

2014

NZCCP | ACPA

# JOINT CONFERENCE

Ehara taku toa i te toa  
takitahi, engari he toa  
takitini ke

My strength does not  
come from me alone but  
also from others

12 - 13 April  
Chateau on the Park,  
Christchurch

**Pre-conference workshop:**

**10-11 April:** *Presenter: Chris Irons*  
Introduction to Compassion Focused  
Therapy: Working with shame and  
self-criticism.

**Pre-conference student workshop:**

**11 April:** *Presenter: Robert Green*  
Keeping mind in mind – practical use  
of the mentalising stance.

**Post-conference workshop:**

**14 April:** *Presenters: Kirk Strosahl and  
Patti Robinson*  
Principles and Practice of Focused  
Acceptance and Commitment  
Therapy.

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## About Christchurch, NZ

Christchurch/Otautahi is New Zealand's second-largest city and the gateway to the South Island. Bordered by hills and the Pacific Ocean, it is situated on the edge of the Canterbury Plains which stretch to the Southern Alps. During 2010 and 2011 Christchurch experienced a sequence of large earthquakes. Much of the central city with its classic neo-gothic architecture was destroyed. But Christchurch remains a beautiful city - a city where you can cycle alongside the river, stay in good hotels and indulge in fine sophisticated dining, and a city where, just 15 minutes from the centre, you can scramble up mountain bike tracks or ride a wave at a surf beach. There is nowhere else in the world where, within two hours of an international airport, you can ski at a world-class alpine resort, play golf, bungee jump, raft, mountain bike, hot-air balloon, wind surf, whale watch and visit internationally-acclaimed wineries and gardens. The buildings may have been damaged but the soul of the city and the welcoming spirit of the people remain very much intact. Christchurch has re-emerged as a vibrant, ever-changing city, so much so that Lonely Planet has listed it as one of the top 10 cities to visit in 2013.



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## Pre-conference Workshops

*Pre-conference workshop: 10-11 April*

### Compassion Focused Therapy

**Chris Irons**

Compassion focused therapy is derived from evolutionary theory and was originally developed for clients with high levels of shame and self-criticism. Formulation is focused upon linking background fears to safety strategies. It teaches people to practise generating feelings of warmth for themselves, using the analogy of 'physiotherapy for the mind'. Compassion focused therapy is based on cognitive behavioural therapy, although it integrates work from other therapies, particularly mindfulness, attachment based therapies and mentalising.



*Chris Irons, PhD, is a Clinical Psychologist and academic working for the NHS in East London. He has specialist training in cognitive behavioural therapy but primarily practises compassion focused therapy. Chris has a particular interest in exploring the role of compassion in alleviating suffering and improving wellbeing. Chris gained his research PhD under the supervision of Professor Paul Gilbert, and alongside Prof Gilbert continues to explore the theoretical and clinical developments and adaptations of CFT as a science based psychotherapeutic approach. He is a lead trainer in compassion focused therapy, and is a board member of the Compassionate Mind Foundation, a charitable organisation set up to "promote wellbeing through the scientific understanding and application of compassion".*

*Pre-conference student workshop: 11 April:*

### Keeping mind in mind – practical use of the mentalising stance

**Robert Green**

Mentalisation refers to the ability to reflect upon and understand one's own state of mind as well as that of other minds. This most fundamental of human abilities is of course involved in all psychotherapies. However, a distinctive feature of Mentalisation-Based Treatment (MBT) is the enhancement of mentalising as the focus of treatment. Increasing a person's capacity for mentalising stabilizes their sense of self and enhances stability in emotions and relationships. There is good evidence that MBT is of particular benefit for people with Borderline Personality Disorder, and emerging evidence of its efficacy in treating trauma, depression, bullying and family relationships. Central to the approach is a mental attitude of curiosity about minds – *the mentalising stance*. This workshop will teach the fundamentals of the mentalising stance to enable participants to undertake everyday tasks of assessment, formulation, and intervention in a way that fosters mentalising and engages clients in treatment.



*Robert Green is a Consultant Clinical Psychologist in the Mental Health Division of Canterbury District Health Board (CDHB), with oversight of Psychology services in Acute, Community and Rehabilitations areas. Over the past decade, he has been active in the development of services in Christchurch for people with BPD, culminating in the establishment in 2009 of the MindSight Programme for BPD – a specialist treatment service based on the Mentalisation-Based Treatment (MBT) approach developed by Profs Bateman and Fonagy in London. Robert is the Clinical Supervisor for the MindSight Programme, providing supervision and training in MBT.*

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*Post-conference workshop: 14 April:*  
**Principles and Practice of Focused  
Acceptance and Commitment Therapy**  
**Kirk Strosahl and Patti Robinson**

Clinicians in a wide variety of practice settings are being faced with the ever growing challenge of how to optimize client outcomes with as few treatment sessions as possible. This workshop will introduce participants to Focused Acceptance and Commitment Therapy (FACT), a brief, contextual behavioural intervention approach rooted in the three principles of acceptance, mindfulness and values based change. Participants will learn about the research pertaining to the clinical impact of brief interventions, and rapid response and dose effect relationships in psychotherapy. The majority of the workshop will be devoted to demonstrating and practising specific clinical techniques that make up the FACT approach, including focused contextual interviewing skills, and using the Four Square and Psychological Flexibility Profile to promote rapid case formulation and treatment targeting. Teaching methods will involve a combination of didactic lectures, experiential exercises, clinical role plays, guided practice and video demonstrations.



*Kirk Strosahl, PhD, is a cofounder of acceptance and commitment therapy, a cognitive behavioural therapy that has gained widespread adoption in the mental health and substance abuse community. He is the author of numerous articles on the subjects of primary care behavioural health integration, using outcome assessment to guide practice and strategies for working with challenging, high-risk, and suicidal clients.*



*Patricia Robinson, PhD, has been practising ACT for over 25 years and is considered by many to be one of the most accomplished ACT therapists in the world. She has also written extensively on using the FACT approach in General Practice settings.*

*Kirk Strosahl and Patricia Robinson co-authored the highly praised self-help book, *The Mindfulness and Acceptance Workbook for Depression*.*

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## Conference Keynote Presentations

### **Chris Irons: *Compassion Focused Therapy (CFT) – An Introduction to the model and current research findings***

CFT was initially developed to help people with high levels of shame and self-criticism who often struggled in traditional psychotherapy. It is now being used across a variety of populations, including those people suffering with depression, anxiety, trauma, bipolar disorder, psychosis, eating disorders and personality disorder.

This talk will introduce the CFT model and its theoretical grounding in evolutionary, developmental and social psychology, along with findings from neuroscience and neurophysiological research. It will also explore some of the latest research in CFT and compassion generally, and see how this is related to mental health, distress and wellbeing.

### **Suzanne Pitama: *Educating for Equity?***

It is well known that Māori mental health disparities for Māori identify key inequities in diagnoses, re-admission rates and cultural competencies of clinicians. However, what is not often explored is how the pathway into psychology training programmes addresses these inequities and whether the psychology curriculum in itself prepare clinicians to work effectively with Māori patients/whanau and communities. This presentation will explore how current institutional factors impact on-going inequities in Māori mental health, and will discuss the role the psychology curriculum should have in addressing current Māori mental health inequities.



*Suzanne Pitama, PhD, (Ngati Kahungunu, Ngati Whare) is the Associate Dean Māori and Senior Lecturer at the University of Otago, Christchurch. Suzanne is a child psychologist and has been involved in Māori health research for over 18 years. She is a keen advocate for Kaupapa Māori based methodologies and has interests in child mental health, medical curriculum development and Māori health community based projects. Suzanne is also the Director of the Māori /Indigenous Health Institute and is currently leading an HRC funded project that is focusing on the prevalence of cardiovascular disease in Māori communities. She is a co-investigator on an international collaboration project (New Zealand, Australia and Canada) looking at the role of medical education in addressing health disparities (Educating for Equity).*

### **Kirk Strosahl: *Takin' It To The Streets: Spreading ACT to All The Right Places***

Although ACT has witnessed unprecedented growth in the mental health community across the world, we would argue that its impact on the general problem of human suffering is still quite limited. One principal reason is that ACT has not been redesigned for dissemination into many settings where clients come for help, for example, general practice, surgical hospitals, schools, jails, senior living centres, etc. This talk will focus on basic guidelines for how to redesign ACT so that it fits the needs of a broader set of end users. We will give some practical examples of how this task can be accomplished, focusing on our work to instil ACT into general practice settings in the United States.

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## Fees

- Fees include morning and afternoon teas, and lunches
- Cancellations received before Monday 11 March 2014 will receive 80% refund. No refunds will be given after 11 March.
- In the unlikely event of conference cancellation, we will refund fees in full, less a \$60 administration cost.
- We will not accept liability for travel or accommodation expenses or any other costs incurred by registrants.
- To qualify as a student delegate, you must be enrolled in a clinical psychology training programme.

## Registration

- All registrations will be acknowledged by email.
- Registrations must be accompanied by payment
- You can register by:
  - mail to Caroline Greig, NZCCP, P.O. Box 24 088, Wellington
  - online at [www.nzccp.co.nz](http://www.nzccp.co.nz)

## Payment

Payment can be made by:

- Cheque payable to NZCCP
- Online using credit card
- Direct debit to account: BNZ 02 0865 0271109 05
- Enter reference details as "Conference Fees" and please identify your payment clearly  
*All fees include G.S.T.*

## Conference Function

- 7.30pm Saturday 12 April
- The Conference function will be held at the Chateau on the Park  
*The cost of the function is included in your conference registration fee. Partners may attend dinner as well for a small cost of \$75*

Enquiries to Caroline at [office@nzccp.co.nz](mailto:office@nzccp.co.nz)

**Please send registration by no later than 28 March 2014**

	Early Bird (up to 1 February)	Standard rate	
<b>Pre-Conference Workshop</b>			<b>Conference Dinner</b>
Members	<input type="checkbox"/> \$250	<input type="checkbox"/> \$300	Please indicate if planning to attend <input type="checkbox"/> Yes <input type="checkbox"/> No
Non-Members	<input type="checkbox"/> \$350	<input type="checkbox"/> \$400	<b>Partners may attend dinner for an extra \$75.</b>
<b>Pre-Conference Students Workshop</b>			Tick if partner attending <input type="checkbox"/> Yes
Member Students	<input type="checkbox"/> FREE		
<b>Conference</b>			<b>Name:</b> _____
Members	<input type="checkbox"/> \$400	<input type="checkbox"/> \$450	<b>Address:</b> _____
Non-Members	<input type="checkbox"/> \$500	<input type="checkbox"/> \$550	_____
Member Students	<input type="checkbox"/> \$200	<input type="checkbox"/> \$250	<b>Phone:</b> _____
Non-member Students	<input type="checkbox"/> \$225	<input type="checkbox"/> \$275	<b>Email:</b> _____
<b>Post-Conference Workshop</b>			<b>Any dietary/mobility requirements (detail):</b>
Members	<input type="checkbox"/> \$175	<input type="checkbox"/> \$225	
Non-Members	<input type="checkbox"/> \$250	<input type="checkbox"/> \$300	
Member Students	<input type="checkbox"/> \$100	<input type="checkbox"/> \$150	
Non-member Students	<input type="checkbox"/> \$175	<input type="checkbox"/> \$225	
<b>All three combo:</b>			
Members combo	<input type="checkbox"/> \$750	<input type="checkbox"/> \$850	
Non-members	<input type="checkbox"/> \$1000	<input type="checkbox"/> \$1100	
<b>Total:</b>			