



Waka Oranga Inc:

National Collective of Māori Psychotherapy Practitioners
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POUTAMA 2018

E ngā waka, e ngā mana, e ngā karangatanga maha huri noa i te motu nei te mihi atu ki a koutou katoa! Tenā koutou, tenā koutou, tenā koutou katoa.

The Poutama seminars are intended to provide learning steps and excellent professional development opportunities for anyone wishing to expand their knowledge of indigenous models of psychotherapy/counselling.

He Māori Ia: Unity in Diversity

Saturday 18 August 9.30am - 3pm

Whaiora Marae, Otara, Tamaki Makaurau

In Te Reo Māori, the term 'Māori' is a word which means 'ordinary, usual' and has come to be a collective word for the indigenous peoples of Aotearoa New Zealand. While this term suggests a certain homogeneity, what is more accurate is that Māori have always been a diverse group of people holding a multitude of understandings regarding life and wellbeing. Upon arrival in Aotearoa, Māori organised themselves through geography and connection to specific land markers which became identifiers for that specific group. Whānau connected to larger hāpū and iwi groups, with their own political and social systems which varied from group to group.

As three wāhine Māori living and working in Aotearoa New Zealand, we identify with varied areas of the motu, different iwi, and as practitioners, we hold a variety of perspectives around indigenous health. Within this however, is a shared kaupapa of the importance of strong connections for indigenous peoples, and the relationships to self, to other and to the various other elements of the universe which unite us all. In this kōrero we bring our own diverse experiences as wāhine Māori, and share the similarities, particularly around disconnection and reconnection, which underpin our understandings of psychotherapy and indigenous healing.

Presenters:



Verity Armstrong
(Kai Tahu)



Anna Hinehou Fleming
(Ngāpuhi, Tūhoe)



Mischellé Tohu
(Ngāpuhi, Ngati Kahungunu)

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