



# **NEW ZEALAND CHRISTIAN COUNSELLORS ASSOCIATION**



**KIA KAHA, CHRISTCHURCH**

**OUR THOUGHTS AND PRAYERS ARE WITH YOU. IN THE MIDST OF THE DEVASTATION  
KNOW THAT YOU DO NOT STAND ALONE. FOR THOSE WHO HAVE LOST LOVED  
ONES, FRIENDS AND FAMILY, WE SHARE YOUR SORROW AND GRIEVE WITH YOU.**

**NEWSLETTER**

**MARCH 2011**



## CONTENTS:

- NZCCA CHAIRPERSON'S REPORT
- EXECUTIVE OFFICERS REPORT
- MEMBERSHIP COMMITTEE DATES
- PRICE LISTS
- STUDENT NEWS
- CONFERENCE 2011
- TIME OUT
- SUPERVISION
- MEMBERSHIP
- ACC
- WELCOME TO NEW MEMBERS ,  
AFFILIATES & STUDENT ASSOCIATES
- NOTIFICATION OF MEMBERSHIP & SUBSCRIPTION  
CANCELLATIONS
- ETHICAL HELPLINE
- BOOK REVIEW: ALL BLACKS DON'T CRY: A STORY  
OF HOPE BY JOHN KIRWAN
- BRANCH & REGIONAL REPORTS
  - ✓ AUCKLAND
  - ✓ WAIKATO
  - ✓ BAY OF PLENTY
  - ✓ MANAWATU
  - ✓ GISBORNE
  - ✓ WELLINGTON
  - ✓ CANTERBURY
  - ✓ NELSON
- CLASSIFIEDS
  - ✓ IDT – FREE OFFER
  - ✓ FOCUS WORKSHOPS

## CONTACT DETAILS

Executive Officer:  
Adrienne Hunt

Office:  
13 Maidstone Street  
Ponsonby  
Auckland 1021

Postal:  
P O Box 68773 Newton  
Auckland 1145

Phone:  
09-361-4183

Email:  
[info@nzcca.org.nz](mailto:info@nzcca.org.nz)

Website:  
[www.nzcca.org.nz](http://www.nzcca.org.nz)

Office Hours:  
Mon – Fri / 9am – 2pm

- INCLUDED IN ENVELOPE:

- ✓ INVOICE
- ✓ ANNUAL PRACTICE REVIEW
- ✓ CONFERENCE UPDATE INFORMATION
- ✓ ADDITIONS TO NZCCA PRINTED DIRECTORY

## CHAIRPERSONS' REPORT

Writing as I am on Friday 25th February, the event of the week that I am sure we have all been very aware of is the Christchurch earthquake. I know I speak for all of us who are outside Christchurch in saying that our thoughts and prayers are with the people who have been affected by the devastation.

Now is not the time to draw scriptural parallels or faith lessons out of what has happened. All we want to do at this point in time is to somehow communicate our love and support. For those who are counsellors in Canterbury, or who have offered to take your counselling skills to help out in Christchurch, we pray for wisdom and grace as you work with those affected. We do what we do because we believe that we have a hope and a peace that we can share - and we pray that those working in Christchurch will find a new depth of ability in communicating and imparting that hope and peace.

On a practical level, we have made the decision this week to relocate our annual conference to Auckland. We are not changing the dates - May 12-14 - just the venue. We had an Executive meeting just two weeks ago and made the decision at that stage to stay with holding the conference in Christchurch, at least in part as a gesture of support and affirmation of our colleagues in the South Island. However, the damage of this week and the need to give ourselves as much time as possible to work through the logistics of reorganising the conference if that needed

## 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)

to happen, have provoked the decision to move.

As an Exec, we are very grateful to the work already done by Raewyn Diprose and team in Christchurch towards the conference, but it seems to us that they have more important things to attend to at this time and do not need anything extra. I would really encourage you to look at joining us for the conference.

In the meantime, wherever you are, may you know His peace, which goes way beyond our very limited understanding.

**Andrew Smith**

---

## **EXECUTIVE OFFICER'S REPORT**

Just today as I was thinking about what to write in the newsletter the chorus of an old hymn came back to me:

*On Christ, the solid Rock, I stand;  
All other ground is sinking sand,*

This seems an appropriate thought for now as both Christchurch and Wellington experience earthquakes.

I grew up in Christchurch and I am saddened by the damage done to so many of the beautiful buildings I remember including the iconic cathedral. What is even more upsetting are the numbers of families and friends who mourn the loss of loved ones; who in less than a minute had their lives turned upside down. My thoughts and prayers are with them.

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

## **Website**

Can I encourage you to make regular visits to our website as it continues to develop. Recent changes include the addition of **Frequently Asked Questions** under the Membership, Applications and Safe Practice pages. There is also a section on the Supervision page found under Safe Practice.

For what is happening and who to contact in your area, visit the **regional pages**. There is also a page dedicated to **Students**.

We also advertise **employment** and **rental** opportunities as we become aware of them. If you know of any opportunities please let us know.

The **links** page will give you quick access to websites that may be useful to you and of course there is now access to **EBSCO** through the membership page. If you do not have a login or cannot access EBSCO from this page, please contact the office.

## **Invoices and Annual Practice Review Forms (for members)**

Enclosed with this newsletter you will receive your annual practice review forms (for members) and your invoice for the 2011/12 membership/subscription year. These have been sent out earlier to make it easier for members, students and affiliates to meet the 30 June deadline.

**Members** need to remember that for your membership to be renewed you **must** pay your fees **and** submit an acceptable Annual Practice Review. Failure to meet either of these criteria by June 30 2011 will result in the suspension of your membership with the Association. You will then be allowed a further 30 days failure to meet these requirements will result in your membership being cancelled.

For those who are paying their fees over six months; ½ of your fees must be paid by 30 June 2011.

Note that the Annual Practice Review year is now the calendar year i.e. for 1 January – 31 December 2010.

**Affiliates and Student Associates** need to have paid their subscriptions by 30 June 2011 or their subscriptions will be cancelled.

## Directory

In previous years we have sent out the directory update forms with the invoices and annual review forms. To ease congestion we will now send our the directory update forms with the June newsletter and will work towards sending the directories out with the September newsletter.

## Application Process

There have been a number of changes to the application forms and processes.

1. **Police vetting:** this has now moved to an online electronic process and we are now required to collect additional support documents. You will now need to send a copy of your passport or drivers licence, birth certificate and any documentation that supports a change of name (e.g. marriage licence). These documents must all be verified in the usual way.
2. The **Ethics** section on the application form has been broken down to smaller bites to ensure that we can clearly discern the applicants understanding of ethical issues and dilemma's. Of late there have been a number of applicants who have had to resubmit this part of their application which is time consuming for everyone concerned.
3. **Interviews** will be conducted where there are unanswered questions from the application process. There will be a charge of \$275 (+GST) for an interview and you will be responsible for costs associated with travel to the interview venue.
4. **Upgrades** will now require the completion of an upgrade form which can be downloaded from the website or requested from the office. This form is to be completed with your supervisor and your supervisor will be contacted for discussion as part of the consideration process. There may be some instances where an interview will also be requested for the upgrade process and there will be a charge of \$275 (+GST) if this is the case.
5. **Placing Membership on Hold.** You can place your membership on hold for a period of greater than 6 months and less than 3 years. During that time you can continue to receive information, newsletters and conference discounts from the Association for a fee equivalent to the Affiliate subscription for that year. There will no longer be a **Non Practicing** Member status. You cannot backdate placing your membership on hold.

At the end of the hold period you can reinstate your membership by advising us that you have begun seeing clients again and by sending us a copy of a supervisor contract (or letter from your supervisor) showing you

- have re-engaged in supervision. If your membership is on hold for longer than 3 years you will be required to reapply for membership.
6. If during the application process you are asked to resubmit or submit additional information you will have up to six months to resubmit. If you have not resubmitted by that time the balance of your fee will be refunded and you will be required to pay a new application fee and send a new application to reapply.
  7. **Students** applying for Provisional Membership must submit a **letter of support** from their training institution with their applications.

### **Conference 2011**

Most of you will now be aware that we have moved the conference venue for this year's conference from Christchurch to Auckland. As much as we wanted to stay with Christchurch and support them after the first quake, the second quake has made this too difficult. Our Christchurch venue was within the cordoned area and with Christchurch CBD devastated and the status of our venue unknown it was deemed to be necessary to move to another centre. Holiday Inn Auckland Airport have been able to meet our requirements. The room rate for the Holiday Inn is \$150 incl GST and a reservation code can be found on the website.

To show our support for the people of Christchurch we have made the theme for the Friday night banquet **Red & Black** and would ask that you dress accordingly.

There have been a couple of changes to our workshop options as workshop presenters based in Christchurch have indicated that they are unable to attend the Conference in Auckland. The workshop by Marion Boyd will be replaced by a workshop by Bruce McFadyen introducing **Critical Incident Stress Management (CISM)**. We are also looking to replace our IDT presenter. There will be opportunity at the registration table to confirm workshops.

I have included an **alternative accommodation sheet** for the area around the Holiday Inn Auckland Airport covering a variety of pricing options. Please note this is informative only and not recommendations. A number of them are within walking distance of the conference venue.

For those of you who are **travelling from Christchurch** to conference or those **from Auckland; Jo McGrath** is collating a list of names of those who are interested in billeting Christchurch people attending conference. Jo can be contacted on [jo\\_mcgrath@clear.net.nz](mailto:jo_mcgrath@clear.net.nz) or 0274346772.

### **EBSCO**

NZCCA is committed to the ongoing development and education of our members. This is why we strongly recommend that members undertake at least 50 hours of professional development a year. As a part of this commitment we have entered into an agreement with EBSCO to provide our members, affiliates and student associates with access to online journals and articles. By now you should all have received a letter with details of how to access these journals and with your personal confidential password. We will also have opportunities during conference to answer any questions or difficulties that you may have in accessing EBSCO. We hope that this becomes a valuable tool for your ongoing development.

### **Counselling Awareness Week**

For those based in Auckland, the week of 9-15 May is Counselling Awareness Week. This was initially the concept of Home & Family Counselling and this year NZCCA has been supporting the venture. The goal is to promote counselling as an option in the community and make it more widely utilised.

The week will be launched by the Governor General at a breakfast with a guest speaker. This is a wonderful opportunity to network within the counselling community in the Auckland region. Tickets for the breakfast are reasonably priced. The week will culminate in the NZCCA conference on the 12-14 May.

I will place the promotional poster on our website once it is finalised for you to download and use in your communities.

Once again my thoughts and prayers go out to those who are struggling in the aftermath of the earthquakes and continuing aftershocks.

*For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people,*

*to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.*

*Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.(Eph 3:14-21)*

**Adrienne Hunt**



### 2011 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 21 days prior to the meeting.

June 24

August 19

October 28

December 2

### PRICING TO 30 JUNE 2011

Description	GST Ex	New Inc GST
Additional Directories	\$5.00	\$5.75
Advertising	\$40.00	\$46.00
Application Fee	\$66.67	\$76.67
Membership Fee	\$253.33	\$291.33
After 1 January	\$179.56	\$206.49
After 1 April	\$137.78	\$158.44
Membership on Hold with benefits	\$57.78	\$66.45
Affiliate Subscription	\$111.11	\$127.89
After 1 January	\$72.89	\$83.82
After 1 April	\$48.00	\$55.20
Student Associate Subscription	\$22.22	\$25.56
Interview	\$275.00	\$316.25

## **PRICING FROM 1 JULY 2011 – 30 JUNE 2012**

Description	GST Ex	New Inc GST
Additional Directories	\$5.00	\$5.75
Advertising	\$47.83	\$55.00
Application Fee	\$78.26	\$90.00
Membership Fee	\$282.61	\$325.00
After 1 January	\$183.70	\$211.25
After 1 April	\$127.17	\$146.25
Membership on Hold with benefits	\$133.33	\$150.00
Affiliate Subscription	\$133.33	\$150.00
After 1 January	\$84.78	\$97.50
After 1 April	\$58.70	\$67.50
Student Associate Subscription	\$43.48	\$50.00
Interview	\$275.00	\$316.25

### **STUDENT NEWS**

Welcome to the New Year. I know it is a bit late in saying this but hi ho lets go.

Heartfelt sympathy to those in the Canterbury region prayers with you all.

For a lot of the students t time of the year is all about going back to or starting fresh the studies that bring with it tears and joy, self reflection and learning, and for those starting out in their first year a lot of tentative anxiety and excitement. May I say press in and push on into the year.

In reflection of the time of being a student I remember that I was fearful that I was not good enough, old enough or versed in life enough to encounter this study. However by the time I finished I was even more afraid of the potential that I have. This is a time of unlocking and opening up the caverns of ourselves and trusting those around us. Be open in your studies and be free to feel your feelings that are bound to come up especially in this time.

I will be visiting campuses over the next term and put a face to these written appearances. Also as students there are many different seminars and regional meetings available for you at discounted rates and are always enriching to your professional development. You can find out about these in this

newsletter, on the website and through different updates that are emailed out.

I would like to share from some revelation study that I have been doing to encourage you. Being a great learner depends on our own understanding of ourselves. Goals are important in study and in life, and I am sure you have goals of some form or another. Believing in yourself to attain these goals is also imperative.

If you don't have faith or trust in yourself then what gives you the right to think others will? God has faith in you; do you have faith in you? Like it or not, others do have faith in you, to be their counsellor, don't rip them off by not having faith in yourself. As we learn the skills and determine to practice in an ethical and safe manner we desire to have faith in what we are doing.

Believe in the seed that has been planted in you and the seed in others that you can help along the way.

If you want to see fruit, see the seed, you can't get fruit from an un-nurtured seed.

It needs: dirt, something to be immersed in. Community

It needs: water, the vitals of survival. Food nutrition basics of life

It needs: light, the word of the Lord. Teaching, seeking, and hearing the word.

Prayer and communion with Christ on a regular daily basis.

It needs: warmth, the comfort of relationships. People around and developing connections with loved ones and friends.

Sometimes it takes a bit of manure to get things going, a bit of crap in your life helps to define what you stand for and is what builds you up, giving strength and weight to your understanding and a place to insightfully help from.

So I leave you with this; what are you doing to:

A). Nurture the seed in yourself?

B). Nurture the seed in others?

**Scott Douglas**

Student Representative New Zealand Christian Counsellors Association

[nzccastudentrep@gmail.com](mailto:nzccastudentrep@gmail.com)

# **PERSONAL JOURNEYS**

## **Suffering, Hope and Healing**



### **NZ CHRISTIAN COUNSELLORS ASSOCIATION**

## **17th Annual Conference 2011**

**Thurs 12th - Sat 14th May 2011**

**CHANGE OF VENUE**

**HOLIDAY INN**  
**AUCKLAND AIRPORT**

**REGISTRATION PACKS CAN BE  
DOWNLOADED FROM**

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



# TIME OUT

## ON CHRIST THE ROCK I STAND – By Edward Mote

My hope is built on nothing less  
Than Jesus' blood and righteousness.  
I dare not trust the sweetest frame,  
But wholly trust in Jesus' Name.

### *Refrain*

*On Christ the solid Rock I  
stand,  
All other ground is sinking  
sand;  
All other ground is sinking  
sand.*

When darkness seems to hide  
His face,  
I rest on His unchanging grace.  
In every high and stormy gale,  
My anchor holds within the  
veil.

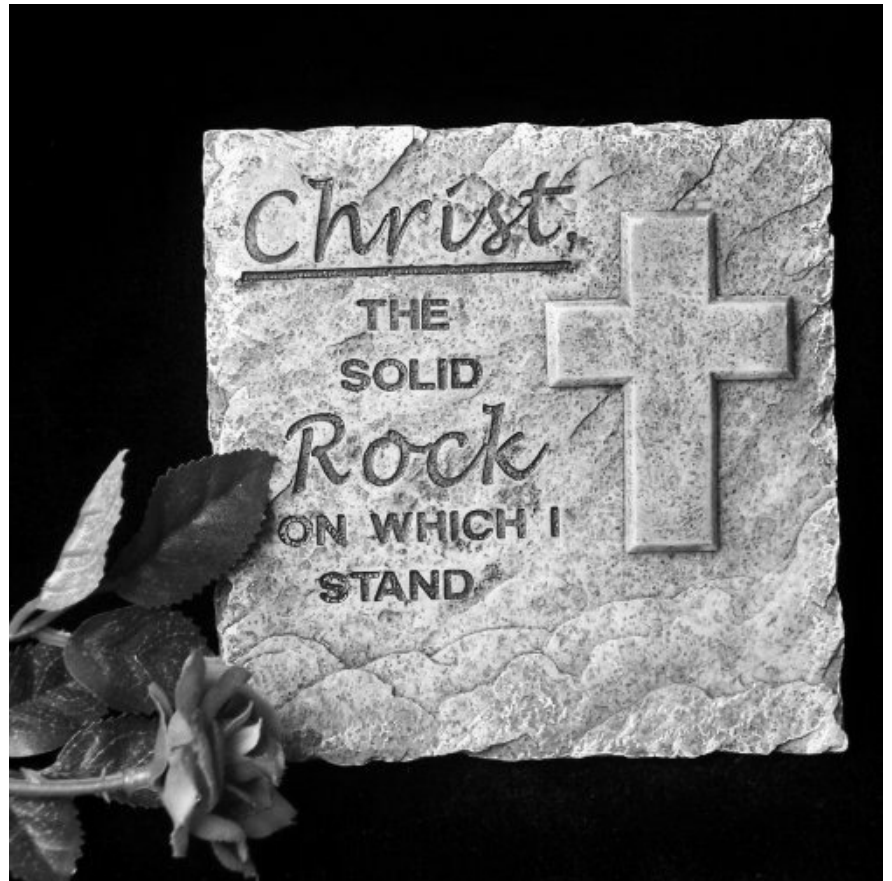
### *Refrain*

His oath, His covenant, His blood,  
Support me in the whelming flood.  
When all around my soul gives way,  
He then is all my Hope and Stay.

### *Refrain*

When He shall come with trumpet sound,  
Oh may I then in Him be found.  
Dressed in His righteousness alone,  
Faultless to stand before the throne.

### *Refrain*



## HIS EYE IS ON THE SPARROW - By Civilla D. Martin

*Are not five sparrows sold for two farthings (pennies), and not one of them is forgotten before God. Luke 12:6*

Why should I feel discouraged,  
Why should the shadows come,  
Why should my heart be lonely  
And long for Heav'n and home,  
When Jesus is my portion?  
My constant friend is He:  
His eye is on the sparrow,



And I know He watches me;  
His eye is on the sparrow,  
And I know He watches me.

“Let not your heart be troubled,”  
His tender word I hear,  
And resting on His goodness,  
I lose my doubts and fears;  
Tho’ by the path He leadeth  
But one step I may see:  
His eye is on the sparrow,  
And I know He watches me;  
His eye is on the sparrow,  
And I know He watches me.

Whenever I am tempted,  
Whenever clouds arise,  
When songs give place to sighing,  
When hope within me dies,  
I draw the closer to Him,  
From care He sets me free;  
His eye is on the sparrow,  
And I know He watches me;  
His eye is on the sparrow,  
And I know He watches me.

## SUPERVISION

An important aspect of our on-going therapeutic relationship, which enhances our skills further as Counsellors, is the process of supervision. Rather than viewing it as an external set of requirements it is instead an intrinsic part of our counselling and provides for us the opportunity to critically reflect on our work with clients.

Supervision can be defined as two separate words, ie Super / Vision. That is being able to see beyond or through what is immediately apparent and to allow what is hidden or in the process of "becoming" to fully emerge. (CIT Wellington - external supervision course). Supervision is a dynamic enabling and empowering process. Who needs supervision? People working with people. That is, we all do!

As a Counsellor I value the process of supervision. I see it as being holistic where I can bring into supervision issues that I may be personally working through or client related issues. This enables me to have wisdom and insight into these issues so that I am better equipped to be "present" with my client. By not engaging in this conversation, in supervision, it may well leave me vulnerable and misdirected lacking the wisdom and insight I need over issues that I may be currently challenged with.

As Christians we have an understanding of truth and fairness and the Holy Spirit guides us as to the appropriate responses we make. If we rely only on this, which can be subjective, we may not see the need for engaging fully in a supervision process where reflection and accountability is encouraged.

Scripture reminds us of the importance of gaining "wisdom in the counsel of many" (Proverbs 13:10) where we can seek reflection through engagement in the supervision process. A selection of further verses from Proverbs chapter 2 (Message translation) highlight the importance of gaining wisdom and insight which can be applicable in supervision. "Tune your ears to the world of wisdom; set your heart on a life of understanding (2:2). "Good sense will scout ahead for danger, insight will keep an eye out for you. They'll keep you from making wrong turns or following the bad directions" (2:11-12).

Supervision provides us with a safety net so that there is congruence between our values and practice. It is an opportunity for reflective learning where there can be growth and change in us providing best practice for our clients.

**Bruce McFadyen**



## **MEMBERSHIP**

As I write this I am aware of the immense event that affected our Canterbury people. Know you are in our thoughts and prayers and you will continue to be over the coming weeks and months....

Our membership team gathered before the last Executive meeting to thoroughly go through the policies and procedures of the work we do. Taking a step back and re-evaluating our process has been a great task... and true to form we got through the entire agenda (which at first look none of us thought would be remotely possible).

Recent applications have given us some questions regarding the Ethics section of our application process and we took a great deal of time to evaluate why we require an in-depth section pertaining to ethics and how best we can ask for an indication of applicants knowledge and awareness of ethical issues. Knowledge and awareness in this area is crucial for us to be safe practitioners so we will continue to require a clear indication that applicants have sound knowledge of ethical issues.

We have changed the wording of the question especially around sharing an ethical dilemma. We have broken the questions down in to smaller parts:

- Describe an ethical dilemma (simple or complex) and how you dealt with it. A dilemma is a conflict between two values. Name the values, the circumstances and describe your thoughts and feelings, and how this experience has impacted on your professional practice. **(300 – 500 words)**
  - a) Describe the ethical dilemma
  - b) Identify the conflicting values (e.g. client confidentiality vs holding and maintaining relationship with client)

- c) Detail the steps taken to resolve the dilemma
- d) What did you learn from this personally and/or professionally?

An ethical dilemma is a predicament where a person must decide between two viable solutions that seem to have similar ethical value.

*For example:*

A counsellor's personal values can sometimes cause a problem. It is important for the counsellor to realise that s/he may have personal biases due to a number of factors, e.g. cultural or religious beliefs, that could potentially influence the advice s/he would give, or could even taint how s/he views the client. For example: A client that is deciding on a termination, or leaving a marriage.

Many of you will be Supervisors of applicants and we trust you can talk through this section with your supervisee prior to submitting.

We have added FAQ (Frequently Asked Questions) lists to the website to answer the most regular questions that come to the office and the membership team. Please have a look as many of your queries may be answered there. If not, please make contact with the Executive Officer or the membership team and we will help you with any questions or issues you want clarified...

On behalf of the team...

***Froukje Spaak (Chairperson), Helen Torr, Kathy Clist, Bruce McFadyen, Leanne Frost and Scott Douglas***

## **ACC**

I trust that your engagement with ACC sensitive claims unit has been smoother than in the last year. My impression is that they are working hard to repair damaged relationships with providers.

I continue to represent NZCCA on SCAG so please send me any concerns you have. The concerns I have contacted them about on behalf of members have been promptly addressed.



ACC still has a long way to go in getting systems in place; however they are consulting SCAG about each change.

Our next SCAG meeting is 24th March in Wellington

Remember:

- ACC is required by law to make a decision about cover within 9 months of the ACC45 being lodged.
- Make mention on the ACC 45 if a client doesn't want to be contacted personally.
- Clients who have been declined cover from October (new pathway) until Aug 16th 2010 can reapply under the support sessions.

Contact me if I can help.

**Paulette Berryman**

[berrypeople@xtra.co.nz](mailto:berrypeople@xtra.co.nz)

**We warmly welcome & congratulate the following Members and Subscribers:**

**Regular Members**

1. Belinda Hugo, Auckland
2. Lorraine Warena, Christchurch

**Provisional Members**

1. Dianne Everest, Auckland
2. Susan Fuhrer, Auckland
3. Donna Soo Choon, Hamilton
4. Sandie Turner, Leeston

**Student Associates**

1. Rosemary White, Tauranga

2. Suzanne Mackay, Whangarei
3. Joy Campbell, Wellington
4. Maree Stace, Rangiora
5. Mary Jo Holdaway, Ashburton
6. Darlene Adair, Auckland
7. Ivan Jones, Christchurch
8. Roslyn Seay, Christchurch
9. Libby Taylor, Red Beach
10. Gayle Adams, Rangiora

**Affiliates**

1. John Cannan, Dunedin

## Notification of Membership and Subscription cancellations:

At the Executive Committee the following cancellations were tabled:

### Members

1. Tsugiko Nishigami

3. Julie Hogan

4. Linda Martin

5. Marjorie McEwen

6. Kelly Sainty

### Non Practicing Members

1. Mary Nicholas

### Affiliates

1. Pieter Rossouw

2. Sunday San Kiu Tsoi

### Student Associates

1. Marie Burke

2. Stephanie Hassen

---

## ETHICAL HELPLINE

What might be the place of advocacy for counsellors on behalf of their clients?

Justice for all, but especially for those least able to pursue this for themselves is a critical part of our Christian heritage and mandate. The Lausanne covenant highlights the need for Christians to actively pursue social responsibility. Areas covered are social services of relieving human need, philanthropic activity, seeking to minister to individuals and families, and works of mercy. The corresponding social actions are listed as removing causes of human need, political and economic activity seeking to transform the structures of society, and the quest for justice (Stott, 1999, p 15).

As Robert Solomon notes, “we are expected [as Christians] to care about God’s justice, which must not be confused with clinical legalism; at its heart it honours truth and incarnates compassion” (Solomon, 2011). This reflects the heart of our identity as Christians who are counsellors, as we seek to express God’s love through our support of others, respecting individuals and being mindful of the wider context in which they live (NZCCA code of ethics).

Under the heading relationships with clients the NZCCA code of ethics, 1.1 points out that while taking account of their obligations under the law, counsellors hold the interests and well-being of clients to be of primary

importance, to be practiced only in the best interest of clients. Beside this is the requirement (1.4) to present information in a fair, respectful and honest manner, distinguishing between factual information and personal opinion. It is important to keep both of these principles in mind when contemplating advocacy.

So, what is the issue at hand? It seems we are called to be actively engaged in social responsibility and action, possibly including advocacy. If so, how far do we pursue this, and in what arenas? Robert Ludbrook (2003, p.35) discusses the place of advocacy, noting the link with this to social justice. Ludbrook observes that many counsellors may do this on behalf of their clients, for various reasons. He makes the point that the boundary between counselling and advocacy can be blurred, as these are both client centred activities, and while counseling tends to be a one on one transaction, advocacy takes this a step further by “pleading or promoting the client’s cause to a third party or outside agency”.

However one of the pitfalls with advocacy can be a real or perceived role conflict. This can occur especially when the counsellor has some other connection, either with the client or third party. Other points raised by Ludbrook include the possibility of loss of objectivity, becoming a target of anger or criticism by the other party, a temptation to impose personal views or opinions, including exceeding the client’s brief, and being drawn into making defamatory statements (Ludbrook, p.36).

At the heart of ethical dilemmas is the issue that decisions are often not a clear cut case of wrong/right or ethical/unethical. Often there may be more than one apparently ethical option to take, but which is preferable in the client’s best interests, and how might you judge that? When confronted with an ethical dilemma, Hill et al, 1995 note that a code of ethics is only a beginning place to look for solutions, alongside understanding its principles, as it is not always a simple matter of wrong or right decision making. Citing Kitchener, they note that an ethical dilemma may be described as “a problem for which no one course of action seems satisfactory...the dilemma exists because there are good, but contradictory ethical reasons to take conflicting and incompatible courses of action. It is therefore a matter of weighing up and judging which course of action is the “more right”. (Hill et al, 1995, p.43). The following are a list of useful pointers to aid this process with respect to advocacy.

*Consultation with others, including supervisors, managers, cultural consultants and other relevant people.*

Sometimes when seeking wisdom from others we may get conflicting information. Whilst this may be disconcerting, on the positive side in bringing in a variety of voices it can give a broader platform from which to make decisions (Wiggins Frame, April 2005). Although writing in the broader context of social ethics and action, John Stott (1999, p 32) highlights the importance of being well informed before making hasty decisions. He writes that “any contribution we may hope to make will depend on our comprehension of the issues...we will be wise not to blunder unprepared into the field of social ethics”.

*Having a sound model for ethical decision making.*

The feminist model for ethical decision making is useful in that it draws on both rational -evaluative and feeling - intuitive processes in a decision making process that includes recognising a problem, defining this, including the possibility at this point of consultation, developing and choosing solutions, and reviewing the process (Hill et al, 1995, p.33).

*Being careful with how things are worded.*

If advocacy takes a written form it is important to qualify statements with such terms as “the client reports”, “the client claims to have experienced”, so that their voice is distinguishable from yours. This indicates it is their experience that you are relaying, and not presenting as fact, or your experience of the other person. This is especially important when writing any reports that could be used in court proceedings, or issues around child care and protection.

*The possibilities of dual relationships.*

This may include being the counsellor, or past counsellor of one party you are advocating for. This can occur, for example, if you have been seeing a couple, and one party withdraws from counselling, or if you have links with an agency or employer that can instigate a conflict of interest, as noted by Ludbrook (2003).

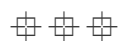
In summing up, Jane Williams (2006) writes that as Christians “we live to share and make life possible for others”, yet with the longing to give life, we need to ensure in everything we do that the lives that come after ours will not suffer because of the choices we make, for ourselves, or on behalf of others (p 7). This seems like a useful measure to use as we contemplate advocacy, that we

would be wise and discerning about how and when to use this, being aware of the potential for this either to go well, with a good outcome, or end up creating more problems. Will the choices we make, on behalf of others, through advocacy, bring life, not just for our clients, but for those whose they interact with, in the wider and often incredibly complex context of their lives.

## Joyce Carswell.

### Bibliography.

- Hill, Marcia, Glaser, Kristin, Harden, Judy, (1995) 'A feminist model for ethical decision making', cited in Rave, Elizabeth, Larson, Carolyn C, *Ethical decision making in therapy, feminist perspectives*, New York, Guilford Press.
- Ludbrook, Robert, (2003) *Counselling and the law*, New Zealand Association of Counsellors, Hamilton.
- Solomon, Robert, (2011) *Encounter with God*, Scripture Union, Australia.
- Stott, John, (1999) *New Issues facing Christians today*, Marshall Pickering, London.
- Wiggins Frame, Marsha, Braun Williams, Carmen, (2005, April) 'A model of ethical decision making from a multicultural perspective', *Counseling and values*, vol 49, pp 165-181.
- Williams, Jane, (2006) *Approaching Easter*, Lion Hudson, Oxford.



### Response to last Ethical Column:

Hi Joyce,

I enjoyed your ethical scenario. As a counsellor who works in a church and has come from the type of background the 'client' experienced in your story, it is an all too familiar situation. God thankfully took me on an amazing journey into grace, which changed my life. My own response would depend on the client, and the situation, but would always lean towards respecting the clients decision, unless safety issues were involved, leaving the door open to further work. I also like to educate around how the body works regarding serotonin, which can be helpful.

However, reflecting on this issue, with my Narrative leanings, I wonder about the possibility of inviting the client to continue coming with the aim of

exploring their spiritual journey rather than their 'depression journey'. Or to use counselling as a way to review weekly how the experience has been post 'deliverance'. I imagine it very much depends on how you define your role, and how the client defines what a 'counsellor' is, as to why counselling should stop after 'deliverance'. Which could be another possible line of conversation with the client. I would also see a place for helping the client explore what it looks like to 'renew' their mind, or whatever other biblical principle/verse was used to tell them to stop counselling.

Finally, I found it fascinating that following your article, was the book review on David Benner's new book "Opening To God". In the review she says "Throughout the book there is an invitation to take up what fits for the individual rather than authoritative direction. This invitation is made practical with suggestions for how we might apply what is written at the finish of each chapter". I wonder how a book on prayer such as this one, or the ideas in it, might fit beautifully into the client's life at the point you describe, and would it be possible to use it in counselling at that point, or at the very least suggest it as reading material if they insist on discontinuing their appointments.

Thank you for a meaty subject that got my brain ticking!

**Karen Teasdale**

Tauranga

**Joyce's response:**

Thanks Karen for your thoughtful response, offering hope and possibility. As you note, how to proceed would depend on the client's relationship with their church, and of how much perceived autonomy they think they have. It's wonderful to be able to offer a greater fullness of life for clients such as this, if they will take this up.

---

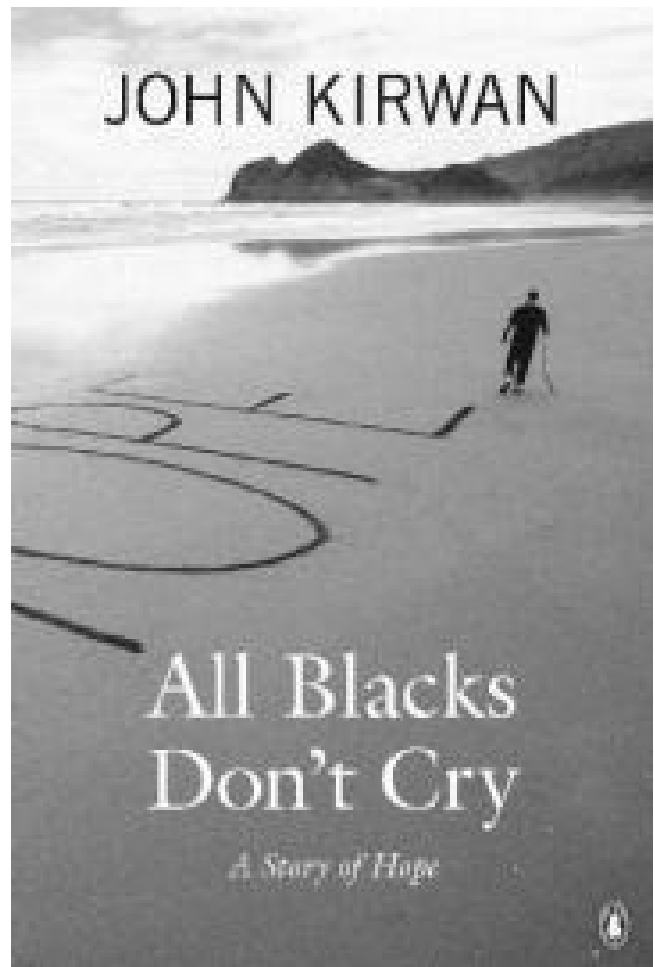
## **BOOK REVIEW**

### **All Blacks Don't Cry: a Story of Hope by John Kirwan**

Penguin Group New Zealand, Limited;  
2010

#### **Tony Parsons writes:**

John Kirwan is the identifiable face of the depression advertisements on television. In this book he tells the background and probable causes of his depression, what his journey was like before he received help and support, and how he has used the experience and journey to better himself and others.



'All Blacks Don't Cry'! Well, this one did! Kirwan relates, in painful detail, how depression introduced itself to him and took over his life. In the chapter entitled 'The Slow Fall', he was talking on radio and afterward experienced his first panic attack in the car. These intensified to a three-hour on the plane trip to London and a three day attack during which he played a test. These experiences were kept private – John's motto 'this will pass'.

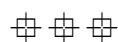
In these 'rock-bottom' times, Kirwan was beset by cold sweats, racing heart, loss of sleep and nightmares and fits of crying. His anxious thoughts told him his All Black success was just a fluke and he feared 'the dark thoughts that he was going to do harm to people' that he was 'going nuts' and would be locked up.

John Mayhew, All Black doctor, summarises the probable factors: 'left school at fifteen, minimal education, protective family, and thrown into the limelight at a young age. I think with a genetic background of depressive illness, throw sort things together...' Add also the critical analysis of performance required of an All Black which in Kirwan's case was largely negative 'if we lose on Saturday, it's your fault', and the burden of media attention.

The telling message of the book is 'I should have reached out earlier'. Despite earlier setbacks from people who told him to 'harden up', Kirwan received the best possible support from family, friends and professionals who are quoted extensively in the book. There is a cautionary note about being with the wrong counsellor – this put recovery back by a year – until he saw a psychiatrist he could relate to. Kirwan comments of use of medication, the New Zealand 'culture' towards mental illness, and how depression is identifiable but personal. The book ends with a Question and Answer section with Eliot Bell, clinical psychologist which was informative in terms of diagnosis and treatment; Bell features on [www.depression.org.nz](http://www.depression.org.nz) Kirwan points to getting help, self-acceptance and increased respect for others, enjoying the small things in life, exercise, support and professional help (talking therapies) as factors that made a difference for him.

A former client read "All Blacks Don't Cry" and recommended I read it and refer it to other clients. I completely endorse his reasoning and have done so.

In the book Kirwan was approached by a young lawyer 'If it wasn't for you I'd be dead'. Kirwan's hope: 'I'd like my story to be like the strong arm that reaches over the side of the rescue boat and plucks you up out of the sea. I've been where you are at, and now I am well, and I've figured out a way to keep myself well.'



### **My experience of Kirwan's book – Richard Charmley**

Last year I had the privilege of doing a short talk back slot on Radio following an interview with John Kirwan. Having but thirty six hours notice of this daunting experience I grabbed a copy of Kirwan's book – just released, and read frantically. Not hard to read this book. I have since loaned my two copies to several men who have, or are wrestling with having depression. Each of these men has found it an easy book to read and one they could really identify with. They each returned ready to look at what is really happening in their lives and feeling hugely encouraged that a strong and capable man like John Kirwan has walked this journey.

Kirwan tells the story of his life and journey into, and out of, depression. He talks openly and honestly about how it was and how long he took to get the help he needed – several years. His story is so similar to many of the men I have seen over the years in practice i.e. men suffering with a well developed and disabling depression before they seek help.

Kirwan talks about getting his brain 're wired' – therapy which it appears was CBT based. He does however emphasize the need to be able to relate to the helper. He says if your helper doesn't 'get it' then go to another one. His honesty and clear descriptions of his signs and symptoms is really helpful. He includes a list of these and lots of encouragement for men to seek help.

As Tony says he has also worked with the Ministry of Health to create a website for people to do an online assessment and self help approach to depression [www.depression.org.nz](http://www.depression.org.nz)

This too is an excellent resource and added verification for guys who wonder but feel uncomfortable with the idea of being 'depressed'. The site is interactive and has lots of little clips of John talking with those who take the step by step approach on the website. Definitely worth a look and a great resource to share with our clients.

As a counsellor I feel grateful that John has 'come out' on depression and for totally dispelling the myth that if men are strong enough they won't be depressed and, that it is ok to get help including taking medication. One day I hope I get to meet John in person and pass on my thanks on behalf of many men who have already benefitted from reading his story. A kiwi bloke who writes to kiwi blokes about a common kiwi bloke experience.



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

---

# NEWS FROM THE REGIONS

## Auckland

Hello to all,

It is impossible to think about our news without sending our thoughts and prayers to our colleagues in Christchurch. Not only do you have to bear your own personal trauma, but also be witnesses to the trauma of others through this time. A heavy load indeed.

We began the year with an extremely lively presentation from Dr Ruth McConnell, a senior lecturer at Laidlaw College on the topic of 'Theological reflections on attachment theory'. Ruth provided some practical applications to therapy which were well received.

At our April meeting we are fortunate to have Dr Patte Randal speaking. Patte is the medical officer in rehabilitation psychiatry at The Buchanan Rehabilitation Centre. She will be sharing her work with people who experience psychosis. Not to be missed!

Where: St Lukes Community Centre  
130 Remuera Rd  
Remuera

When: 1 April at 7.30pm

Supper provided. All welcome

Please also note that our June meeting, instead of following the pattern of first Friday, bi-monthly, will be on 10 June, due to Queen's Birthday weekend being the previous week.

**Helen Florence**

Secretary

Branch meeting dates for 2011:

(All Fridays) 1 April, 10 June, 5 August, 7 October and 2 December

# Waikato

Greetings from the Waikato, where we are gearing up for the V8's to make a lot of noise and stop the flow of traffic in the middle of town. But I shouldn't complain at all, I just need to think of Christchurch where everyone has lost so much and they have no idea when it will be back to normal if that is even possible.

To all our members and loved ones we are thinking and praying for you and with you all.

We have had our first get together @ Breakers on the 2nd of Feb. It was lovely to get together with the old faithful. Numbers were down but a lot were still away and ready to come next time.

**Next meeting 6th April 5.30pm Breaker's Hamilton.** Bimonthly after that on the first Wednesday of the Month.

This week around 24 Christian Counsellors attended a workshop with Jancis Barlow from the UK to learn the process of working with a **Healing Timeline** developed by Catherine Thorpe, MA '*God's shalom for the past, present, and the future*'. The feedback I have received from the teaching and time of practise is that the process of prayer and working through a timeline had a very profoundly positive effect on any past pain which is then brought into the present through the Timeline leading to peace.

I have arranged a for Jancis to return next year around the same time, as there was great interest and some people missed out.

Blessings from

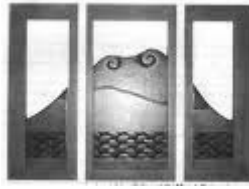
**Marion Hunt**

Contact numbers:

Work 07 8434509.

Home, 07 8237494.

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



## **Kia ora koutou NZCCA Bay of Plenty**

March Newsletter 2011

Tena koutou katou

As I write this newsletter my heart turns toward all those involved in the Christchurch earthquake and I'm wondering about the part that God would require of me. I am reminded of the words of Jesus in Matthew 25 when he asks me to feed the hungry, give the thirsty a drink, clothe the naked, invite the stranger in and visit those in prison. I guess my challenge to myself and to you is what can you do to facilitate Jesus being present over the next weeks and months in people's lives in Christchurch.

But back to NZCCA BOP, we have had one meeting this year which was held in the staff room at Bethlehem Tertiary Institute. Gay Cochrane, who practices as a Spiritual Director came and talked about the role of a spiritual director in general and her work specifically.

We have meetings planned for the following dates (some speakers have already been contacted but more are to be arranged):

April 5 - A collegial discussion around an interesting and stimulating article facilitated by Karen Teasdale

June 7

August 2

October 4 - The speaker will be James Arkwright who will talk on his doctoral research about discourses around disability

December 6 - A dinner to celebrate the year

Additionally, we are hosting a weekend Dream Workshop with Margaret Bowater on September 17, 18. This is to be held at Bethlehem Tertiary Institute and will be open to any participants with preference given to local NZCCA members. Numbers will be limited to 20 participants.

Kua tawhiti, ke te harakeke, kia kore ra haere tonu, he tino nui rawa ou mahi, kia kore mahi nui tonu.

We have come too far, not to go further, we have done too much, not to do more.

**Suzanne Barthow**

# Manawatu

Welcome to 2011

My prayers and best wishes to our Christchurch members.

After running bi-monthly meetings in Manawatu since 1994, we have decided to revamp the way we meet. Manawatu members will have received a questionnaire from Rosanne regarding this.

Please send in your preferences so that we can meet your needs. I look forward to continue to serve you in whatever way suits the group best.

You will be aware that the conference is now to be held in Auckland in May. If anyone wants to travel together or share a room please contact Roseanne who will pass on your details.

Blessings

**Paulette Berryman**

063549555(home)

063574424(work)

# 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))

## Wellington

### Greetings

I am listening to the news reports regarding the Christchurch earthquake and I am thoughtful that many of our wider community are affected by this. Know you are in our prayers... we care deeply for the impact of this event and the ongoing challenges it will present. Being in Wellington I am thoughtful of all the what ifs.... God Bless and Keep you all...

### Dates for 2011 Wellington Region Network meetings

- Monday 14 March
- Monday 9 May
- Monday 12 September
- Monday 14 November

Hosted by Anne Costelloe.

Venue: The Rock Church, 4 Glover Street, Ngauranga Gorge in the downstairs Cafe.

Networking with each other opens some amazing doors.... strangers become friends, students gain mentors and another peer group, experienced wizened counsellors have colleagues to catch up with.

Annual Workshop 2011 - Object Relations Theory!

22 July 2011 – registration will not be until AFTER Conference. To get onto our email list to be kept in touch email Frank: [eigenraam@clear.net.nz](mailto:eigenraam@clear.net.nz) or me.

[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

What a time it is here in Christchurch at present. How can we describe the horror of the quake that hit Christchurch at 12.51pm on Tuesday 22 February 2011.

For most of us we were about our business working with clients, taking a lunch break or just getting on with life - suddenly that all changed. How different this is from the last time on September 4th 2010 when most were sleeping or at least off the streets and home. To be living amidst such devastation, loss of life and courage is an indescribable experience. I am sure that most people in Christchurch and probably across New Zealand will be affected by this event and know someone whose life was lost, home, job or business gone or devastated.

So many people have fled the city with the number increasing daily but so many continue to live here as this is where home and work and family are. Some of us are still living under very difficult situations at home with broken houses, no water, power and phones and of course the basics of sewerage disposal. We were so excited last night to get the power restored still other services to go but they will come - the contractors here are amazing and the work they have done and are doing is incredible.

If ever there was a time when the motto that the City Council worked under since 4th September was needed it is now - the motto was "Building a Stronger Christchurch". My thoughts go to the Scripture that says "When we are weak then He is strong". I am so thankful for that, as most of us have a lot of times of feeling "weak". So many questions have no answers yet the one abiding thought and response in my heart and life is that "God promises to never leave or forsake us". If ever there is a time that we need that promise it has to be now.

NZCCA in Christchurch is sad that we will be unable to host conference but we also know that none of us have the capacity at present for that, let alone the city, so we are very grateful that the Executive has picked up and run with moving the conference to Auckland. It will indeed be an opportunity to process the suffering, healing and hope.

At this time there is no official activities arranged for NZCCA locally but I do hope that many South Island members will endeavour to come to Auckland to be a part of such a wonderful organisation.

Please be in contact with me if I can be of any assistance at this time or in the future.

Raewyn Diprose  
Canterbury and the South Regional Representative  
Ph: 3 389 0561 or 021 663 225  
[ianraewyn@clear.net.nz](mailto:ianraewyn@clear.net.nz)

## **Top of the South - Nelson Area**

Greetings from a very dry and sunny Nelson,

Our plan for this year is to meet quarterly. Our first meeting is in March 2011 and so we will keep you informed of our times together.

Love and blessings

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

## EARTHQUAKE RELIEF

To assist with the Christchurch earthquake recovery we are offering professional counsellors and social workers who are registered for this programme, a free place in the IDT Unit One courses listed below. This is a supportive contribution to provide, at no cost, additional tools for counsellors to use with their clients and each other, and we'd appreciate your guidance in getting the offer to those who might be interested. Some of your colleagues may have already attended one of our courses and will be able to attest to the effectiveness, ease of use, efficiency, and wide reaching abilities of the IDT modality.

The use of IDT allows trauma victims, of all ages, to safely transfer their responses (fear, anxiety, panic, loss, grief, etc) out onto a page where they can be contained, discussed and modified. Besides the opportunity to use IDT with earth-quake affected clients, IDT also provides a powerful set of tools for vicarious trauma and the need for counsellor self-care.

IDT builds safety, accesses the client's inner resourcefulness, and helps reclaim their sense of self. The theory and practice of IDT has no requirement for creativity, art-making or the ability to draw, but instead uses simple diagrams and key words to activate a powerful process of therapeutic exchange. IDT can be used in one-to-one work, small and large groups, and combines well with other modalities. Over 6,000 enrolments in IDT training testify to its value.

The two-day IDT Unit One covers the basic method, guiding principles and extensive practical interventions for using pages as a therapeutic tool; Opening, developing and closing an IDT session; Working at depth; Working with visual metaphors; Handling overwhelm and defences. IDT training courses and workshops comprise hands-on experiential sessions, complemented by substantial handouts, and tried and tested lesson plans that ensure you get the same quality of training whichever venue you attend.

The IDT UNIT ONE is available at:

Napier	- 13-14 May
Hamilton	- 13-14 May
Dunedin	- 13-14 May
Auckland (B)	- 15-16 July
Wellington (B)	- 15-16 July
Christchurch (A)	- 15-16 July (This course to be confirmed due to the earthquake)

- Some venues are being renegotiated.
- Offer is subject to availability of space on courses offered.
- Please refer to our website for a more detailed description of IDT training courses, and to download an Enrolment Form for Unit One.
- Please declare on your enrolment form that you are formally registered with an appropriate professional association or service agency.
- Please feel free to email or phone us with any queries or suggestions.

**Russell Withers, CEO, Interactive Drawing Therapy Limited (IDT)**

# Do you want to run a successful Private Practice?

Focus workshops will equip you with sound business skills specific to:

**CREATING, RUNNING, SUSTAINING & GROWING YOUR IDEAL PRIVATE PRACTICE** to one that is profitable and in alignment with your values, skills and passion through this highly interactive, practical, informative and effective workshop.



## BUSINESS EFFECTIVENESS FOR PRIVATE PRACTITIONERS

**By the end of this workshop you will know:**

- What is and isn't currently working within your practice
- How to start a practice from scratch
- How to develop a business plan : which includes your creation of a powerful vision, and a road map that reflects your values, skills and experience
- What your limiting beliefs or sabotages are that may be affecting your success
- How to Market your practice effectively and enjoy doing so
- What your bookkeeping and IRD requirements are
- How to attract and maintain a steady flow of clients
- Who your ideal client is and what your ideal practice looks like
- Your thoughts feeling and behavior around money and you will
- Learn how to make more money by working smarter not harder.
- How to establish, grow, upgrade, downscale, and/or define your practice
- How to develop a mindset that ensures success
- Valuable and practical business building strategies

***Business visions, structures and skills allow you to confidently get on with doing the work you love***

---

### Upcoming Workshops in 2011

Business Effectiveness weekend workshops

Auckland	April 9 <sup>th</sup> and 10 <sup>th</sup>
Wellington	May 30 <sup>th</sup> and June 1 <sup>st</sup>
Taupo	September 10 <sup>th</sup> and 11 <sup>th</sup>
Auckland	November 12 <sup>th</sup> and 13 <sup>th</sup>

Business Effectiveness - 6 week night class

Auckland	Wednesday evening 6-8pm from May 11 <sup>th</sup> 2011
----------	--

Focus on Finances - one day seminars

Auckland	April 2 <sup>nd</sup>
Wellington	April 29 <sup>th</sup>
Auckland	October 8 <sup>th</sup>

**To register go to our website:** [www.focusworkshops.co.nz](http://www.focusworkshops.co.nz) and sign up for our newsletter to be kept informed of upcoming events

**Or email:** [info@focusworkshops.co.nz](mailto:info@focusworkshops.co.nz)

**or call Sam on: 027 288-3040.**

*\$325 per weekend workshop and a discounted price of \$200 for students or recent graduates*

***For: Therapists, counsellors, psychologists, coaches, natural therapists/healers etc***

---