



Psychology across the Lifespan *Valuing strength and diversity*

*Me pumau tonu tenei mea te matauranga hinengaro
Ano, me whakapakari, me titiro whanui, ka tika.*

NZCCP 26th National Conference
Saturday 21 - Sunday 22 March, 2015
Quality Hotel Parnell, Gladstone Rd, Parnell, Auckland

Pre-Conference



Pre-Conference workshop with Joseph Ciarrochi

Bridging the gap between ACT and CBT for practitioners

Friday 20 March, 9am-5pm

Cognitive behaviour therapy (CBT) practitioners who have integrated Acceptance and Commitment Therapy (ACT) strategies into their practice find this revolutionary third wave treatment enormously effective. However, many encounter challenges due to the differences between the two therapeutic models. This workshop focuses on how to bridge the CBT – ACT divide and utilise both therapies for a powerful treatment approach. The workshop, grounded in current research, clarifies how CBT and ACT differ, how they are similar, and includes all the information you need to begin incorporating ACT techniques into your practice.

Post-Conference



Post-Conference workshop with Linda Dimeff

Optimizing the Engine of Individual DBT

Monday 23 March, 9am-5pm

Providing DBT individual therapy for complex multi-diagnostic clients with Borderline Personality Disorder (BPD) is no easy task – even if it is highly rewarding. Mastering DBT individual therapy often involves developing and practising (over and over) a lot of new skills – as well as humility and support. Like mastering anything else important and complex, the more we learn, the more we realise how much there is to know and practise. Our goal is to super-charge your effectiveness and confidence in providing DBT individual therapy through focused discussion, demonstration, and practice.

This one-day workshop will zero-in on the following key areas that are often most challenging to master:

- Getting a solid initial commitment from an ambivalent client & using it throughout therapy.
- Developing a client-specific DBT individualized treatment plan to get your client out of hell and on his/her way to a life worth living.
- Structuring the session including how to strategically review the diary card, collaboratively set an effective agenda with your client, target the important topics and behaviors for the session, activate new behaviors now, and end the session well.



Post-Conference student workshop with Steve Humm and Kathryn Whitehead **ACT in a Flash: Beginning Work with ACT - an introductory workshop for students**

Monday 23 March, 9am-5pm

This workshop brings 18 years of combined trial and error learning in ACT to help students understand the model, avoid the traps, and avoid getting bogged down in too much jargon. The workshop will be a brief experiential introduction where the six core processes will be explained in an understandable way and create a solid base from which to further learn ACT. The aim is to make it palatable, accessible and workable. Steve and Kathryn have both been learning ACT since 2005 and fully utilise it within their individual practices. Combined they have attended many international trainings and conferences in ACT and want to distill and concentrate that learning to help folk get started with using ACT.

Keynote Speakers

Joseph Ciarrochi: Why do humans suffer and what can we do about it? Towards a unified approach to psychological intervention

Joseph Ciarrochi is a Professor at the Institute for Positive Psychology and Education, Australian Catholic University. He has published over 95 scientific journal articles and many books, including the best-selling, "Get out of your mind and into your life teens" and the widely acclaimed "Mindfulness, Acceptance, and Positive Psychology: the Seven Foundations of Well-Being and The Weight Escape". His newest book, entitled "The Thriving Adolescent: Using Acceptance and Commitment Therapy and Positive Psychology to help teens manage emotions, achieve goals, and build connection", will be published by New Harbinger (USA) and released in 2015. Joseph has been honoured with research funding of over two million dollars and his work has been discussed on TV and radio and in magazines and newspaper articles.

Linda Dimeff: Shifting Paradigms in Clinical Psychology: How innovative technologies are shaping treatment delivery and closing the dissemination gap

Linda Dimeff, PhD, is the Chief Scientific Officer at Evidence-Based Practice Institute and Clinical Faculty in the Department of Psychology at the University of Washington, Seattle, WA, Portland DBT Institute, Portland, OR. Dr Dimeff has worked closely with DBT treatment developer, Marsha M. Linehan, PhD, for over two decades developing and scientifically evaluating an adaptation of DBT for substance dependent persons with Borderline Personality Disorder, and generating numerous DBT training tools to facilitate the dissemination of DBT. Dr. Dimeff served as a BTECH trainer for over 15 years. In that time, she provided hundreds of trainings, intensives, and DBT systems implementations in a variety of public and private sectors. Dr. Dimeff is the 2011 recipient of the Cindy J. Sanderson Outstanding Educator Award from the International Society for the Improvement and Teaching of DBT. She is the primary editor of DBT in Clinical Practice.

Malcolm Stewart: The development of psychology

Malcolm Stewart, PhD PGDipClinPsychDipMgtFNZCCP, is a Consultant and Clinical Psychologist with Thrive Psychology - a private practice in Auckland. He has worked as a Clinical Psychologist in physical health services and mental health services in New Zealand for about 24 years. He was for ten years the Professional Leader for Psychology for the Counties Manukau District Health Board, Auckland. He also worked as a Behavioural Scientist at the Centres for Disease Control and Prevention in Atlanta, Georgia, USA. He was a Senior Lecturer at the Faculty of Medical and Health Sciences at the University of Auckland and has taught in several Universities and professional training programmes in New Zealand and the US. He has been active in research and service evaluation and has over 60 publications in peer- and editor-reviewed professional and scientific journals.

Margaret Dudley: Neuropsychological Assessment with Māori

Dr Margaret Dudley, TeRarawa, TeAupouri me NgatiKahu, is a Clinical Psychologist who has worked in community health settings for 18 years with both a paediatric and an adult client base. She has a long-standing interest in neuropsychology as it is applied to Māori. Margaret is currently conducting postdoctoral research at TaupuaWaiora Centre for Māori Health Research, AUT. The topic of the research is obtaining a Māori normative data base for the WAIS-IV. Margaret is a regular guest lecturer at universities and advises on many projects where there is an interface between neuropsychology and Māori.

For more information and the call for papers please go to

<http://www.nzccp.co.nz/events/conferences/nzccp-national-conference-2015/>