



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

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**E kore tātau e mōhio ki te waitohu nui o te wai  
kia mimiti rawa he puna**  
*We never know the worth of water until the well runs dry*  
(Look after the planet)

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### **President's Report for NZCCP AGM March 2023**

*Tricia Stuart & Angus Maxwell*

Here we are again another year done and it is time to reflect on the past 12 month's achievements, challenges, and opportunities for the College, as well as priorities and strategies for the year ahead. In 2022 New Zealand has experienced some significant events that have impacted the field of clinical psychology. The ongoing presence of COVID-19 and the fall out effects of the pandemic have continued to affect the mental health and well-being of individuals, families, and communities, with clinical psychologists playing a vital role in supporting those affected by the pandemic. In addition,

we have faced challenges related to climate change (e.g. the floods and cyclone), racial inequalities (e.g. housing, health, workplace discrimination), professional burn out and political changes, which have further highlighted the importance of the work of clinical psychologists in promoting social justice, resilience, and positive change. With the support and work of the Exec, the Council, Caroline, Kara, Paul and our NZCCP community we have worked hard this year to continue to strengthen the College and, in a small way, the profession of psychology as a whole for the future, while also contributing in meaningful ways to the relevant issue presenting themselves throughout the year.

**Workforce Issues:** The Psychology Workforce Task Group aims to proactively address workforce issues for psychology. It has been unilaterally ended by the Ministry of Health. This leaves the parties involved, Corrections, Education, Oranga Tamariki, ACC, representatives of such groups the College and the NZ Psychological society, the University programmes, Māori, Pasifika, and the Psychologists Board without a forum. The College continues to pursue engagement with Te Whatu Ora on workplace issues, with limited success to date, although as of this week we have a meeting on the books for the beginning of April so watch this space.

**Continuing Education:** Branches are continuing to actively organise local educational activities. Our thanks to all the members in branches who put energy into making these events happen. While there is more ability to meet in person the College Zoom account is still being used extensively for the online workshops, and the ability of branch-initiated trainings to have a national audience is a continued positive.

Nationally, we continue to be committed to an ongoing focus on offering Kaupapa Māori training to members at reduced cost. This year we have part funded 20 places for the University of Otago MIHI501 mental health professionals' course: Application of the Hui Process / Meihana Model to Clinical Practice. We are also hosting the He Puna Whakaata trainings in 2022/23 in 5 centres around NZ.

The Australian Psychological Society (APS) has approached us to discuss opportunities for working together on continuing education. We have agreed that NZCCP members can gain access to the joint APS/NZPsP symposium in Wellington in May, with a member discount. We are also close to getting all members free access to an APS Disaster Response CPD package. We hope that this relationship can be expanded to secure cheaper access to all APS training for NZCCP members.

The Psychotherapy.net video selection continues to be a joint endeavour with the Australian Clinical Psychology Association (ACPA). The selection of videos is updated annually and can be accessed by any members through the member section of the website. The ProQuest Health Database subscription has been renewed for another year so members can continue to have access to journal article and other resources.

### **Board and Strategic Planning Activities**

**Strategic Plan:** The College embarked on a strategic plan process in March 2022. Initial ideas were shared with Council and further development of these is intended for the next council meeting, before wider dissemination to the membership. This process is taking longer than we expected but is still ongoing, we are hoping to present to council in the next few months.

**Governance:** The executive officers are continuing a review of the governance roles, responsibilities, processes, and board practices. This work is ongoing to ensure that we are acting in accordance with our responsibilities under the Incorporated Societies legislation, and with the values of the college. Our goals for this work are to make sure that we continue to be responsible and safe employers, as well as serve our members, as we increase our membership and adapt to changes in staffing over the coming years.

**Code of Ethics:** In conjunction with the Society and the Board, we are engaged in a rewrite/review of the Code of Ethics. The profession has been surveyed a number of times there have been discussion sessions at the NZPsS conference, earlier in the year, and the NZCCP conference tomorrow. This is a substantial project and there are going to be a number of additional opportunities to be involved. Our own Malcolm Stewart has been engaged by the group to facilitate this process and he has been an invaluable asset in this process thus far.

Apology from the Profession: A working group has been developing a draft apology from the profession to Māori. It is the first part of wider work so that the profession may begin to move forward on an appropriate response to Wai2725 claim, this will again grow in scope and offer numerous opportunities for membership engagement, the first of which is a conversation with the working group at this NZCCP conference.

**Strategic Advisor:** Paul continues to support the College in our work responding to and making submissions on many of the key issues related to Clinical Psychology and Mental Health in NZ over the past year. As we predicted, his role has evolved in the last 12 months (hence the name change) and continues to have the focus of extending the College's outreach in communicating with external agencies, government, and the public, as well as undertaking and/or supporting key projects directly related to our strategic direction. We feel that Paul continues to do this and more, we are looking forward to continuing this work over the coming year.

**Thanks:** We would like to thank the Caroline and Kara in the office who collectively keep the College running so seamlessly day to day. Thanks also to the hard-working Executive and Council members for their wisdom and energy, the Branches for your dedication to the members and the profession. Our members across all the various College functions, who are never slow to offer an opinion and support.

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### **Te Taiao ... tū taiahahā!**

The NZCCP Conference, held in late March in Te Whanganui-a-Tara/Wellington, was our first opportunity to meet as a college and as a profession post-COVID-19. We sure made the most of it!

The conference was well-supported by the NZCCP community, with high attendance of psychologists from across the country. Excitement, gratitude, and joy at being able to meet in person was obvious: there were hugs-a-plenty, smiles, laughter, and generally, lots of listening and talking over the five days of the conference and its surrounding workshops. Participants and presenters alike clearly relished the opportunity to reconnect with each other and with the unique aspects of our practice as Clinical Psychologists in Aotearoa.

The conference theme, Te Taiao .... tū taiahahā fostered this connection in its broadest sense, laying down a challenge to consider the current and potential contribution of our profession across multiple environmental and social layers and contexts. We are deeply grateful to Tawhiti Kunaiti (Pou Whakarae) who suggested this title and theme, based on our discussions. In addition, he led and guided us through the planning and running of the conference – we felt in safe hands. Ngā mihi mahana ki a koe, Tawhiti mō tō mahi me tō awahi.

The choice to focus on homegrown wisdom only served to enrich the programme. Following an opening address by Minister for Health, Hon. Dr. Ayesha Verrall, a breadth of topics and powerful presentations were offered by keynote speakers: Dr. Diana Kopua and Tohunga, Mark Kopua (Te Kurahuna; Mahi a Atua); Monique Faleafa (A holistic response to global shifts that are reshaping our world); Taciano Milfont (Psychology in the Anthropocene Epoch); and Julia Rucklidge (Nutrition Provides an Essential Foundation for Optimizing Mental Health: A New Frontier for Psychologists).

College members were just as eager to share their own learnings, research, and perspectives, with an unprecedented number of presenters contributing from across the motu. With four streams running across the conference it was often a challenge to pick which discussion to attend. While many of us left the weekend tired from the listening, sharing, and talking, the event provided the opportunity to refill and refocus on our collective and individual practice as nested within our place.

The conference sub-committee is grateful to all those who made this event possible, especially to our inspirational keynote speakers and all those who willingly trimmed their presentations and workshops in order for the programme to fit within the possible timeframes. We hope that the challenge to consider the wholistic impact of your mahi will be carried forward in the months and years to come: Te Taiao ... tū taiahahā!





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## **NZCCP Membership News**

We congratulate the following award recipients:

### **Life Members**

*The purpose of this membership category is to honour a previous Member's long-standing commitment and contribution to The College and to retain his or her wealth of accumulated knowledge and experience in the ongoing "existence" of The College by encouraging his or her continued involvement.*

[Nigel Fairley](#)

[John Dugdale](#)

### **NZCCP Fellowship Awards**

*The purpose of this membership category is to honour a Member's significant and pre-eminent contribution to the New Zealand College of Clinical Psychologists or the Psychology profession in general, over an extended period of time*

[Sue Cowie](#)

[Liesje Donkin](#)

### **Newly approved NZCCP members**

The National Executive welcomes the following new members who have joined the College since the last ShrinkRAP.

### **Associate Members**

Ara (Abigail) A'Court, Wellington  
 Brogan Barr, Canterbury  
 Caitlin Helme, Taranaki  
 Danielle Hayward, Wellington  
 Danielle Warrington, Auckland  
 Debra Campbell, Wellington  
 Ella Hall, Canterbury  
 Ellen Turnbull, Canterbury  
 Emma Weir, Nelson  
 Geoff Sutton, Canterbury  
 Hayley Bradley, Canterbury  
 Jennifer Arrell, Wellington  
 Joel Mbele, Canterbury  
 Katherine Mackay, Wellington  
 Liz Goddard, Wellington  
 Mami Yamaguchi, Otago  
 Nicola Gillan, Nelson  
 Olivia Taylor, Canterbury  
 Rachael Sim, Marlborough  
 Sarah Byers, Wellington  
 Saul Gibney, Nelson  
 Shaun Neville, Waikato  
 Simon Wallace, Wellington  
 Tjaša Kuštrin, Wellington

### **Full Members**

Alyshia Averill, Canterbury  
 Anoosh Franklin, Auckland  
 Bronwyn Castell, Wellington  
 Camilla Nguyen, Auckland  
 Chrisitiana Hartley, Wellington  
 Crysta Derham, Wellington  
 Elizabeth Milne, Canterbury  
 Georgia Cowan, Otago  
 Hayley Walker-Williams, Northland

Imogen Scott, Auckland  
 Jake Gallagher, Taranaki  
 Jennifer Parsons, Waikato  
 Jerome Reil, Auckland  
 Jessica Swart, Wellington  
 Jonathan Muirhead, Wellington  
 Josie Hammington, Wellington  
 Kathryn Darling, Otago  
 Kimberley Wake, Wellington  
 Luani Old, Otago  
 May-Lee Chong, Auckland  
 Michelle Downs-Woolley, Marlborough  
 Mitchell Thompson-Holloway, Nelson  
 Natalie Robbs, Otago  
 Natalija Damnjanovic, Auckland  
 Nikki Beukes, Auckland  
 Philippa Ewer, Auckland  
 Rebecca Lakadia, Auckland  
 Ruth Glynn, Manawatu-Wanganui  
 Samantha Woolls, Canterbury  
 Siobhan Lockie, Canterbury  
 Suhaila Ameer, Auckland  
 Susan Swanson, Auckland  
 Tim Ganly, Wellington

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

The National Executive congratulates these people on attaining their new membership status.

**NZCCP membership Benefits** include:

The **Find a Clinical Psychologist resource** which also now has an availability field so you **can indicate** whether or not you are available for new clients and referrals, and also *when* you are available. If you are in private practice and/or you already have a listing please go to <https://www.nzccp.co.nz/your-account/manage-your-private-practice-details-for-publication/> to add or update your private practice details and please make sure that you include your availability! This is an excellent resource if you wish to refer clients to someone of good standing when the client changes location. It also serves to generate referrals for interested clinicians.

**Free access to 25 video recordings/year of the work of master therapists and different therapeutic approaches**, from Psychotherapy.Net for ongoing Continuing Professional Development.

**NZCCP hosted Zoom presentations**: The College has been hosting a series of monthly hour long continuing education webinars for members. Most of these are available to view [here](#).

**Free access to ProQuest's Health Research Premium Collection Central**, the world's most varied collection of health sciences literature.

**Access to excellent Professional Indemnity Insurance**: Members of the College can purchase membership of the **Medical Protection Society (MPS)**, which provides access to legal advice and representation in the event of a hearing. The **Medical Protection Society (MPS)** also facilitates a free EAP style counselling service for members who may be having difficulties or issues in their personal or professional lives.

The **Facebook group for private practitioners** provides a forum for sharing ideas and information relating to running a private practice. Click on this link and ask to join the group:

<https://www.facebook.com/groups/1974851039510715/>. The College's Facebook activity also includes other discussion groups including the [teletherapy discussion group](#), the [family court special interest group](#), [Psychologists Providing Services to NZ Police group](#), [student members group](#), and branch groups for [Auckland](#) and for [Otago/Southland](#). Recently added groups include [All Members" Facebook group](#), which is open to all College members, and the [NZCCP ACC Clinical Psychology Providers Group](#), a discussion/support page for NZCCP members who work under the ACC Contracts. If you're a Facebook user, please feel free to click on and sign up to those groups. Please don't hesitate to let me know if you want me to create more regional or special interest groups within the page.

Please to go the [NZCCP facebook page](#) at <https://www.facebook.com/nzccp/> to post and to like and share events and other interesting and relevant information.

### **Benefits of College membership for Clinical Psychology Students - Kaimātai Hinengaro Tāuira**

#### *Resources for students*

You can find information on various topics related to clinical psychology work here (<https://www.nzccp.co.nz/membership/members-only-resources/recommended-resources-2/>). This will grow over time as we ask College members who work in each area to add their "go to" resources. If you have a resource you've found particularly helpful please share it with us by emailing Caroline (Executive Director) at [office@nzccp.co.nz](mailto:office@nzccp.co.nz).

#### *Mentoring programme*

We have had many wonderful senior clinical psychologists offer their support for our [Tuakana/Teina Mentorship Programme](#) for trainee and early-career psychologists. **If you are interested in being part of this scheme, either as a mentor or receiving mentorship, you can sign up [here](#) any time.**

#### *Advocating for students:*

The College leadership meet regularly with government ministers and write letters in support of issues pertaining to clinical psychology students. If there are issues you would like the College to address on your behalf, please let us know by contacting your local student rep or the national student representatives (General Student Representative George Guthrie and Māori Student Representative Irie Schimanski are available to kōrero with at [studentreps@nzccp.co.nz](mailto:studentreps@nzccp.co.nz)).

NZCCP member benefits for clinical psychology students include:

- Free [professional indemnity insurance with the Medical Protection Society \(MPS\)](#). MPS also facilitates a free EAP style counselling service for members who may be having difficulties or issues in their personal or professional lives.
- [Free access to 25 video recordings/year of the work of master therapists and different therapeutic approaches](#) from Psychotherapy.Net for ongoing Continuing Professional Development.
- [Annual scholarships](#) and student prizes at our annual conference
- Reduced subscription fees for the first two years of membership of the College after you graduate
- The NZCCP has a strong emphasis on supporting Māori through clinical psychology training and tautoko the kaupapa of [Te Paiaka Tipu](#) (Māori psychology students) and [He Paiaka Totara](#) (Māori psychologists).
- [Short videos for NZCCP student members](#): NZCCP student reps interviewing a number of different clinicians from various fields (i.e. Corrections, private practice, DHB), including our very charismatic Maori psychologists, talking about their work and other extremely useful topics.
- [NZCCP student member Facebook group](#) at <https://www.facebook.com/groups/172521526883530/> for clinical psychology students across New Zealand to connect with each other and the College.

For a full list of please go to [Clinical Psychology Students - Kaimātai Hinengaro Tāuira](#)

The [NZ College of Clinical Psychologists website](#) has lots of other relevant and interesting information and events, also available directly from the following links:

**Professional development events:****[NZCCP Events](#)****[Other workshops and Seminars](#)**

For a more detailed list of what's coming up please go to [National Education Training Timetable](#)

**Job vacancies:****[North Island](#)****[South Island](#)****NZCCP Grants and Scholarships**

We congratulate the 2023 award winners, while at the same time commiserating with those who missed out, and we would like to say that, as always, it was a close call.

NZCCP is delighted to announce the following award recipients:

The [NZCCP Research/Study Award](#), of \$5,500, was awarded to **Ann Huggett** to fund a small pilot study in a clinical setting looking at the viability and efficacy of an 8 week trans diagnostic course for increasing self-compassion and reducing symptoms of stress, anxiety and depression.

The annual [NZCCP Emerging Leaders Development Grant](#) has been shared between **Siobhan Lockie** to go towards funding your training for the "Leading Edge Programme" - Early Career Leadership Programme through Women & Leadership New Zealand, and to **Erin Eggleston** for funding for the 5 day Company Directors Course.

The [President's Award](#), of \$1,500, was awarded to **Nicky Duff** to help me attend and present at the Society for Applied Research in Memory and Cognition (SARMAC) Conference in Nagoya, Japan, in August this year. Mikaela is in the DClinPsych programme at Massey University, Wellington.

The [NZCCP Travel Grants](#) of \$1000 each were awarded to **Sarah Madigan, Judith Elder, Ella Hall** and **Nic Ward**.

The College heartily congratulates all award recipients.

Invitations to apply for the 2024 grants and scholarships will be sent out in December.

In the meantime, applications are now invited for the new [Cyclone Gabrielle Grant](#). In recognition that the aftermath of the cyclone Gabrielle has created ongoing difficulties for psychologists in the affected areas, possibly including more difficulty than usual with funding continuing educational activities, a special grant has been established by the NZCCP National Office for a period of 2 years (2023-2024). The grant is offering 5 x \$500 subsidies for NZCCP members (of any category) currently living and working in areas that have been affected by the cyclone Gabrielle. The purpose of the grant is to support NZCCP members who have been affected by cyclone Gabrielle to attend Continuing Educational activities relevant to their profession.

The grant has a total value of \$2500 per annum and is distributed as 5 grants of \$500 each per year.

Criteria for eligibility and selection for these grants include:

- Being a resident or working in the area affected by the cyclone (Northland, Auckland, Coromandel, Gisborne, Hawke's Bay and Manawatū-Whanganui)
- That you are applying for funding to attend a continuing educational opportunity relevant to your work as a clinical psychologist (the grant can either cover registration and/or travel associated with attending an educational opportunity)

Calls for applications will be announced in June by email and on the NZCCP website. Applications should be completed on the grant application form and submitted with any requested supporting documentation to the College Executive Director by the first week of August.

Successful applicants will be chosen by lottery from all eligible applications using the criteria above. The successful recipients will be informed by the first week of September.

Unsuccessful applicants are not precluded from reapplying in the future.



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### Journal NZCCP

The next Journal, Vol 33 (2) 2023, will be published at the end of 2023. The theme for this issue will be EMDR.

We welcome your submissions for this issue, provided you can get them to us by mid-October at the latest!

Articles may be short (even a few paragraphs) or longer, experiential or data driven, and about (for instance) psychological practice, personal experience, or reflections. Material can be published anonymously if you prefer.

Here are some types of submissions:

- case studies
- descriptions of innovative practice
- accounts of your experiences
- empirical research
- poems
- opinion pieces
- reviews of talks you have attended or books you've read
- an opinion about a piece we have previously published.

Please also let us know if there are any other clinical psychologists you think we should approach.

We are very much looking forward to receiving your wonderful submissions (which can be submitted online here: <http://www.nzccp.co.nz/about-the-college/publications-and-resources/journal-nzccp-article-submission/>)!

Thank you for your help,  
Paul, Wade, Liesje, Caroline and Kara

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### NZCCP website update

*Caroline Greig*

Some of you may or may not have noticed a number of brief outages on the NZCCP website a few weeks ago and apologies if you did - this was due to switching website hosts. We are now with a new website host and service provider and I would just like to acknowledge and thank the outgoing website host/ service provider Dylan Sweetensen of SweetDigital for his constant work on the website. He has worked on the College website for many years and put an enormous amount of work into developing the online membership application and renewal system and developing and launching the new look website in July 2017. He was always available constantly day and night over the years and at extremely competitive rates. I could not have managed this part of the business without him and he's left big shoes to fill. Thank you from the bottom of my heart, Dylan!

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### Medical privilege in the Evidence Act 2006 – Te Aka Matua o te Ture | Law Commission review

Te Aka Matua o te Ture | Law Commission is an independent Crown entity responsible for reviewing New Zealand Law. We are currently working on our [third and final statutory review of the Evidence Act 2006](#), which governs the admissibility and use of evidence in criminal and civil proceedings. The purpose of our review is to examine how the Act is operating in practice, and whether any amendments should be made.

One of the issues we are exploring in this review is the Act's provisions on medical privilege. Section 59 of the Act creates a privilege in criminal proceedings for information obtained by medical practitioners and clinical psychologists, in the course of the examination, treatment or care of a person for drug dependency or other conditions or behaviour that might manifest in criminal conduct. We are seeking views on two key issues related to the operation of the Act:

- 1) whether medical privilege should apply when people are required by a Court to undergo examination or treatment; and
- 2) whether medical privilege should apply to a broader range of healthcare professionals – whether they are acting on behalf of a medical practitioner or clinical psychologist, or in their own right.

Today we have [published our Issues Paper](#), which is open for consultation until **Friday 30 June**. Our Issues Paper provides more details on the issues noted above (in Chapter 12), as well as our initial analysis and possible options for reform.

It is important that we hear from medical practitioners, clinical psychologists, and other healthcare professionals who might be affected by any changes to this provision, so that we can reflect the experiences and views of practitioners in our recommendations to Government.

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### **NZCCP Webinar Series: Reminder Call for Presenters**

Following on from the message sent earlier this year, the College is keen to continue with the series of bi-/monthly 1-2 hour continuing education Zoom sessions for members.

- These sessions will be held as Zoom meetings, 7-8pm on the first or second Monday or Tuesday of the month, and, dependent on the presenter's preference, could be followed by an up-to-one hour discussion time in which interested attendees could discuss the topic in greater detail.
- The series is intended to cover a wide range of clinical psychology related topics and will be an opportunity for psychologists to learn both about their own field and also to become familiar with work and new developments in other fields of practice.
- It is hoped that the programme will be set well in advance to help members plan their attendance.

We are once again calling for expressions of interest from members who would like to present in this zoom presentation series. If you have a topic that you are passionate about and that you think that other members would get value from learning about, please let us know by contacting me at [office@nzccp.co.nz](mailto:office@nzccp.co.nz) with:

- The title and/or topic of your webinar
  - A brief abstract
  - Months between July and December 2023 when you will or won't be available to present.
- 

### **Screening for disordered eating among at-risk individuals**

*Lana Cleland and Jenny Jordan*

*Department of Psychological Medicine, University of Otago, Christchurch*

Eating disorders can be challenging to treat and represent a growing issue in New Zealand. Referrals for assessment and treatment are increasing, even among groups where eating disorders were once less prevalent or underdiagnosed, including children and males. Many eating disorder treatment providers are struggling to keep up with the increased demand, leading to a reduction in treatment availability and growing waitlists. This can mean affected individuals are unable to access treatment until their condition has worsened significantly, despite early intervention being a key predictor of treatment success. Challenges such as these underscore the importance of prevention efforts, particularly for those who are at a higher risk of developing an eating disorder.

Eating disorder risk is multifactorial and includes issues such as dieting, body dissatisfaction, weight-related teasing, perfectionism, trauma, and a familial eating disorder history. In many cases, clinical psychologists will see clients who present with other psychological conditions, such as major depressive disorder, anxiety disorders, obsessive-compulsive disorder, or substance use disorders, but who also indicate risk for disordered eating and eating disorders. Because clients might not

readily volunteer existing problems with body image or eating, screening for eating disorder psychopathology is recommended routinely and particularly when one or more known risk factors are present. This could be through specific interview questions, parent or caregiver interviews for younger clients, or administering a brief psychometric questionnaire such as the SCOFF.

Even where treatment is largely focused on another condition, identifying any early, subthreshold eating disorder psychopathology may enable clinicians to support clients by incorporating prevention efforts into treatment sessions or recommendations. Although more research into prevention strategies is needed, a handful of studies to date have explored the efficacy of family- and web-based prevention programmes involving approaches such as psychoeducation, a focus on media literacy, and CBT or DBT techniques.

As alluded to earlier, risk for an eating disorder complex and can involve psychological, sociocultural, and genetic risk factors. Earlier research examining familial risk involved families and twin studies, but contemporary research utilising genome-wide association study (GWAS) techniques can examine genetic risk in eating disorders and also in relation to common comorbidities noted above. The Anorexia Nervosa Genetics Initiative (which included New Zealand participants within a large international sample) pinpointed eight genetic risk loci associated with anorexia nervosa; however, even larger samples are needed. A subsequent study (<https://edgi.nz/>) is seeking to identify genes associated with anorexia nervosa, bulimia nervosa and binge eating disorder. We are currently recruiting New Zealand participants who have experienced any of these conditions. A deeper understanding of these genetic factors will be achieved through research these large international GWAS studies, with the ultimate aim being to inform clinical prevention and treatment approaches.

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### **Wāhine Connect 2023 Mentoring Programmes- Now open**

Registrations for the Wāhine Connect mentoring programme are now open. For those of you who haven't heard of Wāhine Connect before, they are a NZ-based charitable trust designed to support women working in the health sector. Their primary function is to match women looking for advice and support to mentors across the country, and provide a structured mentoring programme. They run two kinds of mentoring programmes – JUMP and JOURNEY – full details can be found on their website.

<https://www.wahineconnect.nz/join-us>

The registration link to join the programme as a mentee is - <https://www.wahineconnect.nz/mentees/>

Wāhine Connect are also looking for more mentors for their database so if you are interested in signing up for that then here is the link - <https://www.wahineconnect.nz/mentors/>  
For any questions on the programme feel free to contact Tash Crosby [tash@wahineconnect.nz](mailto:tash@wahineconnect.nz).

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### Survey opportunity from ACC

[A new survey from ACC](#) aims to understand the perspective of mental health professionals regarding working with ACC in a professional capacity.

[This survey](#) is for people who do not currently work with ACC to provide mental health services. It is anonymous and takes 5-10 minutes to complete.

Survey QR Code



[ISSC Workforce Survey \(shapeyouracc.co.nz\)](https://shapeyouracc.co.nz)

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### *Invitations to participate in research projects*

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#### **PhD Research - Fetal Alcohol Spectrum Disorder**

I am recruiting professionals who provide diagnostic, assessment, or other support services for individuals with FASD and their whānau for my PhD research project through Massey University.

I am inviting you to take part in a survey about your information needs and experience of information seeking, finding, sharing and using information on FASD.

Your responses will be invaluable in informing FASD information development and delivery practice.

If you would like to take part, please click on the link below and you will be taken to the survey. It will take approximately 20 minutes to complete.

Professional Survey link: [https://massey.au1.qualtrics.com/jfe/form/SV\\_bxQtqHW9RWSMgCx](https://massey.au1.qualtrics.com/jfe/form/SV_bxQtqHW9RWSMgCx)

This project is under the supervision of Massey University. Should you have any questions about this project, please contact me or my supervisor on:

Joanne van Wyk [joanne.van\\_wyk.1@uni.massey.ac.nz](mailto:joanne.van_wyk.1@uni.massey.ac.nz) or Dr Sally Clendon (Senior Lecturer) [s.clendon@massey.ac.nz](mailto:s.clendon@massey.ac.nz)

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#### **How can we improve self-care practices and reduce burnout within New Zealand psychologists? Examining self-compassion and its link to self-care and burnout.**



Siobhan Matheson -  
Survey Advertising.pdf

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## Diagnostic Criteria of Autism Spectrum Disorder

Kia ora,

My name is Anastasia Greenwood-Boot and I am doing master's research around the diagnostic criteria of autism spectrum disorder. If you diagnosis autism I would appreciate your time in filling out the [following brief survey \(LINK\)](#). Contact details, further information and ethical approval can be found within the survey link.

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## Share your expertise!

I am a survivor-researcher at the University of Waikato, carrying out PhD research. My research explores the wellbeing outcomes of creating and viewing autobiographical documentaries about child abuse. I invite you to participate in an interview to discuss what you think their impacts are – on the filmmakers and on audiences who have lived experiences of abuse. Viewing 2-3 documentaries to inform our discussion is optional, depending on the level of involvement you would like to have.

Details & ethical approval: <https://1drv.ms/w/s!AmJc6-bp2yzWga9IzF1nMqz6332VWA>

Interested in participating? Contact Anthea Visage: [ac176@students.waikato.ac.nz](mailto:ac176@students.waikato.ac.nz)

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## MBA student research project - University of Waikato

My intention is to explore whether Psychological Capital (PsyCap) has a buffering effect on self-reported symptoms of burnout in mental health workers in Aotearoa, specifically, Counsellors, Psychologists, Psychotherapists, Clinical Psychologists and Social Workers. Analysis of these two measures will examine the correlation between the two scores. So, will those who score high on the Psychological Capital Questionnaire (PCQ), score lower on the Burnout Assessment Tool (BAT) and exhibit less symptoms of self-report burnout (as measured by the BAT tool) compared with those who may have lower PsyCap and higher burnout symptoms.

The survey will consist of the following two tools:

- Burnout Assessment Tool (BAT) (note: this measure does not diagnose burnout, but measures burnout symptoms such as: exhaustion, mental distance, cognitive and emotional impairment).
- Psychological Capital Questionnaire (PCQ) measures four constructs of PsyCap; Hope, Efficacy, Resilience and Optimism. NB: The work-related version of the PCQ will be administered.

The survey is anonymous so no contact information will be required.



HIP Participant  
recruitment poster.pdf

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## Participants Wanted for "Primary Health Care Research Prioritisation" Study

Primary health care (PHC) is the heart of Aotearoa's health system. Using routinely collected PHC data for research can deliver important insights for patients, clinicians, and health funders in an efficient and cost-effective manner. A Primary Care Research Network (PCRN) is under development in Southern Aotearoa to facilitate the use of routinely collected PHC data for research. **Health equity** is a fundamental principle of the PCRN.

To ensure the PCRN research undertaken is fit-for-purpose, we are inviting PHC providers and academics to help set the research agenda. Separate projects will focus on Māori community



interests, and a patient panel is planned. This will identify the most important research questions in PHC that need addressing to improve health equity. The project has been awarded funding from Health Research South.

You will be asked to identify the most important questions in PHC that need addressing to improve health equity. Results will be iteratively reviewed and ranked, then weighted for project feasibility, relevance and for likelihood of improving health equity. Participants will be asked to complete two online surveys. Each will take around **10 minutes**. The first survey will generate the research questions, and the second survey will rank the curated research questions. Further surveys may be administered until consensus is obtained. Participants will then be invited to participate in an **optional meeting** (face-to-face or online) which may take 1-2 hours.

This project aims to generate specific research questions that are feasible, highly relevant to PCRN stakeholders and prioritised by their potential to impact health equity in terms of resource allocation and health outcomes.

**Participants we are looking for this study:**

- (1) Primary health care providers working in Southern Aotearoa, including Māori and non-Māori general practitioners, nurses, nurse practitioners, community pharmacists, community physiotherapists, community dentists, midwives, etc.
- (2) Primary health care academics working in Aotearoa, including Māori and non-Māori academic staff based in primary health care/general practice departments, the Schools of Pharmacy, Physiotherapy, Dentistry, Nursing, etc.

Please feel free to circulate this around.

If you have any concerns, please feel free to contact Dr Jing-Ru Li (Jingru.li@otago.ac.nz) or Dr Sharon Leitch (project PI) (sharon.leitch@otago.ac.nz).

**Social Privilege Study Recruitment**

Charlotte Peace is a post-graduate student at Massey University, doing the thesis portion of her MA. Her topic is "Exploring social privilege in group therapy: Therapist insights" and as part of this she needs to interview psychologists (as well as psychotherapists and counsellors) who facilitate group therapy sessions.



Social Privilege  
Recruitment Advert.pr

"Kua tawhiti kē te haerenga mai kia kore e haere tonu.  
He nui rawa o mahi kia kore e mahi tonu"

*You have come too far not to go further  
You have done too much not to do more*

- Sir Hemi Henare

**Te Whatu Ora**  
Health New Zealand

## INTERNSHIP INSIGHTS | MAY 2023

### A kōrero with the Mental Health and Addictions Workforce Team

**Welcome, Nau mai, haere mai,** welcome to the first instalment of our quarterly newsletter where we will share information and experiences about the pilot model of clinical psychology internships, the Intern Hub Services (IHS). While some of you will be familiar with this model, for others it may be less familiar. We encourage you all to take the time to read about this new approach to supporting our Clinical Psychology interns.

Many of you may know of the former Psychology Workforce Group facilitated by the Ministry of Health, and their role in examining the psychology training pipeline. The mahi of this group revealed that the intern year was one of the main obstacles to increasing the numbers of training psychologists (and therefore the number of clinical psychologists in the workforce).

Using the opportunities given to us by Budget 2019 funding, we have created a range of initiatives to help improve the structure of this important intern year. These initiatives are in line with He Ara Oranga, the Government Inquiry into Mental Health and Addiction. One intent is to provide greater assurance to training programmes that Clinical Psychology internships are available within health funded mental health and addictions services.



**The four Intern Hub Services are hosted by:**

**Hauora Waikato Māori Mental Health Services**

**Te Whatu Ora Northern Region**

**Purapura Whetu Trust**

**Te Whatu Ora Waikato**

### Feedback about the Hubs

- There is much enthusiasm for implementing the Hub model within the regions.
- Recruitment of interns from across the national cohort has strengthened the relationship between the hubs and the programmes.
- Communication with Tertiary Education Providers (TEOs) will enhance the implementation of this new Intern Hub Service model
- The piloting of the IHS model is delivered alongside the individual internships.
- Hubs are positive about having a Supervising Co-ordinator, and providing peer networks for interns

The **Intern Hub Service** is a 2-year pilot of a model of internship that sits alongside the individual internship model. The IHS pilot funds four hubs of up to five interns, and a senior psychologist to provide coordination and supervision. This model is intended to improve access to internships in kaupapa Māori services, allow coordination of clinical experiences across a range of teams and client groups, support interns to work to capacity, reduce liaison points with the training programme and encourage a 'peer team' for interns. Funding has also been made available for cultural support and for some operational costs of the internship.

Most IHS interns are in services that may have had few interns previously, creating capacity within individual internship providers.

## Workforce Insights

- There are 80 clinical psychology interns this year, almost half of which are funded by the Mental Health and Addictions Workforce budget
- Intake into training programmes has been steadily increasing over the last five years, and it is estimated that in 2024 & 2025 there will be more than 90 interns
- The registered clinical psychology workforce has increased 23% over the last five years
- Health trains around 70% of interns but employs 28% of registered clinical psychologists
- This year, all mental health and addictions workforce funded interns are salaried at MECA rate

## Clinical Psychology Funding Progress

	2010-17	2018	2019	2020	2021	2022	2023	2024
TEC funding	SAC funding set at \$12,243/student		SAC funding moved to category V level 3 \$18,155/student					
MH&A Workforce Funded internships	HWNZ funds 10, then 12 internships for physical and mental health services.		Budget 2019					
			HWNZ increases funding MH&A internships by 8.		MoH MH&A Workforce increase internships for MH&A by 8		TWO MH&A Workforce increase internships for MH&A by 12. Pilot of Intern Hub Services funded.	
	10	12	20		28		38	40
Funding level	HWNZ funds internships at approx. 60% of DHB MECA. \$37,500 in 2021					MH&A workforce increases funding to 100% of DHB MECA. \$60,319 (2022/23)		
Funding allocation	Each region receives a set number of funded individual internships.						Individual internship funding made proportional to programme numbers.	

This table shows the progress of health funding of clinical psychology internships. This progress has been made possible by Budget 19 funding. Note: Some of the MH&A funding extends to the Canterbury Child and Family Programme



*"With such a rapid growth in internships in Māori services, will the examination process recognise and value this training?"*

A recent meeting with the NZ Psychologists Board provided reassurance that this internship training model aligns with their review of cultural content in accredited training and in core competencies. We will support IHS to work with training programmes to ensure cultural models are reflected in the exam process.



Each hub is developing its own unique character and interpretation of the brief. As the pilot progresses, we will seek feedback from supervisors, university programme directors and interns on aims, challenges and risks with the model and whether the hubs are an effective addition to the internship year.

In future editions of this newsletter, we would like to introduce you in more detail to each of the hubs. It is our hope that this initiates conversations between providers, training programmes, interns and others who have in interest in the clinical psychology workforce pipeline. We welcome other suggestions around content.



An opportunity for the hub services to kōrero and share learnings about the Hub model took place on Monday 22<sup>nd</sup> May in Waikato. Thank you to Hauora Waikato for their offer of hospitality in hosting this event. An update from this hui will be presented in the next newsletter.



Rose Silvester, Clinical Psychologist/Project Lead, Te Whatu Ora National Commissioning Mental Health and Addiction Workforce

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Cathy McGachie, Programme Manager, Te Whatu Ora National Commissioning Mental Health and Addiction Workforce

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Hohepa Tawhara, Principal Advisor Māori, Te Whatu Ora National Commissioning Mental Health and Addiction

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# Trauma Education

presented by Dr Leah Giarratano

Leah is a doctoral-level clinical psychologist and author with vast clinical and teaching expertise in CBT and traumatology since 1995

**A highly regarded trauma focused program for all mental health professionals. Offered in Australia and New Zealand and internationally as a self-paced online program or via 4-day livestream**

## Trauma Education: Day 1 – 4 overview

There is an emerging debate about the best-practice treatment for PTSD versus Complex PTSD. This program synthesises practical approaches from several modalities that are publishing positive outcomes for these clients, and presents them using actual cases that will underpin your clinical practice in traumatology. The content is applicable to both adult and adolescent populations. The techniques will be directly useful for your clinical practice. The program will explain when exposure-based interventions are indicated and appropriate, and when other therapeutic needs can be addressed first.

Day 1-2 is dedicated to treating PTSD clients utilising a cognitive behavioural approach. Day 3-4 is dedicated to the treatment of Complex PTSD (survivors of prolonged interpersonal trauma such as child abuse and neglect/ developmental trauma) incorporating a multimodal approach using current experiential techniques showing promising results with this population; drawn from Emotion Focused Therapy for trauma, Metacognitive Therapy, Schema Therapy, Attachment pathology treatment, Acceptance and Commitment Therapy, Cognitive Behaviour Therapy, and Dialectical Behaviour Therapy

## Upcoming online offerings

**Self-paced online** commencing 1 Feb, 1 Apr, 1 Jul, 1 Oct and 1 Nov 2023

23-24 + 30-31 March 2023 **Livestream** 9am-5pm AEDT (11am-7pm in NZ)

**22-23 + 29-30 June 2023 Livestream 9am-5pm NZST** (offered annually for NZ)

7-8 + 14-15 September 2023 **Livestream** 9am-5pm AEST (11am-7pm in NZ)

16-17 + 23-24 November 2023 **Livestream** 9am-5pm AEDT (11am-7pm in NZ)

**Or join us in person in Auckland on 8-11 August or Sydney on 24-27 October 2023**

Our Auckland + Sydney fee is \$1,590 AUD for NZ residents and our fee is adjusted after you register.

**Program fee for Day 1-4 online mode is \$1,290 Australian Dollars for NZ residents**

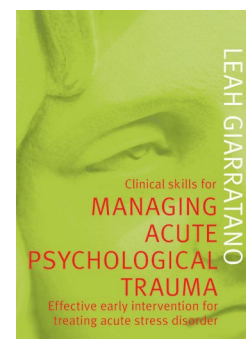
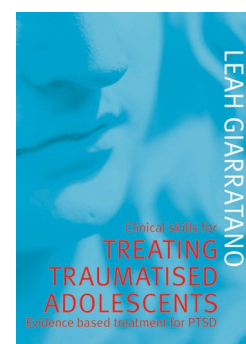
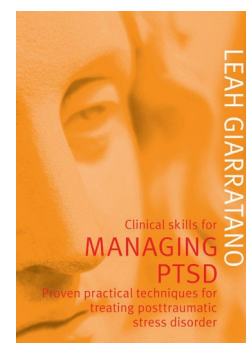
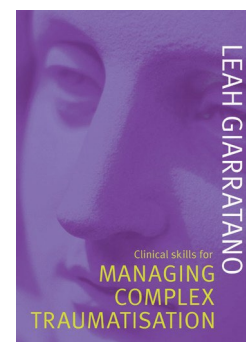
**Livestream:** The four days are split into two days one week apart. They are highly interactive with breakout groups and include three-months complimentary access to self-paced online to consolidate learning following the livestream.

**Self-paced online** Engaging three months access. Not a recording of a past live event and includes access to our scheduled livestream to complete or consolidate your learning

**Optional access** to trauma case studies after completing the online program to apply the Day 1-4 skills to 4 real cases and improve your trauma case formulations.

Time commitment is: 30 hours (or 39 hours if you return our 4 case formulations)

Please visit <https://talinminbooks.com> for further details about Leah's books and this Day 1-4 trauma education. Watch Leah present an [overview of Day 1-4](#)







## ISTDP Training in New Zealand with Julie Cochrane

New Zealand-based trainings in Intensive Short Term Dynamic Psychotherapy (ISTDP) in 2023. These trainings are certified by the IEDTA and The ISTDP Institute.

### Core Training in ISTDP 29 Sept to 1 Oct 2023 (NZ Location TBD)

A three-year training in ISTDP that is considered the basic training to become an ISTDP Therapist.

ISTDP is an accelerated dynamic psychotherapy. Much of the treatment is focused on present moment relational and affective experience as a way to access, and resolve, conscious and unconscious conflict. There is a strong emphasis on forming a strong collaborative therapeutic alliance, with the aim of healing attachment trauma that impacts on current functioning. Close attention to verbal and somatic responses is used to guide therapist interventions. It aims to achieve not only symptom relief, but also personality restructuring.

This training is suitable for those who want to improve the effectiveness of their work and achieve rapid resolution of difficulties including the resolution of unconscious conflict. Training and supervision use video recordings of clinical work.

These trainings are taught by Julie Cochrane, Clinical Psychologist and ISTDP Teacher and Supervisor. Julie is Australia's longest standing practitioner of ISTDP, having been practising for over 26 years. She has trained with the internationally renowned ISTDP experts and trained therapists in many countries including New Zealand, India, Iran, Israel, Lebanon, Malaysia, Portugal, Sweden and Thailand.

For further information about these trainings, please contact Ruby at [contact@istdp.com.au](mailto:contact@istdp.com.au) or Julie Cochrane at [juliecochrane@istdp.com.au](mailto:juliecochrane@istdp.com.au)

*Those who train with Julie have the benefit of her years of experience alongside some of the best practitioners in this field. The resulting training program is a carefully developed and thorough framework, that incorporates the most effective and compassionate versions of this therapy currently being taught. Julie creates a safe atmosphere where skills can be honed in a supportive environment. I have watched professionals emerge from her Core Training with an impressive, solid understanding of what is, in my opinion, one of the most empathic versions of this therapy. I consider her the most skilled and careful teacher/practitioner of ISTDP in Australasia.*

**Helen Bush, Clinical Psychologist  
Christchurch NZ**