

**MINUTES OF THE NZAP COUNCIL MEETING
HELD VIA ZOOM
ON 5 MARCH 2022 9.00AM – 5.00PM
AND 6 MARCH 9.00AM – 12.50PM**

Present: Lynne Holdem (President), Gabriela Mercado (President- Elect), Anna Hinehou Fleming (Waka Oranga), Verity Armstrong (Waka Oranga), John Farnsworth, John O'Connor, Delia Crozier, Paul Wilson, Victoria Smith, Catriona Cairns, Claire Miranda, Luisa Maloni (minute taker), Donny Riki and Susan Horne from the TTbAC joined the meeting from 9am-11am on Saturday, Gavin Stansfield and Crea Land joined the meeting at 1:30pm to 2:30pm on Saturday, Marianna Ackerman joined the meeting from 3pm-3:15pm on Saturday.

1. WELCOME

The meeting opened at 9.00 am, mihi and karakia from Lynne with a reflection on our current climate and check ins with attendees.

2. APOLOGIES

None

3. TTbAC REVIEW

Lynne welcomed Susan and Donny and thanked them for coming to the meeting.

It was acknowledged that this review was addressed at the last meeting. Margaret and John O were thanked and the follow up was to discuss the response with the TTbAC. The themes/recommendations of the review were revisited.

Donny and Susan shared their response to the review and also thanked John O and Margaret for their mahi. They shared that a number of members, after many years on the committee, are stepping down.

Council had an in-depth conversation about the themes, recommendations and the relationship between Council and the TTbAC. It was discussed that having a member of the TTbAC on Council would increase understanding, robust conversation and Council solidarity towards Te Tiriti commitments. Council and the TTbAC discussed how the committee would look with the idea of having four members -two Maori, two Tauwi, with a focus on policy that would underpin Council and Association procedures. The importance of having a clear kaupapa for that group was discussed. Council revisited their initial decision (November 2021 Council meeting) to appoint a member of the TTbAC to Council and discussed the importance of an existing member of Council being tasked to support that role as facilitator of Te Tiriti considerations.

Moved: that Council present a remit to the AGM that the chair of TTbAC be appointed to the Executive of Council

John O/Paul – Carried

Action: Catriona to organise the remit required for this constitutional change to Council, for the June AGM

Action: Anna to consult with Graeme McCartney and John O re membership of TTBAC to recruit new members

Council thanked Donny and Susan for their presence and contribution at the meeting today and for the 10 years of work they had put into this committee, acknowledging that it has not been easy.

Gabriela, in charge of the Review Project since 2018, thanked John O for his work with the Project Partnership/ TTBAC review and for taking this Project to fruition.

Donny and Susan left the meeting at 11am.

Council discussed why Waka Oranga was not represented on the Executive Council. (See further discussion under **Waka Oranga Relationship**)

4. APPROVAL OF REPORTS

Lynne moved that all reports be approved as received.

–Carried

President's report – The Council thanked Lynne for her work as President throughout two very hard years and for her work on the 'Ka Mua ka Muri' conference committee.

Honorary Secretary Report – Further to the written report there was discussion around student membership issues:

- Training providers- Gabriela had a conversation with training providers about letting us know when a student drops out of a course. There is an issue with providers not knowing which students are members of the NZAP.

Action: Luisa to provide training providers with a list of NZAP student members enrolled in their course and to copy the director of training into re-ratification email confirmation for students.

- Remit- NZAP Membership extended to Year 1 students. Membership will need four week's notice before the next AGM.

Council then discussed the pros and cons of allowing those preparing for the ACP initial panel to join the NZAP as student members.

Action: John O will take this discussion back to the ACP.

Ethics and Professional Standards Committee Report – Lynne acknowledged that this has been a hard two years for this committee also. Council supported the committee's stance on retaining the code of ethics for NZAP. Helen Packard still engages with people making complaints. The Ethics committee are thinking about their role as educative and assistive e.g. attending and speaking at branch meetings. They are interested in ways to foster ethical thinking and discussed their inclusion in possible Academy courses.

ACP Committee Report – The committee is happy to have Catriona and Verity join their number. They reported a good turnout for the regional group for Supervisors first zoom meeting. There is an upcoming meeting with PBANZ and they will be represented by five Council members, three of whom are also ACP members including John O, ACP Chair.

He Ara Maori Report – No report submitted. Council discussed ways we can communicate with the He Ara Maori committee.

Action: Verity and Anna to communicate with the committee about how they would like to be involved and share with Council e.g. oral report to convey, written report, zoom, zui etc..

Professional Development and Conference Committee Report – Council discussed the function of this group and its possible role in the new Academy. Meetings are paused at the moment.

Action: John F to add the role of the PDCC to the Academy Working Group's agenda

Public Issues Report – Council thanked Claire for our involvement in a media release from Ora Taiao. John F's media release about the mental health and the climate crisis was tweeted by Ora Taiao and received some interest. It was reported that the Public Issues portfolio faces an overwhelming range of issues and there is a need to consider next steps for the future and ways to increase our presence in the Health sector. Council thanked and shared support for Victoria to stay in the ACC and AHA NZ roles until a suitable replacement is found.

ATA report – Ata is on track for its next issue and is at the peer review stage in the process. There are plans for three issues this year, as there was only one issue last year. One will be dedicated to the 'Ka Mua ka Muri' papers. John O received feedback around hard copies in relation to the environmental impact of printing and sending them.

Action: John O to email members regarding receiving digital copies of Ata

Critical reviews – Reviews are all complete. The Promotion of Psychotherapy review is continuing to be revisited and considered.

Administrator Report – Council discussed access to relevant Google drive documents for Council Members. Luisa will share membership statistics through tables at each Council meeting, and through graphs once a year.

Action: Luisa to give access to Council folders on the Google Drive for Council members from this point on.

Newsletter Report – (Marianna attended the zoom to speak to her report). Council thanked Marianna for her work on the Newsletter and for creating a great tone. Marianna reported that she is getting lots of positive feedback. There are some issues with time spent on designing adverts- from now on this will be charged an hourly rate. There was a discussion about using Substack, an online platform, for the Newsletter in the future which would enable immediate responses from readers. Marianna thanked Council for all the work they do and for their practical and emotional support through a difficult time.

5. PEOPLE/PARTNERSHIP

Discussion with Gavin Stansfield, Crea Land and Verity Armstrong about the Conversion Therapy Bill and NZAP's Policy statement.

Lynne welcomed Gavin and Crea to the meeting and handed over to Gabriela to chair this part of the meeting. Gabriela thanked Crea, Gavin and Verity for coming and opened the space for discussion.

Gavin, Crea and Verity thanked Council for including them in the meeting today. They discussed their appreciation of being approached to represent the NZAP in discussions with the Ministry of Justice last year about the Conversion Practices Prohibition Legislation Bill and wondered why they were not involved in drafting the letter that NZAP wrote to Ginny Anderson about the Bill. They shared their desire to be involved in updating and promoting the NZAP's 2004 Policy statement on Conversion therapy and any possible education opportunities for the NZAP membership.

Council acknowledged the importance of having conversations with communities that are directly affected by the issues and shared the background to the sending of the letter. Aspects of NZAP's history relating to the LGBTQI+ community were discussed. Council supported the idea of updating the Policy statement and exploring educative options: How do we educate ourselves about contemporary views of identity, especially regarding gender and trans? How do we work in this area safely?

There was discussion around moving this work to the Ethics portfolio. Education opportunities could be included in the Academy proposal.

Action: Paul to set up a working group to discuss the 2004 policy statement and educational opportunities

Crea, Verity, John O, Paul and Gavin are happy to be involved in this which may include an article in the Newsletter.

Gavin requested a follow up at the next Council meeting.

6. RATIFICATION OF MEMBERS

The following memberships were ratified:

i) **Motion:** That the following applicants be ratified as Student Members of NZAP, having completed all requirements:

Juliet Perano, Dunedin
Andrew Sutherland, Auckland
Emma Greenlees, Masterton
Tanya Phillips, Dunedin

ii) **Motion:** That the following be ratified as a Provisional Member of NZAP, intending ACP, having completed all ACP entry requirements:

iii) **Motion:** That the following applicant who has interim Psychotherapist registration, be ratified as a Provisional Member of NZAP, having completed all requirements:

iv) **Motion:** That the following Provisional Members, who have completed the ACP, be ratified as Full Members of NZAP:

Trisha Cassidy, Auckland

v) **Motion:** That the following applicants be ratified as Full Members of NZAP, having completed all requirements:

Resigned:

Sascha Scholz, Full, Dunedin
Aroha Mahoney, Retired, Te Awamutu
Russell Vant, Student, Wellington
Mathew Proctor, Student, Wellington

NZAP Council Meeting

By email

31 January 2022

A new member was ratified:

i) **Motion:** That the following be ratified as a Student Member of NZAP, having completed all requirements:

Mary Cunningham, Dunedin

Lynne– carried

7. CORRESPONDENCE

Lynne tabled the following items of correspondence:

- Letter from Dr Wilton and a letter from D. Kingsford enquiring about the ACP pathway. There was no further discussion except to illustrate the increased interest in the ACP.

8. MEMBERS TO THANK AND RECOGNISE

Council would like to thank Crispin Balfour for running a Freud group each week.

Action- Catriona to send a card expressing thanks to Crispin

9. TREASURER'S REPORT

Further to the written report, the following was discussed:

- Delia has drafted an email to send to members about the \$10 increase to fees. This increase applies to Full and Provisional Members only.
- Council approved replacing PayPal with Stripe as the fees are lower and payments will go directly into the NZAP bank account, rather than a Paypal account. The aim is to set this up before Subscription invoices go out in April.
- Spending is lower this year- a number of the committees didn't use any, or much, of their budgets.

Council discussed changes to budget allocations in order to balance the budget, while meeting the needs of each committee and portfolio.

Action: Delia and Jill to update the budget with the changes to allocations discussed and will email out to Council members for approval.

Action: Delia to liaise with Stu, Jill and Luisa to replace Paypal with Stripe

- Remit for Retired membership- this is driven by the projection that retired membership will increase and income for the NZAP will therefore reduce.

New remit proposal:

Motion: We propose that members who retire from the 30th of June 2022 select one of two categories appropriate to their situation:

1. Fully Retired, which would apply to retired members who are no longer working
2. Semi-Retired, which would apply to members who are working toward retirement and continue to work up to a maximum of 25 hours per month

The fees applicable to these categories are:

1. Fully retired subscription is set at \$55
2. Semi-retired (maximum of 25 hours per month) subscription is set at \$120

Proposed by Delia

Seconded: Victoria

-Carried

- Lynne gives notice that the Retired Subscription will increase by \$10 by this time next year
- Council wanted to clarify that Council members have one Professional Development event paid for by Council each year. Events will be paid for by the member and then reimbursed.

Moved: That Council members can claim for one NZAP Professional Development event per year and it comes from the Council budget to acknowledge their hard work.

Gabriela/Delia – Carried

Action: Delia will record this in the Treasurer's manual and Conference Guide.

Meeting closed at 5.02pm and resumed on Sunday at 9am

10. ACTION LIST REVIEW(see action list for details)

Completed and ongoing action items were noted. The following items not elsewhere on the agenda were commented on:

- John F, Claire and Paul trialed a number of Software options for group task management. They discussed the pros and cons of using these applications to manage tasks. Claire thought 'Click up' could be good for pieces of work like the conference and this is free. It was noted that the programme may own the data and require payment in the long-term. It could take time for members to learn to use. Council wondered if the issue with task management could be alleviated by focussing on: organisation of personal mailboxes, ensuring clarity of content in emails and subject headers to make them easier to locate later on, and if you are involved in a group, appoint a convenor to manage the task list and be a point of contact.
- 5. Governance training- Derek Gill not available for this. **John O** to look for other potential names
- 7. Training Providers meeting about PBANZ- Gabriela has contacted them and they are keen to participate in a meeting about PBANZ. John O had a meeting with Kate Dent Rennie and Gary Cockburn and agreed that the ACP finish their draft for accreditation and then meet back together. They can involve other providers too. **John O/Gabriela** to contact training providers to set this up.
- 18. Supervision Handbook including cultural supervision- **John O and Verity** have had an initial conversation- working progress
- 19. Waka Oranga members receiving Ata- **Anna**- working progress
- 21. Scanning copies of Forum- **Luisa** can do this when she has time available. **John O** to contact Margot Solomon to access her digital copies
- 28. Lowering reduced subscription rate- **Lynne/Delia**- not done
- 31. Members survey on workplace preference- **Victoria**- Not done but happy to still do this. Could organise a zoom hui about how psychotherapists see themselves going

forward. The conference will touch on this in a panel discussion and we could have a follow up hui- Lynne happy to join this with other Council members.

11. WAKA ORANGA RELATIONSHIP

Following discussion on Saturday about Waka Oranga not being represented on the Executive, Council further explored this. A robust conversation took place about where the relationship with Waka Oranga sits within the structure of Council and the Association. Council wondered if this could be reviewed as part of the redefined role of the TTBAC, looking at how this is enacted in structure and procedure and addressing issues of inequality in the relationship. Council discussed ideas around; the nature of the Executive, as it is now, and as it has or could be run in the future; co-governance; being on the executive and securing a place for Waka Oranga for the future. Council agreed that time and thought needed to be given to this. A future action may have some potential powerful recommendations about governance and structure.

Action: Verity and Anna will discuss this further with their runanga.

12. PBANZ AND ACP/HAMACP

John O, Gabriela, Verity, John F and Catriona are attending a meeting with PBANZ and will report back to Council. Verity clarified that she is attending as a representative of the ACP committee, not to represent He Ara Maori, who have decided not to attend.

13. DSA, TE TOHU O TE PIHI and LIFE MEMBERSHIP AWARDS

There are no new nominations for DSA or Te Tohu o Te Pihi awards.

There are four Te Tohu o Te Pihi awards that have not been presented yet. Waka Oranga would like to present these at a Waka Oranga event and those recipients are happy to wait for that event when COVID considerations allow.

Council congratulated John Farnsworth for his well-deserved Life membership nomination and acknowledged the beautiful citation supplied by Joy Hayward. John accepted this with a mixture of gratitude and humility.

14. PROMOTION OF NZAP AND PSYCHOTHERAPY

Keith Tudor

John O had a collegial conversation with Keith Tudor about the list of recommended research topics submitted by the NZAP. Keith has designed a Student MPhil where students can write a thesis on one of these topics. Council supported John O to represent the NZAP on an advisory board two times a year for this project. Keith has asked for Council to consider a scholarship

contribution for these students. Council has said NZAP members studying for MPhil or any related degree can apply for an Education grant through the Education fund.

Action: John O to feedback to Keith about Council's response and will ask him to write something for our newsletter about the MPhil.

Academy Working Group Report

This group has had one meeting so far attended by John F, Verity, John O and Victoria. John F reported that it was an energetic meeting with lots of positivity, enthusiasm and creativity.

Further to the written report, it was noted that:

- The group have almost started the design phase but are clarifying how it can be workable.
- There is an emphasis on starting small and expanding it. They would like to trial a module to see how it goes in the second half of this year.
- The group wants to be bold in promotion and reach out further to other interest groups.
- The Co-ordinator role could be Luisa.
- This proposal could be mentioned at the PBANZ meeting as there could be advantages to keeping them informed.

Council thanked John F for this exciting initiative.

Psychotherapy Day

International Psychotherapy Day is September 25 and could be utilised in Aotearoa to promote and support Psychotherapy and psychotherapists.

- Ideas to celebrate this day included:
- Reframing the day to have an Aotearoa perspective
- Posting on Twitter/Facebook- manaaki for psychotherapists- reminding them what a great job they are doing
- Small gift- manaaki
- Press release
- Zoom meeting- a conversation about what it means to be a psychotherapist in Aotearoa- this could be open to the public

Action: Gabriela/ Lynne/ Claire to form a working group to discuss opportunities and reach out to members e.g. at the conference, who would like to be involved in this initiative.

Action: John F to write something for the newsletter to prepare members.

Social Media

Council discussed whether we should have a stronger social media presence, e.g. a Facebook page, Twitter account, and how this would work practically. Council members could be doing what they can to promote psychotherapy on social media platforms.

Action: John F to discuss possibilities for increasing Social media presence at the next MHAA meeting.

Action: John F to set up a Twitter account and Council members to send any messages to Claire to tweet.

2022 Hui

A timetable has been sent out to members with a more detailed programme in development. 110 have registered for the online event so far. As yet, there has been no promotion outside of the association. Luisa will send out the programme and an invitation to the marketing list.

Professional Development Event 2023

Council discussed the possibility of exploring opportunities for professional development relating to the conversations with Crea, Gavin and Verity at this meeting and the LGBTQI+ community.

Action: Gabriela to check with Emma Green about exploring professional development opportunities related to the LGBTQI+ community

15. OTHER BUSINESS

Payment of storage unit

The filing cabinet and boxes from Nikky's office have been moved to Luisa's home office.

Student pro -rata rate

Full and Provisional members have a pro-rata subscription rate if they join at different times in the year. Student members do not have this and sometimes need to pay the full subscription twice in one year.

Moved: That student members who apply throughout the year have the same pro-rata arrangement as other membership levels.

Catriona/Claire – carried

Action: Claire to talk to Delia about the possibility of members being able to pay monthly using Stripe and feedback to the next meeting.

Education fund committee

There are now only three members and the committee would like five. Council considered possible members and suggested reaching out to branches to add to their agenda in order to scope interest in the regions.

Action: Delia to contact the Otago branch re membership of the Education Fund

Action: Catriona to ask Kathy Stuart re Education Fund Committee

Nikky's name still attached to admin email address

Action: Luisa to talk to Stu about this

16. DATES OF NEXT MEETING/ EMAIL RATIFICATIONS

Monday 2 May- Deadline- Monday 9 May- Email Ratification for new members

11- 12 June 2022 – Council meeting, Wellington

AGM meeting- 15th June, online (7.00 for council and 7.30 for members)

Monday 29 August- Deadline- Monday 5 September- Email Ratification for new members

15-16 October 2022 – Council meeting, Wellington

Monday 5 December- Deadline- Monday 12 December- Email Ratification for new members

Council members to forward agenda items to the Executive Officer. **Action: All**

Council discussed meeting in Wellington in June. Victoria offered her workspace as an alternative to Naumi Hotels- this would need to be catered.

Due to the uncertainty around the pandemic it was agreed that flight bookings should include insurance. Council decided on a cut-off date of May 13 to decide if the meeting is going ahead as planned or if it will go online. If two or more people don't feel comfortable attending in person, we will go online. Council agreed they enjoyed inviting others to the meetings as it facilitates relationships with working groups, advocacy groups, portfolios etc..

Final Thoughts

Council reflected on a robust meeting and thanked each other for their hard work and ability to connect with deep issues.

Meeting closed with a karakia at 12:45pm
