

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

ISSN 1174-4251 (Print) ISSN 1175-3110 (Online)

ALL THE BEST to you all for a happy and safe festive season!

## Kaua e ponana, me ata haere, ka tika

Be patient, don't get carried away or, in other words, be calm and collective this festive season



Psychologists

NZ Psychological Society

NZ Psychological Society

Joint National Conference

20 - 23 April 2012

Wellington Convention Centre

Flyer and registration form inside.

## President's word

We are delighted to have Wellington based College Fellow Elliot Bell join the College Executive as the Honorary Secretary elect. Elliot has replaced Ann Connell in this role slightly earlier than originally planned as Ann has recently accepted a position on the Psychologists Board.

Elliot comes with a long history of active involvement with the College starting with a year on the College Council in 1995/96 as the national student representative, and including a year as Wellington Branch Chair. In July 1998, Elliot Bell took over from Jane Dyne as the College representative to the ACC Sensitive Claims Unit. Elliot was the

NZCCP representative on the Clinician's Reference group and subsequently was a successful applicant for the 12 person Mental Health Commission Advisory Group in 2007, reflecting the MHC's commitment to having input from clinical psychology at the Commission. In March 2008, Elliot Bell and Clive Banks represented the College at groups the combined sector reference meeting to discuss the Mental Commission Amendment Act 2007, which extended the Commission's tenure as an autonomous Crown Entity until 2015. Elliot has contributed to many submissions made by the College to the Mental Health Commission and Ministry of Health, and has also been involved in the Ministry's National Depression Initiative.

Elliot has worked in private practice and Capital and Coast DHB, and is currently a lecturer at the University of Otago Wellington. He was awarded his College Fellowship at the 2010 AGM.

We are also extremely pleased with the membership response to 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.

We are very excited about this new resource for members and the positive feedback keeps coming in from the now over 50% of College members who've tried it out.

We are delighted to announce that the College Council decided at the meeting last month to extend the contract with EBSCO from 6 to 12 months taking it to end of November 2012.

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.

There will be regular emails and notifications reminding you about this and as well, so as to get the most of it, training webinars will be organised for early next year.

Please note that as the contractor with EBSCO we would just like to remind you of the limitations which apply to the use of the database, specifically that permitted use by members is "personal, non-commercial", and that printouts etc can be created but then can only be used for "internal or personal use". In other words users may use information sourced from the database in their personal professional practices in the same way as if they sourced it from a "printed" medical library.

## **College News**

The Psychologists Board, in response to a query from a College member as to whether there would be a problem regarding the issue of using specifiers to clarify the exact field people in which are working (i.e. Clinical "Forensic" or "Health" or "Neuro" Psychologist), confirmed that there is no problem with people defining themselves by

their specialised area of practice. It is only the vocational scope titles that are controlled and restricted to those in that scope.

#### 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 is scheduled for New Plymouth in March next year. 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 wananga for Māori Psychologists called Te Ahi Ka ("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 Pacifika clinicians.

Psychology Profession Advisory Forum

A number of issues were discussed at the PPAF meeting with the College, the Board and the Society last month.

The translation of the Code of Ethics in Te Reo is nearly finished. This will hopefully be launched at the joint conference in April.

The review of the HPCA Act will take place early 2012.

The ongoing HRANZ reformation is still on the table with principles, structures and scopes under scrutiny. It's hard to tell how any changes will affect the profession and in particular the College.

Nominations have been sought for the one unfilled position on the Board.. Of note is that there were two, but that the Ministry has reduced the numbers.

## **Ethics**

The College Ethics Committee responded to a request for assistance related to issues regarding child safety and the interface of government agencies.

Malcolm Stewart, the Convenor of the Ethics Committee, has been preparing a brief summary of law related to psychology which has been used by students, and it has been suggested that it may be more widely useful. There is the potential for this to be put on the website in a format where it can be updated or revised by people with particular areas of expertise. Feedback is being sought from legal and psychological colleagues to

refine this, then dissemination will be explored.

#### **NZCCP Membership News**

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

**Full Members** of the College: Thelma Patterson, Dunedin Anne Harvey, Masterton As a Full Member each may now use the acronym MNZCCP.

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

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

**New Policy:** Student members are now required to renew their membership annually, in line with other NZCCP membership categories. Each renewal will include the provision each time of either a signature from the student's Clinical Programme Director or a copy of their course enrolment for the year.

## **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** are their fifth year now. Each of these awards, of up to \$1,500, is 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.

The second **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.

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

## Ministry of Health Updates Health Workforce NZ (HWNZ)

Ian Miller (Psychologist Board Chair) reported as follows on the meeting between Des Gorman and Brenda Wraight, from HWNZ, and Ian, Monique Faleafa, Ann Connell, Steve Osborne and Anne Goodhead from the Psychologists Board earlier this month.

It was confirmed that the Board continues to serve as HWNZ's conduit to the psychology profession. There was positive reflection on the Board's responses to Des's invitation to address strategic issues impacting on the profession's development in May last year. In particular Des said that there are shortfalls in the capacity to provide for increasing demands on health services necessitating a radical review on how professions work in the This includes enhanced clinical future. leadership roles for psychologists, the option of prescribing rights, and new services to redress a chronic shortage of psychiatrists. Follow-up meetings since that occasion have confirmed the thrust of this challenge.

## Prescribing Rights

A letter from NZCCP was presented asking how the question of prescribing rights might be advanced. Des advised that the Minister is willing to amend the Medicines Act to make this possible and cited the example of Diabetes Nursing as a successful model of seeding trial projects and using these as a "Trojan horse" to establish inroads. He

explained his notion that psychologists who take up prescribing rights would be under standing orders but would have the option of prescribing for depression and anxiety, rather than being required to go through a GP. This development would need а implementation strategy. The utility of the model would be evaluated and trialled in an action research model, having defined what "success" would look like and how the model could be made to work. One option is a demonstration project for psychologists (even if only a small but useful number take it up). He agreed it would be appropriate to survey practitioners as a first or early step.

## Internship Funding

It was confirmed that the four proposed training hubs will maintain internships for nurses, midwives, psychologists. These hubs would be supported by the provision of training, mentoring, and pastoral care. Work is needed to provide information on the quantum of interns needed across the spectrum of health-related needs ("steady-This includes more than state market"). Clinical Psychologists, and not only in just DHB settings. The Board needs to be aware that only the "bottom" of the range described will be funded. Also there is need to consider a model that expands on interns' exposure to different career options. It was noted that HWNZ recognises that at least half of benefit recipients have unmet mental health needs. and that adolescent and youth mental health is a priority in order to "break the adult burden".

### Amalgamated Functions

Des stated the money spent on regulation "should be as lean as possible" and indicated that if the RAs did not come up with a plan to make this possible, there are real dangers it will be imposed. In HWNZ's view a 3-5 year time frame for this to occur is far too long and the Minister seeks an early resolution. HWNZ has no preference for any of the currently proposed approaches, and do not feel the "host secretariats" model is a waste of time to develop. However, it is clear that HRANZ need to provide a more formal update re the Host Secretariats project as soon as possible.

## Way Forward

Des said HWNZ envisioned three key deliverables that the Board needs to prioritise to be agreed by the end of 2011 and implemented by the end of 2012 –

- As much progress as possible on either amalgamation or other cost-saving projects by regulatory authorities.
- Intelligence to support an approach to internship funding.
- Completion of a demonstration project for prescribing rights for psychologists.

In order to complete a demonstration project the Board may need to invest in additional resources. This work could be funded by the Board alone, or in collaboration with the Society and College. The question of resources is critical and needs urgent attention.

#### **ACC News**

ACC meeting with the Psychological Society and the College.

Representatives from the NZPsS and the NZCCP met with Dr Kris Fernando, ACC National Psychology Adviser, and Emma Powell, ACC Category Advisor, in November as part of the regular meetings scheduled through the year to discuss ACC issues.

ACC is still considering various options with regard to how sector liaison groups will run in the future and will provide an update to NZCCP and NZPS as soon as it's available.

Gauging competency has always been an issue for ACC. There are differences between educational and clinical psychology training, however there are a few people with additional training who can cross over. There is a need here for a closer examination of what the training programmes are providing for educational and health psychologists. Having said that, ACC has been moving away from a solely discipline specific focus and is now looking more for a combination of qualifications, skills and experience, e.g. educational psychologists provide a valuable service to children with traumatic brain injuries especially in the school environment. Of note is that education-based assessments and ΤI (training for independence) interventions require diverse skills and providers from a range of professions are often involved. It was also noted that there opportunities for educational psychologists in educational support services, and in fact the pathway is already there.

Providers who deliver counselling services under regulation *may* opt to advertise their services via ACC's external website, however this is not mandatory. When ACC asks a provider to demonstrate their ability to deliver a contracted service, this must include demonstrating an understanding of the processes and the business side of this, e.g. invoicing, accepting referrals, file storage, adherence to the contract specifications etc., not just the skills and competencies to deliver the service.

Branch Advisory Psychology/Psychotherapy positions within the Sensitive Claims Unit have been advertised and interviewing will occur soon. The BAPs will be knowledgeable and skilled in sensitive claims and will receive comprehensive training in ACC's approach to managing sensitive claims.

Kris reported that at the meeting with the Psychologists Board recently and ACC issues were discussed including opportunities for psychologists. Complaints and the role of third party observers in neuropsychological assessments were some of the topics discussed.

ACC will give their usual hour long presentation at the 2012 joint conference and in addition Kris has proposed a 2 hour symptom validity symposium with a focus on psychological pathologies and responsible interpretations, including outcomes. Utilising symptom validity measures and reporting of symptom validity concerns requires considerable clinical knowledge and skill and needs to be done in a manner which maintains respect for the client.

The Specialised Treatment Category team at ACC is introducing a variation to the IART replacing the report format with a form that includes indicative headings, the order of which is in a free flow format. All providers have been notified of the upcoming changes.

It is important to help providers understand that the Branch Advisory Psychologist is the first port of call for most issues. The upcoming sensitive claims provider information sharing meetings should be helpful in terms of giving providers a chance to ask questions.

## NZCCP is delighted to announce a wonderful professional development opportunity:

## WORKING WITH MINDFULNESS AND EMOTION: CULTIVATING EMOTIONAL BALANCE?

## A TWO DAY WORKSHOP WITH DR JAMES HEGARTY FREE TO NZCCP MEMBERS

IN THIS WORKSHOP, DR HEGARTY WILL COVER THREE BROAD AREAS:

1. THE NATURE OF EMOTIONS AND HOW THEY CAN IMPACT ON OUR
WELLBEING; 2. THE COMPLEXITY OF MINDFULNESS; AND 3. THE USE
OF MINDFULNESS FOR WORKING WITH EMOTIONS IN THERAPY. BOTH
DIDACTIC AND EXPERIENTIAL COMPONENTS WILL BE USED IN THE
WORKSHOP.

New Plymouth 19 & 20 March 2012

## **REGISTER ONLINE**

download more information and the registration form from http://alturl.com/d7vep





Te Rōpū Mātai Hinengaro o Aotearoa



The Joint Conference of the New Zealand Psychological Society and the New Zealand College of Clinical Psychologists Wellington Convention Centre 20-23 April 2012, Wellington

## Call for Submissions

Submissions are invited for presentations at the 2012 Conference.

## Closing date 1st of February 2012

International submissions can be reviewed earlier. Submission guidelines and formats will be published shortly.

For more information contact Caroline Greig at NZCCP, phone: 04 8016088 email: office@nzccp.co.nz or Heike Albrecht at NZPsS, phone: 04 9141983 email: pd@psychology.org.nz.



## The New Zealand Psychological Society

## **Submissions Process**



Te Ropū Mātai Hinengaro o Aotearoa

Te Rōpū Mātai Hinengaro o Aotearoa

#### How to make a submission

- 1. Complete all sections of the online submission form www.psychology.org.nz
- 2. Please make sure you provide a full and complete abstract
- 3. Please make sure you include current email and phone numbers and notify and changes in these
- 4. All submissions will be reviewed by the Academic Review Panel and you will be notified of the outcome of this process
- 5. If you encounter any difficulties with the online process please email your submission to conference@ psychology.org.nz

#### Individual papers/posters and PeArLS submissions

- 1. Please use the on-line submission form on www.psychology.org.nz
- 2. If your paper is part of a symposium please indicate this

#### Symposia submissions

- 1. Please ensure that your submission for a symposium includes the following
  - Symposium title
  - Subject area
  - · Preferred time slot
  - Full contact details for symposium organiser and chair (if known)
  - Details of presentations (as for individual papers)
  - Organiser to send all papers by email (conference@psychology.org.nz) if this is possible or each presenter can use the online submission form

#### Forum submissions

- 1. Submissions for complete fora can be sent to conference@psychology.org.nz
- 2. The submission should include
  - Background information about the forum topic
  - Preferred time slot
  - · Full contact details of the forum organiser
  - Contact details for proposed presenters and forum chair

## Workshop submissions

1. Please contact the professional development coordinator on conference@psychology.org.nz for a submission form or download a workshop form from the website

Please note that all presenters will be required to register for the conference for the day that they are presenting and any other days of attendance.

We look forward to receiving your submissions by **30 March 2010** if you are a local presenter or the dates indicated previously for early and international submissions.

IF YOU INTEND TO MAKE A SUBMISSION - PLEASE KEEP THIS GUIDE FOR FUTURE REFERENCE.

**Can we assist you?** Please make contact with Heike Albrecht, Professional Development Coordinator on conference@psychology.org.nz

NZCCP PO BOX 24088 WELLINGTON T: 04 801 6088 F: 04 801 6086 E: office@nzccp.co.nz W:www@nzccp.co.nz SUMMER 2011

# NZCCP National Educational Coordinating Committee (NECC)

The National Educational Coordinating Committee aims to encourage and facilitate continuing education opportunities for members, by providing nationally coordinated events to a high standard. Our goal is to coordinate training opportunities between branches with the goal of facilitating training in all regions. A clear distinction is kept between the function of this committee and the broader role of Branch Representatives, who continue to liaise with Council on matters of Policy and general Branch business. Please consult the College website for further information and links (<a href="https://www.nzccp.co.nz/events/">https://www.nzccp.co.nz/events/</a>)

## TRAINING TIMETABLE

NZCCP Events		
LOCATION	MONTH	PRESENTER/ CONTENT
Christchurch	17 February	Martin Dorahy/Trauma Focused CBT
Wellington	29-30 March 2012	Professor Ray Novaco
New Plymouth	19-20 March 2012	James Hegarty/Mindfulness and Emotion Workshop
Wellington	20-23 April 2012	NZCCP/NZPsS Joint National Conference
Christchurch	5 July 2012	Eileen Britt/Motivational Interviewing Workshop
Other Events		
LOCATION	MONTH	PRESENTER/ CONTENT
Nelson	18-29 January	Biofeedback EEG/BCIA Summer Seminars
Auckland	19-20 January	Russ Harris/Acceptance & Commitment Therapy workshop
Wellington	24-25 January	Russ Harris/Acceptance & Commitment Therapy workshop
Wellington	9-12 February	NZAP/Conference 2012 – "The Face of the Other"
New Plymouth	16-17 February	Dr Scott Miller/Working with the Resistant, Unmotivated or Mandated
Hamilton	20 February	University Supervision Workshop
Wellington	27-29 February 2012	Infant Mental Health Conference
Auckland	26-27 March	DBTNZ/Coping with Chaos
Wellington	12-15 April	37th Annual Pain Society Scientific Meeting
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**

## Teaching Fish About Water: A Weekend of Mindfulness for Clinicians

Mindfulness is a profoundly simple and accessible way of using attention and awareness to recognize the realms of experience in which attention gets caught and those it avoids and misses. The capacity to be present for the broader landscape of experience enables both us, and our clients and patients, to be present for the most difficult parts of ourselves and to respond creatively in situations where we would otherwise react automatically from conditioned patterns. Clinical trials show that the capacity to be mindful is an important factor in emotional healing and well-being of patients, and that it supports clinicians in coping with the demands of everyday practice - to be compassionately engaged without burning out.

The weekend will include

- A clear explanation of the three skills underlying the capacity for mindfulness; the
  qualities of attending that lead to distress and to well-being, and what makes the
  recognition of these less than natural.
- Instruction and an environment in which to ground yourself in, or grow clearer in your experience of mindfulness.
- Dialogue and reflection on integrating mindfulness into your everyday and clinical life, and how best to teach and support this in your patients and clients.

It is suitable for those new to mindfulness practice and those already using mindfulness in programs such as DBT, ACT, MBCT or MBSR.

James Carmody PhD is an Associate Professor of Medicine at University of Massachusetts Medical School. He teaches the use of mindfulness in clinical settings to medical students and researches neural and psychological mechanisms of mind-body processes. He is principal investigator on several NIH-funded clinical trials of mindfulness. Jim is a New Zealander who studied and practiced in mindfulness-based traditions for forty years. He has been a therapist, an instructor in the UMass Mindfulness-Based Stress Reduction program, and Director of Research for the Center for Mindfulness. His work has been featured in the New York Times, NPR, and Radio



New Zealand. His goal is to make mindfulness straightforward, jargon-free and accessible for both clinicians and patients: http://www.umassmed.edu/behavmed/faculty/carmody.cfm

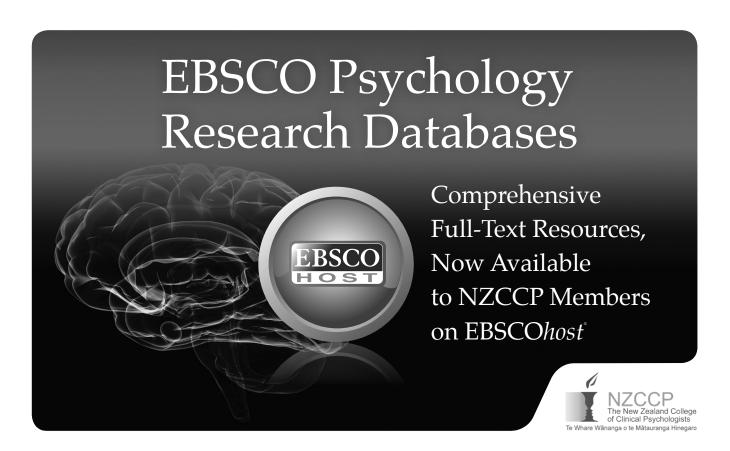
Dates: February 24th - 26th

Location: Saint Francis Retreat Center, Mt Roskill, Auckland

Cost: \$350 includes tuition, meals & accommodation: \$25 discount if paid by December 30th.

Contact Jim at: carmodyj@verizon.net

Endorsed by RNZCGP and approved for up to **14.00 hours** CME for General Practice Educational Programme Stage 2 (GPEP2) and Maintenance of Professional Standards (MOPS) purposes.





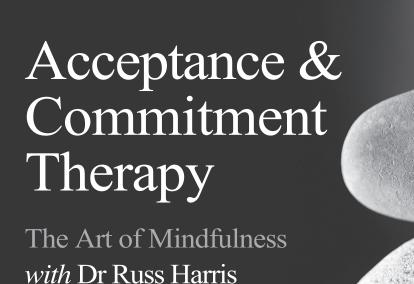
## Clinical Paediatric Psychologist Renal and Gastroenterology, Starship Children's Health

Starship Children's Health is seeking a Clinical Psychologist to provide high quality assessments and interventions for children and adolescents and their family/whanau attending the Starship Renal and Gastroenterology Departments.

The position will have a particular focus on children requiring transplantation and children requiring dialysis as well as any other children under the services. Recent experience with children and adolescents is desirable.

The successful applicant will be part of the Paediatric Consult Liaison multi-disciplinary team, with strong links to the Paediatric Renal and Liver Transplant Teams, and will be involved in service development.

This is a full time (1fte) position. To apply online, visit our website at <a href="www.kiwihealthjobs.co.nz">www.kiwihealthjobs.co.nz</a>, using the reference number 032984 in the job search box. Applications close January 29<sup>th</sup> 2012
For further discussion, contact Tia Johnstone, Recruitment Consultant on <a href="mailto:tiaj@adhb.govt.nz">tiaj@adhb.govt.nz</a>



What's **all the fuss** about Acceptance & Commitment Therapy (ACT)? Why have **over 12,000** Australian therapists attended Russ's trainings?

Auckland, Jan 19-20

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

- · Mindfulness without meditation
- · Motivation without coercion
- · Symptom reduction without trying
- Meaning, fulfilment and vitality for both clients and therapists

If so, don't miss these workshops! Numerous published studies show good results for ACT with depression, OCD, GAD, social anxiety disorder, addictions, chronic pain, schizophrenia, and many other conditions.

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

made simple

Happiness Trap

Dr Russ Harris, M.D.

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

For details, visit <u>www.actmindfully.com.au</u>

the confidence



# Clinical Training Programmes: 2012 IMAGO RELATIONSHIP THERAPY

We want to enable you to transform your work with couples, and help you build your practice.

Imago Relationship Therapy is a coherent, comprehensive and dynamic theory and practice, offering a cutting edge and effective method for working with couples, which is grounded in the relational paradigm. Join a growing group of committed couples therapists in New Zealand and an alive, energised and creative international community dedicated to transforming relationships.

- Enable couples to understand their journey from romantic love through to disconnection, frustration and conflict, and to restore connection, passion and hope
- Gain indepth understanding of relationship dynamics from both an attachment and developmental perspective
- Incorporate developments in clinical research and neuroscience into your work with couples
- Learn how to hold couples safely in processes which offer them the opportunity and capacity to make sense of their negative interactional cycles
- Learn clear steps for relationship repair
- Coach attuned, connectional experiences for couples through the use of Imago Dialogue and other dialogical and relational processes

This clinical training programme is a 12 day programme; two 2 day modules and two 4 day modules.

Module 1A is a two day introduction to this work and can be taken independently without proceeding further with the training.

**Presented by:** Brenda Rawlings & Peter McMillan - Faculty Members of the Imago International Institute since 2002. Peter and Brenda are a dynamic, complementary and experienced team who will hold you on your training journey with wisdom and sensitivity.

Module 1A	22/23 March	Auckland
Module 1B	31 May/01 June	Auckland
Module 2	04-07 September	Auckland
Module 3	27-30 November	Auckland

For more information contact:

Imago Institute for Relationships 09 425 7980 info@relationships.co.nz www.relationships.co.nz

## Registration Form for Module 1A

LOCATION FEE	Auckland \$450 or \$395 if paid by 22 February 2012	Post registration and payment to Imago Institute for Relationships PO Box 583, Warkworth, 0941
Name Postal Addre	ss	or Email details to info@relationships.co.nz and enquire about internet banking
Telephone N Email	0	☐ Please send me information on Modules 1B,2&3

NZCCP PO BOX 24088 WELLINGTON T: 04 801 6088 F: 04 801 6086 E: office@nzccp.co.nz W:www@nzccp.co.nz