



# ShrinkRAP

Newsletter of the New Zealand College of Clinical Psychologists  
THE SPECIALIST ORGANISATION FOR CLINICAL PSYCHOLOGISTS

ISSN 1174-4251 (Print)  
ISSN 1175-3110 (Online)

---

**“Tiketike Ngahuru, hakahaka Raumati”**

*There are times to act with confidence and times to be more careful.*

---

**BEST WISHES TO YOU ALL FOR  
A HAPPY AND SAFE FESTIVE SEASON!**

---

**[REGISTER NOW for the 2015 NZCCP CONFERENCE](#)**



*Psychology across the  
Lifespan  
Valuing strength and  
diversity*

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

**[FOR MORE DETAIL AND TO REGISTER,  
DOWNLOAD THE BROCHURE AND REGISTRATION  
FORM HERE](#)**  
**[OR REGISTER ONLINE HERE](#)**

---

## College News

### Website update

In addition to the new online library for useful journal articles which is now up and running on the College website ([check it out here](http://www.nzccp.co.nz/about-the-college/publications-and-resources/published-journal-articles/) (<http://www.nzccp.co.nz/about-the-college/publications-and-resources/published-journal-articles/>), another [online library of resources for working with different cultures](http://www.nzccp.co.nz/about-the-college/publications-and-resources/resources-for-working-with-different-cultures/) has now been set up (at <http://www.nzccp.co.nz/about-the-college/publications-and-resources/resources-for-working-with-different-cultures/>) and is in the process of being populated.

As with the journal article library, you are all hereby invited to suggest relevant articles, presentation or information for inclusion in this, with publishers' permission to reprint these. Email these to [office@nzccp.co.nz](mailto:office@nzccp.co.nz).

### Journal NZCCP

The themes for the Journal NZCCP 2015 issues are:

**Bodies**, published May 2015, deadline 15 April

**Care of Older People**, published November 2015, deadline 15 October 2015

If you have (or know of someone else who has) an interest in any of the above themes and

- could write an article, or
- do a literature search, or
- if you could review a conference or workshop you've attended, or
- review a book or article you've read, or
- if you are aware of some good online assessment measures or apps,

please contact Caroline at [office@nzccp.co.nz](mailto:office@nzccp.co.nz).

If there is a book you want to read and are interested in reviewing it, Journal book review editor, Dr. Charlene Rapsey ([charlrapsey@gmail.com](mailto:charlrapsey@gmail.com)), may be able to get you a free review copy.

Please don't forget that we are always keen to receive and publish letters to the editor, and encourage all students to submit articles, case studies, book reviews, commentaries on a set of abstracts, reviews of conferences or workshops and students whose submissions are published are paid \$100.

### From the Editor

Readers are encouraged to send information about new and relevant applications and resources for inclusion in ShrinkRAP.

### NZCCP Membership News

At the National Executive meetings since the ShrinkRAP Spring 2014 edition was published, the following people have been approved and accepted as

#### Full Members of the College:

Navjot Gill, Auckland  
Sarah McNeil, Auckland  
Marleen Verhoeven, Auckland  
Rebecca Walker, Dunedin

As a Full Member, each may now use the acronym MNZCCP.

The following people have been approved as

#### Associate Members of the College:

Hannah Bos, Wellington  
Allanah Casey, Wellington  
Jaimee Kleinbichler, Christchurch  
Stuart Pearson, Dunedin

The National Executive wishes to congratulate these people on attaining their new membership status.

### Membership renewals

There are still a few of you who haven't yet renewed your membership. This is now very overdue and you are heartily encouraged to attend to this as soon as possible. You can renew your membership at the [online NZCCP/MPS subscription renewal page](http://www.nzccp.co.nz/online-nzccp/mps-subscription-renewal-page).

---

### Press Release Issued 31 October 2014 NZCCP endorses the Ministry of Health's National Depression Initiative

The NZ College of Clinical Psychologists (NZCCP) endorses the Ministry of Health's National Depression Initiative's (NDI) emphasis on destigmatisation and the promotion of evidence based treatments for depression.

Sir John Kirwan (the NZCCP Patron and the face of depression.org.nz) has done a lot of work in collaboration with FCB New Zealand, the Ministry of Health and the Health Promotion Agency on the highly successful the National Depression Initiative which has recently won two major advertising awards

at the Institute of Practitioners in Advertising (IPA) Effectiveness awards in London.

Sir John presents 'The Journal', an online self-help tool designed to help people through a six-week programme which won a gold award at the IPA awards. Sir John's advocacy work in mental health has focused on destigmatisation and encouraging help seeking. With regard to the latter he is a strong advocate of using psychological therapies and strategies in treatment and relapse prevention. He has written extensively about this in his autobiography "All Blacks don't cry" and the newly released "Stand by me", a book co-written with College members Elliot Bell and Kirsty Loudon-Bell to help parents of teens experiencing depression and anxiety.

One in six New Zealanders will experience serious depression, at some time in their life, and the NZCCP, a professional association of clinical psychologists, with a membership of nearly 900, supports the National Depression Initiative which intends to reduce the impact of depression on the lives of New Zealanders, by encouraging early recognition, appropriate treatment, and recovery.

---

### **Minutes of the meeting of the Psychology Workforce Group on 18 November 2014.**

Representatives of the New Zealand Psychologists Board, the New Zealand College of Clinical Psychologists, the New Zealand Psychological Society, the DHB Professional Leaders, university HoDs, and training Programme Leaders attended this half-day meeting in Wellington.

*Guest: Janice Mueller, representative of the (allied health) RA Chairs on the HWNZ Allied Health, Science and Technical Task Force Governance Group*

HWNZ has developed a taskforce and work programme for key workforces – including allied health.

The Allied Health, Science and Technical Task Force comprises a steering group and a governance group, each made up of representatives drawn from across the health sector. The overarching governance group will look at allied health strategy and the governance group is expected to identify and develop defined programmes of work to improve professional development,

recruitment and retention. The steering group was identified in September in the original papers but not discussed at last week's governance group meeting.

The governance group, chaired by Des Gorman, will develop and oversee a strategic framework to develop the health workforce and will feed directly back to the HWNZ Board. This is a wide-ranging group and a good opportunity for potential for change, provided they can get agreement on the focus. There is a need to identify and prioritise specific workforce and projects, and so far key issues identified are the need for training and professional development and career pathways, particularly in the areas of aged care and mental health.

The HWNZ staff have put together a position paper on the state of the allied health workforce but this has a strong technical focus and needed strengthening around allied health (particularly regarding long term conditions) and mental health. They are aware of this and plan to address this omission. Janice will share this position paper with the Regulatory Authority Chairs, as well as the agenda and confirmed minutes from the governance group meeting.

The funding allocated for training is ad hoc and the vast majority allocated to doctors (as well as dentists) and nurses, with less than 3% allocated to the allied health workforce.

There is a dearth of data in terms of workforce needs and there doesn't seem to be any systematic way of collecting that information, even across the RAs (according to HWNZ). The challenge with the allied health workforce is that there are a lot of practitioners outside the DHBs. Having said that, even DHB data is inconsistent, particularly with coding of roles, e.g., "mental health/case worker role" which doesn't identify the discipline.

Janice said that she was particularly interested in workforce issues around psychologists and that there is a need for data, evidence of efficacy, and models of practice, particularly with the tension between the allied health professions and nursing, for example where nurse practitioner roles are being developed. There needs to be a more joined up way of presenting evidence about where psychologists fit in, not forgetting justice.

Identifying population based needs and promoting talking therapies could also be a strategy for getting psychologists on the radar (there was nothing around this in the HWNZ position paper). There is a need for feedback from sector and Janice would like to see HWNZ workshopping/brainstorming with allied health stakeholders so as to better engage and understand what's needed.

The HWNZ intern funding was discussed and it was noted that while a start has been made with the eight now in place there seems to be no mechanism for growing it beyond this, despite initial indications that this could develop into a standard model to ensure the psychology workforce in health. Janice noted that this needs to be sustainable and therefore built into a training funding model.

The newly formed Allied Mental Health Forum was mentioned and Janice suggested that both Occupational Therapists and Physiotherapists could be included as they both have mental health interest groups under the umbrella of their professional associations. Janice will be sent the AMHF Briefing to the Incoming Minister once this was finalised.

In summary, there is a potential for this group to be very useful, much as the now defunct DHB allied health workforce group, and if the group gets teeth it could end up feeding back into government priorities. Janice noted that as a profession we could be providing good data. The Board noted that they are updating their database and while registrants are strongly encouraged to respond to the request for workforce data this is not mandatory under the Act.

#### *Internships*

HWNZ have done the same as last year with 8 internships in DHBs across the 4 HWNZ training hubs, including clinical, health, and child & family. The HWNZ internships are 0.8 funded, similar to the nursing internships, and the DHBs subsidise the rest. The idea is that the DHBs identify internship positions and then liaise with the universities to fine tune them.

There are some differences in process across the hubs, and it was noted that a consistent model would be helpful. The Central hub process went very smoothly and could be used as such a model. HWNZ called for applications from the DHBs in August. The

DAHs were involved and after a 20 minute teleconference the internships were allocated, one in older adults and the other in child development. In the South Island hub, Canterbury and Nelson DHBs have signalled a vacancy each. The two northern hubs have not yet allocated their internships.

It was suggested that sharing what has worked well with this process with the DHB Psychology Leaders and the HWNZ training hubs would be useful, with a view to encourage them to align the process nationally. Timing has still been an issue but not as bad as last year. Feedback should also be sent back to the Ministry of Health via the hubs about the current process.

#### *Māori and Pasifika Workforce Issues*

Michelle Levy's 2007 report, *Indigenous Psychology in Aotearoa*, pointed to gaps in training however employers are still not fulfilling the recommendations. There is still a need for working on strategies for improvement in retention, starting as early as the training programmes.

Erana Cooper's keynote to the combined NZCCP and NZPsS conference in 2012 emphasised the fact that psychologists need to be more engaged in ways that are understood by Māori.

It was noted that universities need to do things differently. Redrafting of accreditation standards is already well advanced and standards around bicultural safety are a particular area of focus. The goal is to ensure that training programmes are culturally sensitive and safe and to map out what this would look like in practice.

---

#### **Summary of the Psychology Profession Advisory Forum (PPAF) meeting, 18 November, 2014**

Representatives of the New Zealand Psychologists Board, the New Zealand College of Clinical Psychologists, the New Zealand Psychological Society, the DHB Professional Leaders, university HoDs, and training Programme Leaders attended this half-day meeting in Wellington.

#### *HoDs and PLs reported that:*

Massey University are having trouble finding suitable placements for all of their PGDipEdPsych interns. Interns from VUW, Massey, and Canterbury (PGDipChFamPsych) all compete for placements with the Ministry

of Education and there is currently a lot more competition for the limited placements on offer.

*DHB Professional Leaders reported that:*

The DHB Advisors met on October 23 & 24 in Wellington.

There has been further restructuring in the DHBs, resulting in loss of Professional Advisor FTEs. This is accompanied by increasing homogenisation in the Allied Health workforce. In some areas there has been a diminishing of psychology's voice, but in other areas (where the profession is represented at the top table) the profession's voice is more prominent.

The Advisors are concerned about the increasing use of online psychometric testing, scoring, interpretation, and cloud-based (overseas) storage of results. This creates serious ethical concerns about the security of client information transmitted and/or stored off site. It was noted that the Board expects psychologists to carefully consider the ethics and risks involved, and to make an informed decision about whether or not they will use these technologies.

Their next meeting is in March 2015.

*The Board reported that:*

Review of the CCP – John Bushnell and Frank O'Connor joined the meeting to provide an overview of the CCP review they are leading on behalf of the Board. The information gathering phase is well underway, and that the online survey has so far been completed by more than 150 practitioners (of about 3,200 who were sent the link). So far, participants are averaging about 20 minutes to complete the survey, including making substantial comments. The link to the survey is available on the Board's website, and was mailed to all financially current registrants. The College and the Society offered to use their upcoming publications to encourage practitioners to complete the survey. John and Frank assured the meeting that survey participants' confidentiality would be well protected. The survey will remain open until December 15th. The review will then move into a recommendation preparation phase, which will lead to John and Frank submitting a set of recommendations to the Board (ideally with the support of the secretariat and the two professional bodies) in February. A decision will then be made about implementation and/or further consultation. Finally, Steve Osborne noted that he

participated in an international CLEAR Webinar last week that basically reaffirmed the lack of good evidence to support the effectiveness of any (affordable and sustainable) CPD model.

Review of the Board's Accreditation *Standards and Procedures* - This project is also progressing well (with John Bushnell taking a lead facilitation role). Consultation meetings have been scheduled in Auckland (17 December), Wellington (10 December), and Christchurch (16 December), where a revised set of (draft) standards will be discussed. The initial proposals take a significant step towards a simpler, more mandate-focussed approach. In reply to a question, Steve Osborne confirmed that the standards relating to cultural competence will not be abandoned. Cultural competence is a fundamental component of the Board's prescribed core competencies, which remain the basis for the Accreditation Standards and Procedures.

Colocation of RA secretariats, and a shared services initiative – Five secretariats are now sharing the 9th floor at 79 Boulcott Street. Discussion has turned to a further consolidation by having ten (of the sixteen) RAs collocate on Willis Street, where they will pursue a "Supplier/Customer" model for back-office (non-regulatory) services. Some significant hurdles will need to be overcome, but it seems likely at this point that the ultimate savings and synergies will justify the investment. The Board will be considering its options at their meeting later this week, and will update the profession via the December newsletter.

The International Project on Competence in Psychology (IPCP) – Good progress has been made on developing the draft competences document. The Working Group's meeting in Oslo in September was very productive, and it is anticipated that a near-final draft will be produced at the next meeting (New Zealand, 13 & 14 February 2015). Arrangements have been made for members of the Working Group to meet with representatives from the College and the Society at the end of the first day of that meeting. The Working Group's aim currently is for the final draft document to be presented to the IUPsyS and IAAP at the 14th European Congress of Psychology in Milan in July 2015.

Possible joint meetings with ARUPS, the PsyBA, and Pacific nation representatives –

The Board have recently learned that the ASEAN Regional Union of Psychological Societies (ARUPS) is holding their 5<sup>th</sup> Congress in late March 2015. The congress has a theme very similar to the joint meeting planned for April by the NZPB and Psychology Board of Australia. The planning group for the April meeting are therefore now reconvening to consider how best to approach the overlap. It is likely that the PsyBA and NZPB will send a couple of representatives to the ARUPS meeting, and the April meeting in Auckland will be refocused on how the participants can support and encourage the development and the regulation of the profession in the Pacific.

Review of the Board's registration standards and procedures – This project is on hold, pending completion of the other major projects currently underway. Frank O'Connor and John Bushnell will be leading this project as well.

Expiration of Board member terms and appointment of new members – Two Board members' terms expired earlier this year, and another one's expires in February 2015. The Board has asked the Minister of Health to consider appointing two additional members (one lay and one practitioner) to mitigate the risk the Board have been facing around loss of quorum and the resultant legal problems. The Minister is seeking advice on this from his officials. The Ministry will be sending out a call for nominations for an unspecified number of practitioner positions later this week.

#### *Next meeting*

The next PPAF meeting will be held on 17 February 2015.

---

### **Observations of my favourite animal, and how it guides my clinical practice**

*Christopher Budd*



Sheldon/Shelly is a nine-month-old Greek Spur Thighed tortoise. As we remain uncertain of Sheldon's sex, I continue to develop skills in fostering a gender-neutral environment. Despite this, the apparent amusement that Sheldon derives from farting in his water bowl has led to the tacit assumption that we have a male! Such moments reinforce the importance of mindful levity and of remaining connected to one's inner child. Additional clinical insights include: rejecting societal definitions of beauty and celebrating men with no hair on their domed top surfaces; normalising remaining largely dormant if the sun is not shining; confirming that it can be adaptive to retreat into your shell; and highlighting that a slow and steady approach is key to a long and happy life!



# National Education Training Timetable

The NZ College of Clinical Psychologists aims to encourage and facilitate continuing education opportunities for members, by providing nationally coordinated events to a high standard. Our goal is to coordinate training opportunities between branches with the goal of facilitating training in all regions. Please consult the [Event Calendar](#) on the College website for further information and links

## TRAINING TIMETABLE

### NZCCP Events

LOCATION	MONTH	PRESENTER/ CONTENT
Auckland	26 February	<a href="#">Suicide Prevention mini-conference</a>
Auckland	20 March	NZCCP pre-conference workshop/ <i>Bridging the gap between ACT and CBT for practitioners</i>
Auckland	21&22 March	NZCCP national conference
Auckland	23 March	NZCCP post-conference workshop/ <i>Optimizing the Engine of Individual DBT</i>

### Other Events

LOCATION	MONTH	PRESENTER/ CONTENT
Christchurch	31 January	Rick Hanson/ <a href="#">Hardwiring Happiness</a>
Auckland	25 February	Louisa Walker/ <a href="#">Advanced Suicide Risk Management &amp; Triage</a>
Auckland	25-29 March	The 40th Annual Scientific Meeting of the NZ Pain Society <a href="#">"Pain Through the Ages"</a>
Dunedin	13-15 March	<a href="#">A Gathering for NZ Mindfulness Facilitators and Teachers</a>
Wellington	24-25 July	<a href="#">Nancy McWilliams/Introducing the second edition of the Psychodynamic Diagnostic Manual</a>
Wellington	24-28 November	<a href="#">ANZ ACBS conference</a>

---

# CLASSIFIED

---



## **Postgraduate Certificate in Health Sciences Endorsed in Family and Systems Therapies 2015**

Tēnā koutou kātoa,

The University of Otago, Wellington, Department of Psychological Medicine is pleased to confirm that this Postgraduate Certificate course is to be taught from the **Christchurch Campus** in 2015.

A unique programme in New Zealand, this certificate offers post-graduate level training for health professionals who wish to make a difference to the well-being of *families* in Aotearoa New Zealand. Completion of the programme will also go towards meeting goals set out in the Werry Centre competency framework for the Child and Youth Mental Health workforce, Real Skills Plus, 2009. The evidence base for family and systemic therapies is now large and covers most of the main diagnostic categories found in the area of child and adolescent mental health.

The Certificate is made up of two papers:

***PSME436: Principles of Family and Systems Theory*** first semester 2015

***PSME437: Applied Systems Theory*** second semester paper 2015

### **SCHOLARSHIPS**

We are pleased to inform everyone that we have recently been advised that for 2015 there are scholarships available for Māori students, which will potentially cover half the programme fees.

A limited number of fees awards are available for UOW Māori students studying postgraduate taught papers in 2015. The awards will cover half of the paper fees for postgraduate papers up to 30 pts (excluding student services fees or medical/travel



insurance). Allocation of the awards will be on a first come first served basis, but a third of the funding will be reserved for the second semester.

To be eligible, students must meet the following criteria

1. be accepted into the course
2. their employer is not paying the fee
3. they must identify as Maori on their application form (and preferably identify their iwi)

This is an exciting development in removing barriers for Maori students to this programme. Applications are on a first-come, first-served basis, so please take this opportunity up as soon as you can. For further information with regard to these please contact myself. [Julie.Burgess-Manning@otago.ac.nz](mailto:Julie.Burgess-Manning@otago.ac.nz)

Prospective students can apply for one paper at a time or both papers in the one application. University fees apply at \$2500(approx) per paper.

The University requires all applicants to commence enrolment online [www.otago.ac.nz](http://www.otago.ac.nz) click the Apply Online link to commence your enrolment. As there is a clinical component to both papers, enrolled applicants will be sent an Application for Acceptance Form to complete and return to our administrator.

**PLEASE NOTE:** We still have places available so the close off date has been extended. The course is limited to 15 participants, so if interested we recommend you commence enrolment urgently.

For further information, please contact the course convenor:

[Julie.Burgess-Manning@otago.ac.nz](mailto:Julie.Burgess-Manning@otago.ac.nz)

Julie Burgess-Manning

Clinical Lecturer and Course Convenor

Available Wed 10am – 2.30pm.

**OR** Contact: Maria Fitzmaurice  
Postgraduate Programme Administrator  
Dept. Psychological Medicine  
University of Otago Wellington  
[Maria.fitzmaurice@otago.ac.nz](mailto:Maria.fitzmaurice@otago.ac.nz)  
Ph 04-9186511



*Imago  
Institute for  
Relationships*

**An opportunity for  
specialist training  
in working with  
couples**

## Clinical Training Programmes 2015 **IMAGO RELATIONSHIP THERAPY**

### **TWO DAY TRAINING IN IMAGO RELATIONSHIP THERAPY**

IRT offers couples systematic, structured support to transform painful dynamics, create safety and connection, and increase passion. This Two Day Training includes an overview of the theory and practice of Imago Relationship Therapy, including demonstration and practice of Imago Dialogue.

<b>DATE/LOCATION</b>	<b>Christchurch</b> 20/21 February	<b>Hamilton</b> 26/27 February
	<b>Napier</b> 02/03 March	<b>Auckland</b> 23/24 March
	<b>Sydney</b> 02/03 June	<b>Brisbane</b> 05/06 June
<b>FEE</b>	\$450 or \$395 Early Bird due one month prior	

[MORE INFORMATION](#)

[TO REGISTER](#)

### **CLINICAL TRAINING PROGRAMME IN IMAGO RELATIONSHIP THERAPY**

A 12 Day Training Incorporating the TWO DAY Training

#### **Transform your work with couples and build a flourishing couples practice**

Imago Relationship Therapy (IRT) is a coherent, comprehensive and dynamic theory and practice, offering a cutting edge and effective method for working with couples. Learn the latest advances in this vibrant approach which will enable you to effect change at the deepest levels. Through this training you can join a group of committed couples therapists in New Zealand and an alive, energised and creative international community dedicated to transforming relationships.

- Enable couples to understand their journey from romantic love through to disconnection, frustration and conflict, and to restore connection, passion and hope
- Gain in-depth understanding of relationship dynamics from both an attachment and developmental perspective
- Incorporate developments in clinical research and neuroscience into your work with couples
- Learn how to hold couples safely in processes which offer them the opportunity and capacity to make sense of their negative interactional cycles
- Learn clear steps for relationship repair
- Coach attuned, connectional experiences for couples through the use of Imago Dialogue and other dialogical and relational processes



#### **Presented by Brenda Rawlings** Clinical Instructor, Imago International Institute

Brenda is considered to be an outstanding relationship therapist, supervisor and trainer. She is a leader, internationally, in the field of Imago. She is currently Dean of the Imago International Institute (USA) and recipient of the Harville Hendrix Award for Clinical Excellence.

She has been specialising in working with couples since 1998, incorporating recent developments in theory and practice, including neuroscience, attachment theory, emotion focused therapy and mindfulness. She presents Imago Clinical Training for Psychologists, Psychotherapists and Counsellors in both New Zealand and Australia.

[www.relationships.co.nz](http://www.relationships.co.nz)

[info@relationships.co.nz](mailto:info@relationships.co.nz) 09 425 7980 0800 462 464

NZCCP PO BOX 24088 WELLINGTON T: 04 801 6088 F: 04 801 6086 E: [office@nzccp.co.nz](mailto:office@nzccp.co.nz) W: [www@nzccp.co.nz](http://www@nzccp.co.nz)

**SUMMER 2014**