

# **NEW ZEALAND CHRISTIAN COUNSELLORS ASSOCIATION**



**NEWSLETTER  
AUGUST 2010**



## CONTENTS:

- NZCCA CHAIRPERSON'S REPORT
- EXECUTIVE OFFICERS REPORT
- MEMBERSHIP COMMITTEE DATES
- TIME OUT
- MEMBERSHIP
- WELCOME TO NEW MEMBERS ,  
AFFILIATES & STUDENT ASSOCIATES
- ACC
- ETHICAL HELPLINE
- BEST PRACTICE
  - ✓ DUAL RELATIONSHIPS IN SUPERVISION
- STUDENT REPRESENTATIVE REPORT
- BOOK REVIEW:
  - ✓ JAMES H. OLTHUIS; *THE BEAUTIFUL RISK*
  - ✓ FLEUR BEALE; *SINS OF THE FATHER*
  - ✓ LIZ MALUSCHNIG; *USING STORIES TO HELP CHILDREN*
- BRANCH & REGIONAL REPORTS
  - AUCKLAND
  - WAIKATO
  - BAY OF PLENTY
  - GISBORNE
  - MANAWATU
  - WELLINGTON
  - CANTERBURY
  - NELSON
- CLASSIFIEDS

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## CHAIRPERSONS' REPORT

Greetings to you All

It is with a full heart that I write to you as Chairperson for the last time in this part of my journey.

It has become clear to me that my time on the Exec has come to an end. I have not done this quickly or without a considerable struggle with my natural enthusiasm or over developed sense of responsibility. I have become aware that my energy and resilience are affected by the volume of activities I continue to pack into my life. It seems important for me to now follow the inner voice that says take a little more time to be still. Well I will try!

I leave the Exec, but certainly not the Association, with a sense of satisfaction and blessing. It has been hard work, a challenge, and inspiring to have worked on the Exec. Meetings are power packed but always peppered with good humour and wonderful energy to help get the job done. Each member brings something so unique to each of the roles and portfolios.

The Association continues to grow not only in number but in solidness and robustness to deal with all the matters that a professional association has to process. The ongoing development of processes and policies is always challenging. The challenge is to keep

## EXECUTIVE COMMITTEE

Chairperson:

Andrew Smith (Co-opted)

Membership Committee Chair:

Froukje Spaak

Ethics Committee Chair:

Andrew Smith

Student Rep (Co-opted):

Scott Douglas

Executive Officer:

Adrienne Hunt

Paulette Berryman

Helen Torr

Kathy Clist

Bruce McFadyen

Joyce Carswell

Leanne Frost

Raewyn Diprose (Co-opted)

things solid enough to keep our foundations firm and supportive yet, flexible enough to support and include members who are diverse and, who work with complex and demanding issues.

Staying current, relevant and alive is always something the Executive strives to infuse into even the mundane tasks. With the event of registration (highly probable at this point) it is even more important that the Association maintains a sense of life and energy that a statutory board cannot provide. We are indeed in exciting days with a pending greater formal recognition of our profession and an opportunity to be an association that has real life and provides real nourishment for the members.

God has clearly led us so far. We are small compared to some professional associations but have a clear voice where we need to be heard. ACC, the Combined Counsellors Group applying for registration and other third party funders recognise and respect who we are. We give thanks to God for giving us the resources we need to be a part of meetings, discussions and committees where CCA can confidently and competently stand alongside like professionals. Personally I am proud to be a part of such an inclusive and life-bringing association. I was so uplifted when I attended a local branch meeting recently. The quality of the discussion and warmth generated in coming together did my heart good. Where people come together with a sense of unity there God indeed seems to command a blessing.

It is a great pleasure and blessing to welcome Andrew Smith back onto the committee and to chair the Association. His willingness to take this role at this time is a blessing to the Exec and the Association. God does indeed supply our every need!



Raewyn Diprose has also been co-opted onto the Executive as a replacement for Marjorie Hunt. As you know both Andrew and Raewyn have held office on the Exec before.

I am sorry to tell you that Marion Hunt has resigned from the Executive for personal reasons. We thank her for her contribution over the past year.

I will continue on in some subcommittee work and keep a keen interest in CCA. It holds a special place in my heart. Sincere thanks to my fellow Exec members and the Executive Officer for their support, friendship and wisdom. Special thanks to the members who voted me into having the blessing of working on the Exec. It has been a rich and growing time for me in my life.

We look forward

**RICHARD CHARMLEY**

Retiring Chair

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### **EXECUTIVE OFFICER'S REPORT**

It's hard to complain about anything at the moment outside of the Christchurch region. At least our saturated ground is solid and not moving under our feet.

Having grown up in Christchurch and with family still living down there, I spent most of last Saturday watching with dismay as familiar buildings and areas were shown. My family has been lucky. There appears to be no serious structural damage and although my Mum was very scared, everyone appears to have come through unscathed.

As an Association our hearts and prayers go out to those of you who live in the region. We hope you have not been too badly affected and pray that you may know the peace of God and a keen sense of His care and protection.

The NZCCA Newsletter is produced by the New Zealand Christian Counsellors Association and distributed free of charge to Members, Student Associates and Affiliates of the Association as well as to the campuses of Universities & Training Institutions with counselling students.

Whilst it contains information and news items about the Association and related issues, opinions expressed in the newsletter are not necessarily those of the Association. The inclusion of courses, advertising or enclosures does not necessarily indicate NZCCA support for the content.

The newsletter is distributed quarterly at the end of February, May, August and November

**Changes to Annual Certificates** : At our June meeting the Executive determined that the following changes needed to be made to our membership certification process.

1. There will now be a **MEMBERSHIP CERTIFICATE** issued to Full Members when they are accepted by the Association. This is a perpetual membership certificate until you resign your membership or your membership is terminated by the Executive Committee. Should they wish, existing Full Members can request a Membership Certificate by emailing or contacting the office.
2. The **PROVISIONAL MEMBERSHIP CERTIFICATE** has been introduced and it will be renewed annually by completion of a satisfactory Annual Review and payment of annual membership fees.
3. The **ANNUAL CERTIFICATE OF PRACTICE** is issued annually to all Full Members who meet the membership requirements by submitting a satisfactory Annual Review and who pay their annual membership fees.

Names only of all Full and Provisional Members of the Association will be listed on the website separate from the Directory of Members.

**Suspension of Membership** : To meet the membership requirements for the Association you need to satisfactorily complete your Annual Review and have paid your membership fees or have an installment plan in place. There are some of you who are in danger of having your membership suspended for not completing these requirements. Please ensure that all has been completed by 31 October 2010 or your name will be submitted to the next Executive Meeting and your membership suspended.

**Directory Information** : You will need to return your Directory information sheets by 11 October to ensure that you are included in the new Directory due to be printed in November.

**Bad Debts** : In the accounts for year ended 30 June 2010 there are nearly \$3000 of bad debts that we had to write off. These bad debts covered a period of three years and are the result of Members, Affiliates and Student Associates neglecting to advise us that they no longer wish to be with our Association. Mind reading was not one of the requirements for this role and

hence if you do not contact me advising me that you want to cancel your Membership or your Affiliate or Student Associate subscription you will be liable for the invoiced fees.

The rules of the Association advise that

8. *MEMBERSHIP, STUDENT ASSOCIATE OR AFFILIATE STATUS shall cease:*

(i) *for Members by written resignation delivered by a member to the Secretary, or other appointed officer, such resignation to take effect from the next succeeding meeting of the Committee at which the secretary shall present the resignation.*

(ii) *for Student Associates or Affiliates upon the Committee receiving a written request to this effect from the Student Associate or Affiliate.*

You cannot just ignore invoices and correspondence. We now have a number of previous Members, Student Associates and Affiliates tagged as bad debtors. Be aware that this may influence any future applications they may make to the Association.

**Conference 2011** : Block out the 12-14 May 2011 for our next conference in Christchurch. It will be held at the Holiday Inn on Avon. Keep your eye out for cheap airfares. Conference information and registration packs will be sent out with December newsletter. Once again we will be offering payment of registration by instalments.

**GST Increase** : Please note that fees will change from 1 October as changes to the GST rate come into effect.

Description	GST Ex	Currently Inc GST	New Inc GST
Application Fee	\$66.67	\$75	\$76.67
Membership Fee	\$253.33	\$285	\$291.33
After 1 January	\$179.56	\$202	\$206.49
After 1 April	\$137.78	\$155	\$158.44
Affiliate Subscription	\$111.11	\$125	\$127.89
After 1 January	\$72.89	\$82	\$83.82
After 1 April	\$48.00	\$54	\$55.20
Student Associate Subscription	\$22.22	\$25	\$25.56
Newsletter Advertising Rate	\$40	\$45	\$46.00

This will apply only to those fees invoiced after 1 October. Previously invoiced fees that are unpaid at 1 October will remain at the old price.

Counsellors who are registered for GST will also need to be mindful of the change in GST rates and whether they adjust their rates to accommodate these changes.

Back in August, I attended a day retreat in Tauranga. It was a great to take time out with God and to refresh. The weather was not great but didn't stop us from having a great time. I came away from that day with two hot coals to warm my heart:

*When I awake, I am still with you. Psalm 139: 18b (NIV)*

*"Israel, out **looking** for a place to rest, met **God** out **looking** for **them!**" **God** told **them**, "I've never quit loving you and never will. Expect love, love, and more love! And so now I'll start over with you and build you up again, dear virgin Israel. You'll resume your singing, grabbing tambourines and joining the dance. You'll go back to your old work of planting vineyards on the Samaritan hillsides, And sit back and enjoy the fruit— oh, how you'll enjoy those harvests! The time's coming when watchmen will call out from the hilltops of Ephraim: 'On your feet! Let's go to Zion, go to meet our **God!**'" Jeremiah 31:2-6 (The Message)*

I don't know about you, but I need to be reminded periodically of the love God has, for me, and all those who love Him. No matter what is happening around me I can be assured that God will give me rest if I look to Him. He will continue to love me and watch over me even as I sleep and He will be with me when I awake. He won't go off and leave me unprotected.

We are now speeding our way towards the end of another year. Where has this year gone. Christmas is just around the corner and with all the stresses and demands of the end of a year, may you find rest in God, know His enduring love for you and may you find refreshment in His presence.

God's blessings  
**Adrienne Hunt**



## 2010 Membership Committee Meeting Dates

The Membership Committee and Executive will be meeting on the following dates to consider membership applications next year. To be considered at one of these meetings your application must reach the NZCCA office at least 14 days prior to the meeting.

**November 13**

**TIME OUT** for reflection with your coffee.

### **The Prayer of the Son**

Think through me, Thoughts of God,  
My father, quiet me,  
Till in Thy holy presence, hushed,  
I think Thy thoughts with Thee.

Think through me, Thoughts of God,  
That always, everywhere,  
The stream that through my being flows  
May homeward pass in prayer.

Think through me, Thoughts of God,  
And let my own thoughts be  
Lost in the sand-pools on the shore  
Of the eternal sea.

*His thoughts said... His Father said...*  
*Amy Carmichael 1941*



Pray remember what I have recommended to you, which is, to think often on God, by day, by night, in your business, and even in your diversions. He is always near you and with you, leave Him not alone... Do not then forget Him, but think on Him often, adore Him continually, live and die with Him – this is the glorious employment of a Christian; in a word, this is our profession, if we do not know it we must learn it.

*Brother Lawrence*

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## **MEMBERSHIP**

Greetings from the ever expanding membership team....

We have 3 new participants to the ever ongoing tasks of the membership committee.... Our role involves... well... everything to do with membership!

Applications for the varying categories, Annual Returns, the constant stream of queries that come through the office regarding belonging to our Association and... anything else that Adrienne fires off at us.

We are putting documents on-line as quickly as is practicably possible so do have a look there for answers before checking with the office. Soon there will be a FAQ section that will hopefully answer most queries for you all out there...

Membership update:

**Applications for Membership**: those that are applying for membership should be aware that they may be required to attend an interview. Interviewees will be charged a fee of \$250 (ex GST) towards the cost of the interview and travel costs will be at their own expense.

**Membership Upgrades**: The Membership Committee has made the following changes to our current Upgrade Policy:

Provisional Members who have completed 200 post-graduate hours can be considered for an upgrade to full Membership Status. This involves the completing of the NZCCA Upgrade form (downloadable from our website [www.nzcca.org.nz](http://www.nzcca.org.nz)). On receipt of the completed form, the Member's original application and current Annual Review will be re-examined, their supervisor

will be contacted and an interview **may** be required. Interviewees will be charged a fee of \$250 (ex GST) towards the cost of the interview.

**Provisional Membership:** Students completing their training in the current year will be eligible to apply for provisional membership after their first 100 practicum hours have been completed.

**Annual Reviews – Professional Development:** The Association expects that members' professional development during the course of a year will include training courses / seminars / workshops as well as professional reading. In addition to this, professional interest and support group attendance will be accepted (minimum of 50 hours total).

**Memberships 'on hold':** A member who is not intending to practise from a minimum period of six months to a maximum of three years can apply to have their membership put on hold by advising NZCCA in writing. Full / Provisional membership can be reinstated when the member has entered into a supervision contract and has submitted a letter from their supervisor confirming this. Members who place their membership on hold for longer than three years must reapply for membership.

Members who have their membership on hold who wish to be kept appraised through Association newsletters and other publications can choose to pay a small annual fee.

Members who are retiring or not intending to return to counselling but who wish to be kept appraised through Association newsletters and other publications can change to an Affiliate Subscription.

**Members intending to practise overseas :** NZCCA can only support its members within New Zealand. Therefore members intending to practice overseas for longer than six months will need to become non practising members (see above) and will need to join a professional association in the country in which they are working in order to receive the support necessary for their practice and to operate within the laws of that country.

**Application process and timing:** Please do get your applications in before the deadline date and avoid the disappointment of having to wait for a further 2-3 months when the team meets again. The cut off date is 10 days before the

meeting which gives the membership team sufficient time to read the variety of applications we receive (upgrades, provisional and full). We discuss all applications and determine anything to discuss with the current supervisor. After the supervisor is called for input we again collaborate regarding processing applications and confirm application status

Froukje, Helen, Kathy, Bruce, Leanne and Scott

## **We warmly welcome & congratulate the following:**

### **Regular Members**

1. John Rawson, Whangarei
2. Johannes Kirstein, Auckland

### **Provisional Members**

1. Marcia Taylor, Tauranga
2. Shaaron Arnold, Mt Maunganui
3. Auina Forsyth, Auckland
4. Kathleen Smith, Christchurch
5. Felicity Sutherland, Paraparaumu
6. Amanda Acheson, Waitaki
7. Lesli Mancktelow, Porirua

### **Members – upgraded from Provisional**

1. Joel Young, Red Beach
2. Jill Bennett, Auckland
3. Carolyn Galbraith, Ngatea
4. Christine Hegan, Tauranga
5. Helen Ferguson, Dunedin
6. Sylvia McKegg, Whangarei

### **Student Associates**

1. Paul Johnston, Dunedin
2. Lilian Moss, Auckland
3. Sylvia Yandall, Auckland
4. Heather Gwynn, Porirua
5. Kay Griffiths, Hamilton
6. Lynda Chisholm, Wellington
7. Steward Eiao, Auckland
8. Bronwyn Clark, Auckland
9. Mary Orpin, Cambridge
10. Donna Te Rongomau, Hamilton
11. Rose Palmer, Tuakau
12. Lesley Hofer, Auckland
13. Robyn Cox, Hamilton
14. Chantal Bothma, Auckland

### **Affiliates**

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## **ACC**

I continue to represent NZCCA on SCAG committee. We have been called to Wellington for some urgent discussions around some changes. I attend another meeting on 8th September.

Please note the changes thus far.

- From 16 August, ACC is funding up to 16 hours of support with a counsellor for people who lodge a new sensitive claim with ACC to ensure their safety and wellbeing. This support is also available to people who have already lodged a claim and are waiting to find out if ACC will accept it.



- ***What are Support Sessions?***

The key aims of the sessions are to support the client's safety and wellbeing in the early stages of their claim and to help the client to progress to an appropriate outcome. It is envisaged that these support sessions will be sufficient to meet the needs of many people, who will therefore not go on to require ACC cover or ACC-funded treatment.

Alternatively, for those people who do demonstrate signs of possible mental injury arising from sexual abuse the sessions can be used to gather information to help ACC make a cover decision. We know this is not always immediately evident, so the counsellor and the client can work together to decide when to progress the client's claim through to the cover determination process.

Support Sessions can continue while this cover investigation is occurring. It will be important for the client to be well informed of the process for determining cover and what this means for them.

It is anticipated the counsellor will play an active role in providing practical assistance and education as well as information and assurance on the ACC process and other options for support in the community.

Further details of how the sessions can be used, reporting requirements and the role of the counsellor during this period of time are continuing to be developed in consultation with the provider sector and this information will be available by mid September.

- ***What is the process for starting Support Sessions?***

Before you can start providing support sessions, the sensitive claim must be lodged with ACC using the ACC45 form.

Registered Counsellors can submit this form, as per usual process, on behalf of their clients.

Please indicate on the ACC45 form that the client will be accessing Support Sessions.

Make sure to check with clients if a sensitive claim has already been recently lodged by another health professional, for example the client's GP. ACC will be encouraging GPs who lodge sensitive claims on behalf of their patients to then refer on to an ACC Registered Sexual Abuse Counsellor for Support Sessions.

Once the claim has been lodged, Support Sessions can commence.

- A new form has been developed so that ACC-registered sexual abuse counsellors can let us know their client is attending Support Sessions. The new form is called the ACC2922 Sensitive claims support sessions service provider notification (DOC100K). The form should be completed and signed by the counsellor and client at the first visit.
- More information can be found on the ACC website ([www.acc.co.nz/for-providers](http://www.acc.co.nz/for-providers)). Check the news section of this page for regular updates (the latest is the new ACC 2922 form which has been developed so that ACC-registered sexual abuse counsellors can let ACC know their client is attending support sessions).

Keep contacting me with things that you would like me to address at these meetings.

It would be great if I could have email addresses of ACC treatment Providers so that I can keep you abreast of changes as they happen rather than waiting for these newsletters.

Paulette Berryman

## **ETHICAL HELPLINE**

Recently I was catching up with a person who had been referred to a recommended and experienced counsellor about some historical issues. I asked how the counselling was going, and the person said it had been going very well at the beginning and then she stopped going. When I asked why, she said it was because the counsellor, a Christian, had increasingly begun to move from following the client's lead and direction to making judgments and becoming increasingly directive.

The client had been appreciating being listened to and putting out issues to explore and make sense of without experiencing judgment, something she had not generally experienced previously. The change of focus by the counsellor was along the lines of "as a mature Christian, why are you still stuck here", "why haven't your faith resources enabled you to overcome this", "how is this still an issue in your life", "why haven't you been able to forgive and put this behind you, as you surely must know this is what scripture requires of us," with other similar challenges, unfounded assumptions and judgments.

This all sounds familiar. It raises at least two issues that are relevant to our professional practice. The first is what can clients do about this? I asked the person concerned what she had considered, other than her previously chosen option of doing nothing. We explored approaching the counsellor with the aim of making that person aware of what they had done, and the impact it had of shutting down the client to the point where she had stopped attending counselling. She was not considering going back. This is something the client is going to think about in terms of a response for example to write a letter, or approach the counsellor in person. At this point the letter feels like a safer option for the client.

The second issue is: what is it that so often seems to invite Christians who counsel to get into this judgmental and often "preachy" place that is so at odds with counsellor training and values? Is it because of some implicit or explicit Christian injunction to set people on 'the right path' by being directive? Is this part of our perceived role, or an admission, perhaps unacknowledged, that counselling has limitations, and instead be led to offer directive advice?

How does this align with our code of ethics and practice? For example section one, The relationship with clients; 1.1, Is this approach in the best interest of the client? Or 1.4. Is this presenting information in a fair, respectful and honest manner? Or 1.5. Does this recognize the power differential implicit in every counsellor/client relationship? Could it be considered, under 1.6, as a form of harassment? Food for thought.

Is it part of our role to help clients to access support and resources for healing that they may have, including their faith? If so, how do we do this in a collaborative rather than coercive way? And would timing be an issue? How firmly would a therapeutic alliance including trust and a sense of safety need to be established before such collaborative exploration was considered?

We would be interested in your thoughts on this. Perhaps you could feel motivated to write a letter for the newsletter expressing your views?

**Joyce Carswell.**

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### **BEST PRACTICE COLUMN**

***In this edition of 'Best Practice', I would like to submit an article on "Dual Relationships in Supervision" which appeared in COUNSELOR, THE MAGAZINE FOR ADDICTION PROFESSIONALS, (<http://www.counselormagazine.com>) December 2003, v.4, n.6, pp. 28-29. Reprinted with the permission of the publisher.***

*Todd, a recently hired addiction counsellor, found himself at an impasse with one of his clients who experienced childhood trauma very similar to what Todd had experienced as a child. Todd had never effectively healed from the traumatic incident and began talking about it with his supervisor with whom he felt comfortable and safe. His supervisor willingly supported Todd and his efforts in coming to grips with his own past. Todd's supervisor felt this was an appropriate avenue to take in helping him grow into a more effective counsellor. Soon, however, the discussions drifted away from client-related issues and were eventually focusing exclusively on Todd's own history.*

The addiction counselling field, like that of behavioural healthcare in general, is continually seeking answers to troubling ethical questions while identifying the appropriate stance supervisors must take in a variety of situations. This

column addresses the issue of dual relationships in supervision, an issue critical and relevant to the practice of clinical supervision, but also one that, like the above example, is not always crystal clear.

Ethical dilemmas are seldom clear and when we look at the multiple roles in the supervisory relationship, the boundaries can appear somewhat blurred. Dual and even multiple relationships evolve by virtue of the comfortable and open relationships many counsellors develop with their supervisors. This invariably occurs when self-awareness and self-disclosure are encouraged as a means to gain insight into one's development as a counsellor.

An open and trusting relationship between a counsellor and supervisor can be seen as a significant catalyst for professional growth by the counsellor. However, boundaries are often unknowingly crossed, creating an ethical quandary for the counsellor and supervisor. Ethical concerns come into play when a secondary, or dual, relationship is formed, resulting in a conflict of interest when the level of client-focused support is diminished. Some dual relationships are unavoidable, such as a supervisor recently promoted who is now supervising a former colleague or friend. However, even when a dual relationship can remain ethically sound, an appearance of impropriety may exist due to a perceived sense of favouritism. A challenge for the supervisor is to differentiate between dual relationships that could potentially exploit or harm the supervisee or client and those that involve a positive professional relationship.

Examples of dual relationships that may be exploitive or harmful include supervising an intimate partner, forming a business relationship with a supervisee, and allowing supervision to become psychotherapy. Of these three, the most common, and perhaps least clear, is where psychotherapy is being provided in the context of a supervisory relationship.

It is ethically inappropriate to do therapy with one's supervisee, but the boundary is too often unintentionally crossed. This usually starts with the supervisee identifying a personal issue, such as Todd's, that directly relates to a dynamic in the client-counsellor relationship. What puts the supervisor on shaky ethical ground, however, is the formation of a secondary relationship that shifts the focus of supervision away from the client and onto the supervisee. This secondary relationship creates a risk to the supervisee of exploitation and may inappropriately impact the supervisor's judgment as to

what is best for the client. What is at stake here is the well-being of the client and the risk that his or her best interests are no longer being served.

Indeed, it is a responsibility of a supervisor to help supervisees recognize how personal dynamics may impact relationships with clients. In fact, it is expected that in a positive supervisory relationship the activation of personal issues will occur. This is especially true if unresolved issues are triggered by a supervisee's work with clients. For those of us who recognize the significance of counter transference, we know that discussing such triggers in supervision can be helpful to the client while potentially enhancing the professional growth of the supervisee. However, delving into any personal issues related to these triggers is deemed unethical as they are taking the supervisory relationship into the realm of therapy.

I am aware that there is a lack of agreement among professionals about the extent to which personal issues can be ethically dealt with in supervision. Most would agree it is ethically sound to put the primary responsibility of resolving personal issues that come to light during clinical supervision on the supervisee. Supervisors have the responsibility of aiding supervisees in identifying issues that impact their work with clients, such as those that trigger counter transference. Put another way, supervisors are obligated to deal with the "here and now" — dealing with the "there and then" may take the relationship across that fine line into psychotherapy.

Todd's supervisor, in the example, had appropriately acknowledged personal issues that related to Todd's work with his client. As an additional and pertinent course of action, the supervisor could have seen that Todd had the tools and resources necessary to resolve those issues outside of the supervisory relationship. An EAP referral, a recommendation for therapy, or perhaps even a direct referral would have been most helpful and ethically sound. Unfortunately, as a trained therapist, the supervisor succumbed to the temptation to directly help Todd.

Clinical supervisors are therapists first and, like Todd's supervisor, we bring what we know as a therapist into each supervisory relationship. Supervisors must keep in mind, however, that we are therapists doing supervision and, unlike Todd's supervisor, we must avoid the temptation to be supervisors doing therapy. Unfortunately, the latter occurs all too often.

**Thomas G. Durham, PhD, LADC, is Project Director of the Clinical Preceptorship Program at Danya International ([www.danya.com](http://www.danya.com)) where he coordinates a worldwide program of clinical supervision to drug and alcohol counsellors in the U.S. Navy and Marine Corps. As a certified clinical supervisor, he frequently conducts training workshops and is an adjunct faculty member at Tunxis Community College in Connecticut, where he teaches courses in counselling.**

# Voice of the Student Rep

Tena Koutou

For those whom have received my emails or met me at various meetings this might be old hat but if you have not caught up with the *hot gos* then have I got some news for you! I'm pleased to announce that at the August Exec meeting we officially gave Scot an IQ test (and a baking test – he makes a very yummy fruit cake) and deduced that he's got what it takes to be NZCCAs next Student Rep.



Many of you will be familiar with Scott as he has attended two conferences and as part of the transition into the Student Rep role has accompanied me in a visit to Vision College in Hamilton and to a recent workshop in Auckland. This has allowed us to have conversations together and with students about how to further evolve the student role. I know that as a student rep I have appreciated support and communication from students and members and I want to acknowledge the students that have already asked how they can work with Scot to further this. Three years ago we prepared for this transition by creating a generic address for the Student Rep [studentrep@nzcca.org.nz](mailto:studentrep@nzcca.org.nz) which will stay the same.

I have thoroughly enjoyed my time being on the Executive and have found it incredibly enriching. While I have willingly given my time, I feel that what I have received in support, opportunities, memories and friendship is

quadruple anything that I have put in. It is my hope that all students and members can identify with this and feel that they receive tenfold from being part of NZCCA. The amazing thing for me is that this all started from two NZCCA members who invited a shy classmate to a NZCCA conference.

Regards

**Jeremy Le Comte**

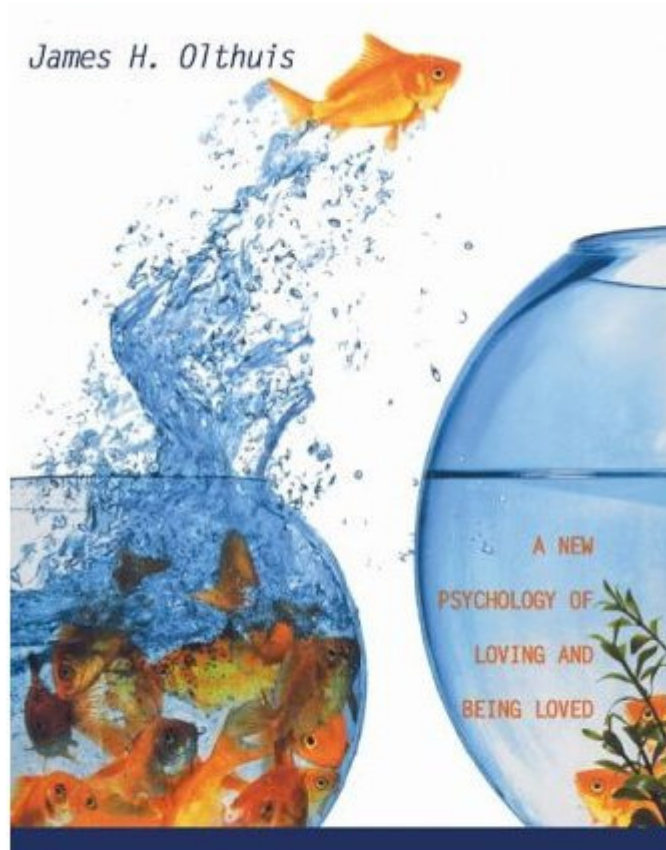
Retiring Student Representative  
studentrep@nzcca.org.nz

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**BOOK REVIEW** - Joyce Carswell

*James H. Olthuis, (2006) The Beautiful Risk, Eugene, Origen, Wipf and Stock Publishers.*

One of my life's quests has to explore what integration might look like, (if able, or necessary to be achieved) between counselling theory and practice, theology and personal spirituality, from a Christian perspective. This has not just been an academic exercise, but primarily pursued to inform my practice and from this engage more intentionally with clients. While there is material on some of these strands for possible integration, in my experience it is not often that they come together in one very readable book. Olthuis focuses on the importance of relationality as a way of bringing together discrete parts of what it means to be human. This is reflected in the sub-title, "a new psychology of loving and being loved".



the Beautiful Risk

So what is new about this approach? To quote Olthuis: “Uncertainties, confusion and paradox are appropriate description for our world at the dawn of our new millennium. Despite unparalleled growth in almost every area of human endeavor, there has not been parallel growth in our ability to know ourselves and get along with each other.” A consequence of an independent and individualistic pursuit of happiness or success and bettering of humanity has been, in his estimation, a breakdown in relationships, the interdependent glue that hold us together, and, with this, a loss of soul and diminution of spirit. This in turn is seen to lead to “a spiritual hunger –a hunger for deeper and more wholesome relationships with self, others, God and creation.

The focus of this book is on connection, reconciliation and healing, in both emotional and spiritual spheres. A chapter I found most intriguing was entitled the central relational paradox, describing the way we disconnect and connect with others in ways that attempt to minimize personal risk. Disconnection is seen as a defense against vulnerability, yet it works against the God-given drive to be connected, to be in relationship.

Olthuis goes on to describe the way we enact this disconnection including the development of introjects, and of a false self. It seemed to me there was something here of many theories of personality and counseling modalities, with both essentialist and socially constructed ideas which attempt to explain this relational paradox. Olthuis describes the results of attempts to wall off the self, to self-protect, including the genesis of self-defense mechanisms and addictions. He develops a *me- myself- I* model, which involves listening to three stories: “To the story of the day, (the *I* story), to the composite story that has presented over time, (the *me* story) and finally to the underlying story of the authentic self (the *myself* story)”.

This book is offers a challenge to take the beautiful risk, to be open to vulnerability and growth, and to a deepening of connections at all levels of being.

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## **BOOK REVIEW** – Raewyn Diprose

*Fleur Beale; **Sins of the Father** – The Long Shadow of a Religious Cult, A New Zealand Story. Longacre Press*

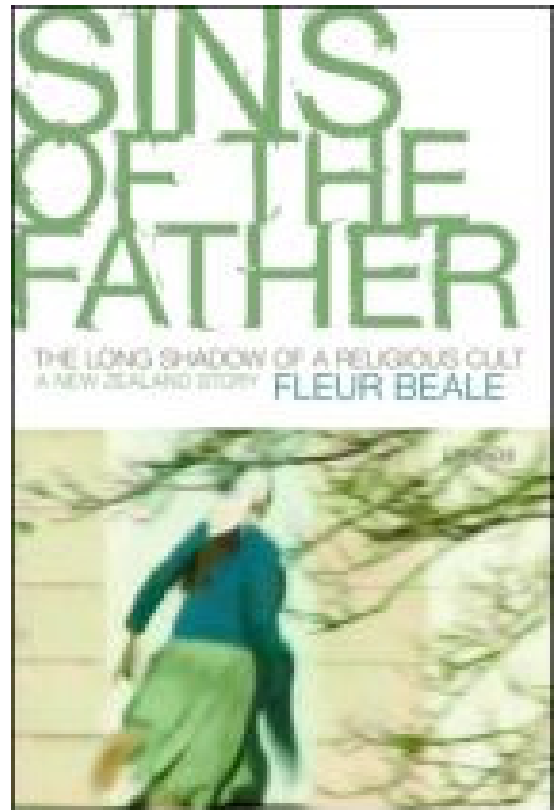
This is a compelling true story of a family locked in to and torn apart by a religious cult.

It follows the life of Phil Cooper and his family growing up in the home of the man who became the leader of the group originally known as the “Cooperites” in North Canterbury and currently the Gloriavale Christian Community on the West Coast of the South Island.

What started off well intentioned deteriorated into a controlling, abusive cult. The effects of this on the people involved and the families who remain in the community as well as the people who have withdrawn are devastating.

As counsellors it provides an insight into this world and hopefully some understanding of the struggles faced by those who have the courage to remove themselves or who are removed by the community. If you have had the privilege to walk with clients coming out of these or similar groups you will recognise the long term effects and the need for them to be loved, accepted, listened to and taken slowly on their journey of healing. Coming out is the beginning of a very difficult, painful, lonely phase of life – one that for many is just too hard and for others carry the past effects for a long, long time.

Another book of similar vein is *Behind Closed Doors* by Ngaire Thomas. A Startling story of the Exclusive Brethren Life. Random House. Again this is a book based in New Zealand.



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**BOOK REVIEW:** Maggie Bell

***Liz Maluschnig; Using Stories to help children; PeakPress 2010, Cromwell, New Zealand***

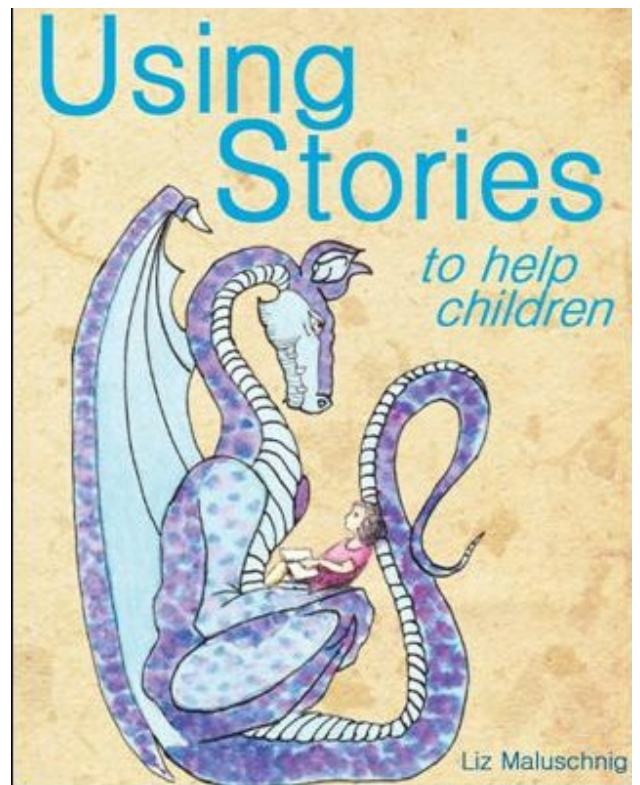
Liz has written a book to assist caregivers to help children who are hurting in response to difficulties that can arise in a child's life - rejection as a result of a new birth, separation, dealing with violence and bullying, or dealing with

bereavement and sexual abuse. Each situation is dealt with sensitively and compassionately.

Maggie has reviewed the book as follows:

I just wanted to hold each of these children. One can see that Liz Maluschnig has provided a wonderful and insightful resource for communities, play-centres, schools, counsellors, therapists and especially families in at least a 3-fold way;

Firstly, for the child, Liz is being an advocate, because she accurately conveys the reality of a child's struggle in hard family situations. Her stories truly open up any reader's heart, to empathise with what the child is going through. Therefore it teaches the adult about the child's own journey.



Secondly, every child loves being told a story. Liz's stories allow the child's own heart to be led to a greater understanding of why they are behaving and feeling the way they do. It validates their own story and opens up a way for their often 'trapped self-expression' and healing.

Thirdly 'Using stories for helping children' builds bridges and connection between the reader and the child, which brings the child back from inner isolation and confusion; to their needed place of loving communication; of being seen and heard and accepted. It provides a way to safety where they learn, that they are a valid and loved part of the family.

And finally, there is so much truth in these pages - both in the stories and in the teachings pg 41 'Children need us to be there with them in their journey of grief.'

I was taken aback by how much these stories are my own heart stories, from familiar inner-heart places. Liz helps me bring tenderness to my own 'inner children.' She helps me be motivated to connect with them; because she

encourages compassion by describing my child's world, so truly and clearly. These stories are a great key to healing and to open up a sweet inner dialogue. They help me move through fear to understanding to peace and I am grateful to Liz for providing them.



*If you have read a book that you have read and that you would like to review for the Newsletter, please contact the office.*

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# NEWS FROM THE REGIONS

## Auckland

Greetings to all.

Since the last newsletter, the Auckland Group has been busy. Our monthly Friday night meetings are very enjoyable with some great networking with each other and quality speakers.

On 18 June, Richard Charmley spoke on “Refreshing Supervision – doing it better”. A great discussion followed on what makes good supervision and how it can be improved.

On 2 July, Helen Florence from the Auckland Committee, who has recently completed her dissertation, spoke to us about issues which arise that are unique to Christian Counsellors working with Christian clients, and possible transference and counter transference. Congrats Helen on passing your dissertation with flying colours!

On Sat 24 July, Paulette and Brian Berryman ran an Introduction to Enneagrams seminar which was attended by 25. Their humour and quality teaching made it a great day. Our thanks to Paulette and Brian for coming up to run this seminar.

***Upcoming Seminar and Monthly Meeting:***

**Dreams 101 Seminar with Margaret Bowater**

6-9pm Fri 29 Oct and 9.30-4.30pm Sat 30 Oct.

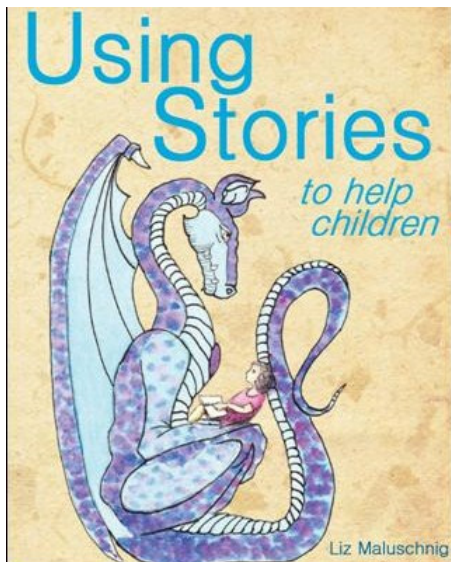
Please email Jo McGrath on [jo\\_mcgrath@clear.net.nz](mailto:jo_mcgrath@clear.net.nz) for details. Limited to 20 attendants.

**Monthly Meeting: Fri 1 Oct 2010 at 7.30pm**

**Speaker:** Joyce Carswell

St Lukes Community Centre, 130 Remuera Rd, Remuera

All welcome. Suggested koha: Workers \$5, Students \$3. Supper provided.



*You are invited to the*  
**BOOK LAUNCH** of

**USING STORIES to help children**  
by Liz Maluschnig

**Guest Speaker – Charlotte Bell**  
**Hosted by Youthline Auckland**

Youthline House, 13 Maidstone St, Ponsonby 5.30pm Friday 1st October, 2010  
*Drinks & nibbles. Everyone welcome. Please bring your friends.*

a book for parents, teachers, caregivers, and professionals to assist children as they face life issues

# Waikato

Contact Marion Hunt for information on upcoming meetings

07 8434509 work hours

[marion\\_hunt@nzf.salvationarmy.org](mailto:marion_hunt@nzf.salvationarmy.org)



# Kia ora koutou NZCCA Bay of Plenty

Tēnā koutou NZCCAers

In June we Marion Hunt come and speak to us about trauma and the care of the counsellor in the process. Marion was both informative and worked interactively which was a challenge to the little gray cells at the end of a busy day.

Then at our last meeting this month we had a “Where to from here” discussion amongst those who attended. Discussion centred on future speakers and how to increase the membership of NZCCA BOP. This was followed by an interactive discussion around personal wellness.

## ***We have two more meetings this year:***

**October 5** Dr. Barbara Bulkeley will speak about her Phd research.

Barbara investigated the beliefs, knowledge and practice of almost 300 New Zealand School Guidance Counsellors around adolescent depression, which is a serious problem in New Zealand. A school counsellor is often the first professional seen by adolescents, but Barbara’s research found that 80% of SGCs do not believe that their training fully equipped them for this work. Focus groups in the Auckland area and a nationwide questionnaire provided data about what SGCs knew about the topic, how they worked with depressed adolescents and what additional training they desired. Using this, training workshops tailored to the specific needs of SGCs were developed, presented and positively evaluated.

Barbara will talk briefly about the findings of her research and present five useful ways to work with depressed clients to add to your basket of knowledge.

**December 7** We’ll finish the year with re-election of committee members and a dinner at Suzanne’s house with a special guest speaker.

Hei konei rā

Suzanne Barthow

# GISBORNE

**For information on the Gisborne meetings contact:**

Sarah McDonald ([beetlesarah@hotmail.com](mailto:beetlesarah@hotmail.com)) or

Bruce McFadyen ([brucem@oasistherapy.co.nz](mailto:brucem@oasistherapy.co.nz))

## Manawatu

Greetings

Spring is here! trust you are experiencing NEWness and freshness in your life and your practice.

We had a branch meeting on Friday 3rd September and explored NEW ways to work therapeutically from an attachment perspective. Craig Buttar from Child, Adolescent and Family Services facilitated this and NEW ideas were gained.



We are trying something NEW for our next meeting and breakup on the 5th November. We will have a BBQ with no guest speaker this year.

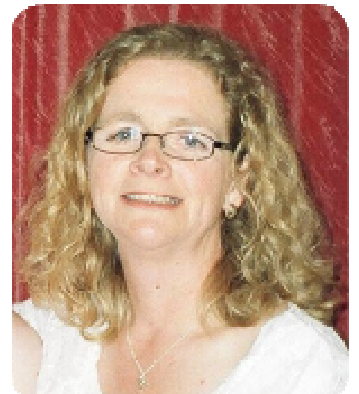
Please contact me for more details and NEW ideas for subjects and speakers for next year's meetings.

Paulette Berryman  
063574424(wrk)  
063549555(home)

# Wellington

Greetings

Wellington has had yet another fantastic Workshop with Nicola Atwool teaching about Attachment. Nicola is a Principal Advisor in the Office of the Children's Commissioner. Prior to taking up this current position she was a Senior Lecturer in social work at the University of Otago and worked with the Children's Issues Centre. So lots of hands on experience.



The Network meeting on June 28<sup>th</sup> was great with counsellors from the Wellington region meeting in Naenae Lower Hutt.

The next meeting is set for October 18<sup>th</sup> 7.30 start.

Venue to be confirmed.

Please get in contact with Frank [eijgenraam@clear.net.nz](mailto:eijgenraam@clear.net.nz) or me.

Wishing you a dry Spring....

God Bless Froukje

[Froukje\\_spaak@nzf.salvationarmy.org](mailto:Froukje_spaak@nzf.salvationarmy.org) work

[Froukje.spaak@clear.net.nz](mailto:Froukje.spaak@clear.net.nz) home

Ph 389 6566 work or 934 3835 home

## Canterbury & Southern Connections

Greetings

Winter is moving its way through in the south with signs of spring opening, daffodils starting to flower, lambs on the farms and occasionally slightly warmer days.

We have had a wonderful retreat at Sister Eveleen House in Sumner overlooking Pegasus Bay - refreshing physically and spiritually and a welcome annual event.

On 15 October we have the "Engaging with Shame" workshop with Joyce Carswell. This is going to be an enlightening and experiential day of Professional Development and an opportunity to meet with other colleagues and students.

If you would like any further information about this event or any upcoming events please be in contact with me.

It has been great to have had contact with some other members in the South Island and to hear of connections that are being made. Please see below the comments from Kathy King in Nelson if you would like to know anything further about plans in the "Top of the South" do make contact with Kathy.

Many blessings and I look forward to keeping in contact.

Raewyn Diprose [ianraewyn@clear.net.nz](mailto:ianraewyn@clear.net.nz)

## Top of the South - Nelson Area

Hi from sunny Nelson,

Just want to let you know of some new developments in our area. A few of us in the Nelson Region recently realized the growing number of Christian Counsellors in our area. We therefore decided to contact a few and begin a support group. So on July 23 eight of us met at a local cafe. We had an amazing evening sharing our lives together, even though some of us had never met before. We all went away greatly encouraged. During our time together we decided to meet on a quarterly basis. So next time in October we hope to double this number as we make further contact with others in our region.

Love and Blessings

Kathy King

[kathy@richmondnewlife.org.nz](mailto:kathy@richmondnewlife.org.nz)

# CLASSIFIEDS



with

A Workshop on...

## FOCUSING and LISTENING

9.30am-4.30pm, Saturday  
29 January 2011

Fee: \$55 (*booking essential*)

# Nada Lou

**for new and experienced Focusers**

This program is designed to give the participant enough support and experiential practice so that s/he is able to acquire a body-feel for the process of Focusing and learn Focusing listening skills. You can learn how your body provides answers and directions which cannot be arrived at by thinking alone. The Focusing process helps you grow close to your inner experience, so that you can be present to yourself and to others in an empathic and non-manipulative way.

When Focusers learn to listen to other people's Focusing process, they also learn how to better listen to their own process. These two movements are intrinsic they are essential prerequisites for the basis and understanding of Focusing.

### You will learn:

- What is a Focusing Partnership - how does partnership work?
- Do's and don'ts of a Partnering Focusing process.
- What is Focusing Listening and how is it different from other kinds of Listening?
- Reflective listening, Experiential Listening.
- What the Listener is Listening to?
- Common difficulties.

**Nada Lou** (Canada), is well known throughout the Focusing world through her DVDs that have brought the teaching of Gene Gendlin, Peter Campbell and Ed McMahon, and other Focusing luminaries into our homes and offices. She is also one of the most well known Focusing teachers in her own right, with a double specialty in Thinking at the Edge (TAE) and Focusing.

For bookings please contact Valerie...



Te Ngakau Waiora  
**MERCY SPIRITUALITY CENTRE**

104 The Drive, Epsom,  
Auckland 1023

Ph 09 638 6238 or

Email: [programmesmercycentre@xtra.co.nz](mailto:programmesmercycentre@xtra.co.nz)

# **Professional Rooms to Let**

**83 Christmas Road, Manurewa, Auckland**

**Please contact Margaret MNZCCA**

**267 4613**

**027 366 0570**

**[gracecounselling@gmail.com](mailto:gracecounselling@gmail.com)**

**[www.gracecounselling.org.nz](http://www.gracecounselling.org.nz)**

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## **ROOMS TO RENT**

**No 28 Elgin St,**

**Grey Lynn**

**Charming Character Villa with 5 rooms plus waiting room, kitchen and bathroom. Central location, plenty of on street parking.**

**Suitable for counselling, massage, beautician.**

**Day rates from \$50 - \$70**

**Creating a space that permeates**

**Life, vitality, healing, spirituality, empowerment**

**Available mid September 2010**

**Contact: Robyn Haaker**

**PH (09) 3600722 Mob 0272270062**

**Email: [robynha@xtra.co.nz](mailto:robynha@xtra.co.nz)**

