

NZCCA CONFERENCE 2016

**NEUROSCIENCE + CLINICAL
PRACTICE - NEW DIRECTIONS
IN WORKING WITH
TRAUMA + ATTACHMENT**

WITH DR PIETER ROSSOUW (AU)
+ DR RUTH MCCONNELL (NZ)

NZCCA CONFERENCE 2016 | MAY 5 - 7
AMORA HOTEL | WELLINGTON

SPONSORED BY



PROGRAMME

THURSDAY 5TH MAY

- 6pm** Registrations Open
- 7 30-8pm** Welcome
- 8-9 30pm** Session One:
Dr Pieter Rossouw

FRIDAY 6TH MAY

- 8 30am** Meditation
- 9-10 30am** Session Two:
Dr Pieter Rossouw
- 11am-12 30pm** Workshops
- 1 30-3pm** Session Three:
Dr Pieter Rossouw
- 3-4pm** Workshops
- 4 30pm** Annual General Meeting
- 7 30pm** Banquet Dinner

SATURDAY 7TH MAY

- 8 30am** Meditation
- 9-10 30am** Session Four:
Dr Ruth McConnell
- 11am-12 30pm** Workshops
- 1 30-3pm** Session Five:
Dr Ruth McConnell
- 3pm** Close of Conference

DR PIETER J. ROSSOUW



Pieter is the Director of Mediros and The Neuropsychotherapy Institute – companies that provide training and conduct research in Neurobiology and Neuropsychotherapy. Currently he focuses on teaching and research in the fields of neurobiology and neuropsychotherapy as well as clinical training for clinicians, psychologists and general practitioners.

Pieter has been in private practice for the past 30 years. Pieter holds Honours Degrees in Philosophy and Psychology, a Master Degree in Clinical Psychology and a PhD. Pieter is a member of the Queensland Counselling Association, The Australian Psychological Society and the APS College of Clinical Psychologists. Pieter was a Professor in Clinical Psychology in South Africa (University of the Free State). He also taught at Universities in Canada, the USA, New Zealand and Holland. For the past four years (till June 2015), Pieter was the Director of the Master of Counselling Program in the School of Psychology at the University of Queensland.

Pieter specialises in Neuropsychotherapy and is an expert in trauma, anxiety and mood disorders. He has published 6 Scientific Books and 70 scientific articles. He has been involved in research in extensive clinical trials and presented research papers at 60 International Conferences worldwide. Pieter's latest book – Neuropsychotherapy Theoretical underpinnings and clinical applications was published in 2014. His previous book – BrainWise Leadership was published in October 2013 and is co-authored with Connie Henson. He is a member of the Global Association for Interpersonal Neurobiology Studies, He is the Chief Editor of the International Journal for Neuropsychotherapy and member of the editorial boards of the Journal of Psychiatry; the Journal of Psychology and Clinical Psychiatry and of The Neuropsychotherapist. **Peter will address the following topics.**

NEUROSCIENCE + THE YOUNG BRAIN – IMPLICATIONS FOR CHRISTIAN COUNSELLORS

Recent advances in neuroscience research have opened new perspectives in understanding the development of the young brain. The classical

model of neural development has shifted toward an integrated understanding of the brain as social entity that thrives in enriched environments and develops patterns of protection in compromised environments. These compromised environments not only facilitate pathological behaviours but change the neural networks on a permanent basis. Facilitation of safe, enriched environments have far more significant implications than traditionally understood. These implications include genetic expressions, neurochemical changes, neural structural changes and social changes. These factors are discussed in terms of the developing young brain in the school setting. The new paradigm focusing on the neuroscience of social integration is explored.

The role of counsellors to act as facilitators of a wellness model is investigated and demonstrated in terms of neuropsychotherapeutic research. Higher order needs such as the neuroscience of spirituality is explored in terms of primitive needs – safety, attachment, pain and pleasure, control and the emerging social self. Practical guidelines are suggested to enhance wellness – from individual level to trans-generational platforms.

DR RUTH MCCONNELL



Ruth McConnell (PhD Counselling Psychology) has 25 years' experience as a counsellor. She trained and worked in Scotland and Canada before moving to New Zealand 5 years ago. She is a Senior Lecturer in Counselling in the School of Social Practice at Laidlaw College and has a Private Practice. She specialises in attachment issues both in adults and children; her clinical work involves counselling couples and individuals experiencing relationship difficulties, depression and anxiety. She also provides parent consulting on behavioural and emotional issues in children and adolescents from a developmental, attachment based framework. She completed her MA (Honours) in Social Anthropology and Psychology at Aberdeen University, followed by a PhD in Counselling Psychology (Robert Gordon University, Aberdeen, Scotland) focusing on the effects of separation and divorce on children. She has authored several journal articles and conference papers as well as providing Professional Development training for counsellors. **Ruth will be addressing the following topics.**

THE POWER OF LOVE: ATTACHMENT THEORY + NEUROSCIENCE THROUGH THE LENS OF INCARNATIONAL TRINITARIAN THEOLOGY

A relational understanding of humanity, made in the image of a Trinitarian relational God, informed by Attachment theory, places the desire for relationship, or attachment hunger, at the core of our created nature. As a Christian I believe humanity is made in the image of a triune God. Therefore attachment, or our relationality, is rooted in the Trinity. There is a danger of reducing our humanity down to relationship (or attachment), which ends up minimising our embodied existence – the physicality or materiality of what it means to be a human being. This means we need to grasp firmly the doctrine of the Trinity and the doctrine of the Incarnation: God became flesh and moved into our neighbourhood. This talk is going to cover a range of topics from the healing of neurons to neighbourhoods. A key question we need to ask is: how does Trinitarian anthropology with its emphasis on relationality, speak to the reality of our embodied existence?

To hold an incarnational Trinitarian Christology (our understanding of Christ as being fully God and fully human and a distinct member of the Trinity) allows us to deal with the significance of our embodied existence, right down to the neurological reality of our relationality. This talk will also look at the implications of this for our clinical practice.

THE POWER OF EMOTIONS: A BIO-PSYCHO-SOCIAL-SPIRITUAL PERSPECTIVE ON HEALING EMBODIED EMOTIONS EMBEDDED IN OUR CLIENT'S STORIES

The field of counselling has experienced a shift in the locus of effective therapeutic intervention (for trauma more particularly) from models favouring to models emphasising the primacy of affect. Insight is considered to be the result, rather than the agent of therapeutic change. The deeper the intervention impacts the brain (at the neuronal circuitry, brainstem and limbic system) the more effective and efficient the treatment (Fosha et al., 2009; Schore, 2011).

In this talk I am going to present a Bio-Psycho-Social-Spiritual perspective on healing embodied emotions embedded in our client's stories. This will involve, first of all explicating how the

BIO (brainstem, limbic system and neuronal connections) relates to the PSYCHO (emotions as fruits of the brain activity which are triggered in our lived experiences) in terms of our stories being SOCIALLY constructed and SPIRITUALLY formed (and informed) over the course of our development. So this will be a presentation of an emotion-based, bodily-rooted experiential clinical approach including the formation of the self, as made in the image of a relational, incarnational, Trinitarian Godhead. Embedded in this talk are assumptions about the primacy of emotions, the importance of engaged, empathic relatedness (to emotionally safe attachments) for the regulation and processing of emotion, the value of experiential models of treatment privileging bodily rooted experience (Fosha et al., 2009) in combination with socially constructed narratives. It is important to hold on to the hope that, even though 'emotionally traumatic events can tear apart the fabric of individual psyches', families and society, 'emotions can also act as powerful catalysts for healing' (Fosha et al., 2009, p. viii) at the intrapsychic, interpersonal and transcendent levels of our humanity.

WORKSHOPS

FRIDAY 11AM

KATHY KING
FLYING WITH TWO WINGS

This module covers the realm of spiritual and emotional wholeness. It specially gives an understanding of the emotional brain, the limbic system and how to work with emotional intelligence. This is both insightful for counsellors and relevant also in working with clients who are suffering from anxiety, stress, loss, frustration, injustices and anger. It gives some practical keys to processing emotions and keys to regulating the emotional brain. These keys are very relevant when working with male clients who like to have understanding of what is happening for them mentally and emotionally.

Kathy King has been a professional counsellor since 1999. Her qualifications include a Diploma in Teaching with distinction, Advanced Certificate in Therapy Studies and Behaviour Science, Cairns Supervision training. She has written eight

manuals called Lives Transformed and these cover all the areas of mental, emotional and spiritual health. She runs a school called Lives Transformed Counselling School. The latest two manuals are called Addictions Transformed and Marriages Transformed. Kathy has also travelled into Europe, England, Ireland, Asia and Australia running seminars and counselling.

FIONA BEALS

TAKING THE RED PILL IN THE MATRIX OF YOUTH DEVELOPMENT: WHY THE YOUTH OF TODAY ARE DIFFERENT TO THE YOUTH OF YESTERDAY

The famous line in the movie The Matrix finds the lead hero being challenged: he can take the blue pill and return to the comfort of the world as he knows it or he can take the red pill and see the world as it really is, in all its imperfection. In this interactive workshop, participants will be introduced to a selection of contemporary theories and understandings of youth development. These theories differ from the traditional theories of the 1950s in that they recognise the complexity young people have in walking between many different worlds (home, school, community, church etc) and that the life-course is not a straight path but one of many confusing paths. Added to this, marginalisation and inequality in Aotearoa NZ has grown to such an extent that understanding the complex needs of young people presenting in a counselling scenario requires a different way of viewing and working with youth; a way of seeing the young person in connection with society and then building and maintaining safe communities around the young person. This workshop will finish with some reflection about how these different ways of thinking impact upon practice and what needs to be incorporated into practice so that a difference is made in the life of the presenting youth.

Rocking from the mighty West Coast, Dr Fiona Beals has been engaged with the youth sector for over fifteen years, first as a troubled teenager needing some positive direction then as a voluntary youth worker overseeing intermediate youth programmes in Westport. In her wayward years, Fiona took to completing a teaching degree and later a PhD in Education (focusing on youth justice) but soon found herself reconnecting with her love – youth work. Fiona completed her PhD in education in 2006 and then sort to obtain a PhD from the streets by working as a community resource developer for Global Focus Aotearoa, obtaining the name Dr Phi in the journey during a

digital storytelling journey. Later she experimented in bringing PYD principles to her work through supporting student representatives at university level. Fiona is now back where she belongs being part of the sector she loves and empowering youth workers to make a difference in the lives of our youth in Weltec's fabulous Bachelor of Youth Development. When she is not teaching, she is volunteering in her local community and church in Wellington's capital region: Wainuiomata.

WATIRI MAINA

ENCOUNTERING THE MYSTERY THAT TRANSFORMS: FOSTER SPIRITUALITY AWARENESS IN COUNSELLING EDUCATION + PRACTICE

David Tacey (2004), in his book The Spirituality Revolution: The Emergence of Contemporary Spirituality defines spirituality as "an encounter with a source of mystery that transforms us as we come into contact with it". These encounters with the source of mystery in counselling will be the subject of this workshop. There has been a recent resurgence of interest in the topic of spirituality. Spirituality is regaining its place as an integral aspect of human well-being. This has been evidenced in the counselling world by scores of research studies and books on counselling and spirituality. As such counselling education might play an important role in preparing counselling trainees to be competent and confident in managing spirituality and religious factors in counselling practice.

This workshop will seek to establish a sense of how counsellor educators and supervisors currently foster spirituality awareness. I will also consider strengthening counselling practices that promote spirituality conversations that are meaningful, sustaining and hope inspiring.

Watiri Maina is a counselling lecturer in the School of Social Practice at Laidlaw College and practices as counsellor, supervisor and spiritual director based at The Arahura Centre in Christchurch. Watiri and her family moved to NZ from Kenya 7 years ago.

MARJORIE HUNT

TRAUMA COUNSELLING + PRAYER

This work shop is based on my clinical practice and experience with clients addressing their trauma in counselling. As clients engage in counselling, prayers arise that through the Holy Spirit, bring love

and healing in to places of fear and darkness. With appreciation to my clients, examples of these sacred moments in the process will be shared.

The context of this work will be covered including counselling relationships, principles, sensitivity, safety and ethics of the use of prayer in counselling.

Marjorie is a private practitioner, counsellor and supervisor in Christchurch. She has taught in the counselling department at Vision College for several years and in 2016 will do relieving teaching at Laidlaw College. She has a background of working in areas of mental health, addiction and trauma. She has a Master in Health Sciences from University of Otago. Marjorie has also been a member of the New Zealand Christian Counsellor Association since 2003.

GAY PUKETAPU-ANDREWS + AMANDA DOWN

TANGATA WHENUA IN THE REAL WORLD: FACE TO FACE CONVERSATION

Gay Puketapu-Andrews and Mandy Down first met when Mandy had an end of year assessment as a student counsellor - Gay was an assessor. 10 years on they're pleased to be invited to share their experiences of being Maori, working with Maori and being counsellors. Their workshop will involve korero, interviews and invitations to respond based on an outsider witness narrative format which will be explained to participants.

Gay is Te Atiawa/Ngati Toa, as well as of Irish, French, Greek, Scottish and English ancestry. Her family is from the Wellington region, but she grew up in Christchurch, returning to Wellington as a young woman and then moving to the Kapiti Coast 14 years ago, where she now lives with her mother. She has worked in the area of sexual and domestic violence for 30 years and is passionate about working with Maori whanau, particularly in supporting their cultural identity journeys.

Mandy is of Ngati Kahungunu/Tuwharetoa, English and Irish descent. Her family were from the Rangitikei and Wellington regions and she grew-up on the Kapiti Coast. She now lives in the Eastern Suburbs with her teenagers, partner and other children who come and go. Her interest in cultural identity journeys, was heightened from experiences in Palliative Care and continues in all of her work.

Mandy and Gay have run into each other over the years being involved in various projects related to

working with Maori and this is their first opportunity to collaborate and talk about tangata whenua - the reality.

FRIDAY 3PM

CHARLOTTE BELL

MINDFULNESS STILLNESS MEDITATION

Mindfulness Meditation is now recognised through scientific research as an important therapy for the treatment of many conditions including: depression, anxiety, trauma helping the brain to re-wire, integrate and regulate. It is at the heart of early Christian teachings and is also taught as Christian Meditation and Centering Prayer as it creates a space for individuals to connect with God and their True Self in the first language of prayer - Silence.

There are over 7,000 research papers on the benefits of Mindfulness Meditation and as we experience this powerful therapeutic tool so we can then pass it on to our clients. In this very experiential workshop learn the basic techniques of Mindfulness Stillness Meditation for yourself and your clients. Charlotte will have her CD for sale for \$10.

Charlotte works as a psychotherapist, facilitating the Life Unlimited counselling team. Her passion in her work is to integrate spirituality into her practice as a psychotherapist that honour's each individual's unique journey. Mindfulness Meditation and Centering Prayer are key components of this process. She is currently in the process of completing her training with Spiritual Growth Ministries as a Spiritual Director.

Charlotte has more than 30 years' experience of working both with clients both individually and with groups. She currently is a part of the executive of the New Zealand Christian Counsellors Association.

IRENA STENNER + MARY BROWNLOW

HOW TO WORK WITH ANGER USING IDT

IDT can be an effective tool in helping to express, channel and making sense of anger in a safe way. In this mini workshop Mary Brownlow and Irena Stenner will guide you on how to use IDT to work with anger. You will leave with practical and applicable IDT tools to help your clients with this powerful emotion.

Irena Stenner trained as an art therapist in Germany 20 years ago. She continued her training in IDT in NZ and graduated as an IDT teacher in 2012.

She has been a member of NZAC for over 10 years. She currently works at Wellington Sexual Abuse Help Foundation, MASH Trust (a service for people with intellectual disabilities) and CREDS (a service for people with eating disorders). She also runs a supervision group for counsellors using art therapy and IDT.

Mary Brownlow became a Registered Art therapist completing her training in psychology and Art Therapy in the USA. Emigrating to NZ in 1991, she has worked for over 20 years in the area of Specialist Palliative Care at Te Omanga Hospice, and in the area of child mental health under the DHB, Cancer Society, Eating Disorder Services and Youth Health with an interest in relationship issues, trauma, grief and end of life issues. Mary also works with children, adults, supervisees and groups through her private practice in Wellington. She combines interactive approaches of art therapy, sand tray techniques, play therapy and Interactive Drawing Therapy alongside talking therapy to support clients to activate "metaphor" in "stories" that help them to understand and work with emotions, ultimately to empower them to face life challenges and to know more fully who they truly are. Mary became a trainer of Interactive Drawing Therapy in 2012.

JO ANASTASIADIS CREATIVITY + PRAYER

"Time spent alone with God is not wasted. It changes us..." M.E. Andross. "The creative process is a process of surrender, not control." Julia Cameron. This workshop will be focused on connecting participants with themselves and with God in a creative setting and process. Most of our time will actually be spent having a go at being creative, while listening to ourselves and to God. Absolutely no artistic ability needed.

Jo Anastasiadis is a born and bred Wellingtonian. Initially a trained zoologist, she worked for the NZ Wildlife Service/Department of Conservation prior to becoming a mother in 1987. Since 2006 she has been companioning people in spiritual direction, training with Spiritual Growth Ministries as a spiritual director. She enjoys being outdoors, particularly walking on the beach, taking time out for retreats, and utilising creativity in her relationship with God.

ANDREW PRITCHARD CHRISTIAN CONTEMPLATIVE PRACTICE

Contemplative spiritual practices are found in all world religions with lesser and greater prominence throughout history. In a world where religious fundamentalism is so distressingly apparent the increase of engagement with contemplative spirituality can be seen as both an act of faith and a sign of hope.

In this workshop we will unpack what we mean by contemplation in a Christian context and explore a variety of contemplative practices - in prayer, through music, in the appreciation of beauty and in creative activities.

We will also reflect on how contemplative practice relates to the work of counselling both for clients and counsellors.

Andrew is a husband of one, father of three and grandfather of two. He and his wife Lynn are founding members of Shalom Christian Community on the Kapiti Coast where they have lived for over 30 years. Andrew has worked as a telecommunications engineer, held senior teaching and administrative roles in tertiary education, worked in full-time church leadership and bible college teaching and administration. Most recently Andrew's work has been in leadership and formation roles for Spiritual Growth Ministries and private practice as a spiritual director and supervisor. Replenishment and relaxation comes through golf, working with wood, walking and reading. Andrew is an Associate of Southern Star Abbey, the Cistercian Monastery at Kopua.

SATURDAY 11AM

WARREN BROOKBANKS THERAPEUTIC JURISPRUDENCE: A NEW APPROACH TO PROFESSIONAL PROBLEM-SOLVING

This workshop will consider the possible role therapeutic jurisprudence might play in assisting counsellors better understand the legal boundaries of their professional roles and the extent to which the law can impact professional practice. Therapeutic jurisprudence is a movement in the law which focuses on the extent to which legal rules, legal procedures, and the roles of judges and lawyers can produce therapeutic or anti-therapeutic consequences. Its purpose, in this context, would be to provide a lens

on particular legal or quasi-legal processes to which counsellors may be subject, and which may be producing anti therapeutic, or psychologically damaging outcomes. In the workshop we would then examine these processes and ask whether the relevant law itself could be amended to operate more effectively as a therapeutic agent.

Warren Brookbanks is a Professor of Law at Auckland University Law School where he has taught since 1983. He has written and published extensively in the areas of criminal law, mental health law and therapeutic jurisprudence, including co-authoring leading text books in these areas. He is the Chair of the Oakley Mental Health Research Foundation and was a founding Trustee of the Odyssey House Trust (NZ). Warren is a former President of the Australian and New Zealand Association of Psychiatry, Psychology and Law (ANZAPPL).

SUSANNAH CONNOLLY SEXUAL ADDICTION THE BRAIN + BETRAYAL TRAUMA

This workshop will briefly outline recent research regarding brain changes in those who report having a sexual addiction and their partners who suffer from betrayal trauma. Definitions of sexual addiction and counselling approaches to working with sexual addicts will be presented and paradigms of understanding partners of sex addicts as "co-addicts" and "co-dependant" will be challenged in light of more recent and helpful approaches to counselling and supporting partners.

Susannah Connolly will lead the workshop and Andrew Connolly, together with others who have recently commenced training in this area will present. Lisa Taylor is a researcher and author and her most recent book "Beyond Betrayal. How God is healing women (and couples) from infidelity" will form the basis of her and her husband Michael's presentation at this workshop.

Lisa and Michael now live in Whangarei and Andrew and Susannah Connolly have a private practice based in Helensville offering counselling, supervision and spiritual direction.

BRUCE ROBINSON

Bruce has been working with individuals, couples, families, teams, and organisations experiencing a wide range of problems since the mid 80's, and has been involved in the development and delivery of Weltec's Bachelor of Counselling since the

mid-1990's, and (more recently) Weltec's Certificate in Supervision programme.

Bruce's main areas of interest in this are: working with families who are experiencing problems of relating, and individuals, couples and families who are affected by mental health problems. Bruce is also very much involved in supporting others to work in those areas through professional supervision.

Bruce has worked over this time in a range of settings that might broadly be described as "mental health" services including both DHB based and community based services and continues to develop knowledge and skills in each of these contexts following his preferred approach: Narrative Therapy.

LEX MCMILLAN

WORKING AUTHENTICALLY: HOW OUR VIEW OF GOD + PERSONHOOD SHAPES OUR PRACTICE

The aim of this workshop is to inspire and reflect on how our theologies speak to our view of people, and how these in turn animate our counselling responses. My presentation will be illustrated with reflections drawn from my own life, practice, and research.

Lex is a counsellor in private practice and a counsellor educator. He specialises in relationship therapy, spirituality, and leadership development, and his research interests centre on conversation between counselling psychologies and Christian theology.

ACC WORKSHOP

PRESENTED BY ACC REPRESENTATIVES FROM THE CLINICAL SERVICES TEAM + HEALTH PROCUREMENT

This workshop will be relevant for counsellors who are ACC Providers under the Integrated Services for Sensitive Claims (ISSC) contract and also those counsellors who might be interested in working under this contract. The areas discussed will be

- ISSC update – statistics, progress and issues
- Information for counsellors about the ISSC contract and what is involved in applying to be a provider
- ACC engagement with providers and professional body stakeholders

Plenty of time will be allocated for discussion and ACC will be very willing to address issues raised by delegates. We hope this will be an interactive session.

REGISTRATION

NZCCA CONFERENCE 2016 | MAY 5 - 7

Registration closes 29 April 2016

Name: _____

Address: _____

Mobile: _____

Email: _____

Special Dietary Needs: _____

Please send me accommodation information so I can stay onsite.

COST Includes morning tea, lunches, banquet and supper.

Member/Affiliate	\$345.00	Unwaged	\$305.00
NZCCA Student	\$280.00	Non NZCCA Student	\$305.00
Non Member	\$395.00	Additional Banquet Tickets (No ___)	\$50.00 each

Less early bird discount -\$20.00 (exp 26 February 2016)

Total: \$_____ Cheque Enclosed Internet Banking

NZCCA Account Number: 12-3012-0806750-00

Please ensure that your banking shows the following information. If you know your membership number, please include that after your name.

REFERENCE: Conference **DETAIL:** Name + Member Number

If you have any questions or queries regarding the 2016 Conference, please don't hesitate to contact Sinead Wilson via email on info@nzcca.org.nz or on 09 361 4183. Please note that opinions expressed in these workshops are not necessarily those of the Association.



WORKSHOP SELECTION

NZCCA CONFERENCE 2016 | MAY 5 - 7

Registration closes 29 April 2016

Please select your preference for each workshop.
Mark with 1-4 (1 as your first choice; 4 as your last choice)
for EACH workshop session (e.g. Friday 11am).

FRIDAY 11AM

- Kathy King *Flying with two wings*
- Fiona Beals *Taking the red pill in the matrix of youth development*
- Watiri Maina *Encountering the mystery that transforms*
- Marjorie Hunt *Trauma counselling + prayer*
- Gay Puketapu-Andrews + Amanda Down *Tangata Whenua in the real world*

FRIDAY 3PM

- Charlotte Bell *Mindfulness stillness meditation*
- Irena Stenner and Mary Brownlow *How to work with anger using IDT*
- Jo Anastasiadis *Creativity + prayer*
- Andrew Pritchard *Christian contemplative practice*

SATURDAY 11AM

- Warren Brookbanks *Therapeutic jurisprudence*
- Susannah Connolly *Sexual addiction the brain + betrayal trauma*
- Bruce Robinson
- Lex McMillan *Working authentically*
- ACC Workshop





