



ShrinkRAP

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

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"Na te waewae i kimi"

one who works hard achieves a desired result.

College News

Update to intern funding

HWNZ plans to offer eight internships for 2013/14 - two per regional training hub / DHB region. They will budget for funding for these positions to be accessed from 1 July 2013. The funding will be the same as for other training programmes they support - i.e. by way of a training subsidy from HWNZ. The rest of the funding will come from the employer to make up the total salary package.

We also had a representative at a meeting held earlier this month which included the nine programme directors, a number of heads of departments from the seven universities and Professor Des Gorman, Brenda Wraight and Gregor Coster from Health Workforce NZ. The purpose of this meeting was to inform HWNZ of the range of psychology training programmes. Professor Gorman noted that such a diversity of skills and scopes is a great strength to the profession. A steering group will be formed for further consultation.

Psychologists Prescribing

At the invitation of Health Workforce NZ, the NZCCP Executive has been working on developing a consultation document discussing the introduction of prescribing rights for clinical psychologists. This document is now in the first round of consultation conducted with Health Workforce NZ, the Psychologists Board, the Executive of the Psychological Society and the NZCCP membership. It is envisaged that

the consultative document will be finalised and distributed once again to the membership of each association, other stakeholder groups and the general public for further comment shortly.

Submissions

The College continues to lobby in an effort to persuade MP Steven Joyce to reverse his proposal for cutting government-funded student allowances for postgraduate students. Members of the NZCCP Executive and the Wellington branch have held meetings with MP Grant Robertson on 17 September 2012 and with MPs Grant Robertson and Maryan Street (Labour), Barbara Stewart (NZ First) and with Helen Leahy (Maori Party Chief of Staff) on 18 October who all noted their opposition to the Government's decision to reduce the number of years that student allowance is available.

A collection of personal stories from individual students, including particular issues for Maori and Pacific Island students and communities, will be sent to MP Grant Robertson for sending on to MP Steven Joyce to specifically emphasise how people are adversely affected by this policy. MP Peter Dunne has agreed to a meeting with College members from his constituency to be made soon. It is planned that a coordinated public comment will be made shortly.

Tribute to Dr. Jo Nightingale, Fellow NZCCP

Lynley Wicks

It is with great sadness that we mourn the death of Jo Nightingale. Jo contributed a

great deal of energy and effort to promoting the role of Clinical Psychology in New Zealand.

Jo began training in Clinical Psychology at Victoria University in 1997 after a successful career in communication. In 2003 she completed her Doctor of Philosophy in Psychology and she was registered as a Clinical Psychologist in 2003. At this time she began working in Consultation Liaison Psychiatry at Wellington Hospital, CCDHB. She worked within the medical wards and outpatient settings using and advocating for psychological techniques with clients with a medical illness. She also worked at a community level presenting to groups such as the Cancer Society.

Jo joined NZCCP as a student. She became actively involved in the Wellington branch in February 2002 and was elected as Treasurer in June that year. She held that position for 4 years until 2006 when she took over as Chair of the branch for 2 years. She was awarded Fellowship of the College in 2007.

In addition to volunteer work for NZCCP, Jo was also very involved in other psychology arenas, including heading the contract negotiations committee for the CCDHB clinical psychologists.

Jo was absolutely dependable and not only got the job done, but always put in a large amount of effort to ensure it was done well. She took great pride in her profession and passed on her enthusiasm and knowledge to students and colleagues.

On behalf of NZCCP I would like to acknowledge Jo for all that she has done for clinical psychology in New Zealand and wish Jo and her family peace.

(Please note that a fuller obituary will be included in the next issue of the Journal NZCCP).

NZCCP Membership News

At the National Executive meetings since the Winter ShrinkRAP was sent out, the following people have been approved and accepted as

Full Members of the College:

Sarah Calvert, Auckland
Angela Cragg, Christchurch
Jessica Garisch, Wellington
Alison Hunter, Dunedin
Margaret Roberts, Auckland
Sarah Roberts, Wellington

Kathryn Turpin, Auckland
Amber Rowse, Christchurch
Leanne Taylor-Miller, Auckland
Jared Watson, Wellington
Prya Beharry, Tauranga
Nick Mooney, Wellington
Paul Carlyon, Wellington
Esther Anderson, Auckland
Jake Dickson, Dunedin

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

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

Hilary Bradley, Tauranga
Charlene Lang, Christchurch
David Miller, Christchurch
Susan Page, Auckland
Frances Williams, Wellington
Ben McEachen, Dunedin
Vicki Mobley, Auckland
Rachel Findlay, Palmerston North
Simon Pankhurst, Christchurch
Eugenia Rodriguez, Wellington
Amber Barry, Palmerston North
Eremin Maia, Auckland

The National Executive wishes to congratulate these people on attaining their new membership status.

Summary of the Psychology Profession Advisory Forum (PPAF) meeting 29 August 2012

Representatives of the New Zealand Psychologists Board, New Zealand College of Clinical Psychologists, New Zealand Psychological Society, and the university training programmes meet regularly to share information and discuss issues relevant to all aspects of the profession.

Key issues discussed

Cultural Competence – It was noted that the Maori and Psychology Research Unit at the University of Waikato, the University of Auckland Psychology Department, and the National Standing Committee on Bicultural Issues are inviting registrations for the 2012 Indigenous Psychologies: Our Past, Present, and Future conference. The conference will be held on November 16 & 17 2012, at the University of Auckland.

Translation of the Code of Ethics – The project to translate the Code of Ethics into Te Reo is finally completed. The Code and the translation was mailed out to all APC holders and 'paid-up' registrants in late September. A formal launch will be held at the Indigenous Psychologies conference (see item above).

Working with Health Workforce New Zealand (HWNZ) re Internships, Prescription Privileges, and the psychology profession's potential contributions to healthcare in New Zealand – It was noted that a meeting with HWNZ is planned for November 1st. It is expected that representatives from the Heads of Department, the Programme Leaders, the NZPsS, and the NZCCP will attend. The meeting will provide an opportunity to follow up on initial discussions re prescription privileges for psychologists, the psychology profession's potential contributions to healthcare, and the funding of internships.

HWNZ have expressed strong interest in the "prescription rights" (RxP) issue. NZCCP have agreed (on behalf of HWNZ) to draft a discussion/consultation document (which will be shared with the other PPAF members as soon as possible). All PPAF members will have the opportunity to comment/contribute to the document after the first draft. In a related development, NZCCP have also invited members of one of the psychopharmacology training programmes in the USA to present at the NZCCP (April) 2013 conference.

It was agreed that a 'task and finish' group will meet soon to refocus on PPAF's shared objectives and how best to achieve them. It was agreed that the profession need to collectively articulate a longer term agenda, but that we can, and should, build on any success with the RxP project.

Reports from PPAF Members

NZCCP: The College reported that –

- They have been lobbying Hon Steven Joyce (Minister for Tertiary Education) in regard to student funding and they will continue to collaborate with student groups on this issue. Their recent press release was picked up by Scoop, and a spokesperson was interviewed by Radio NZ.
- They have just completed a survey re the Board's CCP and audit, with a response from just under 10% of their membership. The results will be shared with the Board once summarised.
- They are helping their Wellington branch offer a "Mental Health Day". They are working closely with the Mental Health Foundation, and will be

offering presentations for public consumption. They hope the project will raise the public profile of Clinical Psychologists.

NZPsS: The Society reported that:

- They also have been lobbying re student funding, but have been disappointed with the lack of response from politicians. They particularly noted the contradiction between funding decisions re student allowances and the workforce development role of HWNZ.
- They have now moved to their new, larger premises (Grand Annexe, Boulcott Street).
- Their AGM was recently reconvened at their new premises, and subsequently their new executive is now in place. They also used the opportunity to meet with Institute Chairs.
- A professional development session on the new Crimes Act was recently offered. The new Act redefines the meaning of the family, which could influence other courts.
- A Family Court, bicultural, and other workshops are also being offered.
- They are working on their 2013 conference, which will be held in Auckland.
- The results from their recent survey re professional issues are being collated. The survey included a question about prescription privileges.
- They are continuing to work with the New Zealand Red Cross to develop a psychological first aid programme.
- They are writing a discussion paper on prescribing roles.

HoDs: The HoD representative reported that:

- It is very important to remember that internships are, first and foremost, a part of university qualifications. Universities therefore must be involved in any related negotiations. They noted for example, in regard to HWNZ's recent announcement that 8 internships will be funded, that a number of questions remain unanswered. How will this funding be done? What impact will it have on current arrangements? How will the funding be spread over the various courses? (In discussion, it was acknowledged that the professional

bodies are also key stakeholders in the intern funding issue.)

- HWNZ is appointing its Regional Programme Directors of Training for each of the four training hubs. They have appointed Kate Rawlings for the South Island hub, and A/Prof Neville Blampied and other officials from the University of Canterbury are meeting with her on August 30.
- The HoDs will meet again in 2012; hopefully just ahead of any meeting with HWNZ, but certainly before the end of the year.
- A/Prof Blampied's term as an HoD ends this year, so the HoDs will need to appoint a new PPAF representative.
- Some university staff made strong representations re the current restructuring of the Department of Corrections. This seems to have helped to protect key psychology roles. It was agreed that we all need to be vigilant regarding structural attacks on the profession.
- The HoDs are working on a document exploring the development of further pathways to registration. An update will be provided at a future meeting.
- A/Prof Blampied attended the recent 30th International Congress of Psychology (ICP) in South Africa. It was a great conference, and very worth attending. The ICP will next be held in 2016 in Yokohama and in 2020 in Prague. The next International Congress of Applied Psychology will be in Paris in 2014 (and thereafter in Montreal in 2018).

Psychologists Board: The Board reported that:

- Principal Family Court Judge Peter Boshier had recently provided clarity around access to samples of psychologist's work for the court where a competence review was underway.
 - A new Steering Group had recently been established by the 16 Regulatory Authorities to develop the terms of reference for a Detailed Business Case (DBC) to further explore the Ministry's proposals for amalgamating secretariats. It was noted that two groups might not participate in the resulting structure. Although most RAs see some possible advantages, the question remains as to whether or not those advantages will be sufficient to justify the expense, risk, and disruption caused (hence the need for the DBC). It was also noted that the Psychologists Board remains committed (along with the other 5 "RA Partners") to their 3 core principles and to ensuring that there is meaningful consultation with practitioners before any significant decisions are made.
- Four current Board members' terms expire in September 2012, and the Ministry has recently asked the Board Chairperson to interview two possible (lay member) appointees. The Board's preferred skill set for appointees was outlined.
 - The Board have adopted their Māori name (Te Poari Kaimātai Hinengaro o Aotearoa), and the process has gone quite smoothly.
 - A working party is reviewing the draft Counselling Psychologist scope core competencies. The Board would like to add more members to this group.
 - The 2012 review of the HPCA Act has been launched by the Ministry.
 - Good progress is being made on the draft guidelines on the use of psychometrics. There has been a lot of interest from the profession on these draft guidelines. The latest (re)draft has now been posted to the Board's website for further consultation.
 - The Psychologists Board meets once a year with their Australian counterparts. This has proven to be a very useful forum. The Australian Board (PsyBA) has just had 4 members replaced, so is going through a period of adjustment. The two boards signed an MoU, which has been posted to the Board's website.
 - The Board has been working with the PsyBA regarding the regulation of the profession in the South Pacific island nations. They are exploring what regulations (if any) apply in each jurisdiction and what reach the NZPB and PsyBA have re their practitioners who work in the islands. A guideline for practitioners is now being drafted.
 - The Asia-Pacific Psychology Standards network (APPSN) has recently been established. It is hoped that the Network will eventually grow to include all 45 Asia-Pacific nations. The Network's initial goals are

modest, with the first priorities being to establish a contact in each nation and to develop a webpage where people can go to compare and contrast the registration requirements of all 45 countries.

The next PPAF meeting will be held on 6 November (1:00 – 4:30pm).

All present offered their thanks to A/Prof Blampied for his contributions over the past few years, as this was his last meeting with PPAF.

Future meetings

Review: "Mind How You Go"

In celebration of Mental Health Awareness Week the New Zealand College of clinical psychologists (NZCCP) Wellington Branch ran their first ever public event. The event, held at the Wellington Public Library, was titled "Mind How You Go" and involved a number of experienced clinical psychologists providing information in regards to mental health and strategies to enhance well-being. The day was structured to briefly cover different periods of the life span.

In the morning, Kim Narsi began the day by giving the near capacity audience a general overview of how a clinical psychologist works with children and families. She used her 12 years of clinical experience to provide information on how to recognize and manage behaviour that is associated with ADHD and Autism Spectrum Disorder.

Following this extremely informative presentation, Dr Karen Salmon explained to the audience what strategies parents and caregivers can use to help raise emotionally competent children. Dr Salmon, an Associate Professor at Victoria University, gave specific examples, such as using descriptive praise and providing clear boundaries, which help children recognize and regulate both positive and negative emotions.

At midday, Gaynor Parkin began a series of presentations on adult mental health. Gaynor, the founding director of Umbrella Health, specialises in psychological resilience to manage stress. She provided research that states that in our daily life we need three positive emotions for every one negative emotion and engaged the audience, asking them to identify as many positive emotions as possible. With over 20 emotions identified, she explained how using techniques such as mediation can help elicit these emotions. Importantly, she emphasized how the development of these techniques can be used to aid resilience during stressful times.

Following on from Gaynor, Dr Erica Chadwick, gave the audience evidence from her PhD research on savouring. Savouring is a set of cognitive-behavioural strategies that individuals can use to respond to positive emotions and events. She explained how savouring is a building block for happiness.

Moving on from positive psychology, Dr Nicole Pray gave the audience an overview of Mood Disorders in Adulthood. Using her clinical experience from working at a recognised trauma centre in the United States, she explained how trauma could result in mood disorders in adulthood. Nicole explained how to recognize symptoms of depression and bipolar disorder and how clinical psychology can help manage and alleviate these disorders.

The day concluded with a presentation by Dr Nick Mooney on busting myths and developing resilience in old age. Nick used a vast amount of research to quash many misconceptions associated with getting old, including as an example the fact that older people are more happy than young adults. He also explained how clinical psychology can help older adults to effectively cope and adapt positively to difficulties associated with growing old in order to maintain quality of life.

"Mind How You Go" was an extremely successful day. The near capacity audience ranged from members of the public to experienced health professionals. We even had an attendee travel down from Whangarei specifically for the event. We received nothing but positive comments from the audience, with many requests to repeat the event. Specific information about each of the presentations provided during "Mind How You Go" can be found on the NZCCP website. <http://www.nzccp.co.nz/>



Dr Erica Chadwick presenting at "Mind How You Go."

Fuel Aotearoa: Empowering Athletic Girls and Women Through Education

Chronic energy deficiency in female athletes and exercising women is common yet has significant consequences to long term health. That is, low energy availability, whether it develops inadvertently or purposefully and with or without disordered eating behaviours, compromises the reproductive, skeletal and cardiovascular systems and also exercise training and performance. These issues are largely ignored and often not discussed, so Dr Holly Thorpe (University of Waikato) and Maria Bentley (physiotherapist and AUT University PhD candidate) have developed an educational website titled '**Fuel Aotearoa: Empowering Athletic Girls and Women Through Education**' (www.fuelaotearoa.co.nz). The website is designed specifically for female athletes, exercising women, coaches, family and health professionals to provide accessible information about the physiological, psychological and social aspects of low energy availability and the Female Athlete Triad. An additional aim is to establish a nationwide network of psychologists who are interested in assessment and management of girls and women who present with or are at-risk for developing low energy availability and the Triad. Holly and Maria are seeking feedback from psychologists who have experience with assessment and management of Triad related issues. Please contact them via email (info@fuelaotearoa.co.nz) if you would like to be added to the Professional Support page (<http://fuelaotearoa.co.nz/support/professional-support/>).

Upping Our Game



2013 NZCCP National Conference 11–12 April 2013

Forsyth Barr Stadium, Dunedin
Pre-Conference Workshop 10 April

Dunedin is a fantastic setting for our 24th annual conference, hosted by the Otago-Southland branch of the NZCCP.

Dunedin and its rolling hills are located near the Otago Peninsula, where there is an incredible variety of wildlife, stunning beaches, and scenic walks. Dunedin is wonderful in the autumn, boasting many historic places, a thriving arts scene, and a local café and bar culture that rivals any of the big cities. The 2013 conference will deliver a range of excellent speakers, who will expose the practical aspects of therapy.

This is also a great opportunity to get together with fellow clinicians from across the country and affirm collegial ties. The conference programme will include a fabulous evening to relax and socialise with peers in Larnach's Castle - one of Dunedin's historic buildings. The night will include dinner and a show, promising to leave you satisfied and in good cheer – cost of dinner and entertainment is included in conference registration.

For more information and updates please go to the website: www.nzccp.co.nz



Pre-Conference workshop with Professor Alan Carr

*Comprehensive Case Formulation for the Assessment and Treatment of Complex Cases
Wednesday 10 April, 9 – 5pm*

Assessing and treating complex cases in the fields of child and adult mental health and disability is challenging. Where cases are characterized by multiple risk factors, multiple problems and where there are multiple treatment goals case management can be a difficult process. Comprehensive case formulation and a systematic approach to case management is a very useful way to address such challenges. In this workshop Professor Carr will explain his approach to clinical case formulation and discuss creative ways to address challenges that arise during the planning, assessment, treatment and disengagement phases of the case management process.

Ethics Forum

This forum is a chance to meet and discuss ethical issues of concern to clinical psychologists.

Other Conference Activities

In order to help with "Upping Our Game", opposing sides on some topical issues will be presented and followed by debate and discussion. These topics will include Prescribing Rights for Psychologists and ACC.

We invite submissions of oral presentations and posters on any topic relevant to clinical psychology for the NZCCP 2013 annual conference. We welcome presentations reporting on research as well as presentations from experienced clinicians that reflect on aspects of practice and therapeutic process. Posters will be available for viewing by attendees throughout the conference. Posters should be approximately 115cm wide and 85cm high.

Information about submission of abstracts for papers and posters

Deadline for abstract submission: 30 November 2012

Submit abstracts to: Caroline Greig, office@nzccp.co.nz

You will be notified regarding acceptance within 6 weeks from the deadline.

Please include the following information:

- 1 Name of the communicating author
- 2 E mail and postal address
- 3 Title of the poster/paper
- 4 Names of all authors
- 5 A brief note of affiliation (eg, Dept of Psychology, University of Otago) for the authors.
- 6 Abstract - maximum of 250 words.

Abstract submission information

Abstracts will appear in the programme exactly as they are provided.

Format: double-spaced, in Times New Roman, 11pt, and preferably in Microsoft Word.

- Research papers can be on a clinical, theoretical, or professional area with a time allocation of 30 minutes, including time for questions. However, should we receive a large number of quality papers, we may make the time allocation shorter (minimum 20 minutes). Empirical papers to include background, aims, methods, results and conclusions. Theoretical or professional topics should include background, aims, main contributions and conclusions. 250 word maximum.
- Practical workshops can be on any professional area with a time allocation of 90 minutes. Abstracts to include background, aims, methods and learning objectives. 500 word maximum.

We encourage you to present using PowerPoint. A technician will be available at the conference and we will provide pc laptops and data projectors or televisions. Please notify the NZCCP office well in advance if you need other equipment. Bring an electronic copy of your reference/presentation material with you so that these can be placed on the website.

All presenters who intend to attend the rest of the conference are required to register for it. At least one author of a poster is required to register for the conference.

Calling all students!!! Student awards

NZCCP student members are invited to enter submissions for consideration for two student awards for outstanding student presentations: the John Dugdale award and the Olina Carter award. These awards involve a cash prize. If you are a student member and wish your paper/poster considered for these awards please note this when you submit your abstract, and state the university programme with which you are a student.

NZCCP 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/>)

NZCCP Events

LOCATION	MONTH	PRESENTER/ CONTENT
Nelson	30 November	Dr Jenny Jordan/Metacognitive therapy workshop
Hawkes Bay	20 February 2013	Dr Jenny Jordan/Metacognitive therapy workshop
Tauranga	22 February 2013	Dr Jenny Jordan/Metacognitive therapy workshop
Dunedin	10-12 April 2013	NZCCP National Conference: <i>Upping Our Game</i>

Other Events

LOCATION	MONTH	PRESENTER/ CONTENT
Auckland	12-16 November	DBT Intensive Training
Auckland	16-17 November	Indigenous Psychologies Conference
Wellington	28 – 29 January	Dr Russ Harris/ACT Training
Auckland	31 Jan – 1 Feb	Dr Russ Harris/ACT Training
Wellington	28 Feb – 1 March	NZPOPS 12 th National Conference
Hamilton	18 – 21 April 2013	NZ Pain Society 38 th Scientific Meeting



ACBS ANZ

November 30 -
December 2
at Australian
Catholic University,
Fitzroy,
Melbourne

Key presenters will include:

- Russ Harris - author of "The Happiness Trap", "ACT made Simple" and Australia's leading ACT trainer
- Kirk Strosahl - co-author of the original 1999 text, "Acceptance and Commitment Therapy"
- Louise McHugh - leading researcher on Relational Frame Theory and co-author of "The Self and Perspective-Taking"
- Benjamin Schoendorff - ACT trainer and author of the first ACT text in French and many more
- Louise Hayes - Australia's leading expert on the use of ACT with adolescents and youth

Announcing the 6th annual Australia-New Zealand Acceptance and Commitment Therapy Conference

Proudly presented by the Australia-New Zealand Chapter of the Association for Contextual Behavioral Science.



Join us for this inspirational and practical conference, integrating science and clinical skills in a host of seminars, panel discussions and workshops. Leading international and local figures explore ACT with adults, children, communities and organisations. Like all ACT Conferences the focus will be on learning practical skills, networking and having fun.

Key dates:

Paper, seminar and workshop
submissions close - September 15
Poster submissions close - October 15
Registrations open - August 15
Early bird registration close September 30

Call for submissions now open

Visit www.anzact.com/anzact2012 for more information

CLASSIFIED

Clinical Psychologist

A position has been established for a Clinical Psychologist to work with the Infant/Child/Adolescent population in Primary Mental Health.

ProCare is a PHO covering a population of approximately 800,000 in the Auckland City and greater Auckland region. ProCare Psychological Services employs approximately 20 FTE Psychologists who deliver Primary Mental Health Interventions.

The position would be for an experienced Clinician to join the child focussed team within our Psychological Services.

Confidential enquiries to: Julian Reeves JulianR@procare.co.nz

MBSR Practicum:

Groundwork for Teaching

- a seven day investigation into the practice of teaching MBSR -
with Dr Bob Stahl and Timothea Goddard

Expressions of interest are now being sought.

Date: 24 June – 1st July 2013

Venue: Mana Retreat Centre, Coromandel, New Zealand

This training will be provided by Openground, and hosted in New Zealand by Marijke Batenburg and Lisa Markwick

Invitation to you

In discussions taking place between mindfulness colleagues across the Tasman, we have had considerable interest for this seven-day teacher training to be offered in New Zealand (to save people travelling to Australia or the US) and are in the process of finding out if there is enough interest to offer an in-depth training in Auckland late June of 2013. Registering your interest does not commit you to attending!

This training is for people who already have some experience with mindfulness. The pre-requisites involve attending an eight-week MBSR program, and also a silent meditation retreat, and the cultivation of a regular personal meditation practice - so it can take some time, dedication and planning to come to fruition. (For more info please see: *Becoming an MBSR Teacher*). If you find yourself drawn to this work personally and professionally, we are happy to discuss this process of preparation with you.

For more information please go to
www.mindfulpsychology.co.nz or www.openground.com.au

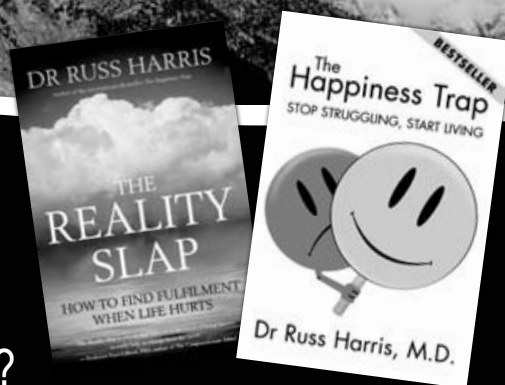


Acceptance & Commitment Therapy

The Art of Mindfulness
with Dr Russ Harris

Wellington, Jan 28-29
Auckland, Jan 31-Feb 1

What's *all the fuss* about
Acceptance & Commitment
Therapy (ACT)?
Why have *over 14,000* Australian
therapists attended Russ's trainings?



The aim of ACT is to create a rich, full and meaningful life, through mindfulness and values-guided action. Do you like the idea of:

- *Mindfulness without meditation*
- *Motivation without coercion*
- *Symptom reduction without trying*
- *Meaning, fulfillment and vitality – for both clients and therapists*

If so, come to one of our workshops! Numerous published studies show good results for ACT with depression, OCD, GAD, social anxiety disorder, addictions, chronic pain, schizophrenia, and many other conditions.

Dr Russ Harris is a world renowned ACT trainer. His ACT-based books include "The Happiness Trap" (now published in over thirty countries and twenty-two languages), "ACT with Love", "ACT Made Simple", and "The Reality Slap". He bases his trainings on three key principles: clarity, simplicity, and fun!

(NB: Russ will also run an advanced workshop: Auckland, Nov 21-22)

To register, visit www.actmindfully.com.au/auckland or www.actmindfully.com.au/wellington

For details, visit www.actmindfully.com.au

Leah is an Australian doctoral-level clinical psychologist with 17 years of clinical and teaching expertise in CBT and traumatology

Treating PTSD

27-28 June 2013, Auckland CBD
presented by Dr Leah Giarratano



Limited Positions. Register Early.

A CPD/ CPE activity for mental health professionals

Registration closes on 24/6/13

Clinical skills for treating posttraumatic stress disorder

This two-day (9am-4:30pm) 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 cognitive behavioural, evidence-based, and will be immediately useful and effective for your clinical practice. The emphasis is upon imparting practical skills and up-to-date research in this area. The program is intended for all mental health professionals.

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
- Contraindications and complex case issues

This program is also offered around Australia in 2012-12. Find out more about this training & books by Leah Giarratano (and purchase securely) at www.talominbooks.com

Program fee & payment is in Australian Dollars

- + Super Early Bird: \$550 for payment by 31/12/12
- + Early Bird: \$600 for payment by 27/3/13
- + Normal Fee: \$650 for payment after 27/3/13

Please note you can save \$50 (each) when you register with a colleague by fax (faxes must arrive together)

The most convenient way to pay in Australian Dollars is with a Visa or Master Card at our website. Cheques must be in Australian Dollars and issued by a bank.

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Interactive Drawing Therapy (IDT)



*"Working with
imagery and
metaphor to
unlock inner
resourcefulness"*

- Professional, relevant, compatible, accessible
- Solid, innovative and immediately usable theoretical base
- Effective, safe, user-friendly, powerful, liberating

REMAINING IDT FOUNDATION COURSE TRAINING 2012

City	Unit One	Unit Two
Auckland	1-2 November	5-6 November
Wellington	1-2 November	26-27 November
Hamilton	15-16 November	19-20 November

2013 Course Programme soon to be released

IDT offers further courses to enhance counsellor skills, confidence and effectiveness. We welcome in-house training enquiries.

To register for our training courses or for more information:

Visit www.InteractiveDrawingTherapy.com; Email: idt@pl.net or Phone: +64 9 376 4789

