

NZAP Regional Branches

Otago and Southland

The Otago and Southland Branch of NZAP meets every second Wednesday of the month. The venue for our meetings is The Barclay Room in Marinoto House and a beautiful place it is! The one-and-a-half hours are usually lively and interesting and there is a good group of colleagues to connect with.

There are about 60 members on the mailing list. Since Registration with PBANZ the Otago Branch has grown. Psychotherapists can apply for full membership of NZAP and as part of the process, present themselves to our Branch. We have enjoyed many presentations with professional and personal content and are hopeful more will follow this year.

Our meetings have a diverse content: presentations by members and non-members, discussions and debriefing, and education. 2017 saw an interesting mix of evenings committed to discussions with topics like bicultural connecting, debrief of Conference, and the future of NZAP. Sheila and Gerald visited the Branch in May. A new item on our evenings is book reviews: volunteers from the Branch stepped forward and shared short summaries and opinions of professional literature.

Twice a year we organise evenings with a more social character and they serve to get to know each other better and to help the networking. Occasionally we organise professional presentations outside the monthly meeting times. This only happens when the presentation or workshop needs more time or when the presenter is not available on the Branch night.

We have two supervisor groups. One is the ACP group consisting of supervisors of those who are preparing to submit case studies etc. The other is the Regional Supervision Group, which meets monthly before the Branch meeting.

Branch convenor: Stella McDonald stella.mac@actrix.co.nz

Canterbury

The Canterbury Branch currently has 55 Full, Provisional, and Student members and 9 Retired members. We meet on the second Thursday of each month, and attendance ranges from around 16 to 25 people. We are enjoying meeting in the rebuilt RSA premises in Christchurch city centre, where those who want to can have a meal together prior to the meeting. The focus of our branch is to provide collegial connection, and stimulating professional development for psychotherapists, via presentations from members and non-

members. Our commitment to progressing, and maintaining, our bicultural nature is important. The branch is self-funding, receiving no money from the national body, so we charge a branch levy of \$40 for members which is invoiced at the start of the financial year. The branch levy covers branch expenses for monthly meetings and visiting speakers. Branch members receive a monthly newsletter. Non-members, who are members of a professional association and who are interested in psychotherapy, are welcome to be placed on our mailing list and (unless the meeting is stated as Members only) welcome to attend meetings. We ask that you email the convenor to check regarding attending, as at times there are room space restrictions, and, importantly so we can ensure you are welcomed. We ask visiting colleagues to contribute \$10 towards meeting expenses, payable by internet banking to the branch.

The structure of the meetings are:

6-7pm Optional meal

7pm – 7.30pm Meeting for collegial connection and to discuss matters relevant to psychotherapy, NZAP and the local branch as needed. Members are invited to raise items for the agenda by emailing the convenor prior to the meeting.

7.30-8.30pm Professional Dialogue series. We aim to provide stimulating presentations, and allow time for discussion.

Branch convenor: Katherine Stewart k.stewart.nz@gmail.com

Te Tau Ihu o te Waka a Maui – Top of the South

The Nelson regional group comprises about 18 NZAP members and meetings continue on a monthly basis. Gradual changes in membership occur with retirements and new people arriving from other regions. There are two Provisional Members supported by supervisors from this region.

We alternate presentations with a Balint style group. Several people attend when they can from a distance (Blenheim, Motueka, and Karamea) and good connections are made within the group. Average attendance is about 6-8 people and recent presentations have been well appreciated.

Cultural Aroha continues with Pele Fa’auli on a monthly basis.

Branch convenor: Wayne Frecklington waynefreck@gmail.com / 03 458 3536

Wellington

Our branch currently has 75 members, most of whom are based in Wellington City, the Hutt Valley and the Kapiti Coast. As Convenors, our intention has been to engender an environment where Branch members can feel welcomed and connected with each other, and to uphold the importance of manaakitanga. We believe we are making good progress in achieving this.

We have a growing Branch committee and having two Convenors has lightened the load for Catherine. Cherry and Catherine bring complementary strengths to the Convenor role and much behind the scenes work is done together in supporting the Branch to function well. Cherry's support and leadership is enabling the Branch to develop a stronger relationship with Waka Oranga, which feels important to acknowledge and build on. Our Branch joined Waka Oranga as an institutional member during 2017. The reliability and efficiency that Delia Crozier has brought to her many tasks over the year, and particularly managing our finances, also contributes to the smooth running of the Branch. Towards the end of 2017 Brian Hunt stepped forward into the Secretary role. We are fortunate to have Jane Nicholson as our Events Coordinator – the wonderful array of fun social opportunities that she organised has been a real bonus throughout 2017. We acknowledge the value of our Wellington ACP supervisors group who are supporting those on the ACP pathway and the many contributions these members make to our branch. Geraldine Lakeland is our Council representative, as is more recently Victoria Smith, while Graeme McCartney is our TTBAC Branch representative.

At the beginning of 2017 we changed our meeting venue. After many years at the historic Thistle Inn, we shifted to St Andrews on The Terrace. From the pub to the church! It seems to have been a good move, and we are building a relationship with staff at the St Andrews Centre. As an organisation NZAP has values in common with the centre, particularly social justice, ethics and inclusivity.

Branch convenors: Catherine Gilbert cath.gilberd@gmail.com
Cherry Pye cherrympye@gmail.com

Treasurer: Delia Crozier crozier.delia@gmail.com

Central Districts / Palmerston North

I think I am the only NZAP member in this region. I meet with two colleagues each month for collegial support and peer review. This works well for me. I am engaged in professional supervision with a number of health professionals but am not an NZAP supervisor.

We are in the process of opening up the group to a few other mental health professionals.

Branch convenor: Sheena Gallocher galloshear@gmail.com

Hawkes Bay

We have 25 people on our emailing list for the Hawke's Bay branch of NZAP. Our region covers Napier, Hastings, Wairoa and Gisborne. In late 2016 we decided to change the format and frequency of the meetings. We now meet quarterly i.e. four times per year, on a Tuesday evening from 7pm-9pm. The first hour is for a check in, NZAP business and any other matters arising; the second hour is a presentation of some kind e.g. guest speaker or Ted talk etc. with general discussion afterwards.

We introduced this format at the beginning of 2017 and had our first meeting in February. Our guest speaker was Marie Young, a clinical psychologist who gave a talk on Structural Dissociation. Including Marie, we had ten people attend the presentation. The general feedback from the evening was positive and encouraging. The second meeting was attended by approximately 25; the last meeting was attended by only 4 people. To be fair the second meeting had a lot of outside support from the Maori community because of the presenter – this definitely boosted numbers!

In February 2018 the NZAP President Elect (Gerald Maclaurin) came to visit and there were 4 people in attendance, including Gerald. This gave rise to discussion around the struggles to keep the Branch going. In the end we determined the subgroups that were established when the change of format occurred e.g. the personal process (experiential) group and the supervisors group (already established but accounts for some of the NZAP membership) were clearly fulfilling the needs of the membership. Therefore, while the official Branch meetings are poorly supported, the two groups (13 people) mentioned above account for the majority of NZAP members in this region.

Whether we choose to continue offering a Branch meeting is yet to be decided.

Branch convenor: Claudette McDonald claudetteamcdonald@gmail.com

Bay of Plenty/Waikato

Whilst we are a small group (approximately 12) the good news is we are growing and have just gained three new members.

On average 5 to 8 of us meet monthly for an early breakfast discussion/network meeting at a lovely cafe. We do not always have a set agenda, however psychotherapeutic concepts and dilemmas flow readily with robust discussion, any NZAP Council or registration issues are also discussed and we exchange reading, references, and training opportunities. When we come together our professional sense of belonging with each other is revitalised.

Branch convenor: Sue Harris sue.harris@baycounselling.co.nz

Northern Branch

NZAP Northern Region Branch offers an opportunity for collegiality, professional development and sharing matters of mutual interest. We recognize and celebrate diversity and difference, holding dear the idea that psychotherapy is first and foremost about relationship with all its struggles and complexity. Visitors are welcome.

Membership:

We welcome those who practise psychotherapy, retired NZAP members and students of psychotherapy. We also encourage clinicians (such as doctors, psychologists etc.) who are not NZAP members to become Branch Associates by subscribing.

Branch subscription costs \$45 for the calendar year and \$25 for students, retired members and Northland practitioners. Subscription fees includes free entry to the end-of-year party in December and the ability to advertise any psychotherapy-related workshops, trainings and events that members or associates are running through our monthly email newsletter.

Meetings:

The branch meets monthly on the 2nd Thursday of the month at 7.15pm at the Parnell Community Centre, 545 Parnell Rise, Parnell. \

The meetings are chaired by two Branch Convenors and the first part of the meeting is devoted to branch business. The meetings are also an opportunity for sharing information of mutual interest. The second part of the meeting is generally either a clinical presentation or a discussion on some matter pertinent to the life of the psychotherapeutic community.

The branch also incorporates a number of sub-sections, including a Hospitality group, a Tiriti Ropu, and a beginning therapist support group.

Affiliations:

Nga Ao E Rua

Nga Ao E Rua is a bicultural initiative in which therapists seek to encourage consideration of the implications and responsibilities of the treaty of Waitangi for Psychotherapy practice in Aotearoa New Zealand. It comprises two groups working in partnership, namely Te Ao Pakeha and Te Ao Maori.

Te Ao Pakeha

Te Ao Pakeha is open to therapists interested in exploring cultural identity and bi-cultural conversation from the perspective of Pakeha / Tau Iwi. Their activities include monthly meetings and events intended to develop these conversations. Contact the convenors for more details.

Waka Oranga

Waka Oranga is a group of Maori practitioners committed to improving health outcomes for the indigenous people of Aotearoa. Our vision is for a nation of cultural diversity and richness underpinned by the free expression and well-being of tangata whenua. The roopu is open to Maori practitioners and Tau Iwi/Pakeha those who support our kaupapa. For more information or a brochure contact Wiremu at kereru.psychotherapy@gmail.com

Branch Convenors: Email: Kerry Thomas-Antila, Margot Hinton

nzapnthbranch@gmail.com

Treasurer / Membership: Cathy Langley

Northern Branch News (Branch Newsletter): nzapnthbranch@gmail.com

Training Supervisors' Group Convenor: Brigitte Puls b.puls@clear.net.nz