



ShrinkRAP

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

Attracting the Students

Nigel Fairley

With the new academic year just around the corner it is an appropriate time to the role of student members in the College. It can be argued that students are the College's lifeblood – with no student members there is loss of potential growth and future associates and full members (as well as loss of new ideas, etc.). It is heartening that the College currently has 68 student members.

Equally, it is reassuring to see student members graduate to associate status. At the last College management Team Meeting on 26 February six new associate member applications were formally approved. Welcome to Dan Walsh, Anouk Kelling, Vincent Waide, Katy Luxon, Jennifer Hauraki and Rachel Booker.

An important strategy for the College is to make contact with students enrolled in the various clinical programmes. With this in mind the Management Team along with Sue Galvin, the College's national student representative (Sue is studying at Canterbury University), is revamping the "student pack" to be ready in time for University enrolment. While there are many and varied reasons for clinical psychology students to join the College one of the most important is that College's relationship with the Medical Protection Society. Through the College, MPS now provides free practice insurance to current NZCCP students who are enrolled in a clinical psychology programme with a New Zealand university. The huge advantage of MPS coverage, apart from being free for NZCCP student members, is that the practice coverage continues to apply for the period that you are also a member of MPS even if you have stopped practicing, taken time out of the workforce, or turned your hand to something else.

I would also like to take this opportunity to offer congratulations and welcome to the College as Full Members Leona Manna, Angelique O'Connell and Benjamin Sedley. We look forward to your participation in College affairs over the years ahead.

And finally, there is a rumour afoot! The Ferret may be dead, an untimely demise indeed. But out of the ashes there will rise the phoenix in form of an extremely informative and useful gossip columnist.

TOWARD A BICULTURAL COLLEGE

Clive Banks

“Kaua e rangiruatia te haa o te hoe, e kore too tatou waka e u ki uta.”
“Do not lift the paddle out of unison or our canoe will never reach the shore”

Kia ora taatou. Greetings all. My name is Clive Banks, I am the Maori Representative on our National Council and am of mixed Ngati Porou and Pakeha descent. I graduated from the Massey clinical program in 1996 and worked in Maori Community Mental Health for 9 years. I have also worked in a Specialist Personality Disorder Service for 3 years (2 years part time) but have very recently commenced a new role with a kaupapa Maori Primary Health Organisation (PHO). Over the last several months I have been attempting to apply some cognitive effort to the issue of how we can move our College toward a more bicultural vision. I hope that the writing of this short article will broaden participation in, and add some momentum to discussions already taking place within the College.

To me, a bicultural College will be a place where Maori and non-Maori can be comfortable. A place where appropriate Maori, and non-Maori practices can be applied by the majority of our members, and ideas exchanged. A place where we can develop a model of psychology that has a distinctly New Zealand flavour. We have the potential to be the All Blacks of international psychology (o.k. that may be a little grandiose). Just imagine a delegation from the College turning up at a hui and being able to select from a number of speakers and waiata for the Powhiri (obviously not at Corrections), then delivering a slick multi-media presentation about the latest evidence-based Maori model of practice. Regardless of what the current membership does, this is the world that my children are growing up in. I would love for us to be at the cutting edge of these developments but have to acknowledge that any deliberate shift in culture takes time and requires some pushing in the right direction.

Discussions thus far lead me to believe that there is a great deal of willingness within our membership to develop biculturalism and foster the development of kaupapa Maori Clinical Psychology. I am aware of the great work done by the National Standing Committee on Bicultural Issues (NSCBI) and The New Zealand Psychological Society, but believe that there is potential for the College to create something that is more specific to our own needs, has a clinical focus and directly benefits our membership. So, what needs do we have? It is my contention that Maori Psychologists have particular needs and if they are met, there will also be payoffs for the College as a whole.

The number of registered Maori clinical psychologists increases every year and it would be wonderful to have a place/forum where we could network, support and challenge each other. We may be able to develop some form of collective identity, exchange ideas about “Maori psychology”, hopefully develop theoretical models and then encourage researching these models. We may be able to give Maori in psychology more of a profile and increase interest in it as a career option. It is still challenging to be Maori and be a psychologist, especially for those beginning their career, and it may be useful to develop avenues for mentoring and supervision. I suspect that there are many Maori clinical psychologists that are not members of the College, and this is something that I would like to see change. To this end we need to make the College an attractive place for Maori to be. We have many of the ingredients for this already; cutting edge workshops delivered by local and international leaders, wonderfully catered conferences in beautiful settings and a dynamic and attractive membership hungry for bicultural models. It would be interesting to see if our College and branches could develop relationships with local iwi. Perhaps we can have kaumatua involved in some way? What is our level of involvement with the NSCBI? He whakaaro noa iho. Just some thoughts.

The HPCA act encourages cultural competence and I envisage an active Maori membership of our organisation as being one way of assisting our members to continue building this. This will likely occur via informal, as well as formal channels. An active Maori membership will also facilitate relationships with other Maori organisations and networks. The more active and organised our Maori membership is, the more likely it will be that our College will be able to have input into government policy, and other areas that affect Maori.

How this will be structured is still very much up in the air but initial ideas have included the possibility of a Maori sub-committee and/or a bicultural sub-committee. I am very wary of adding to people's workloads but the reality is that this won't happen unless energy is put into it, and I guess I'm putting my hand up. It is likely that we may also need various types of support from the College including:

- Physical and temporal space at conference and other meetings.
- Admin support.
- Space in ShrinkRap.
- Your ideas here.

Paul Robertson (a member of longer-standing than he likes to admit) and I were brainstorming "Where to from here?" ideas and came up with the following plan. This has also been encouraged by National Council.

1. Get feed-back from members. If you have any thoughts about the ideas being bounced around here, write in to ShrinkRap. All support and challenge will be much appreciated. I would greatly appreciate a dialogue and growth often comes out of challenge, so don't be shy.
2. Once I get contact details for our Maori members I will attempt to canvas them about what they think might be useful. Is there anything they would like from the College, or like to provide for the College? I also intend to contact appropriate Maori outside the College about how they think we might best respond to the aspirations and needs of Maori. I suspect that there will be a period of time where there will be some brainstorming and I would like to get a sense of how much energy there is from Maori to drive this. In the end it is up to us to make it happen.
3. Put the feedback together into a plan that all our members will love, heartily endorse and make happen.

Well, there you have it. Just in case, I would also like to make it clear that I am not intending to be critical of the status quo. The time is right to encourage some growth in a positive direction, so let's get the paddles working in unison and hopefully have some fun in the process.

Na reira. Tena koutou, tena koutou, tena tatou katoa.

What would this look like? How do we achieve this?

Lets all paddle together

Get more Maori involved in the College. Benefits include developing a critical mass of Maori clinicians who may be able to spark off each other and send ideas in who knows what direction. Provide a source of support and knowledge for all, not just Maori.

BRANCH REPRESENTATIVES

So that you all have the opportunity to participate fully in College activities here is an updated list of the regional College Branch Representatives.

Auckland:	Malcolm Stewart	(Malcolm.Stewart@middlemore.co.nz)
	Nik Kazantzis	(N.Kazantzis@ccbtr.co.nz)
Wellington:	Lynley Wicks	(lynley.wicks@ccdhb.org.nz)
Canterbury:	Eileen Britt	(eileen.britt@canterbury.ac.nz)
Otago:	David Mellor	(webmaster@nzccp.co.nz)
Nelson:	Kris Garstang	(krisgarstang@paradise.net.nz)
Napier/Hastings:	Jane Lennan	(Jane.Lennan@gains.net.nz)
Hamilton:	Rose Silvester	(rose@hspychology.co.nz)
Palmerston North:	Fiona Kennedy	(fiona.kennedy@midcentral.co.nz)

2006 NZCCP PUBLICATION DATES and RATES

At the last Management Meeting on 26 January 2006 it was agreed that the advertising rates would be increased by 20%. This is the first rate change since 2003 when the cost of advertising in each publication was reduced by almost 50%.

Publication schedule for 2006

Publication	Publication Date	Copy to be Received
Shrink Rap	8 February	27 January
NZCP Journal	22 March	10 March
Shrink Rap	17 May	5 May
NZCP Journal	5 July	23 June
Shrink Rap	16 August	4 August
NZCP Journal	4 October	22 September
Shrink Rap	29 November	17 November

Advertising Rates effective 2006

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.
 - Deals/discounts are available for regular clients, sponsorship or members.
 - 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
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WEBSITE REPORT

David Mellor

Progress continues on redevelopment of the NZCCP website and should be ready for usability testing in late February. The material will be essentially the same although the underlying structure and some aspects of the appearance will change. Once it is up and running, access for users to add their own comments or material will become available (hence the "login" window in the temporary front page).

If you haven't looked recently, you will be unaware that some of the presentations from conference as well as photos from the party are available from the conference page (http://nzccp.co.nz/old/conf/conf_fr.htm) and that information about conferences and courses in NZ (and some in Aus) are listed there also.

The nzccp_forum has been almost dead for some time now but the new site could provide opportunity for this to occur in a new format.

Any news or suggestions for the site will always be gratefully received by webmaster@nzccp.co.nz

**THE HEALING OF SHAME &
THE RECOVERY OF THE SELF**
**One-day Seminar for Health Professionals by
Michael Maley Ph.D.**
**The Square Affair, Wellington Town Hall, 17th
March 2006**

Shame is a common source of emotional pain and one of the least known and most troublesome aspects of personal growth and therapeutic work. It is often found obscuring underlying issues and creating confusion in attachment issues, depression and trauma. Dr Maley will discuss the basic nature of the shame experience, the ways that shame affects emotion and the cognitive systems of responsibility and self-blame, safety and control. He will also demonstrate somatic and cognitive ways of educating clients and of helping them move through the shame experience.

Dr Maley is a faculty member of the International Institute for Bioenergetic Analysis (IIBA). He is an approved Consultant for the EMDR International Association, and is a Licensed Consulting Psychologist in the State of Minnesota, USA.

Fees:\$165 (before March 1st), \$190 (after March 1st).

For further information, enquiries to:

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