



ShrinkRAP

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

President's Word

Nigel Fairley

The National Executive and the National Council have been busy over the last few months:

Conflicts of interest

The big issue of conflicts of interest has recently been raised in the Psychology Profession Advisory Forum (which consists of representatives from the NZ Psychologists Board, the NZ Psychological Society, the College and the Clinical Program Directors). This issue relates to the situation where a Board member is also a member of the National Executive/Council/Board of either of the professional associations.

The NZ College of Clinical Psychologists has a very firm stand about this being a clear conflict of interest.

Our position on this matter is that the Board and the Associations have different purposes and it is not possible to fully serve the interests of one when this may be in conflict with the interests of the other. For this reason NZCCP has a requirement that if a member of its National Executive or Council is appointed to the Board they must resign from their position with College.

The National Executive has taken the opportunity to clearly state the College position both at the Psychology Profession Advisory Forum and by way of a letter to the Registration Board that was copied to NZPsS.

College Submission to the review of the scopes of practice

Ann Connell and I have sent a submission on behalf of NZCCP. We noted that we are particularly concerned about the stand the Psychologists Registration Board has taken that protection of title is not intended to restrict practice, that practice is not restricted by scope but by competence and that

only title use is restricted by scope. This seems counter to the intent of the legislation and is not the approach that other registration authorities have taken with respect to scopes of practice. The Ministry of Health's recent paper on the review of HPCA ("Identification of issues and solutions") talks about the intent of scopes of practice – "the purpose of registration and APCs is to provide the public with an assurance that a practitioner is competent by certifying that the practitioner meets the requirements to work within a specified scope of practice". Our reading of this is that practitioners should not undertake work described within a scope of practice without actually holding that scope.

The development and use of vocational titles is an issue that has been discussed by psychologists for many years, with some of this summarised by the Psychologists Board Consultative Committee in 1993. The conclusions they reached about specialist titles and the reasons given then still apply. "The interests of consumers are not safeguarded by the Act's general registration provisions when there is a need to identify an appropriately qualified and experienced specialist. There are no real constraints on a person claiming specialist skills when they have not received the required training or supervision" (p8).

The NZCCP President's Scholarship

It is with great pleasure that I hereby announce that **Philippa Croy** has been selected for the inaugural NZCCP President's Scholarship, by a subcommittee of the National Executive of the College. Philippa's essay will be submitted to the NZCCP editorial subcommittee for publication in the College Journal along with those of the runners-up Clark Sim and Juliet Rosewall. Congratulations Philippa!

AGM 2008

In order to fulfil the College's constitutional requirement that the financial statement is presented to the membership annually there will be an AGM held in conjunction with a College branch workshop or seminar in August or September. There will be an option to participate by teleconference. At this point in time the plan is to schedule this year's AGM either just before or just after the workshop with Dr Christopher Martell from University of Washington on Behavioural Activation Therapy in Christchurch on 23 September. College members will be notified of exact time and venue by email.

MPS Matters

Some of the DHBs have stopped paying for or reimbursing College Members' indemnity insurance. The National Office has suggested to MPS that because most DHBs already provide some level of insurance for employees, and MPS may only be called on to provide what the DHB doesn't, they could consider offering a subsidy or discount to psychologists employed by DHBs who also wish to maintain their own individual coverage through MPS.

Indemnity cover

MPS were also asked whether supervisors have vicarious indemnity cover for their student supervisees who are not covered and also whether a supervisor is covered for a supervisee who is not a NZCCP member.

"MPS members are entitled to seek indemnity only in relation to their own acts and omissions, as subscriptions are set at a level that reflects personal risk. It is important members understand that their membership may not provide financial protection if a claim is made against them for the acts or omissions of any employed or supervised staff. (It would simply be inequitable for MPS to bear such additional costs in return for only one subscription.)"

However, it would be highly unlikely that a claim would be brought against any member as the result of the actions of a supervised student. As students cannot accept any clinical responsibility for patients it follows that there can be no such thing as a litigious clinical act or omission by a student"

Ethics Committee

For some years now there has been an Ethics Committee which is a subcommittee of the NZCCP National Council. This is there to provide advice

to members for non urgent ethical queries. These can be sent to the National Office for forwarding to the Ethics Committee. Don't forget that the Medical Protection Society is available to members for urgent and medico-legal issues.

Psychology Board Matters

We are delighted to announce that long-time College member, and previous Honorary Secretary, Karen Ramsay, has been elected as the Deputy Chair of the Board. There is still one more vacancy on the Board and while three people were interviewed last year the appointment has been delayed by the review process around the HPCA Act. People are appointed to the Psychologists Board by the Minister of Health and are thus not representatives of their respective professional bodies.



Now for more good news!

I am happy to announce that there is to be no increase in membership subscriptions for either College membership or MPS membership for the coming financial year, 1 July 2008 to 30 June 2009.

Editorial note

It is with regret that the National Council has accepted Janet Carter's resignation from the Publications portfolio. And it is with delight that we welcome Kumari Fernando and Sue Galvin as the new Co-Editors. Janet wishes them all the best for the Journal over 2008 and sends a big thank you to Caroline Greig, Jayde Walker, Gini McIntosh, Sue Galvin and Kumari Fernando for all their hard work on the publication portfolio to date.

From the editors:

Dear Colleagues,

In a few weeks you will receive an e-mail with a link to an on-line survey about your needs and desires for the Journal of the New Zealand College of Clinical Psychologists (JNZCCP). In the meantime, please ponder these questions, which are likely to appear in that survey.

Role of JNZCCP

What access do you have to journals? What journals do you regularly read? Is JNZCCP the only journal you get to see?

Content of JNZCCP

Do you want more, less, or about the same of the following things in the JNZCCP?

- Case studies
- Information about individual psychologists and the work they do
- My Brilliant Career
- Articles reviewing recent literature
- Articles describing practice techniques
- Articles presenting members' research
- Letters to the Editors
- Discussion of professional issues (e.g. pay, conditions, government subsidies for private practice, scopes)
- Book reviews
- Opinions on a controversial topic from an invited panel
- Thought papers (essays presenting an idea or an opinion)

Is there any section you have seen in another journal that you really like and would like to see in ours?

Are there any particular topics you would like to see covered in our journal in some way? Do you know someone who would be a good person for us to ask to write something about this?

Contributing to the Journal

If you have thought about writing an article for the journal but have not done that yet, what has stopped you?

Are you put off by the request to present the article in APA format?

Does it help that to know that: (a) we will be including some more guidelines for doing this in the next issue? (b) we could edit it for you and then send it back to you so you can check the changes?

Did you know that if you see a new book you would like to review, our book review editor will try and get it for you, and once you've reviewed it, you get to keep it!?

Journal Format

Would you be willing to receive the ShrinkRap by e-mail only? Would you be willing to receive the JNZCCP by e-mail only? How important is it to you to see the JNZCP printed on recycled paper?

What else would you like from the journal?

Thanks for thinking about this!

Kumari and Sue, Co-Editors, JNZCCP

ACC and the College

ACC Portfolio Report Tracey Barnfield

There have been changes to how NZCCP is represented at ACC policy groups. Two groups have now replaced the old Psychology-ACC Working Group. Tracey Barnfield is the representative on the new Mental Health Sector Liaison group and Janet Leatham is the representative on the Social Rehabilitation Sector Liaison group.

The Mental Health Sector Liaison group has only met once, in February 2008. The meeting covered introductions of the representatives, discussed the terms of reference for the group and included brief presentations of the current work and development being undertaken by ACC in the mental health field. The other non-ACC members of this group are four Psychiatrists from across the country, a representative from the NZ Psychological Society and one from the Department of Labour.

There were presentations by Stephanie Bennett (Team Manager, Sensitive Claims Unit) who gave an overview of the Sensitive Claims Unit and Sandra Warwick (Programme Manager, Longer Term Programmes), who discussed the residential and community contracts for Sensitive Claims. Rory Matthews (DSAC) gave a presentation on changes to the contract for DSAC services. Briefly, there is a new Sexual Abuse Assessment and Treatment Service to address the immediate medical and forensic needs of victims of sexual abuse. Services will be provided at DHB's and the contract is in the process of being rolled out as an 18 month trial. Copies of these three presentations can be obtained from the NZCCP office (see below). Massey University has developed guidelines for sexual abuse counselling and it is expected that these will be available for distribution soon.

Margaret Macky (WorkWise Director) discussed proposed changes to the legislation for mental injury developed as a result of witnessing a traumatic incident at work. This legislation is at the Select Committee stage and there are a number of implications and complexities that need to be worked through. There are issues around cover and the diagnosis of mental injury, workplace stress is not included in the bill, and

there is potential for inequities (for example a worker witnessing a traumatic event would be covered, but non-workers witnessing the same event would not receive cover). It is not yet clear what trauma events will be included and excluded, how to verify events occurred, and there are financial implications for ACC if high volumes of people apply for lump sum payments (which will then affect ACC levy payments). A copy of this presentation can be obtained from the NZCCP office (see below).

Margaret Macky (WorkWise Director) and Tom Naser (Acting ACC Psychology Advisor) discussed the complexities of diagnosing a mental health condition in the context of pain. ACC has a legislative need for there to be a causal link between the event and the psychological result but this is often difficult to determine, given the psychological impact of pain. Claimants can experience non-diagnosable yet significant psychological reactions to pain and pain can exacerbate a sub-clinical difficulty to the level it may meet criteria for a DSM-IV diagnosis. Other complications include Claimants with a pre-existing mental health diagnosis who may have coped well before their injury but struggle afterwards. These issues present challenges for ACC in all areas; sending appropriate referrals to providers, reporting, consistency of entitlement, and clarifying the diagnostic criteria for cover. Further, the Independence Allowance assessments for pain contract claimants have to identify the severity of the impairment in percentages, and these are difficult to determine and ratings are subjective. ACC are looking at other options (eg the 6th edition of the AMA Guidelines) but there would have to be legislative changes for ACC to use these guidelines. ACC has recently reviewed and revised the suite of pain service schedules bringing the services schedules into line with an integrated approach to pain and enhancing the opportunity for interdisciplinary approaches. Margaret Macky advised that there are 12 seminars to be held across the country beginning March 2008. These are aimed at providers who hold pain service contracts and will update them on the changes. There is a new Quick reference guide to the Pain services available from ACC, on request.

The issue of referrals to Psychologists and Psychiatrists was discussed. There tends to be

great variability in the quality of referrals across the country. Some Case Managers do not provide specific referral questions and there are differences in the nature and amount of background material sent to providers. The Sensitive Claims Unit is working to improve the referral process. ACC recommend that providers with other contracts establish a contact person at each branch if there are difficulties, as the Branch Psychology Advisors do not see every referral that is sent out. Branch Managers would like feedback if providers are not receiving all the necessary information so this can be addressed. Tom Naser (Acting Psychology Advisor) spoke briefly on the revisions to the Neuropsychological Services Service Specification. This new contract provides for either a standard or a complex neuropsychological assessment and payment will reflect the complexity of the assessment.

The PowerPoint and Word document presentations that are available from Caroline Greig at the NZCCP office (office@nzccp.co.nz) are:

- An overview of the residential and community contracts for Sensitive Claims clients
- Mental Injury legislation update
- DSAC contract update
- A broad overview of Sensitive Claims

The second meeting is scheduled for 21 May 2008. Please contact Tracey Barnfield (tvbarnfield@xtra.co.nz) if you have any items for the Mental Health Sector Liaison group agenda.

ACC Sensitive Claims Advisory Group (SCAG) **Jo Leech**

Massey University Best Practice Guidelines

Massey University was contracted by ACC to develop best practice guidelines for professionals from all disciplines providing therapeutic services to people who have experienced sexual abuse. These guidelines have now been released and all members who are ACC accredited counsellors should have received a copy. The guidelines and the technical reports used to develop them are also available online.

The guidelines are to inform and guide practice and are not intended to be prescriptive. ACC policy will emerge from the guidelines and to this end ACC is seeking to have the various professional bodies endorse the guidelines through their SCAG representative.

Psychologists Providing Counselling Services to ACC Sensitive Claimants

ACC is to review the fee structure for counsellors working with ACC sensitive claimants. As a part of this process there is an opportunity for psychologists to be recognised as an independent group of providers. ACC are calling for submissions to be made through the SCAG forum with supporting documentation from the respective representative bodies. Submissions need to be completed prior to the next SCAG meeting to be held on June 13 2008.

Issues relevant to the submission are the extensive training and expertise clinical psychologists bring to this work and accessibility of psychologist providers to clients. Factors affecting accessibility include the relatively high rate of GP and self-referral to psychologists to undertake this work, the small workforce presently able to meet this need and the discrepancy between what ACC pays to psychologists and private practice fees.

There are plans to liaise with NZPS to ensure consistency across submissions pertaining to psychologists. I welcome input from members with an interest in this submission.

ACC Social Rehabilitation Sector Liaison Group (SRSLG) **Janet Leathem**

According to terms of reference developed in their first meeting in June 2007, the purpose of the Social Rehabilitation Sector Liaison Group is to provide "expert opinion and information upon which ACC can develop its treatment, rehabilitation and injury prevention strategies and programmes".

External members of the group represent the New Zealand Association of Occupational Therapy, New Zealand Dietician's Association, New Zealand Speech Language Therapy Association, New Zealand Society of Physiotherapists, Assistive Technology Association New Zealand, Home Based Rehabilitation Association, Nurses Association, New Zealand Psychological Society and New Zealand College of Clinical Psychology.

ACC members appear to vary, but usually include Programme Managers for Rehabilitation Service Development, Longer Term Programmes, Vocational Services, Social Rehabilitation Assessment, Home Based Rehabilitation and Training for Independence. Other managers and advisors attend from time to time.

Until the most recent meeting in April 2008, the focus of the meetings had been on the sharing of information from ACC to the attendees. The initiatives and goals relating to each of the programmes above have been outlined, as have recent changes to ACC's National Serious Injury Service. These presentations were generally delivered by Powerpoint and were subsequently appended to minutes. Both minutes and ACC presentations are available by contacting the NZCCP office (but please note that the files are quite large due to PPT graphics).

At the April 2008 meeting there was a shift away from information provision from ACC towards the purpose as stated in the terms of reference, i.e., that the external attendees would provide feedback to ACC. There was a sense of agreement among external attendees that obtaining the common body of knowledge had been worthwhile as it would provide a platform for the two-way exchange that will now follow. Much of the April meeting was spent on feedback to ACC on quite specific, day-to-day management issues arising from specific contracts within the Social Rehabilitation portfolio, e.g., pricing, time pressures, fine contractual details. The discussion was spirited and fruitful.

Initially the meetings seemed ACC sided, with a sense of guardedness present amongst the external attendees. This is not surprising since each attendee represents a different discipline, comes from a different part of the country, and is not entirely sure which contracts are relevant to their discipline, and just how much they want to let on which contracts they or their organisation personally hold.

But that situation has slowly changed. There is a sense that ACC has openly laid out their services and that the professional groups are now beginning to share ideas towards multidisciplinary rehabilitation. As NZCCP representative I am unsure how many members hold contracts or are part of teams providing services under the Social Rehabilitation portfolio of contracts. Please contact the National Office (office@nzccp.co.nz) if you have any specific matters that you would like me to raise.

Mental Health Commission Update

Elliot Bell

On the fourth of March Clive Banks and I represented the College at a meeting for the Mental Health Commission's (MHC) combined sector reference groups in Wellington. I was there

as a member of the Practitioner's Reference group, which Clive was invited in his capacity as working in a kaupapa Maori mental health service. Other MHC reference groups represented included those for service users, Maori, Pacific peoples, and family.

The context for the meeting was the passing of the Mental Health Commission Amendment Act 2007 in August last year. This Act extended the tenure of the Commission an Autonomous Crown Entity through to 2015. In addition, the Commission's functions have been changed to align with the future direction of the mental health and addiction sector. These functions now explicitly include acting as an advocate for the interests of people with mental illness and/or addiction *and* their families/whānau while taking into account the views of other stakeholders (e.g. clinicians, the Ministry, DHBs etc). The Commission is now obliged to *promote and facilitate collaboration and communication among stakeholders*. The essential changes in the Commission's brief are that it will no longer monitor specific agencies such as DHBs, and no longer have a role in workforce development.

A series of meetings with the individual reference groups were held in November 2007 in order for these groups to advise the Commission on how it can respond to its new functions, and how to Promote Te Hononga (the Commission's vision for the sector in 2015) as outlined in its Statement of Intent 2007-2010 (its agreement with the Minister as to how it will work strategically over the next three years). The overall conclusion from these meetings was that the Commission needs to act as an independent monitor and advocate, while balancing the diversity of views of its stakeholders. In addition it was noted that the Commission's future work must be evidence based robust and transparent, and involve appropriate consultation. Some consumers involved in this process were concerned by reduced numbers of consumers on staff, and urged the Commission to maintain a focus on perceived human rights breaches (i.e. through the use of ECT, compulsion, and seclusion). However, the input of families/whānau, Maori, Pacific peoples, clinicians, and funders and planners into the prioritisation of the Commission's work was acknowledged by the consumer representatives.

The Commission is now in the process of organising itself through its work program. At the sector reference groups meeting on March 5, initial progress on this for 2008/2009 was presented for feedback. The projects presented included discussion papers and work updates on 1) affirming human rights in the mental health and addiction sector; 2) the MHC and

family/whānau advocacy; 3) the integration of addictions and mental health services; 4) collaboration in the sector around Te Tahuu (the second NZ mental health and addiction plan); 5) sector monitoring; 6) district sector visits; 7) whānau ora – nga kete (valuing of whānau, wairua, and whānau values and beliefs); 8) peer support; and 9) future research. In the discussion around 6) sector monitoring, the goal of monitoring access to services was made explicit by the commission. In the discussion around this it was pointed out that access to psychological therapies was considered an important aspect of this to be investigated in sector monitoring. Further combined reference group meetings are planned to track the progress of these work projects.

It was also noted at the March 5 meeting that Dr Peter McGeorge has been appointed the new Mental Health Commission chair. The two additional commissioners should be announced in early April.

Private Practitioners' Comment

There has been some email discussion among the Private Practitioners in the College about the lack of involvement of private practitioner members in branch or local educational activities. The responses indicated unanimous agreement that Private Practitioners have issues that affect them differently to their employed counterparts.

The preference was for 1-2 day workshops, 2-3 times per year and offering advanced courses focused at a clinically practical level, for example refresher courses in the Personality Tests such as the MMPI or the Millon.

Other suggestions included

- setting up small groups for education or supervision for people working privately in specialist areas, and
- meeting at National Conference with some relevant topics for discussion proposed beforehand.

It was also generally felt that it would be beneficial to socialize with colleagues in private practice in a forum like golf or having drinks and nibbles after a two day workshop with the workshop presenter.

A couple of members agreed that a private practitioners forum on the website would be great

for providing the opportunity for communication with other clinical psychologists about their tricky cases, what they've learned from their failures and how-to strategies.

These latter suggestions have been passed on to the Webmaster for him to action and the Otago branch have been asked that there is some time set aside at the next Conference for Private Practitioners to get together.

Family Court Judith McDougall

The Ministry of Justice has initiated a consultation with psychologists arising from their concerns about the availability of Specialist Report Writers in the Family Court. Fred Seymour (NZPsS and a member of the Psychologists Board) and Judith McDougall (NZPsS and the NZCCP) have had meetings with Bernie Holden and other Ministry staff, and a further meeting is planned. While the central issue has been that of recruitment and retention of psychologists, other issues have also been discussed such the impact on psychologists' practice in the Courts of the new Practice Note for Lawyers for Child.

Fred and Judith would welcome your comments or concerns about these or any other issues relating to this area of work. We want to be able to represent your views so please get in touch. Judith.mcdougall@xtra.co.nz (N.B. there is an underscore between Judith and McDougall) and f.seymour@auckland.ac.nz

Congratulations to new Clinical Programme Graduands

NZCCP would like to congratulate some more Clinical Programme students who passed last year's clinical exams.

From the University of Canterbury:

Joyce Alberts, Leigh Anderson, Sarah Beggs, Samadhi Campbell, Tracy Haitana, Aimee Hanson, Philip Kavanagh and Marion Rudge.

Once they are registered with the NZ Psychologists Board these people will be eligible to apply for Associate Membership with the College. As an acknowledgement of their achievement, their Associate membership for the remainder of this financial year, to 30 June 2008, will be free of charge. In addition to this, new graduates who have been approved as Associate Members of NZCCP before 30 June 2008 will be offered a reduction of 50% on the subscription fee for their first full year of Associate Membership with NZCCP (1 July 2008 – 30 June 2009).

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.

TRAINING TIMETABLE

2008 NZCCP Branch Events

BRANCH	MONTH	PRESENTER/ CONTENT
Christchurch	June 13	Professor Roger Mulder Psychopharmacology Update
Christchurch	September 23	Dr. Christopher Martell, University of Washington Behavioral Activation Therapy
Christchurch	September 5	Rachel Lawson Eating Disorder Assessment and Treatment
Auckland	November 28	Professor David A. Clark, University of New Brunswick Cognitive Behavior Therapy for Obsessions and Compulsions
Christchurch	November	Dr. Lynne Briggs Psychological issues in refugees
Otago	??	Relationship Therapy Presenter(s) TBA

2008 Other Organization Events

	MONTH	PRESENTER / CONTENT
Wellington - NZPsS	May	Professor Sue Clarke Acceptance and Commitment Therapy
Wellington – Victoria University of Wellington	June	Critical Mass- Building a National Maori Association of Social Scientists.
Waitangi - Public Health Association	July	Annual Conference. Theme is "Tapu... noa... Environmental, Physical or both" – a Māori concept that suggests health is influenced by many factors across social, cultural, political and physical environments. Contact 07.848.2248
Christchurch - NZPsS	29 August – 1 September	NZPsS Conference Hotel Grand Chancellor

NZCCP NATIONAL CONFERENCE 2008

Psychology Exposed: Practice Revealed

Pre conference Workshop 29 -30 January 2009 (Drs Art and Sharon Freeman)

National Conference 31 January – 1 February 2009

Venue: Dunedin Centre, Dunedin, New Zealand

Dr Art Freeman

- Vice Chairman of the Freeman Institute Corporation and Director of Clinical Training and Supervision for the Centre for Brief Therapy
- Has published 52 professional books, including
 - Cognitive Therapy of Personality Disorders (with Aaron T. Beck)
 - Clinical Applications of Cognitive Therapy

Dr Sharon Morgillo Freeman

- President and Executive Director of the Centre for Brief Therapy and President of the Chairman of the Board of the Freeman Institute Corporation
- Currently senior editor of "In Harm's Way: The Psychological Treatment Handbook for Pre and Post-Deployment of Military Members" to be published by Routledge

Dr Paul Green

- Awarded a Fellowship of the National Academy of Neuropsychology in 2005
- Author of CARB, the Word Memory Test, the Medical Symptom Validity Test, and the Emotional Perception Test

Will include papers/workshops/symposia on:

- General adult mental health
- Developmental/ child and adolescent psychology
- Forensic psychology
- Psychology and technology
- Legal, ethical, and professional issues
- And others as organised

Don't forget the Board discussion, AGM, and, of course, an entertaining conference dinner!

Have you got any information, photos, anecdotes, or documents related to the history of the NZCCP?

We are wanting to gather together some of this for an exhibition at the **NZCCP Conference 2010**.
If you have anything that may be relevant please contact Sonja at Sonja.Bakker@empower-rehab.co.nz or
(03) 3668435.

PSYCHOLOGIST - PRIVATE PRACTICE AUCKLAND, NZ

An experienced clinical psychologist has the opportunity to buy into and take over a well-established private practice in the heart of Ponsonby, Auckland.

The practice has been running full time for the past 8 years and has a solid local client base, as well as being serviced by GP's and corporate companies in the greater Auckland region.

The practice specialises in general adult mental health and relationships, with an average waiting list of two to three weeks for clients.

The rooms sit amidst a turn of the century villa. Located in the heart of the trendy Ponsonby hub, it is surrounded by cafes, clothing designers, specialty stores and many successful small businesses.

The premise is alarmed and monitored, has ample street parking and is close to all office amenities.

This is simply a fantastic opportunity for someone looking to set up privately in Auckland with all the systems in place. The start date is approximately July/ August.

Interested parties should inquire with CV to john@johnaiken.co.nz

Leah is an Australian doctoral-level clinical psychologist with 16 years of clinical and teaching expertise in CBT and traumatology

Trauma Education 2 - 3 October 2008, Christchurch presented by Dr Leah Giarratano



Limited Positions.

Register Early or Reserve your place today.

Registration must be finalised by 30/09/08

Crowne Plaza Hotel, Kilmore & Durham Streets, Christchurch

Treating posttraumatic stress disorder

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. Techniques are largely cognitive behavioural, evidence-based, and will be immediately useful and effective for your clinical practice. The program includes handouts and numerous case examples. The emphasis is upon imparting practical skills and up-to-date research in this area.

Day one topics include:

- Treatment maps and planning strategies
- Psychoeducation and motivation tips
- Analysing and targeting dysfunctional behaviours (e.g., substance abuse, self-harm)
- Arousal reduction strategies (including breathing retraining, grounding and distraction tasks)
- An introduction to anger management

Day Two topics include:

- In vivo exposure therapy (reducing avoidance behaviours)
- The fundamentals of exposure therapy for traumatic memories (prolonged imaginal exposure)
- Cognitive challenging of negative self-statements related to the traumatic event

This program is suitable for counsellors, mental health nurses, medical practitioners psychologists, psychiatrists and social workers. The program is also offered in Australia in Cairns, Perth, Melbourne and Sydney (refer to www.talominbooks.com)

Program Fee

- + Early Bird Pairs: \$500 Australian Dollars each when two people register together
- + Early Bird Single: \$550 Australian Dollars for payments received by 2 August 2008.
- + Normal Registration: \$600 Australian Dollars for payments received after 2 August 2008

Find out more about this and other workshops or books by Leah Giarratano at

www.talominbooks.com

Direct your enquiries to Joshua George on
(0061 2) 9823 3374
Email: info@talominbooks.com

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Please reserve my place and I'll pay by 2 August 2008

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Signature:

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NZCCP

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MAY 2008

ACT OCEANIA II: 2008

Acceptance and Commitment Therapy
Functional Analytic Psychotherapy
Relational Frame Theory

in

RYDGES HOTEL – CHRISTCHURCH, NEW ZEALAND

CONFERENCE

16-17 AUGUST 2008

Half-day workshops + keynotes

Presenters include:

Rob Zettle (first RCT of ACT)
Patty Bach (ACT with psychosis)
Joe Ciarrochi (ACT in organisations)
Russ Harris (writer of the “The Happiness Trap”)
and more

PLUS

TWO-DAY PRECONFERENCE WORKSHOPS

14 - 15 AUGUST, 2008

Robyn Walser

Mindfulness and Acceptance: Advancing Personal Awareness and Skill in Application
and

Robert Kohlenberg and Mavis Tsai

Functional Analytic Psychotherapy (FAP):
New Frontiers in Awareness, Courage, Love and Behaviourism

ACT OCEANIA II



Christchurch New Zealand
August 14-17, 2008

<http://acttraining.co.nz/>

For more information and to register online

CONTACT: Jim or David at info@acttraining.co.nz to ask questions about
ACT Oceania II: 2008*****

NZCCP

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T: 04 472 4088

F: 04 472 4089

E: office@nzccp.co.nz

W: www@nzccp.co.nz

MAY 2008

Registration form for Oceania II, 2008, Christchurch, New Zealand, 14-17 August

Full Name.....

Postal Address.....

.....

.....

Email.....

Phone:
(optional).....

ACT OCEANIA II



Christchurch New Zealand
August 14-17, 2008

We are offering differential rates for professional and student registration.
Please check the appropriate box below. **(only ONE box should be ticked)**

Choice of Events: (costs are in NZD)

Pre-Conference Workshop Only: (14-15 August)

Mindfulness and Acceptance (Walser) ☐ Prof (\$375) ☐ Student (\$300)

Functional Analytic Therapy (Kohlenberg/Tsai) ☐ Prof (\$375) ☐ Student (\$300)

Conference Only (16-17 August) ☐ Prof (\$375) ☐ Student (\$300)

Conference AND Pre-Conference Workshop (14-17 August)

Conference and Mindfulness Workshop ☐ Prof (\$700) ☐ Student (\$550)

Conference and FAP Workshop ☐ Prof (\$700) ☐ Student (\$550)

Payment

\$.....(cheque)

\$.....(direct payment)

Please make **cheques** payable
to: **ACT Training New Zealand**

Post to P O Box 6053
Dunedin, 9059
New Zealand

Or make **direct payment** to:

BNZ account: 02-0929-0023666-000

Please include your name in the reference details and
post this form to P O Box 6053, Dunedin 9059, NZ

Or register Online by credit card:

<http://acttraining.co.nz/OceaniaII.htm>