

REPORT TO NZAP COUNCIL, JULY 2021

From the President

Recommendations in Rick Williment's critical review of Promotion of Psychotherapy have helped Gerald Maclaurin, John Farnsworth and me focus the strategic planning day on Saturday 10 July.

Like many organisations, we face a number of complex challenges. These include maintaining membership engagement, succession, and meeting the needs of a diversified profession of psychotherapists in the changing landscape of mental health funding and provision.

One of the writers I find helpful when contemplating complexity and change is Adam Kahane, author of *Power and Love: A Theory and Practice of Social Change*. Kahane quotes Tillich defining power as "the drive of everything living to realise itself, with increasing intensity and extensity", while love is "the drive towards the unity of the separated".

Martin Luther King Jr said "Power without Love is reckless and abusive and love without power is sentimental and anemic."

Some times we need to lean in to love and other times we need to focus more on power to bring balance.

Bearing the balancing of love and power in mind may help us seek a creative, sustainable and generative balance to navigate the complex needs and challenges ahead of us as an Association.

PBANZ accreditation standards

A joint delegation from Waka Oranga and NZAP met with the PBANZ Board on 23 May. Anna Fleming, Margaret Poutu Morice, Verity Armstrong, John O'Connor, John Farnsworth, Siobhan Collins and I travelled to Wellington for this purpose. We requested this meeting on 19 April to outline our concerns about the Board's proposal to remove interim registration at the point of entry for ACP candidates.

Board members were hospitable and friendly. We were welcomed by kaumatua Gerry Te Kapa Coates and whaea Iris Pahau, a tikanga advisor for the Board. However, it was soon obvious the Board remained adamant it was not willing to continue to support interim registration for ACP candidates at the point of entry.

It provided a new argument that once interim registration is granted it is unable to remove registration even if candidates drop out of the ACP before completion. We argued strongly that the Board had more flexibility open to it than it seemed willing to exercise if considering Section 12 of the HPCA Act. Also, the standards the Board had set out would negatively impact the diversity of trainings and the advanced trainings currently offered such as HAMACP and ACP.

The Board subsequently agreed to extend the submission date for comments on the draft accreditation standards by two weeks so we could respond in writing. It also agreed to invite psychotherapists who are not registered but who are members of Waka Oranga, to the Tangata Whenua Psychotherapist Wānanga to explore how to strengthen relationships between the Board and tangata whenua psychotherapists.

The ACP and HAMACP committees are now considering how to best develop their trainings for psychotherapists, given the changes soon to be implemented.

Roy's Life Membership

I was delighted to attend Roy Bowden's life membership being awarded, along with Ann Nation, Margaret Poutu Morice, Jonathon Fay, Eric Medcalf and Victoria Smith. Appreciations, histories and stories, waiata and song flowed throughout the afternoon and warmed all our hearts with the graciousness, authenticity, sweetness and humility of Roy and the Bowden family and friends. Roy's philosophy of life and love of people shone through the afternoon as sunshine danced behind us on the waters of Pukerua Bay. Roy's long and generous service to NZAP, Waka Oranga and local communities has been honoured.

Connecting and sharing

Various innovations have arisen in this post-Covid, technologically flexible and interconnected world. We look forward to viewing our first online newsletter soon. Thanks to Gabriela for finding Marianna Ackermann to be editor. Some technological challenges have presented themselves but this development is a strong indicator of an NZAP willing to adapt and adopt new styles of communication and engagement with members.

Patrick Casement presentation

Thanks to the generosity and organisational skills of Gabriela Mercado, our President Elect, members were treated to a free seminar with Patrick Casement and a branch discussion in many other places. This was supported by the Professional Development and Conference committee and can serve as a model for future events. We hope more members will come forward to organise large or small events in this model.

Te Ipu Taiao – The Climate Crucible

Following *Te Ipu Taiao* webinar series, Claire Miranda has been chairing monthly meetings of a small group of psychotherapists wishing to explore their feelings and reverie and also to share articles, ideas and actions as they arise. Claire has created a Substack account for us so there is access to references and resources from the group and members can contribute their own writing and responses. Substack may be useful for other small groups to connect and share.

Monday morning with Freud reading group

A small group of us, organised by Crispin Balfour, have begun to read the Standard edition of Freud each Monday morning at 7.10am on Zoom. We read a page each and reflect together for the last 10 minutes. A stimulating discussion. It is interesting to observe, in Volume One, Freud developing his ideas and to understand the context and the relationships in which these were developing.

We are a group of 10-15 participants, mainly members of NZAP. A psychotherapist joins us also from England.

There is a What'sApp group allowing sharing of reading and other resources in this free group, which is still open to new members.

NZAP and Waka Oranga hui, Taupo, April 2022

Anna Fleming, Nikky Winchester and I have been exploring venue options for a less formal gathering of members in lieu of a full conference in 2022. The emphasis will be on reconnecting with each other and revitalising and nurturing each other and the roots of the association. We do not have a name yet but are open to suggestions and will shortly announce dates when the venue is confirmed. Thanks Nikky for all the extra work you have done to help scope out the possible venues. A request has gone into the Professional Development and Conference team to support this venture.

Ministry of Justice

Andre Afamasanga from the Ministry of Justice requested NZAP send representatives to meet with his team to share ideas on the effects of Conversion Therapy. I asked Gavin Stansfield and Crea Land to speak with them. Verity Armstrong from Waka Oranga joined them in the Zoom meeting.

Gavin reported that the Ministry team asked good questions and were interested to hear our perspective on efforts to change sexual orientation.

Gavin was pleased to sense their understanding of the shame dynamics that make such practices so damaging and to hear of their good work in this area. He said that it was also great to be able to meet MOJ as Treaty partners with WO, represented by Verity.

Mental Health and Addictions

I continue to participate in this group led by John Farnsworth for the Public Issues portfolio. Veronica Watts, Victoria Smith, Andrew Jones and I join John every four to six weeks. We discuss developments in the mental health sector to understand and strategise. We are working on improving our relationships with the Ministry, government, other allied organisations and influential figures.

Lynne Holdem