

NZAP President's Report November 2021

The Council Strategic Planning meeting in July attempted to respond to and integrate the broad based and far sighted Promotion of Psychotherapy in Aotearoa Critical Review written for NZAP by Rick Williment. The long term Strategic Plan that Council created lays out a vision for the next 20 years. It also poses a challenge to identify particular goals that we can practically tackle and make gains on in the next two to three years. These need to support the work of psychotherapists, promote psychotherapy in Aotearoa and inspire membership.

A growing demand for professional development for psychotherapists and allied professionals encourages NZAP to explore this area. The new accreditation standards may point NZAP trainers towards providing relevant courses and seminars. Cultural competency, training for supervisors and evaluation of research are examples.

The ACP Chair John O'Connor is still in dialogue with PBANZ to clarify the requirements and implications for an apprenticeship model of training. Forty-five members joined John O'Connor, and other ACP committee members, for an online meeting on the future of ACP in this new environment. A demonstration of how supportive members are of the ACP and He Ara Maori ACP pathways. Congratulations to John and the committee for the excellent zoom presentation.

Nikky Winchester's resignation on 1 October completes seven years of her working as Executive Officer of NZAP. She brought the administration of the organisation into a new era with intelligent use of technology for record keeping, registration and annual membership process. We have been lucky to have her fine attention to details, knowledge of NZAP policy and her care for all the professional working of Council.

Meetings run by Gabriela Mercado, Victoria Smith and me have helped create holding and reflective spaces for members during the rapid changes of Covid 19 lockdowns, surges and Ministry of Health directives and announcements. Victoria has been a translator of Ministry advice for members, an ambassador representing NZAP working with other allied professional associations and an advocate for psychotherapists at the Ministry. Her questions to the Ministry re practitioners who use only telehealth needing to vaccinate to continue work, have led to a reprieve for psychotherapists refusing vaccination and secured continuity of care for their clients.

The use of Zoom meetings has increased Council's responsiveness, engagement and support for members but has created much more work for Council members. I for one, am looking forward to a return to a slower paced working through of the long term plan rather than the crisis management of the last month. This said I salute the working together that has taken place during the last four months. Whenever something needed doing, there were hands up to carry it through.

Under pressure of time and stress of rapid changes, misunderstandings and communication glitches have occurred. That happens in all teams. In leadership there is always a dynamic balance needed when delegating a task to someone. There is a risk of either abandoning them to it or on the other hand interfering with their work. Working at a distance from each

other and relying heavily on emails it has been hard to read this and I'm aware I haven't always got that balance right.

We might consider using an organisation and tracking tool like [Loomio](#) to be able to create objectives and have a record of tasks and completion of those tasks when we are working on joint projects as a Council or as a few members of Council. Perhaps there are other software such as Google docs or Microsoft Teams that might work. While we still use email it is important for all of us to cc all people involved in all our decisions, plans and outcomes.

The President's role is to care for the vision of the organisation, to integrate the working together of the different parts of the organisation. I have tried to stay in touch with those working in committees and portfolios. Ministry of Health responses to Covid, Vaccination debates, the changes made to PBANZ registration criteria have dominated the last few months. The challenges of the present have overwhelmed the capacity to organise the development of Strategic Plan to be further developed. Holding our intention around that Strategic Plan and not letting our attention and action be only directed by external pressures is challenging but also necessary.

Overall however, every member of Council has stepped up to meet the requirements of the day. Hon Sec Catriona has had a particularly full workload, taking up many of her tasks since 1 November and receiving and processing 320 applications for the new role of Administrator. Victoria Smith, John Farnsworth and Paul Wilson have been worked passionately and with care to field responses to Mandatory vaccination and other Covid enquiries. Paul has clarified Covid information and ethical questions on Connect. Victoria has advocated and mediated information from the Ministry of Health, AHA NZ, and ACC and participated in members' Zoom meetings with Gabriela and I and other Council members. John O'Connor and a revitalised ACP committee have been digesting the Board's new accreditation standards. John Farnsworth is generous with fresh ideas, research and strategy, not only in the Mental Health and Addiction portfolio but in many areas of Council business. The willingness of all Council members to do their share and bring their gifts in service of our association has been, well, marvellous.

Mā whero, mā pango ka oti ai te mahi