



# ShrinkRAP

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

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## The President's Word

Nigel Fairley

At the Council meeting following the College Conference in Auckland, the management team was asked to appoint a Kaumatua for the College. I am delighted to announce that Oketopa Kuni Shepherd (Kuni) has agreed to take on this important role.

Kuni currently works full time as the Kaumatua for Capital & Coast Regional Forensic, Rehabilitation & Intellectual Disability Services; this also covers the Severe Conduct Disorder Programme for the lower North Island. Kuni's tribal affiliations are Te Whanau-a-Apanui and Ngati Kahu. Prior to his current employment, he worked as the Kaiwhakahaere in Parliament.

Kuni's professional background is in social work with a particular role in Youth Justice.

For those of you who attended the opening of the College offices in Wellington last year, Kuni whahiki te tapu (blessed the rooms).

I take this opportunity to wish everyone a happy and safe holiday period.

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## CONFERENCE 2007

Next year's Conference will be held in sunny Nelson with pre-Conference workshops running on 22 and 23 November and the Conference following on over 24 and 25 November 2007. Keep these dates free and start budgeting to come now.

There are some really exciting presenters being lined up and it will be well worth the wait. Check the next issue of ShrinkRap for more details.

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# Report from the Honorary Secretary

Ann Connell

## Psychology Professional Advisory Forum News

Several members have written to us expressing their concerns about the use and interpretation of the “clinical” vocational scope of practice by the NZ Psychologists Board highlighted in the Board’s September 2006 newsletter. In this newsletter they stated that “A vocational scope of practice does not “fence off” any exclusive territory (other than title use). Any psychologist can perform any activity, as long as they are demonstrably competent to do so, or are doing so under appropriate supervision. ... A vocational scope simply provides the practitioner with the right to use the scope’s title, and thereby clearly and simply signal to the public (or an employer) their competence in that scope”.

We raised this issue for discussion with the Board at the recent Psychology Profession Advisory Forum. Representatives of the Board at this meeting made it clear that this is their interpretation of the HPCA and comes from their understanding that the intention of this legislation is to be as least restrictive as possible while still protecting the public. They pointed out that in support of their view is the very minimal list of restricted activities under Section 9. The only one relevant to the practice of psychology is “Performing a psychosocial intervention with an expectation of treating a serious mental illness without the approval of a registered health practitioner” and this itself is not restricted any further. There is no mechanism that either requires or allows them to restrict any activities either in the Psychology scope or in the vocational scopes.

While this is true, NZCCP still holds the view that this interpretation does not best serve the interests of protection of the public. We will continue to pursue this matter.

## Services Configuration Reference Group

Ian De Terte, Clive Banks, Ann Connell and I represent the College at the Commission's Services Configuration Reference Group (SCRG). The second meeting of this group was held on 17 May. The SCRG is tasked with assisting the Commission to advance quality accessible mental health services. Membership includes representatives from DHBs, professional bodies, consumer groups, NGOs, and the Ministry. In this latest meeting commissioner Mary O'Hagen gave an update on the project document "Our services in 2020" (previously "Our Services in 2016") which is to provide a vision of what the Commission would like mental health services to look like in 14 years time. At the meeting attendees were asked to provide feedback on the conceptual framework and the systemic solutions needed to underpin this. Currently the project framework includes consideration of 1) the purposes and values of services, 2) people involved in the services, 3) one-to-one responses from services, 4) elements of services, and 5) a systemic framework.

## Clinical Reference Group

The Clinical Reference Group (CRG) is a forum through which clinicians can engage in dialogue with the staff from the Commission. Membership is comprised of representatives from the NZCCP (myself and Clive), NZ College of Mental Health Nurses, the NZ Directors of Mental Health Nursing, the Australian and New Zealand College of Psychiatrists, the NZ College of general practitioners. Consistent with recommendations from NZCCP that allied mental health professions were underrepresented in the group, a member from the NZ Association of Occupational Therapists has been added.

The CRG has met twice (March 30 and September 15) since my last report. News from that forum has included the resignation of general manager Mark Jacobs, and his replacement by Selwyn Katene. Commission researcher Hillary Lapsley discussed two pieces of work she is currently engaged in. The first is titled "Journeys of Despair, Journeys of Hope" in which young adults talk about severe mental distress, mental health services, and recovery. Hillary's second project reviews recovery practice, rights and outcomes in the ten years following the Mason Report.

Discussion was held around the Commission publication "No-Force Advocacy by Users and Survivors of Psychiatry" by Tina Minkowitz a human rights lawyer. This had received some strong negative reaction from mental health professionals and family members of consumers around its contention that forced psychiatric interventions constitute "torture". Commissioners Mary O'Hagen and Ruth Harrison acknowledged at the meeting that care needs to be taken to ensure better dialogue with these groups in the future.

An additional publication released by the Commission recently is "Te Hekenga: Whakamana I te Tangata Whaiora/Reducing Discrimination against People with Mental Illness". This multi-agency plan was developed by the Commission, the Like Minds Like Mine project of the Ministry of Health, the Office for Disability Issues, and the Human Rights Commission. It specifies the anti-discrimination work planned by these four agencies.

## **Future of the Commission**

In May the College took the opportunity to contribute a submission to the Ministry of Health's review of the Commission, with its legislated 2007 expiry date approaching. The review sought comment on whether the Commission had fulfilled its statutory functions, and our views on the expiry term.

The College submission was based on discussions held by Nigel Fairley, Ann Connell, Malcolm Stewart, Clive Banks (all members of the National Executive/Management team), and myself, and a meeting with analysts John Hobbs and Tanith Rob from the Ministry. In our submission we contended that the Commission had largely fulfilled two of its three main objectives. That is: 1) overseeing the implementation of the National Mental Health Strategy and 2) working towards the elimination of discrimination based on mental illness. We expressed the view the Commission has done little for clinical psychology with regard to its third objective of undertaking mental health workforce promotion. Finally we made the following comments regarding the expiry of the Commission: that other agencies now provide adequate coverage of workforce development and de-stigmatisation in mental health, but that it is important that an agency external to the Ministry continues to monitor the delivery of services. We added the view that any future monitoring body requires a balanced make up offering a collaborative perspective on issues of concern. We recommended that this make up include greater representation from clinicians than has been reflected in the Commission's staff in recent times. We also noted the importance of having allied mental health represented in the monitoring role, given that these disciplines make up approximately 25% of the mental health workforce.

The Ministry of Health has recently reported back on the outcome of its review, with the decision being made to introduce legislation to extend its deadline to 2015. This announcement has also advised that some of the functions of the Commission will be revised, though these revisions have yet to be specified. Finally Ray Watson has replaced Bob Henare as a new Commissioner. His background includes working as a psychiatric nurse along with experience in governance and management in public health services. His tribal affiliations are Kai Tahu and Te Atiawa.

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# The New Website is “Live” At Last

David Mellor (~~Puppet~~ Webmaster)

The new version of the website went live on 4 December. Although the content remains much the same, the presentation is now clearer and consistent throughout. There are also additional functions which were not present before.

You will notice that there is an invitation to “Log In” on the front page of the site. This is a way for us to provide access to particular information or resources more securely than we could before (eg members may have access to material which is not available to non-members, eventually members may be able to add their own material etc). It also enables us to build a database and gives us an easy way to communicate with people who use the site (No, your address will NOT be sold to the highest bidder). Please feel free to give yourself any login name you like. But, unless you have serious privacy concerns, it is preferable to use your real name so that you can be identified as a member or not.

Identification is even more important when it comes to the Forum. The new forum facility on the site offers a way of communicating with both the membership and individuals to discuss issues of relevance to members and student members. Only people who belong to one of the membership categories of NZCCP will be approved to view or post to the Forums. Everyone gets temporary “Student Forum” level of approval when they first register. Full approval could take a couple of days depending on how quickly Caroline or I take to complete this process. There are some suggested threads already up there but the success of the forum facility will depend on how many people register and contribute to the discussions. Add a discussion thread (Forum subject) if you have one and get the discussion going. It may take a bit of getting used to, so expect a few “error postings” to begin with and keep some goodwill for those who give it a try.

You will notice that there is less detail on each web page now and more “clicks” may be required to get where you want to go. But you should also find that it is easier to follow, looks cleaner, is more consistent from page to page and loads faster than many of the old pages. It will be some time before “Google” and other search engines catch up with the new placement of the pages on the internet so if you are searching for something on the site, **please use the site’s own search function.**

Please also amend your own browser’s “Bookmarks” or “Links” to the NZCCP web page to the correct address which is <http://nzccp.co.nz> (the old site has now completely gone so links to it will just return an error).

Early in the New-Year, I will be doing some “usability testing” on the site and there may be some further revisions as a result of that. Any comments or feedback will (as always) be appreciated.

# P U B L I C A T I O N S

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The New Zealand College of Clinical Psychologists produce two printed publications:

- **The New Zealand Clinical Psychologist** is a clinical journal published three times per year.
- **Shrink Rap** is a regular newsletter published to keep members up to date with developments, information, articles, notices about educational events, situations vacant etc. It is a folded A3 format printed black on white.

### Publication schedule for 2007

Publication	Publication Date	Copy to be Received
Shrink Rap	23 February	16 February
NZCP Journal	Autumn (April)	30 March
Shrink Rap	26 May	19 May
NZCP Journal	Winter (July)	29 June
Shrink Rap	31 August	24 August
NZCP Journal	Spring (October)	28 September
Shrink Rap	7 December	30 November

### Advertising Rates effective 2007

Position	Size	Cost (excl GST)
Full Page	180 x 230 mm	Black/White \$384.00
½ Page	90 x 230 or 180 x 115 mm	Black/White \$240.00
¼ Page	90 x 115 mm	Black/White \$168.00
1/8 Page		Black/White \$120.00
Inserts	With Mailout	\$420.00 (Members only \$100.00)
Website Only	Per Month on Website	\$120.00

- All advertising rates are on the basis of artwork supplied.
- All rates are subject to change without prior notice.
- 30% discounts are available for College members and other advertisers who booked 4 or more advertisements in a twelve month period.
- Distributed to 550 members plus universities, libraries etc throughout NZ.
- All advertisements placed in our publications are able to be put on our website free of charge

## HALF PAGE HORIZ: "SENIOR SUPERVISING CLINICAL PSYCHOLOGIST"

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1/2 PAGE VERT "PROFESSOR/ASSOCIATE PROFESSOR" 1/2 PAGE VERT " CLINICAL  
PSYCHOLOGIST