

Client, Counsellor and Creator



Spring 2019

The Newsletter of the New Zealand Christian Counsellors Association

From The Exec

"To everything there is a season, a time for every purpose under heaven." – Eccl. 3:1

Welcome to the Spring edition of our NZCCA newsletter!

As I sit to write this, I am aware of the signs of spring; the lengthening days; the bulbs demonstrating new life as they emerge into flower in our garden; winter chill making way for warmer temperatures, and the above scripture comes to mind, made popular by The Byrds in the 60's – "To everything there is a season, and a time for every purpose under heaven." For me, Spring always brings a particular reminder of God's goodness and faithfulness, the promise of His ongoing forgiveness and love, and the reassurance that no matter how cold or dark a season of winter may have been, there is always the hope of a new season bringing light and warmth. In our work as counsellors, it seems that it is often us who hold that hope for our clients, as we sit with them through what can sometimes be a very dark and lonely season. I find it so important to stay "...rooted and built up in Christ.." (Col. 2:7) as I sit with clients, in order to be able to hold onto that hope on their behalf, when they perhaps cannot imagine that a new season will come. On behalf of NZCCA, I want to honour all our members for this amazing and vital work that you continue to do!

In NZCCA we can see some aspects of a change of season – firstly, this year for the first time we are having our Annual Conference in springtime, and I so look forward to seeing you all there for this wonderful time of fellowship and learning! There will be more about this later in this newsletter. At the AGM at Conference, both Heather Hulse and I will be standing down after several years of service to the Executive. When people step down from Executive, it comes with a mix of sadness and excitement, as people make way for new blood to come onboard into the next season of NZCCA governance. Please prayerfully consider the invitation for nominations which you have been emailed for vacancies in this work – could this be the season for you or someone you respect to be nominated to help paddle this waka on the next leg of its journey?

I also want to acknowledge the good work that Campbell Langford has done in setting up the foundation for our Facebook page, and our newsletter. This will be the last issue looked after by Campbell, as going forward we are hoping that the role he has been in will be filled by a new person coming onto Executive to look after things digital. Thank you so much Campbell for all you have done!

On behalf of Executive I want to wish you well for this new season, of walking with our God, and seeing what this will bring.

Blessings to all

Derek Borland (Co-chair)

A Tribute to Heather

It is my honour to write a tribute to Heather Hulse who is stepping down from the leadership of the membership team. This role is not for the fainthearted! There are many membership applications that don't fit within the boxes which need to be ticked on the form. Each one that comes to the membership team's special attention, is given respectful and prayerful consideration. The ethics and rules of our association, and of the counselling profession at large, have to be considered along with the needs of the applicant and their potential clients. Heather has upheld her role with grace and care, but also with the strength that making hard decisions takes. I have been awed by her capacity to manage this, as well as her important role with ACC. She has shown dignity and compassion, and modelled leadership to the rest of the team. Go well Heather, may you have more time to enjoy your family, especially your grandies; may you enjoy your client work that much more with one less responsibility on your shoulders. You will be missed both professionally and personally.

Aroha nui.

Donna Peary

From Admin

AMS/Website Update

It has been exciting seeing our new website and AMS system come together over recent months. The build has been going well, but there was far more work involved than we had forecast. It has been an exciting adventure and we know you will enjoy the new system and website.

I would like to especially thank Donna Peary who has shared numerous virtual coffees as we have walked together to convert our applications to their Online equivalents and for assisting me in checking and testing the online forms. Your assistance has been greatly appreciated. Thank you!

By the time you read this our new website and AMS system will be about to Go Live!

Go Live

We are currently aiming for a tentative Go Live date of 9th September. However, this will depend on when the developer can make the amendments that arise from the test phase. We will let you know the Go Live date once we are 100% ready!

Teething Issues

We have tried to ensure the new system is functioning correctly, that your membership data has pulled through correctly, that the hyperlinks are working, webpages are visible etc. However, as with any new IT system, we expect there will be a number of issues that will need fixing. Please keep in mind that everyone is new to the system (including the Executive, Regional Reps, Membership & Ethics Committees, and of course your Administrator). We ask that you bear with us as we go through the growing pains of learning and getting the most out of the AMS.

Please contact Craig in the office if you notice any errors e.g. link not working, grammatical errors on webpages/application forms, problems with layout etc. Most of these are simple to fix but some will require help from our developer.

The AMS is bringing together many of the office's processes. Please bear with me as I get my head around the new system, its capabilities and the changes in processes.

Online Find a Counsellor

There are some great changes for the ‘Find a Counsellor’ tool. Provisional and Full Members will now be able to list up to 5 practice locations, each with their own address, hours of practice etc. We encourage you to make use of this feature so that you can be found in all of the places you practice.

We have a much better search tool where anyone can search using (or using multiple of the following): Name, Suburb/City, Area/Region, Areas of Counselling e.g. Depression, Supervisor, and Approved Provider e.g. WINZ, I Am Hope etc.

IMPORTANT! MUST READ FOR PROVISIONAL & FULL MEMBERS

Your ‘Find a Counsellor’ profile IS INCOMPLETE. There is some information that you will need to add or check that it is in your online profile. This includes, client types e.g. child, male, adult etc. and Areas of Counselling e.g. Anxiety, Depression, Addictions etc. You will need to add this information so that it appears in your online profile. It is easy to do, and we will have some help in the form of videos/webinars to assist you.

Training/Help

Live Webinars

We plan on holding some Webinars over the coming weeks (mostly throughout the day and some evenings) to help familiarise you with the new system. Our hope is to make these short (30 minute sessions) so that you are not overloaded and so you can have a ‘play around’ towards the end of each session. We will send you a list of the Webinar dates, times and topics in due course (you may have received this by now). The Webinars will be held via Zoom and are free to join, so we encourage you to attend some if you can.

Help Videos

There will be multiple ‘How to’ videos throughout the website that will help you if you get stuck. Most of these will be under the Members’ page. I encourage you to view these once you get access to the system.

Conference

During conference we will have a few laptops set up outside the plenary room so you can stop by and get some 1-on-1 help. It will be useful if you come with a list of questions or things for which you need assistance.

Feedback

We welcome your feedback on the new system and any ideas you have for webpage content, so drop Craig an email!

NZCCA Email Responses

Our apologies for taking a while to reply to the majority of your emails of the last few months. We hope to be back on track again after conference.

God Bless

Craig Sergeant

NZCCA Administrator

It's not too late to come to **CONFERENCE 2019**

Have you seen the awesome line up of speakers and workshops?
No?! Have a look here:

www.nzcca.org.nz/wp-content/uploads/2019/07/NZCCA-Registration-Brochure-FINAL.pdf

NZCCA Conference is an amazing time of connecting, learning, growing, laughing, stretching, refreshing, eating and informing our work, that is right at the heart of our association.

We would love to meet you there and share it all with you.

Remember also the stand alone Pre-Conference workshop

PRE CONFERENCE WORKSHOP

3pm-5pm. Thursday 19 September

Burnout to Resilience Workshop Dr David Levy

Statistics show that Burnout is increasing among healthcare workers. What are the causes?

This workshop will focus on identifying Burnout in self and others and planning personal strategies to develop resilience.

Conference attendees \$30

Attending Pre Conference Workshop only \$50

"The conference feels like an oasis for us all to be reminded of what is important- that we are whole people needing this input so we can enhance our work with our clients."

Register here:

<https://tcc.eventsair.com/nzcca-conference-2019/regform/Site/Register>

From Membership and ACC

Annual Reviews

A big thank you to all of you who completed your Annual Reviews carefully, and in a timely manner. We have completed the process for another year, and you should all have your certificates by now, unless there are some outstanding requirements. We did notice an increase in late Annual Reviews this year, often with the comment that the supervisor was overseas. Please try to plan ahead for these interruptions – you can ask your supervisor to go through your review at any stage after 31 st March, so plenty of time to get it to us by 31 st May....

Next year's Annual Review will be done on-line, and instructions will be coming soon regarding the recording and reflecting on of your Professional Development activities. Craig is going to compile some mini tutorials to show us all how to create a personal portfolio which will include a Professional Development log. We will also be asking your supervisor/s to have their own log-in for completing the review with you. Hopefully this will streamline the review process, and reduce the hours of checking that the review panel need to do.

All of the application forms will also be completed online, with applicants having a log-in facility to complete and upload their details.

A reminder that if you are looking to engage with a supervisor, or are planning to change supervisors, that we have some specific requirements for the supervision of our members. We do not require supervisors to be NZCCA members, but they do need to have had a minimum of 5 years Full Membership of a Counselling organisation and have had some training in supervision. Please check the requirements out on our website. When our new website comes online, we will have available a list of those supervisors who already have approval to supervise our members. A big thank you to everyone who works alongside the Membership team – Craig in the office, reviewers of Applications and Annual Reviews, and Interviewers. We appreciate you all.

The Membership Team

ACC

I continue to represent NZCCA at the Mental Health Sector Liaison Group meetings with ACC.

At our last meeting in Wellington on Friday 12 th July, we received an update on the Kaupapa Maori pathway, feedback regarding encryption of reports, and had an update regarding the development of the Assisted Support Team for ISSC clients. With regard to this, ACC have sent out the following update:

A message from ACC:

What's new? Instead of having a centralised Sensitive Claims Unit in Wellington, we are expanding that team across eight locations providing 1:1 support to clients with sensitive claims: • Whangarei • Newmarket • Hamilton • Tauranga • Hawke's Bay • Wellington • Christchurch • Dunedin. This gives clients better access to face to face contact with us where it supports their recovery. We'll aim to match clients to the nearest suitable team member who can work with them. If a client prefers to work with someone further away, we can accommodate that. When a claim is lodged, it's matched to a team member who'll engage with the client and work with them through to the supported assessment and into treatment.

They have stated that there will be information on the ACC website about this soon.

There is a reminder to ISSC Suppliers and Providers that there is a hotline to SCU PAs (09 354 8425) for brief clinical queries or clarifications.

There will also be an opportunity to find out more about ACC services and opportunities when Dr Kris Fernando presents the ACC workshop at the NZCCA conference on 20/9/19. Angelika Weinheimer will also be able to join her for this.

The next MHSLG meeting will be in Wellington on Friday 29 th November 2019, so if you have any issues or queries which you would like raised at that meeting, please be in touch with me.

hhulse@nzcca.org.nz or heather.lavida@xtra.co.nz

Heather Hulse

NZCCA representative with ACC.

Meet the Exec

Each newsletter we will introduce a member of the executive as they share some of their history, life experiences and reason for their decision to join the NZCCA executive.

Meet Ron Rolston

Tena koutou katoa
Ko Tararua toku maunga
Ko Waikanae toku awa
Ko SS Pleiades toku waka
Ko Ngati Pakeha toku iwi
Ko Richard Andrew Rolston toku rangatira
Ko Ken Rolston toku matua
Ko Ron Rolston toku ingoa
No reira he mihi mahana ki a koutou



My great grandfather came out from Ireland, one of twelve brothers who had to emigrate as a result of the potato famine in the mid 1800s. Some went to America, some to Australia and three came to Aotearoa. They landed at Lyttleton and great grandad spent the first few years quarrying rock for the Christchurch cathedral before moving North to work on building the main trunk railway from Wellington to Palmerston North. He then bought a block of land, sight unseen, at Ohau, just south of Levin, and set to work clearing the bush to establish a dairy farm. My grandfather was born in Levin and settled there, as did my father also. I was born in Levin and spent my early years at Waikanae Beach on the Kapiti coast. It was a wonderful place to be as a kid.

My parents later moved to New Plymouth, where my mum was from, and I finished my schooling there. I left school as soon as I turned fifteen. It was not a happy place for me.

Dairy farming was a happy time. I spent the ten years farming in Taranaki, Waikao, Northland and then Taranaki again. It was during my Northland stint that I met Lilian. I had gone to work on her parents farm and discovered they had a lovely daughter down in Whangarei training to be a nurse. It wasn't long before she came home on a break and, obviously, to check out her parent's new farm hand. We met looking at each other through the farm house kitchen window. Me standing on the hay trailer as her father drove us past the house and she, having heard the tractor coming, standing at the kitchen bench looking out to catch a first glimpse. As they say, the rest is history.

An important part of history for both of us has been our relationship with God. We have been followers of Jesus from an early age, following the faith of our parents first, then confirming and developing our own relationship with him. As a couple we chose to build our relationship based on His Lordship. That was 49 years ago and we now have nine grandchildren and one great grandchild. We have no regrets either about being together or about following Jesus.

Following has led us along a very interesting, sometimes challenging, life journey. Four and a half years after getting married, and with two young daughters, we left NZ and went to Europe to be involved in mission work. We settled in Italy and, after learning the language and gaining an understanding of the people and their culture, we spent the eighteen years doing pastoral ministry and working with radio and television to provide training and resources for Italian Christians/churches operating private radio stations. This work involved producing programmes, providing technical assistance for installation and maintenance of equipment, developing and running training programmes in station management and programme production. We worked with a team of 10 others to provide these services. During this time and 15 years after our last daughter our son was born. The girls were fifteen and seventeen and were delighted. We were pleased as well because we had two built-in substitutionary mothers!

On returning to NZ I decided to retrain and chose to do a counselling degree. Getting the old brain back into academic action wasn't the easiest thing I have ever done, but I was able to graduate in 2001 and became a member of NZCCA. I worked three years with Presbyterian Support providing family work then moved to Man Alive in West Auckland. This work was principally in the area of domestic violence but included general men's issues, relationship difficulties and couples work. I worked there until the end of 2018 when I semi-retired and now I work 2 days a week in private practice. I also do supervision of other counsellors and have recently started offering debriefing services.

Two years ago I joined the Executive of NZCCA and was given the portfolio of Treaty Relationships.

This was a new role and involves getting serious about honouring the Treaty of Waitangi and understanding and integrating its principles in a meaningful and purposeful manner. As a Pākeha I have been personally challenged in this role but grateful to God for the opportunity to engage and pick up the challenge. With the understanding of being an equal partner under the Treaty and with the encouragement and support of our kaumātua and Māori colleagues I have stepped into the role and fearfully enjoyed it!

Enjoyment is the order of the day now. I have a very satisfying role with NZCCA, semi retirement, life on a lifestyle block with extended family including grandchildren, a wife I don't deserve and colleagues who are supportive and highly competent.

The rest is future!

Nga Mihi

Ron

NZCCA PRE CONFERENCE WORKSHOP

Thursday 19 September, 3pm-5pm

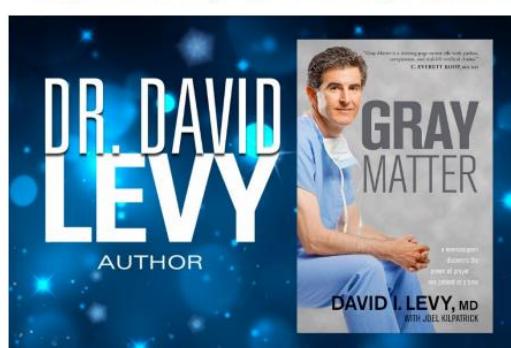
Jet Park Hotel and Conference Centre
Mangere, Auckland



Burnout to Resilience

with Dr David Levy

Dr David Levy is a neurosurgeon who has published numerous scientific articles on neurosurgical topics and performed neurosurgery in Europe, India, Kenya and The Congo. His book *Gray Matter: a neurosurgeon discovers the power of prayer...one patient at a time*, details the dramatic intersection of medicine and faith, and the power of forgiveness.



Dr Levy has spoken internationally on topics of neurosurgery, neuroscience and faith.

After practicing neurosurgery for more than 20 years, he transitioned in 2017 to pursue his growing passion—

communicating spiritual truth. He speaks on topics of neuroscience and presents God's wisdom as pertinent and powerful today.

Burnout to Resilience

This workshop will focus on identifying Burnout in self and others and planning personal strategies to develop resilience. Dr Levy talks about how statistics show that Burnout is increasing among healthcare workers. What are the causes?....

- \$50 Workshop only
- \$30 Conference attendees

From the Regions



- Wellington -

A most successful Professional Development Day was held in June at Silverstream Retreat - 28 people attended. Richard Black, founder and director of Strength to Strength, spoke on "New Perspective Theory – an integrative approach".

The final meeting for the year is being held on Monday October 21 st at the Johnsonville Community Centre, at 6.30pm, starting with a light meal. Koha welcome. The speaker is Dr Peter Cowley, a local Psychiatrist and Psychologist, who will talk around the area of pharmacology. Peter is a psychiatrist with many years of experience working in the hospital setting, privately, and with ACC clients in the mental health area. The evening will include a question and answer time. RSVP is requested please to: heather.gwynn@actrix.co.nz

Heather Gwynn and Wendy Dawson
(Wellington Regional Reps)

- Waikato –

The Waikato Branch has continued meeting socially and for PD on alternative months. Last month we had the evening with therapist Jenny Snowden who is doing research at the University of Waikato in the narrative field. Jenny spoke on "Centering Ethics" and invited us to dig deep around the difficulties of working with people whose story differs from our own deeply held beliefs. Jenny brought some early data from conversations with therapists who work with people experiencing intimate partner violence, where they continue to love, support and even stay with the perpetrator. We were asked to explore our own internal world, what informs it and how to stay present with clients who challenge us. Such a lively time and as usual we could have done with another hour or so!! Do I sense a workshop coming up?

Donna Peary
pearydonna@gmail.com

- Canterbury -

A large gathering of members and visitors (photo below) recently enjoyed a very well placed, paced and presented workshop day focusing on 'Maintaining Connection while Managing Risk'. With insight, reflection and input given from both members and invited guest speakers. Invaluable!



Your Regional Representatives

Northland	- Joyce Beehre	- jbeehre@hotmail.com
North Auckland	- Libby Taylor & Rosi Bradley	- northaucklandreps@nzcca.org.nz
South Auckland	- Currently vacant: <i>Maybe you!</i>	
West Auckland	- Judy Dawson	- westaucklandreps@nzcca.org.nz
Waikato	- Donna Peary	- waikatoreps@nzcca.org.nz
Bay of Plenty	- Pauline Nagels & Shiree DeVeth	- newzealandchristiancounsellors@gmail.com
Manawatū	- Gerben van Rooyen	- manawatureps@nzcca.org.nz
Wellington	- Heather Gwynn & Wendy Dawson	- wellingtonreps@nzcca.org.nz
Nelson	- Vacant, Interim Contact Tamsin Stubbs	- info@talk2tamsin.co.nz
Christchurch	- Lyna Ruffell & Sandy Hitchens	- canterburyreps@nzcca.org.nz

Call for Submissions

We would love to see some of your ideas, reflections, insights, musings, poems, prayers, experience, book reviews and photos in our newsletter. Please sent any article submissions, photographic or creative work on to Craig for review at info@nzcca.org.nz
We are looking forward to hearing from you.

New Zealand Christian Counsellors Association

EMAIL: info@nzcca.org.nz

PHONE: 09 361 4183

POSTAL ADDRESS: P.O. Box 97 073, Manukau, Auckland 2241

PHYSICAL ADDRESS: 145 St George Street, Papatoetoe, AUCKLAND 2025

OFFICE HOURS: Monday, Wednesday, Friday 8am - 5pm

ADMINISTRATOR:

Craig Sergeant (Office hours: Monday, Wednesday, Friday 8am – 5 pm)

EXECUTIVE TEAM:

Frank Eijgenraam | Co-Chair & Ethics

Derek Borland | Co-Chair & Public Relations

Heather Hulse | Head of Membership Committee and ACC Representative

Sylvia Yandall | Conference

Craig Gemmell | Finance

Donna Peary | Membership

Watiri Maina | Membership

Ron Rolston | Treaty Relationships

Jenny Waldron | Student Representative Southern

Denise Van der Vlis | Student Representative Northern

