



ShrinkRAP

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

The President's Word

Nigel Fairley

"What the College has been up to"

We were asked to provide feedback on the expiry of the Mental Health Commission. This request came from the Ministry of Health. Ann, Elliot and I met with the review team and have followed this up with a submission based on the collective views of a number of members of the College. Elliot Bell represents the College on the and Ann Connell, Clive Banks, Ian de Terte and Elliot represent the College on the MHC "Services Configuration Reference Group" (SCRG).

We are moving forward with the public relations programme. We are getting some formal advice about how to promote the College and how to deal with the media. The college has been cited in a number of media releases including an excellent press release arranged by Marikje Batenburg with Christine Padesky / Kathleen Mooney. There were also various interviews with the media including one with Radio New Zealand discussing trauma, and a provincial weekly newspaper about the theft of (male!) underwear from clotheslines.

In November 2005 the Ministry of Health approved psychotherapy as an additional profession for inclusion in the scope of the Health Practitioner Competency Assurance Act 2003. The Ministry is now consulting on the form that regulation will take, that is, whether psychotherapy will be regulated as a "stand alone" or added to an existing board. A strong possibility is that the authority added to will be the Psych Board. This is strongly opposed by the Board itself, the Psych soc and the College (not to mention the Psychotherapy Association themselves. We will be making submissions and meeting with ministry officials to make our point.

Thanks to Sue Galvin who redefined the student pack and to the various local branch student representatives who took time out to visit their universities. There has been a significant increase in student membership this year. There are now 210 student associate members.

You may be aware that there are changes afoot in the Psychologists Board. The position of Chief Executive of the Board was created and Steve Osborne has been appointed. We congratulate Steve on his new role. The board is now advertising for a psychology advisor. There is an advertisement with more details later in the newsletter.

NZCCP Conference 2006

Malcolm Stewart

Integrating Science, Practice and Diversity In Clinical Psychology

8th-9th September, The Bruce Mason Centre,
Takapuna, Auckland

The 2006 NZCCP Conference..

.. is to be held in Takapuna, North Shore, Auckland, on the 8th and 9th September, with pre-Conference workshops on the 6th and 7th September. The keynote speakers are:

- **David Schnarch (USA)**, a well-known and respected sex and relationship therapist and author will talk on **The Twelve Principles of Sexual Desire**
- **Nicola Gavey (New Zealand)**, a clinical psychologist, critical psychologist, and Associate Professor at Auckland University will talk on **Fantasies of Choice: Clinical Psychology and the Ethics Of Power**
- **Ron Rapee (Australia)**, CBT researcher and author, whose topic will be **Examining Nontraditional Models in the Delivery of Treatments for Anxious Children and Adolescents.**
- **Dr Pita Sharples (New Zealand)**. Member of Parliament and Co-leader of the Maori Party.

Other conference activities will include free paper and posters, a Hui for Maori psychologists, the Clinical Round Table (where a panel and audience discusses a particular case or clinical issue), an update/discussion session with the Psychologists Board, and an active social programme

Pre-Conference Workshops

- **David Schnarch** will present **Constructing the Sexual Crucible: Integrating Sexual and Marital Therapy** on September 6th and 7th at the Bruce Mason Centre, Takapuna.
- **Ron Rapee** will present **Social Phobia Across the Lifespan: Understanding and Treatment** on September the 7th at the Bruce Mason Centre, Takapuna.

This conference and the pre-conference workshops aim to weave the threads of research, practice, and diversity in order to challenge us and extend us towards making more effective and humane interventions that meet the real needs of our clients. It also aims to give the opportunity for professional growth, renewal and reflection on practice. We also hope to have fun and make an opportunity to renew old friendships and professional contacts, and to create new ones.

For more information on the conference and pre-conference workshops, and for the registration form, please check out the NZCCP web-site. www.nzccp.co.nz.

You may have noticed that the NZCCP website has been under re-construction for some time now. The means that you may not see the same look on the initial page two visits in a row because we are experimenting with various options although most of the work is going without being visible to users at this stage.

The plan is to completely revise the structure of the site so that it is more usable and can be flexible to our needs in the future. Some of the material at present is out of date while the structure is complicated and often inconsistent throughout the site. This has come about as a result of many small changes and duplications over the time since the site was first designed.

The plan is to incorporate all of the existing information into the new site but use a "content management" system to display the information. This will mean a somewhat new look, but a structure which is can be more easily followed by users.

The changes will mean

- Freedom for users to login and access or add material (eventually)
- A discussion forum which will be based within the site (rather than using the Yahoo service we do now),
- A more consistent and less cluttered presentation style throughout the site
- Fast loading times
- Consistent display features regardless of which browser you are using
- Less words per page
- A more efficient and up-to-date search engine

Although a nominal date at the end of March was to be the launch but some work still has to be done to complete the transformation and conduct usability testing on real people before "going live". It is hoped this will happen before the middle of the year.

Meantime, the site is receiving less use than it has been (possibly because of the extra step it currently takes to access the old site).

Did you know that back issues of ShrinkRap are available in the "Members" section and that vacancies in Clinical Psychology are advertised on the site? (link from main page of the "old" site). The conference and vacancies pages continue to be the most frequently accessed.

Otago-Southland Branch Report

David Mellor

The Otago-Southland Branch has met five times since the last AGM to plot and scheme the events for the 05-06 Year.

Activities so far include:

- A Pre-Christmas evening in the form of a Quiz night (with a psychological slant) followed by dinner.
- Two members visited the new 4th year clinical class to enlist student members
- A "Meet and Greet" evening provided students with some exposure to what Clinical Psychologists really get up to after the exam hurdles are over. This evening went really well although not quite according to plan. A small panel of psychologists were organised to present briefly on their area but the evening became a full round-robin with everyone present providing some facts and a few yarns about life in clinical practice. It was interesting for the more seasoned members to hear what their colleagues thought and how they had developed to their current place in the profession. Student feedback indicated that they found it pretty interesting too.
- In May, we enjoyed a presentation by Dr Mike Anderson (Physician) bringing us up to date on recent neuro-physiological advances in the models and treatment of pain. Mike is well acquainted with the contribution psychologists make in this area and offered a lively and entertaining, if sometimes complicated tour through the multiple and interacting pathways of pain.

Uncertainty hangs over further meetings with some grand plans possibly being hatched for a big-name visitor in 2007 or beyond.

Canterbury Branch Report

Eileen Britt

The first quarter of 2006 has been a busy one for the Canterbury Branch committee. In March the committee jointly with the PG Diploma in Clinical Psychology programme at the University of Canterbury organised a celebration and welcome to the professional evening for the students who had recently passed their diploma exam. The students intern supervisors were also invited, as was a 'senior' member of the profession (in this case Dr Jaki Horn) was invited to share a few words of wisdom with the graduands.

In April the Canterbury Branch committee organised a two day workshop entitled A Systemic Approach to Working with Individuals by Professor Paolo Bertrando from the Episteme Centre, Turin, Italy. Feedback from the workshop, which attracted a range of professionals from throughout New Zealand, was very positive.

Through the relationship we have developed with the PG Diploma in Clinical Psychology programme at the University of Canterbury we have had the opportunity to organise a one day workshop entitled Treating Trauma: Acceptance and Mindfulness based approaches by Dr Victoria Follette, Clinical Psychologist, Chair and Professor of Psychology, University of Nevada, Reno, USA, who is an Erskine visitor with the Department of Psychology at the University of Canterbury. The workshop at Rydges, Christchurch, on Tuesday 13 June, 9am-5pm, will cover general issues regarding the assessment of trauma related sequelae using a

functional behavioural approach. Specific outcomes associated with a history of trauma, particularly child sexual abuse will be discussed. Treatment modalities including Acceptance and Commitment Therapy, Dialectical Behaviour Therapy and Functional Analytical Psychotherapy will be described. There will be the opportunity for role plays and experiential exercises. Current controversies and cultural factors will also be briefly presented.

As well as these workshops the branch committee continues to organise regular local seminars, which we endeavour to organise during university vacations so that clinical students and staff are able to attend. The next seminar, scheduled for May 19, is on private practice.

As well as the activities of the branch committee, members of the Canterbury branch (Janet Carter and team with Publications, Fran Vertue with MOPs, Sue Galvin as Student Rep, and Eileen Britt with University Liaison) have also been active with their National Council roles.

Nelson Branch Report

Deb Moore

Nelson's small but enthusiastic NZCCP branch has had a few comings & goings - Kris Garstang is doing a year's clinical psychology locum in Melbourne, and we welcome Lea Galvin as the new branch rep. The membership board (BOMPS) meets once a month to discuss new applications, and we are in the process of updating and refining this process. We have the occasional social gathering, usually lunch accompanied by young children, and we are starting to look at what we need to do when we organise Conference 2007 in Nelson

Wellington Branch Report

Lynley Wicks

NZCCP Wellington Branch has begun 2006 with a hiss and a roar! We have already hosted two workshops, and received fabulous feedback about both of them. In February Drs Hazel E. Nelson and Hamish McLeod presented two one-day workshops on Cognitive Behaviour Therapy with Psychosis. The first day was Introductory Training and the second Advanced Training. Thanks to Gillian Hawke and Haidee Westwater for all their efforts in organising these workshops. In March Drs Christine Padesky and Kathleen Mooney presented a two day workshop on Cognitive Therapy for Persistent Problems: A New Paradigm. A huge thank you to Tracey Barnfield and Jo Nightingale for all their energies in getting these amazing presenters of such high calibre to New Zealand. We continue to plan for upcoming events. A presentation on Supervision Issues delivered by MPS Advisers and a clinical psychologist with much experience in this area will precede our AGM (with a few nibbles and drinks between). The date for this is likely to be 22 June – branch members watch out for a flyer coming your way soon! Conference 2007 is now also on the agenda and will be taking up much of our energy for the next 15 months. We are always keen for people to join the committee

and become actively involved in their local branch. Please contact me if you are interested at Lynley.wicks@ccdhb.org.nz.

Hawkes Bay Branch Report

Jane Lennan

Hi a snippet of news is that Jim Hegarty, (Dunedin) and I are on a national ACC Pain Management Focus Group which is a "formal forum for discussing strategic directions, current issues and or new policy and process". The group consists of representatives from ACC and pain specialists who currently provide contracted pain services to ACC. It has met twice so far to review and improve the service specifications of the Comprehensive Pain Assessment Contracts and also develop an endorsement for the Psychological Services contract for psychologists working in pain. If anyone wishes to pass on their views to Jim or I then please contact us, Jane.Lennan@gains.net.nz or largybeg@paradise.net.nz.

Auckland Branch Report

Malcolm Stewart

It has been a busy time for the Auckland Branch in recent months. We held the second of the Christine Padesky / Kathleen Mooney workshops ("Uncover Strengths and Build Resilience Using CT: A 4 Step Model") at the end of March, which was attended by about 130 people and about which the feedback has been very positive. Some weeks prior to this we also held, in conjunction with Massey University, a workshop lead by Keith Dobson about CT for people with difficult-to-treat depression.

We are currently in the midst of organising the Conference (see elsewhere in this Shrinkrap) and are very excited to have secured New Zealanders Nicola Gavey and Pita Sharples, and overseas visitors David Schnarch and Ron Rapee as keynote speakers for the conference. David Scharch and Ron Rapee will also be doing pre-conference workshops.

Other upcoming events include a session called "Thriving in Your Internship", specially for the people undertaking their internships at present and facilitated by people who have finished their internship within in the last couple of years. This session aims to help pass on wisdom about how to make the internship as enjoyable and productive as possible and to provide an opportunity for the interns of the different programmes in Auckland to meet and to network.

Another upcoming event we are hosting is a 2 day Cognitive Analytic Therapy (CAT) Introductory Workshop (7th-8th August) followed by a 1 day workshop on "Cognitive Analytic Therapy and Borderline Personality Disorder" (9th August). These sessions are lead by Marisol Cavieres and Allyson Waite. The "CAT and BPD" workshop can be taken as stand-alone workshop, but will assume prior knowledge of the CAT model, such as provided by the

Introductory workshop or other previous Introductory workshops we have offered. Information about this should be available on the NZCCP website shortly.

So: its been a busy few months for us and it is likely to get busier! We hope as many as possible of you will make it to the conference!

PSYCHOLOGY ADVISOR (.6 TO .8FTE)



The New Zealand Psychologists Board requires a Psychology Advisor to assist with its competence, complaints, accreditation, and assessment functions. This position will be Wellington based.

Applicants will have a minimum of eight years of experience as a registered psychologist, including experience in:

- working to legislation
- a professional advisory role
- relationship management
- assessment of performance and/or qualifications against standards
- policy development and review

Applicants must be in good professional standing, have well-developed professional networks, and hold membership in either the NZCCP or NZPsS.

**Applications and enquiries to:
Steve Osborne, Chief Executive NZPB
86 Basley Road, Lynmore, Rotorua
Phone: 0274 199 205
Application deadline: June 3rd 2006**

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