

REPORT TO NZAP AGM, MARCH 2019

Northern Branch

The Northern Branch is in good heart and 2018 provided many opportunities for collegiality, learning and fun. The following gives a brief outline of some of the activities during the year and acknowledges the valued contributions by our subscribers, presenters and volunteers. People are our most precious resource and support as we gather together and take part in the life of the Branch:

He aha te mea nui o te
What is the most important thing in the world?
He tāngata, he tāngata, he tāngata
It is the people, it is the people, it is the people

Te Tiriti Rōpū

The Te Tiriti Rōpū has met throughout the year to help facilitate a bicultural approach to Branch matters.

- *Workshop hosted by the Branch and Te Tiriti Rōpū:* Te Tiriti funds were allocated to a one day workshop on 1 December. This workshop, titled “*Reaching across Worlds: Kanohi ki te Kanohi,*” was very well attended by Branch subscribers and others in the Northland region. Presentations were given by Dr Ingo Lambrecht, Anna Hinehou Fleming, Joanne Reidy and Gerald Maclaurin. This was a stimulating and enjoyable day, in which the attendees were able to engage with each other to discuss the complexities of psychotherapists’ experience of practising in Aotearoa New Zealand.
- *Liaison between Waka Oranga, Ngā Ao e Rua and TTBC:* As some members of this rōpū are also part of other groups this has allowed for a flow of information. We have focused on ensuring the promotion of Waka Oranga events.

Collegiality and professional development

Collegiality has been a continued focus and feedback indicates a safe, inclusive and welcoming atmosphere is being experienced by most of those attending monthly meetings. Ensuring time for connection over a cup of tea during monthly meetings (or wine and cheese in one instance) has contributed to this. The hospitality group plays an important role in facilitating these connections.

A focus on connecting with new and beginning therapists has seen an increase in their participation and contribution in Branch life. As well as welcoming clinical and research presentations from the more experienced subscribers/psychotherapists in the Branch, we have also encouraged graduate psychotherapists to present their research to the Branch, as a way of welcoming new practitioners and strengthening the connections between practice and research. This has resulted in some very stimulating presentations to our monthly meetings.

A list of the presentations over the 2018 year is outlined below:

February: Dr Kerry Thomas-Anttila: *Being Drawn to What Matters: The Role of the Unconscious in Ongoing Learning.*

March: Paul Wilson: *Paranoia and Sexual Orientation: An Exploration of Homophobia.*

April: Sally-Anne Thomson: *The Therapist’s Experiential Responses to Working in Psychotherapy with Trans- Clients.*

May: Kay Ryan: *Tua o te aria. Doorways into Dying: Meaningful Encounters at End of Life.*

June: Jean Burnton: *Journey into the Unknown.*

July: Verity Armstrong and Anna Hinehou Fleming: *He Māori Ia: Unity through Diversity.*

August: Seng-Poh Lee: *A Double Life: The Psychological Being of Heterosexually Married Men who have Sex with Men (HMMSM)*.

September: Dr Gerald Maclaurin, NZAP President, gave a moving talk about the importance of belonging together, supporting each other and being connected with each other within our professional association. He evocatively used excerpts from the film *Ida* to explore and discuss this with us.

October: Brigitte Puls, Kerry Thomas-Anttila, Garjana Kosanke, Diane Lummis, Josie Goulding, Joanne Emmens and Mihili Alexander: *Psychotherapy Training/Education at Auckland University of Technology (AUT)*.

November: Crispin Balfour: *Te Tipu Haere – Growing into Being*.

December: *Christmas party:* An enjoyable and well attended party which also provided us the opportunity to give thanks to all those who have contributed to the Branch over the year, as follows:

- *Hospitality group:* Jackie Petter, Gabriela Mercado, Cathy Langley and Seng-Poh Lee for their commitment to attending the meetings and providing us with refreshments, and clearing up afterwards.
- *Xmas party organisers:* Sally-Anne Thomson, Crista Schorr-kon, Outi Malcom, Seiko Shirai, Jackie Petter, Nancy Cooper, Paul Wilson, Jasmine Oliver, Cathy Langley and Gavin Stansfield.
- *Te Titiri Rōpū:* Anna Fleming, Cathy Langley, John O'Connor, Fay Lilian, Marie Franklin and Margot Hinton (in her role as Co-convenor).
- *Treasurer:* Cathy Langley, who is not only our valued Treasurer, but who also contributes in many ways to the life of the Branch.
- *Advertising coordinator:* Seng-Poh Lee, for unfailingly sending out flyers and being the interface with other professionals in the community.
- *Co-convenors:*
 - Margot Hinton has finished her two-year term as Co-convenor. Margot was thanked for her time and commitment to the Branch, for her care and her ongoing support and growth of the Branch members.
 - Josie Goulding will co-convene with Kerry Thomas-Anttila for 2019.

DSA Nominations

Liadan Cotter and Margaret Bowater were both nominated during the year for the Distinguished Services Award (DSA). These nominations were ratified by Council and Margaret and Liadan will receive their awards at a Branch meeting.

Dr Kerry Thomas-Anttila and Josie Goulding
Co-convenors, Northern Branch