



ShrinkRAP

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

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Ka pu te ruha, ka hao te rangatahi

When an old net is worn out and discarded, a new one takes its place



NZ College of Clinical Psychologists

&

NZ Psychological Society

Joint National Conference

20 – 23 April 2012

Wellington Convention Centre

Please see inside for more information

College News

NZCCP 23rd AGM

The NZ College of Clinical Psychologists 23rd Annual General Meeting will take place at the Wellington Convention Centre, Wakefield St, Wellington, at 5.30pm on Sunday 22 April 2012, at the 2012 NZCCP & NZPsS Joint National Conference.

Please note that if you would like to submit remits for consideration these can either be sent to your local branch, or to the national office by 5 April 2012, or submitted on your attendance at the AGM.

Submissions

In February the College made submissions on the

- Green Paper for Vulnerable Children;
- Family Court Review; and
- Mental Health Commission Blueprint II.

Thank you to all of you who contributed to these submissions. Copies of these submissions are available by request from the College office: office@nzccp.co.nz.

Education

The College hosted Mindfulness and Emotion workshops presented by Dr James Hegarty around the country this year have all been well attended and well received. The last of these was held in New Plymouth this month. There has already been discussion about the next series of College hosted workshops with the Research and Study Award winner for 2011, Jennifer Jordan.

Plans are underway for a wānanga for Māori Psychologists called Te Ahi Kaa ("Keeping The Home Fires Alight") at Te Puna Ora, Rangataua Mauriora, Takapuwahia, on Thursday 19 April. This hui will have a clinical focus and will be exclusively for Māori and Pacifica clinicians.

For more information about educational events go to the College website at www.nzccp.co.nz.

Online Journal Database

We would just like to remind you about the College's new resource, the EBSCO Publishing online Psychology Research Database, which is available to all College members providing 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.

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

NZCCP Membership News

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

Full Members of the College:

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

Marie Connelly, Hamilton
Wendy Faust, Wairarapa
Brigette Gorman, Christchurch
Anne Mathieson, Wellington
Ghazi Metoui, Christchurch
Joshua Myers, Hamilton
Lucy Robinson, Dunedin
Jo Taylor, Palmerston North
Juliette Troy, Hamilton

The following people have been approved as

Associate Members of the College:

Marthinus Bekker, Wellington
Phillipa Croy, Wellington
Alison Hunter, Dunedin
Charlene Rapsey, Dunedin

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

College Awards

NZCCP is delighted to announce the following award recipients:

The **Research/Study Award** goes to **Julie Zarifeh**.

The **Travel Grants** were awarded to **Joyce Alberts, Marijke Batenburg, Virginia McIntosh** and **Debbie Snell**.

The **NZCCP President's Award** was given to **Katie Douglas**, a clinical student at the University of Canterbury.

The **Karahipi Oranga Hinengaro Award** was given to **Courtney Lowther**, a clinical student at the University of Canterbury

The four **Susan Selway Scholarships** have been given to Charis Coullie, Jaimee Kleinbichler, Mark Ottley and Nic Ward.

The College heartily congratulates all award recipients.

Ministry of Health Updates Health Workforce NZ (HWNZ)

Prescribing rights

The HWNZ is looking forward to working with the College investigating and exploring the issue of introducing prescribing rights for psychologists and has outlined steps they are taking including amendments to the Medicines Act 1981 and progressing designated prescribing rights for the Pharmacist Prescriber scope of practice and the extension of this to other professions. HWNZ have emphasised that the College would be included in all consultation around the extension of prescribing rights to psychologists.

OLIVER DAVIDSON AWARD

It may be of interest to those many of you who knew the late Oliver Davidson, NZCCP Fellow, that the British Psychological Society Division of Clinical Psychology Faculty for HIV & Sexual Health have recently announced their 2012 award for recently qualified clinical psychologists for the advancement of research and clinical services in the field of HIV and sexual health.

This award, now in its second year, is for people who have qualified with a Doctorate in Clinical Psychology within the past five years and is open to anyone who is a member of the Division of Clinical Psychology with the British Psychological Society.

This award is for a piece of work that advances the knowledge and practice of clinical psychology in HIV and sexual health.

Accolades for College Members

This column is to acknowledge and applaud the efforts and achievements of the many College members who have gone way beyond the call of duty, this month the Clinical Psychologists from the Specialty Services, CDHB, have nominated Chris Daffue.



Chris Daffue is a Consultant Clinical Psychologist with the Canterbury District Health Board, and Clinical Head of the Intellectual Disability Team. Chris also leads a team of psychologists who work within speciality areas including intellectual disability, forensic, anxiety disorders, eating disorders, alcohol and drug, and older person's health. Chris is an inspiring leader who is passionate, endlessly knowledgeable, selflessly available, supportive and caring, and who models the importance of maintaining a great sense of fun. He loves his white board, makes a great Guinness cake, and is always there to enjoy a beer or fine whiskey with the team.

ACC News

SCAG meeting, 27 March 2012

Catherine Gallagher

This was our first get together of the year. It was dominated by two issues, the first of which was the privacy breach that has recently 'rocked' ACC and a number of its clients. We were reassured that they were accepting full responsibility for this event and that a thorough and independent review was going to take place to insure that things are in place to minimise the risk of such things happening in the future, and, if they do happen, appropriate systems are in place to deal with them promptly and effectively. They did acknowledge that as they deal with such large volumes of information, it is a continual challenge that they face in terms of managing this safety and effectively. To clarify details regarding this particular breach, the information that was released was the spreadsheet of clients who had had reviews. The spreadsheet included the name, ACC number, the branch, and the outcome of review. They assured us that no other personal information was released. The fact that the branch did specify 'sensitive claims' was recognised as a real concern for all those involved.

It was brought to our attention that the Auditor General has been asked to investigate concerns regarding ACC beyond this privacy breach and is currently seeking submissions around this. If you are interested, please look on the Auditor General's website for details.

The second major focus for the meeting was a meeting with Barbara Disley, who headed the initial independent review of the ACC pathways. This was her second review of progress. The first was at 6 months, and this one is 12 months following that. She has done a thorough job in trying to hear from all interested parties and the NZCCP has been contacted directly for feedback. Please contact Caroline at office@nzccp.co.nz if you have any comments. In general, some things seem to have improved, but significant concerns around the independent assessments, diagnostic issues, communication between the client/ACC/provider, and delays remain. A general theme that did emerge was that some of the positive developments occurring within the child and adolescent pathway could well benefit ACC as a whole. These include such things as increased flexibility, a dedicated team within ACC, recognition of

alternative assessment tools, and trying to work with a client's complex presentation - rather than seeing this a reason 'not to cover'.

Other more general issues that were discussed: ACC is updating their acc.co.nz website and they are going to create a sensitive claims specific link, which will include newsletters, forms, updates etc.

ACC is trying to work out ways to work more effectively with clients who are 'reactivated declines'. In other words, those who for a number of reasons have never got cover. This number is currently quite large and is increasing, given that people are leaving at various stages through the support session process. Feedback was given on this issue. Part of this feedback included the vital need to have clear and consistent communication around what is expected from all concerned

so that the transition can be as smooth as possible.

The final issue that was discussed was that of managing risk. This has been highlighted by ACC in response to their concerns about what is their responsibility if a child or adult that they are funding in treatment is at risk. This was discussed, and the general consensus from the SCAG group was that the responsibility sits with the clinician who is working with the client. This highlighted a discussion around clinical responsibility which did not get fully resolved in the time allowed. The key message from ACC at this stage was they wanted to be kept informed of risks and actions taken to inform others to mitigate those risks. Obviously this is a discussion that needs to continue, as it links in with the broader question about how ACC works alongside the provider in the most effective way to bring about the best outcomes for our clients.

The aftermath of the 22 February earthquake left many Christchurch residents in a state of shock and nervous tension. Christchurch poet Coll Cameron dedicates the following poem to those who are trying to get their lives back to normal.

What is that sound?

In the half-silence of the evening room
with only the whispering hum of the
heat pump on the wall,
there comes a vibration
as if tearing along a line
like a zip fastener swiftly opened.
It grows in intensity.
You wait for the rumble
the window rattle
shaking door
and ceiling lights which flicker
as they swing on pendulum cords.
No. Not this time.
It's a heavy truck
on the pot-holed road
and you relax.
Or try to.

PUBLISH AND BE DAMNED!

Chris Skellett

After many years of submitting short articles to newspapers and magazines (including several years as the unforgettable columnist Vincent 'Psycho' Ferret in this very newsletter) College member Chris Skellett has recently published his first self-help book

called When Happiness is not Enough- Balancing Pleasure and Achievement in your Life. (Exisle Publications, Sydney, 2011). In this article he shares his journey with us:

Although I have long been an advocate for taking the Clinical Psychology message to a wider audience, I have also shared the professions general concern about 'pop' psychology and the dilution of good empirically based practice. But now I find

that I am on the precipice of professional damnation myself, as I share generic 'professional wisdoms' derived from my clinical experience, rather than writing from a solid research base. I go there carefully and I go there cautiously. I know that public popularity does not necessarily align with professional credibility. So, just how did this all evolve, and what issues have arisen for me so far?

It all began several years ago, when I noticed myself increasingly referencing the need to balance 'purposeful activity' with 'relaxation and pleasure' in my clients' daily lives. It became a recurrent theme that evolved in my therapy conversations, where an idea shared with a client in the morning popped up again the afternoon. It seemed to be a 'simple truth' about living life well. Some of us needed to tighten up and set goals, while others needed to slow down and smell the roses. I started jotting down ideas and simple situations as described by my clients. Before long, I had a small folder full of ideas, and enough material to consider writing a book...

The book took gradual shape over the next 18 months, usually in bursts of enthusiasm at the weekends. I tended to complete a specific section in one extended sitting (e.g. planning for retirement, or parenting young children), downloading ideas that had formed around that particular aspect of the main idea. I largely set my own pace.

And then the challenge of finding a publisher became increasingly problematic. I submitted my draft manuscript to several well-known publishers without success, and with excruciatingly long waits for their replies. Publishers can be arrogant and self-absorbed. They rarely even acknowledge receipt of your precious work. They mucked me around for 18 months. This is the part of the process where most of us become stuck.

I was despairing. As a last resort, I speculatively emailed the Auckland branch of Exisle Publishing, whose glossy self-help catalogue had arrived on my desk earlier that morning. Without much hope I typed in their email address, attached the manuscript, and gloomily pressed 'Send'. This was my low point, but it also proved to be the turning point.

I was amazed to receive an immediate reply, sent from Sydney overnight (don't expect

this to happen every time!) They expressed great interest in my manuscript, and arranged to meet up with me in Auckland the following week (I was attending last year's College Conference in Parnell at the time). Everything then happened so fast. I signed a contract almost immediately, was introduced to a fantastic Sydney based editor, whom I've still never met, and started planning publicity and book launches for both NZ and Australia with two of the Exisle publicists.

Everything was suddenly speeding along at a very exciting rate. My book had become their book, but it was fantastic to feel the energy and support of a very professional organisation who obviously knew their stuff. The Editor was particularly insightful and thorough as she empathically challenged many aspects of my original draft. It was a busy, exciting and stimulating phase of the process. And when the first printed copy eventually arrived in the mail for my final approval, I unexpectedly burst into tears of joy and relief! It was like experiencing the birth of a child all over again! Apparently, this is quite normal for first timers (or so they kindly told me at Exisle!).

Before I knew it October had arrived, and the book was launched in a series of wine and cheese events, mostly paid for by me but also supported in NZ by local branches of the College. The publicists arranged countless radio and magazine interviews, and I appeared on Breakfast TV in both NZ and Australia. I found myself bashing out loads of quick articles for a huge range of periodicals, from Diabetes Australia to Australian Vogue magazine. You simply have to leap at any opportunity to promote the book in those first few months.

And now, six months later, the marketing plan continues to roll out, in order to keep the book alive and in the public eye. In a couple of months, I'll be touring the North Island with a series of half day 'lifestyle balance' workshops, based firmly on the book. This is the planned '*publicity pulse*' that follows on from the initial launch. And there is also talk of a workshop in Sydney in November as part of the broader, long term promotional plan.

So why am I sharing all this with you all? I guess that many of us hope to write a book one day, and now I know that it can happen and I know how it feels. I've found that it's a surprisingly challenging thing to do, and also

that the hard work only really begins once it's published. You have climbed on an exciting wave of possibility but to keep it all going, you have to keep up the momentum by pushing every promotional opportunity as hard as you can.

I should finally add that although this has been a fascinating journey for me so far, I notice that I'm still far from rich! I'm pretty sure that I'll be sticking to my daytime job

for the foreseeable future at least. At the end of the day, I've found that nothing really beats the stability and rewards of running a good, solid clinical practice. And that's probably an insight that's hugely reassuring for us all!

Chris Skellett
Registered Clinical Psychologist MSC Clin Psych FNZCCP

Helping patients kick their smoking habit

Research tells us that four out of five smokers would not smoke if they had their life over again and three out of five have tried to quit in the last year¹. The message is clear – people want to quit, but many don't know how.

Part of the challenge then is finding the right way to have those invitational conversations with smokers. This needs to be delivered in a way that invites them to consider various options and approaches, but always leaves the choice with them – it needs to be their choice or they won't have the commitment to endure through the challenging periods.

There is a myth that if you ask your patient about their smoking habits they may take offence or that, if you haven't smoked yourself, you don't have anything to offer because you don't understand. Again, the research suggests quite the opposite, indicating that the vast majority of smokers will be relieved to have you raise the topic – as we said, smokers want to quit, they just don't know how. The minority who do raise objections or justify their addiction are likely not ready for change just yet – it's important to respect that but, at the same time, let them know that when the times comes that they are ready to quit, you and others are there to help them.

Additionally, those who smoke are often quite well informed about the dangers and risks of the habit they are trying to kick but quite poorly informed about the help and support that is available or the approaches

and strategies that are most likely to lead to a successful quitting attempt. That's another aspect where health professionals play a crucial role.

Ask questions to understand how they see the problem and using reflective listening skills. Try to avoid creating pressure to change as this can create resistance. If the patient says their action is not harmful, respectfully clarify their own thoughts or views. Lastly, support the patients' self-confidence and look for the positive aspects and build on those.

For those smokers who are ready to quit, the provision of behavioural support will help increase their chance of quitting for good. Behavioural support has typically consisted of a mix of elements including; education, self-management, changing cognitions, enhancing motivation, modifying attitudes, helping people cope, teaching skills to help people relax and deal with situations where they may be likely to relapse.² Evidence suggests an increase in the chances of long-term abstinence when patients are provided with behavioural support including strategies that target motivation, increase self-regulatory capacity and coping skills and encourage adjunctive

² Lancaster T, Stead LF. Individual behavioural counselling for smoking cessation. *Cochrane database of systematic reviews (Online)* 2005(2):CD001292.

3. Stead LF, Lancaster T. Group behaviour therapy programmes for smoking cessation. *Cochrane database of systematic reviews (Online)* 2005(2):CD001007.

4. West R, Walia A, Hyder N, Shahab L, Michie S. Behavior change techniques used by the English Stop Smoking Services and their associations with short-term quit outcomes. *Nicotine Tob Res* 2010;12(7):742-7.

¹ 2009 Tobacco Use Survey, Ministry of Health
www.moh.govt.nz

activities (e.g. using smoking cessation medications).²⁻⁴ As such, the Smoking Cessation Guidelines recommend that behavioural support be routinely provided to smokers trying to quit.

When it comes to providing better help for smokers to quit and finding more effective ways to engage people about their relationship with smoking, it's quite clearly an area where we could also benefit from your specialist psychological expertise. How often are you engaging in conversations about smoking with your clients? What approaches do you use and what feedback are you getting? What suggestions do you

have regarding the best approach? We'd love to hear your experiences and thoughts.

Additionally, the Ministry of Health has added a number of key message sheets and guides on the www.HIIRC.org.nz website to help make starting the conversations with patients easier. Search 'key messages' and 'having the conversation' on the HIIRC website for some ideas.

Check out the resources and let us know if there's anything else that might help. Please feel free to drop us a line anytime at Danielle.Crooks@moh.govt.nz



**NZ College of Clinical Psychologists
&
NZ Psychological Society**
Joint National Conference
20 – 23 April 2012
Wellington Convention Centre

Keynote speakers include

David Barlow, Professor of Psychology and Psychiatry and Founder and Director Emeritus, Center for Anxiety and Related Disorders at Boston University. His keynote title is: ***Science and Practice in 2012 and beyond.***

Alan E. Fruzzetti, Associate Professor and Director, Dialectical Behavior Therapy and Research Program, Department of Psychology 298, University of Nevada. His keynote title is: ***Processes of Change in Dialectical Behavior Therapy.***

John Weinman, Professor of Psychology as applied to Medicine at the Institute of Psychiatry in the Kings College London. His keynote title is: ***Taking the Treatment: how can health psychology help?***

Pat Dudgeon, Professor and Research Fellow, School of Indigenous Studies, The University of Western Australia. Her keynote title is: ***Indigenous Australian Mental Health And Racism: There Could Be Cathedrals Of The Spirit As Well As Stone***

Heather Gridley, Manager, Public Interest, Australian Psychological Society and Honorary Fellow, School of Social Sciences and Psychology, Victoria University, Melbourne. Her keynote title is: ***Psychology, science, spirituality and culture – harvesting the gifts of all our ancestors***

Erana Cooper, clinical psychologist and lecturer in Kaupapa Māori Psychology at the University of Auckland. Her keynote title is: ***Tōku reo, tōku ngākau: Learning the language of the heart***

Conference workshops – Friday 20 April 2012

David Barlow: Unified Protocol for Transdiagnostic Treatment of Emotional Disorders

John Weinman: The Patient's Perception of Illness: theory, measurement and intervention

Alan Fruzzetti: Acceptance and Change in Dialectical Behavior Therapy: Promoting Skill Use and Skill Generalization in the Session

Pat Dudgeon, Heather Gridley, Linda Nikora, Ray Nairn: The Australian Psychological Society Reconciliation Action Plan: Taking a good hard look from across the Tasman

Bruno Cayoun: Improving Understanding and Implementation of Mindfulness-integrated CBT

The conference programme and registration form are available on the College website at nzccp.co.nz.

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/>)

TRAINING TIMETABLE

NZCCP Events

LOCATION	MONTH	PRESENTER/ CONTENT
Wellington	19 April	Te Ahi Kaa – one day wananga for Maori and Pasifica psychologists
Wellington	20-23 April	NZCCP/NZPsS Joint National Conference
Auckland	25 May	Barbara Wilson/Evaluating Neuropsychological Interventions workshop
Tauranga	21 & 22 June	Claire Cartwright/Enhancing Self-Reflective Practice workshop
Christchurch	5 July	Eileen Britt/Motivational Interviewing Workshop
Nelson	27 & 28 September	Claire Cartwright/Enhancing Self-Reflective Practice workshop

Other Events

LOCATION	MONTH	PRESENTER/ CONTENT
Wellington	12-15 April	37th Annual Pain Society Scientific Meeting
Auckland	28 & 29 April	Bruno Cayoun/Mindfulness-integrated CBT Training
Auckland	14-18 May	DBTNZ/Foundational & Intensive Training workshops
Dunedin	5-7 July	15th International Philosophy & Psychiatry Conference
Wellington	5-7 September	Family Therapy Conference
Auckland	10-11 September	DBTNZ/Skills Training in Dialectical Behaviour Therapy

CLASSIFIED

***BALANCING PLEASURE AND ACHIEVEMENT
IN YOUR LIFE***

A Lifestyle Workshop Presented by:

**Chris Skellett
Registered Clinical Psychologist**

AUCKLAND	Friday 18th May	1-5pm
HAMILTON	Monday 21st May	1-5 pm
PALMERSTON NORTH	Wednesday 23rd May	1-5pm
WELLINGTON	Friday 25th May	1-5pm

Based on the recently released lifestyle book, 'When Happiness is not Enough', this workshop encourages participants to apply the Pleasure Achievement Principle to all aspects of life. This fun, thought provoking afternoon will provide clinicians with a useful adjunct to any other therapeutic model that they might use. The workshop will appeal to a wide range of health care professionals in their work with clients.

To register, or for more information, phone (03)4779885
or go to: www.chrisskellettconsulting.co.nz/events and download the

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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

IDT FOUNDATION COURSE TRAINING 2012

City	Unit One	Unit Two
Dunedin	3-4 May	24-25 May
Hamilton	7-8 June	11-12 June
Auckland	5-6 July	9-10 July
Nelson	5-6 July	9-10 July
Wellington	5-6 July	30-31 July
Napier	9-10 August	6-7 September
Palmerston Nth	6-7 September	27-28 September
Christchurch	6-7 September	27-28 September
Auckland	1-2 November	5-6 November
Wellington	1-2 November	26-27 November
Hamilton	15-16 November	19-20 November

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



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**Senior or Experienced Clinical Psychologist
Youth and Children's Team
Part-time 20-30 hours negotiable**

Are you looking for your next challenge? Do you want to have a varied role providing assessment and treatment services with children, adolescents and their families, supervision to staff, and advice and education in the community? We are looking for a Senior Clinical Psychologist, or an experienced clinical psychologist who wants an opportunity to move into a more senior role, to support the Clinical Leader Youth and Children's Team, and help to further develop our clinical programmes. Knowledge of sexual abuse and experience working with people with an intellectual disability and/or autistic spectrum disorders would also be an advantage.

WellStop Inc is a friendly, creative and effective agency which works with people who have concerning or harmful sexual behaviour. Many clients have concurrent mental health and developmental issues. We offer good training, supervision and support. We work in a strengths based manner, and in conjunction with extended families/whanau, schools and other community agencies.

For a job description and further information email janine.stewart@wellstop.org.nz or phone Lyn White on (04) 566 4745 ext 820. Website: www.wellstop.org.nz.

Applications will be processed as they are received.