

Much of the life of NZAP is in its branches, which can be quite different from each other. Here are some brief introductions to NZAP branches.

### Table of Contents

<b>Northern</b> .....	<b>1</b>
<b>Bay of Plenty/Waikato</b> .....	<b>2</b>
<b>Hawkes Bay</b> .....	<b>2</b>
<b>Central Districts/Palmerston North</b> .....	<b>2</b>
<b>Wellington</b> .....	<b>2</b>
<b>Nelson/Te Tau Ihu o Te Waka a Maui</b> .....	<b>3</b>
<b>Canterbury</b> .....	<b>3</b>
<b>Otago and Southland</b> .....	<b>4</b>

### Northern

NZAP's Northern Region Branch is made up of more than two hundred NZAP members who live in, or north of, the Auckland Region. It offers opportunity for collegiality, professional development and discussion of matters of mutual interest. We recognise and celebrate diversity and difference and believe that psychotherapy is first and foremost about relationship with all its struggles and complexity.

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 Associates enjoy the same benefits as NZAP branch subscribers, except that they do not get to vote on NZAP matters.

The branch has no direct representation on the NZAP Council as Council members are elected from the membership at large. It is self-funding, receiving no money from the national body.

Branch subscription costs \$45 for the calendar year and \$25 for students, retired members and Northland practitioners. Subscription fees go towards hiring the room and audiovisual equipment and refreshments for monthly meetings and administration costs. The annual subscription also 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, 'Northern Branch News'.

The branch meets monthly on the 2nd Thursday of the month from 7.15-9pm at the Parnell Community Centre. The meetings are chaired by two Branch Convenors and the first part of the meeting is devoted to branch business. The branch attempts to make decisions by consensus. There are no separate executive meetings so all members are welcome to raise or talk to any matters of concern. The meetings are also an opportunity for sharing information of mutual interest e.g. needing or offering room space, upcoming workshops, events etc.

The second part of the meeting is generally a clinical presentation or a discussion on some matter pertinent to the life of the psychotherapeutic community.

Currently the branch consists of the two Convenors, supported by a Treasurer and an Advertising Coordinator. We have a Hospitality group and a Tiriti Rōpu. As enthusiasm gathers for other areas of interest, further interest groups will develop.

The supervisors group has disbanded and small groups of supervisors continue to meet independently. ACP supervisors continue to meet.

Convenors: Kerry Thomas-Anttila and Josie Goulding [nzapnthbranch@gmail.com](mailto:nzapnthbranch@gmail.com)

Treasurer: Cathy Langley

Northern Branch News (branch newsletter): [nzapnthbranch@gmail.com](mailto:nzapnthbranch@gmail.com)

Training Supervisors Group Convenor: Brigitte Puls [brigitte.puls@gmail.com](mailto:brigitte.puls@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.

Convenor: Sue Harris [sue.harris@baycounselling.co.nz](mailto:sue.harris@baycounselling.co.nz)

Training Supervisors Group Convenor: Barbara Rockel [barrock@xtra.co.nz](mailto:barrock@xtra.co.nz)

### **Hawkes Bay**

The Branch has effectively been in recess for all of 2018. There was some talk of a new member coming to the area and we were looking at putting together a Branch welcome for her, but as yet I have not heard back from the other person who knew her.

There are two sub groups: a personal process (experiential) group; and a supervisors group, which in total have 13 people in them, accounting for the majority of NZAP members in this region. They are going strong and seem to be meeting the needs of all those who wish to meet.

Convenor: Claudette McDonald [claudetteamcdonald@gmail.com](mailto:claudetteamcdonald@gmail.com)

Training Supervisors Group Convenor: Julie Murphy [bjam@ihug.co.nz](mailto:bjam@ihug.co.nz)

### **Central Districts/Palmerston North**

I think I am the only NZAP member in this region. Each month I meet up with five other people for collegial support and peer review – three are psychologists working in psychotherapy, one is an ex-member of NZAP and the other is a member of NZAC. This works well for me. I have expanded my psychoanalytic practice and have a small number of professional supervisees.

Sheena Gallocher [galloshear@gmail.com](mailto:galloshear@gmail.com)

### **Wellington**

As a new convenor I see my role is to enable a welcoming encouraging environment where we can meet, discuss and grow.

There is an informal Branch group. Delia Crozier has agreed to continue as Treasurer. Brian Hunt offered to take on sending advertisements and notices to the branch. Victoria Smith is our Council representative, and Graeme McCartney is our TTBC Branch representative. Jane

Nicholson continues to host and encourage those of us learning waiata. Volunteers take the minutes of our meetings

The Wellington Branch has 82 members, most of whom are based in Wellington City, the Hutt Valley and the Kapiti Coast. The decision to use St Andrews on the Terrace was timely – the larger venue accommodates our growing numbers.

For more detailed information about our meetings, please read our report to the NZAP AGM.

Convenor: Dianne Hendey [hendey@actrix.gen.nz](mailto:hendey@actrix.gen.nz)

Treasurer: Delia Crozier

Branch Secretary: Brian Hunt (responsible for advertising enquiries) [gestaltbrian@gmail.com](mailto:gestaltbrian@gmail.com)

Training Supervisors Group Convenor: Andrew Duncan [Andrew@donnache.co.nz](mailto:Andrew@donnache.co.nz)

### **Nelson/Te Tau Ihu o Te Waka a Maui**

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.

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.

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

Convenor: Wayne Frecklington [waynefreck@gmail.com](mailto:waynefreck@gmail.com)

Training Supervisors Group Convenor: Geoffrey Samuels [gsamuels50@xtra.co.nz](mailto:gsamuels50@xtra.co.nz)

### **Canterbury**

Otautahi Canterbury branch had its annual AGM in May, 2019: Joss Phiskie accepted nomination to be co-convenor alongside Katherine Stewart. Katherine will stay on for a final year to support Joss in the role. Joss is a fairly new member of NZAP, joined via the Registration pathway; she is a Psychodramatist, who moved up from Dunedin several years ago. As a branch, we need to focus on supporting people into these roles and keeping an eye on succession, or we will run into the same problem we faced several years ago when no-one wanted to take on the convenor role. Fortunately, we have a supportive branch committee, which meets monthly over a meal to plan. Sophie Toutain (another quite new NZAP member, who joined via Registration pathway and who has a Gestalt background) has joined the committee following the AGM. She will put out our newsletter. Sarah Robins and Sarah Tritt (Treasurer) are staying on the committee.

Susan Horne provides an adjunct role to the committee, carrying the bicultural 'portfolio'. Her involvement with TTBAC, and awareness of speakers to invite, is invaluable. We are committed to 2 of our yearly branch meetings addressing bicultural issues. Susan is organising a Te Tiriti workshop for the branch in July. In June, Stephanie Forde is coming down to lead us in a discussion on Ethics, and Marianne Quinn is coming up from Dunedin in August, to present on Infidelity in Couples. Koha from this event will go towards Imago subsidised therapy for couples on low incomes. We are experimenting with using our beautifully restored post- earthquake Arts Centre as a venue for meetings, and a nearby restaurant is a good venue for a meal prior to

meeting. We are looking forward to the presentation of Life Membership to Charlotte Daellenbach, which will take place at our July Midwinter meal.

The Mosque shootings have of course been a shocking jolt to our city, and in the last month Katherine organised a list of psychotherapists who were willing to work with Victim Support as counsellors. This proved to be a useful collective action, and now around 13 branch members are on the list. It's good to see psychotherapists well represented and we want to be able to contribute and share the load of this trauma work. Clients are starting to trickle through via this to those of us who are recently added to the list. There are several folk who have been active in this space since March 15<sup>th</sup>, either with Victim Support, or the Charity Hospital. Several also have been involved since the immediate aftermath via Employee Assistance Programmes and workplace support. Upskilling in cultural competence regarding working with Muslim clients is underway, and a free training day is being held on June 29<sup>th</sup>, run by the newly formed Muslim Psychologists Collective and sponsored by the CDHB, Charity Hospital and Victim Support etc. In general, there is considerable tiredness amongst therapists and self-care is going to be important for sustainable work/life balance.

Convenors: Katherine Stewart [k.stewart.nz@gmail.com](mailto:k.stewart.nz@gmail.com) and Joss Phiskie [jossphiskie@gmail.com](mailto:jossphiskie@gmail.com)  
Training Supervisors Group Convenor: Brenda Levien [Brenda@levienassociates.nz](mailto:Brenda@levienassociates.nz)

## **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. Book reviews have been well received and we have had strong numbers attending meetings this past year.

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 a supervision group, which meets monthly for an hour before the Branch meeting.

Convenor: Stella McDonald [stella.mac@actrix.co.nz](mailto:stella.mac@actrix.co.nz)  
Training Supervisors Group Convenor: Maria Bowden [maria@555george.co.nz](mailto:maria@555george.co.nz)