Couples Workshops

Both these Workshops are relevant for all couples who desire a stronger, more loving and passionate relationship.

Getting the Love You Want

Harville Hendrix and Helen LaKelly Hunt will co-present this workshop; a great opportunity to experience them working together. This workshop is suitable for couples who are in difficulty or for those wanting to enhance an already good relationship. Even if you have been to a Couples Workshop before, consider attending this workshop. Hendrix is consistently including new material, synthesising and integrating most recent developments in the field.

Getting MORE of the Love You Want

This Workshop is an excellent follow-up for those couples who have attended the Getting the Love You Want - Couples Workshop, but also open to those who have not. The Workshop will include a review of the Imago Dialogue, processes for deepening connection and intimacy, and a new way to handle frustrations. Learn how relationship impacts on one's brain and health, including why Dialogue is so therapeutic from a neurological perspective.

For more information and registration : **0800 462464**
www.relationships.co.nz admin@imago.org.nz

PTO for Professional Training Workshops and information about Harville Hendrix

Harville Hendrix New Zealand Tour March 2011

Two Day Professional Training in Imago Relationship Therapy Auckland, Wellington, Christchurch A Unique Opportunity for all those who Work with Couples

Two Day Professional Training Workshop

A clinical and theoretical overview of Imago Relationship Therapy including:

- the Relational Paradigm
- understanding the nature of attraction and how the 'Imago' unconsciously influences relational dynamics
- how latest findings in neuroscience and clinical research impact on our understanding of relationship and clinical practice
- a developmental model enabling couples to identify their interactional cycles arising from character adaptations, including Pursuer/Distancer and Rigid/Diffuse
- demonstrations and practice of the Imago Dialogue

Imago Relationship Therapy (IRT)

IRT is a coherent and comprehensive theory and practice which provides an in-depth understanding of the nature of relationship and a highly effective method for working with couples. Practised since 1981, it has successfully synthesised aspects of depth psychology, object relations, systems theory, behavioural and gestalt psychology, TA, attachment theory and humanistic-existential theory. IRT continues to remain a leader in the field, incorporating latest developments in research, including neuroscience. It is useful either as a short term, focused approach or for longer term therapeutic work. This model has been adapted by Brenda Rawlings and Peter McMillan to be reflective of New Zealand culture and context.

The Two Day Professional Training Workshops can be accredited to the Clinical Training Programme which leads to Certification as an Imago Therapist. The workshop is open to counsellors, psychotherapists, psychologists, social workers and relationship educators. Day One will be presented by Harville Hendrix PhD and Day Two by Brenda Rawlings and Peter McMillan, Certified Clinical Instructors and Faculty Members of the Imago International Institute.

See over for dates, venues and fees.

Harville Hendrix and Helen LaKelly Hunt

are the co-creators of Imago Relationship Therapy and the concept of "conscious partnership". They are the authors of nine books about intimate relationships and parenting, including New York Times Best Seller "Getting the Love You Want – A Guide for Couples". They are also the parents of a blended family of six children, including two from their own marriage. Hendrix' passion is in helping couples restore connection, believing that if children can grow up in a loving and peaceful home we can move more towards a conscious and peaceful world. He is internationally acclaimed as a public speaker, clinician and relationship educator.

Relationship Therapists and Workshop Presenters, who have trained through the Imago International Institute, practise in more than thirty countries around the world.

Harville Hendrix is a man of intellect and humanity. He is both an exceptional clinician and a stimulating theoretician. He is also practical and pragmatic, and will share ways in which couples can make profound changes in their relationship. Through new understandings and consciously making different choices, he teaches how couples can engage in empathic dialogue, restore connection, grow into differentiation and renew passion and aliveness.

For more information and registration : 0800 462464
www.relationships.co.nz admin@imago.org.nz

PTO for Public Lectures and Couples Workshops



MASSEY UNIVERSITY

Lecturer

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Applications are invited from suitably qualified persons for a Lectureship in Psychology to support the School of Psychology's goal of strengthening our programme offerings on the Albany campus. Candidates should have an interest in, and demonstrated expertise for, teaching undergraduate and postgraduate courses in (a) biological psychology/neuropsychology and; (b) experimental research methods and quantitative research design. The successful applicant will have a commitment to developing a research programme that is manageable within the resources available on the Albany campus, as well as having the potential to attract external funding.

Closing date: 16 January 2011

Reference number: A314-10Z

**For further information and to apply online,
visit: <http://jobs.massey.ac.nz>**