



ShrinkRAP

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

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*All the best to all of you for a
FABULOUS FESTIVE SEASON!*

Na te ringa-raupa, ka ora ai te iwi
by the calluses on one's hands (hard work), people will survive



2013 NZCCP National Conference
11-12 April 2013
Forsyth Barr Stadium, Dunedin
Registration form inside

College News

We have been extremely pleased with the research resource, the EBSCO Publishing online Psychology Research Database, which has been available to all College members since last year. This provides unlimited remote access to their Core Psychology Research Package containing Psychology & Behavioral Sciences Collection, MEDLINE with Full Text, and Mental Measurements Yearbooks with Tests in Print.

We are delighted to announce that the College Council decided at the meeting last month to renew the contract with EBSCO to end of November 2013.

Please sign up for and use this resource as much as you want and don't forget to give us lots of feedback as to how you're finding it.

Psychologists Prescribing

The first round of consultation, with Health Workforce NZ, the Psychologists Board (who are fully engaged and have been actively consulted on the proposal), the Psychological Society and the College membership is over and the relevant feedback and comments will be incorporated in the draft proposal which will be sent out for wide and extensive consultation in the new year.

Please note that the College office will be closed from 5pm Friday 21 December and will re-open on Monday 14 January.

Submissions

Ann Connell and Caroline Greig had an extremely productive meeting with Ken McIntosh (Principal of the Health School) and Carolyn Grace and Lisa Thompson from the Ministry of Education in early November. We subsequently sent them the following recommended addition (in italics) to the referral requirements for the Regional Health Schools.

The health school will need a medical certificate from a medical practitioner *or a psychologist registered in the clinical scope of practice (and a member of an appropriate professional body)* specialising in the condition, saying what the condition is, how it's being treated and, most importantly, how the condition and treatment is stopping the child attending school.

The rationale for this is that clinical psychologists have a formally legislated role equivalent to medical practitioners related to the assessment of and statements about impairment and fitness from a mental health perspective

NZCCP Membership News

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

Full Members of the College:

Leah Caldwell, Timaru
Susan Hayes, Auckland
Rebekah Jourdain, Palmerston North
Paul Knox, Dunedin
Nicole Pray, Wellington
Julia Somervell, Auckland
Mike Spruce, Greymouth

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

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

Kimberly Falconer, Auckland
Rachel Hodge, Christchurch
Elizabeth Walker, Wellington
Rebecca Walker, Dunedin
Helene Zdrenka, Dunedin

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

College Awards

Applications are open for the NZCCP awards for 2012 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**, of up to \$1,500, are 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 Māori students.

Applications for these awards and grants must be submitted by the end of February and the successful recipient will be informed by the end of March.

The third **Susan Selway Memorial Scholarship** is available to support NZCCP members from Christchurch who have been (or are) adversely affected by the earthquakes to attend Continuing Educational activities relevant to their profession. This scholarship has a total value of \$1200 per annum, and is distributed as four grants of \$300 each per year. Applications should be submitted by the end of February. The successful applicants will be chosen by lottery and the successful recipient informed by the end of March

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

Erratum

We wish to apologise for an error in the article on the "Mind How You Go" mental health awareness day in the Spring ShrinkRAP.

The feedback on Gaynor Parkin's presentation should read:

"With over 20 emotions identified, she explained how using techniques such as **meditation** can help elicit these emotions. Importantly, she emphasized how the development of these techniques can be used to aid resilience."

Summary of the Psychology Profession Advisory Forum (PPAF) meeting, 6 November 2012

Representatives of the New Zealand Psychologists Board, New Zealand College of Clinical Psychologists, and the New Zealand Psychological Society attended this half-day meeting in Wellington. The University HoDs' representative tendered his apologies.

Key issues discussed

Updates re each organisation's cultural competence activities - The Society noted that cultural competence is routinely addressed in each of their publications. For example, the next edition of Psychology Aotearoa will have a number of related articles. The Board's secretariat staff will be undertaking training over the next 6 weeks in te reo and tikanga Māori.

Core competencies for Counselling Psychologists - A working party has prepared a revised draft of these competencies. The draft is now with the NZPsS Institute of Counselling Psychology, who intend to provide feedback by February 2013.

Translation of the Code of Ethics - The translated Code was formally launched at the Indigenous Psychologies conference on 16 November, where it was very well received. The Board has mailed out copies of the Code to all APC holders and 'paid-up' registrants.

Update re the Psychology Workforce Group - The PWG met again on 6 November to discuss workforce issues for psychologists. The key documents that need to be considered going forward (especially the Service Development Plan) were noted. It

was also suggested that the profession needs to improve its profile with HWNZ.

Consultation re the NZCCP's prescription rights (RxP) proposal - The NZCCP recently circulated a consultation document on Proposed Prescribing Rights for Clinical Psychologists. They weren't in a position to present outcomes as the consultation was still progressing. The Society has also done a survey around the issue which showed a split in the profession, as noted in previous surveys. They are keen for much more consultation including looking at the 'bigger picture' around the role of psychologists of all scopes. The Board thanked the authors of the NZCCP paper for doing the work and noted a number of initial concerns, which were subsequently provided in written form. Finally, concern was expressed about the need for the profession to remain united.

Update re the 2012 Review of the HPCA Act - It was noted that the deadline for submissions on the current consultation round has passed and that the Board and Society had made submissions. The HoDs have also made a submission, focussing on their concerns re protection of title.

Reports from PPAF Members

NZCCP

The College reported that:

- They have been lobbying the government with VUW Clinical Psychology students re the Minister's plan to cut (post-grad) student allowances. A meeting was held with a group of opposition MPs, and a meeting will be held with Peter Dunne next week.
- They sponsored the Indigenous Psychologies conference.
- They are meeting with the Ministry of Education re referrals to the health school, where they will try to clarify what Clinical Psychologists can and can't do. They will propose that Clinical Psychologists be able to refer directly.
- They recently conducted a CCP audit survey. This "straw poll" had about 100 responses. It was clear that the responses re the Board's audit processes were positive, but those in regard to the CCP itself were quite negative. The results will be considered by the Board. It was noted that at the end of the first 5-year cycle the Board will undertake a major review and consultation process.

- They talked to the Board's Registrar re disclosure of complaints. This is a tricky issue, which needs further consideration. (For example, how might this tie in to pastoral care being provided by the collegial bodies?)
- Their Wellington Branch recently participated in the nation-wide Mental Health Awareness Day, providing talks for the public at the central library. Attendance was strong and they have received fantastic feedback.

NZPsS

The Society reported that:

- They have been writing submissions re the HPCAA Review, RxP, the Social Security and Definition of Marriage Amendment Bills, and the Vulnerable Children white paper. All of their submissions can be downloaded from their website. Next up is a submission on the Mental Health and Addiction Service Plan.
- They had the first meeting of their new executive, which went well.
- They surveyed their members re RxP (see related comments above).
- They will be publishing the next edition of Psychology Aotearoa soon.
- Their latest NZJP online journal is just out.
- They recently sent the Board some feedback from members re the CCP.

HoDs

No report was received.

- It was noted that the HoDs and Programme Leaders recently met with HWNZ to discuss internships and each branch of psychology's possible contributions to "health" in New Zealand. Des Gorman, Gregor Coster, and Brenda Wright all commented positively, and seemed particularly keen to hear about Māori male students and graduate employment stats. They confirmed that there will be 8 internships supported from next year, and assured the meeting that the DHBs will not stop funding internships. They see the 8 positions as "seeding" funding. A Steering Group to further address the internships issue was established, and NZCCP and NZPsS will seek observer status on this group.

Psychologists Board

The Board reported:

- That representatives recently met with members of the (Australian) National Registration and Accreditation Scheme, which proved very worthwhile. The meeting is an

annual opportunity for all Australian Registration Authorities to take stock, share ideas and innovations, identify future challenges, and identify actions to make needed change. Copies of the notes taken were provided for all PPAF members.

- In regard to the Ministry's proposals for a single, shared secretariat, it was noted that a new Steering Group (chaired by Ron Paterson) has met to begin developing the terms of reference for a Detailed Business Case (DBC). They next meet on November 20th. There are still two main groups of RAs (10 + 6), each promoting somewhat different paths to a shared secretariat. The Steering Group has 3 members from each camp. It was noted that, as per their submission on the review of the Act, 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. It was stressed that the Board is not against a shared secretariat – but it's the model that matters.

- It was noted that three current Board members (Ian Miller, Monique Faleafa, and lay member Beverley Clark) have been reappointed for further three-year terms. The Minister has also appointed Monica Davis as the Board's second lay member. Although one vacancy remains, the Minister has made it clear that he does not intend to make any further appointments at this time.

- Anne Goodhead updated the group re progress on the guidelines for the use of psychometrics. There has been steady and strong interest from the profession in these draft guidelines. Based on the feedback received, Anne has significantly restructured the current draft (which will be posted to the Board's website for further consultation). The Telepsychology discussion document had been on hold awaiting completion of the APA/ASPPB process, but it now seems we are unlikely to get much from that. The document will go back to the Board later this week. Finally, Anne noted that she has drafted a new guideline re Maintaining Professionalism While Using Social Media.

- That the Board's Chairperson and CE/Registrar met with the training programme HoDs to discuss their concerns about title use (as expressed in their submission to the review of the HPCA Act). The Board will remind the HoDs of the possible solutions that were considered in 2004.

The next PPAF meeting will be held on 19 February.

ACC

Representatives from the NZPsS and NZCCP met with Dr Kris Fernando (ACC National Psychology Advisor), and Emma Powell, (ACC Interim Category Manager Specialised Treatment) in October as part of the regular scheduled meetings with ACC, to discuss issues.

Sector liaison group

Kris noted that there is nothing further to report about the sector liaison groups. However, ACC is continuing to liaise with the sector through a variety of means such as road shows, focus groups and the Sensitive Claims Advisory Group. ACC has sent an invitation to the sector seeking interest in participating in focus groups regarding sensitive claims and mental injury and the focus groups have now been formed. The Sensitive Claims Advisory Group will meet six monthly providing the opportunity for further external input into the direction of sensitive claims.

Discussion of ACC psychometric guidelines

ACC has developed psychometrics guidelines as a reminder to providers what ACC expects based on local and international best practice. Providers will soon receive a copy of these guidelines. The guidelines will be sent to providers and published on ACC websites after the feedback has been incorporated.

ACC process for investigation of complaints – the role of Branch Advisory Psychologists

ACC has sent a document to providers explaining the role of the BAPs and the process ACC follows when there are concerns. ACC wants to work with providers to resolve any problems before they escalate. Kris will further outline how concerns are identified and the process which takes place

to ascertain whether the concerns need to be followed up with the provider. There was consensus that it would be positive for providers to receive feedback about the quality and outcomes of their reports. Currently, providers often receive feedback on their first few reports to assist them in becoming aware of what is required by ACC. Following this, providers tend to be notified if concerns are raised around their reports or to provide positive feedback about the reports. Emma noted that in the future ACC will think about how can they make feedback as simple and as streamlined as possible without creating unnecessary administrative work.

Fee Structure

A comment was made that the fees paid by ACC to providers are inadequate for the amount of work expected and reduced in comparison with other funders. It was clarified that in regards to DNAs in Psychological Services it is one per claim. Pricing (including DNA rates) will be closely looked at within the design of future contracts based on feedback from the sector.

Other business

It was noted that letters from providers about confidential, professional matters which are intended to go to the BAP need to be sent in a different envelope from client information as ACC staff who handle the documents might not have the skills to assess what needs to be separated out.

There was a discussion of ACC moving towards a policy where families are seen as an integral part of the therapeutic process especially for children. There was general agreement that psychologists should be able to work with individuals as well as families and that the modified policy will not demand additional competencies on the part of psychologists.

Next meeting will be on 27 February 2013.

Fees

- Fees include morning and afternoon teas, and lunches
- Cancellations received before Monday 11 March 2013 will receive 80% refund. No refunds after 11 March.
- In the unlikely event of conference cancellation, we will refund fees in full, less a \$60 administration cost.
- We will not accept liability for travel or accommodation expenses or any other costs incurred by registrants.
- To qualify as a student delegate, you must be enrolled in a clinical psychology training programme and have NZCCP student membership.

Registration

- All registrations will be acknowledged by email.
- Registrations must be accompanied by payment
- You can register by mail or online:
- Mail to Caroline Greig, NZCCP
P.O. Box 24 088, Wellington
- Online: www.nzccp.co.nz and click
Events> Conferences> NZCCP Conference 2013

Enquiries to Caroline at office@nzccp.co.nz

Payment

Payment can be made by:

- Cheque payable to NZCCP
- Online using credit card
- Direct debit to account: BNZ 02 0865 0271109 00
- Enter reference details as "Conference Fees" and please identify your payment clearly (using surname name and initials).

All fees include G.S.T.

Conference Function

- 7.30pm Thursday 11 April
- The Conference function will be held at the Larnach Castle Lodge, Dunedin.

The cost of the function is included in your conference registration fee. Partners may attend dinner as well for a small cost of \$70.

Pre-Conference Workshop

Early Bird (up to 28 February) **Standard rate**

Members	<input type="checkbox"/> \$300	<input type="checkbox"/> \$360
Non-Members	<input type="checkbox"/> \$350	<input type="checkbox"/> \$420
NZCCP Students	<input type="checkbox"/> \$150	<input type="checkbox"/> \$180
Non-NZCCP Students	<input type="checkbox"/> \$170	<input type="checkbox"/> \$200

Conference

Members	<input type="checkbox"/> \$420	<input type="checkbox"/> \$480
Non-Members	<input type="checkbox"/> \$500	<input type="checkbox"/> \$560
NZCCP Students	<input type="checkbox"/> \$200	<input type="checkbox"/> \$240
Non-NZCCP Students	<input type="checkbox"/> \$225	<input type="checkbox"/> \$270

Dinner on Saturday night Please indicate if planning to attend

☐ Yes ☐ No

Partners may attend dinner for an extra \$70.

Tick if partner attending ☐ Yes

Total to pay \$

Please send registration by no later than 1 April 2013.

Your details

Name

Address

Phone

Email

Service

If you have special dietary needs, please give details

If you have any mobility details, please give details

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/>)

TRAINING TIMETABLE

NZCCP Events

LOCATION	MONTH	PRESENTER/ CONTENT
Hawkes Bay	20 February	Dr Jenny Jordan/Metacognitive therapy workshop
Tauranga	22 February	Dr Jenny Jordan/Metacognitive therapy workshop
Christchurch	25 February	Dr Claire Cartwright/Enhancing Self-Reflective Practice
Auckland	8 April	Morgan Sammons & Steve Tulkin/RxP for psychologists information session
Wellington	9 April	Morgan Sammons & Steve Tulkin/RxP for psychologists information session
Dunedin	10-12 April	NZCCP National Conference: <i>Upping Our Game</i>
Christchurch	12 April	Morgan Sammons & Steve Tulkin/RxP for psychologists information session
Christchurch	5 July	Applications of the WAIS-IV and Advanced Clinical Solutions
Christchurch	22 November	Sex Therapy

Other Events

LOCATION	MONTH	PRESENTER/ CONTENT
Wellington	28 – 29 January	Dr Russ Harris/ACT Training
Auckland	31 Jan – 1 Feb	Dr Russ Harris/ACT Training
Wellington	15 February 2013	Dr John & Kelly Meyers/Rey Trial Workshop
Wellington	28 Feb – 1 March	NZPOPS 12 th National Conference
Hamilton	18 – 21 April 2013	NZ Pain Society 38 th Scientific Meeting

CLASSIFIED

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 2013. 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.

Please direct your enquiries to Joshua George on (0061 2) 9823 3374. Email: mail@talominbooks.com

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