



New Zealand  
Association of  
Counsellors  
Te Roopu Kaiwhiriwhiri o Aotearoa

**NZAC 50TH ANNIVERSARY CONFERENCE:**

# **Whakanuia ki muri kia anga whakamua**

*'Celebrating the past to move forward'*



# **2024**

**3rd - 4th September**

**Shed 6**

**Queen's Wharf**

**Te Whanganui a Tara | Wellington**

# Programme

## TUESDAY 3rd SEPTEMBER

<b>7:45 am</b>	Registration	from 7:45 am for a 9:00 am start	Atrium
<b>9:00 am</b>	<b>Mihi Whakatau</b>		Room 1
	<b>Opening</b> President and Te Ahi Kaa		
<b>9:30 am</b>	<b>Kōrerorero   Table talk</b>		
<b>10:00 am</b>	<b>Kāpu ti   Morning tea</b>		
<b>10:30 am</b>	<b>Plenary session</b>		
	<b>Members of National Executive</b>	Have your say: Insights into the Future of NZAC	Room 1
<b>12:00 pm</b>	<b>Kai   Lunch</b>		
<b>1:00 pm</b>	<b>Keynote speaker</b>		
	<b>Matt Brown</b>	She is not your rehab	Room 1

## TUESDAY 3rd SEPTEMBER

Workshops			
2:00 pm - 3:30 pm	<b>Te Ahi Kaa Eugene Davis &amp; Kaitumutumu Toia Chase</b>	Wānanga huritao   reflections	Room 1
		Working effectively with the Rainbow community	Room 3
	<b>Landa van den Berg</b>	Sensorimotor Psychotherapy: healing from trauma and attachment injuries	Room 4

### Kāpu ti | Afternoon Tea

Will be served in each workshop room at 3:30 pm

Workshops			
3:30 pm - 5:00 pm	<b>Raynor Huia</b>	The Weaving of Two Practices; Indigenous and Western, Mahi Wairua and Narrative Therapy	Room 1
	<b>Sue Webb</b>	Ethics in Action: Practical Tips for Counsellors	Room 3
	<b>Gay Puketapu-Andrews and Giselle Bahr</b>	Diagnosis: Does it Help or Hinder?	Room 4

### 50th Anniversary Celebration Dinner

Sponsored by NZAC

6:30 pm

Formal sit-down dinner held at Shed 6; networking with other counsellors, life members, committee members, national executive and other key stakeholders and celebration of the past and future of NZAC.

Dinner served at 7:15 pm

Dress code: semi-formal

# Wednesday 4th SEPTEMBER

<b>7:00 am</b>	<b>Branch Parakuihi hui</b> Annual hui for representatives from each branch to kōrero	<b>Rainbow Caucus</b> For those supporting the Rainbow community	Shed 6
<b>8:30 am</b>	<b>Kawhe &amp; Kōrero</b> Start the morning with a coffee and network with other counsellors	<b>Day ticket registration</b> Open from 8:00 am	
<b>9:00 am</b>	<b>Panel discussion: The Future of Counselling in Aotearoa</b>		
	This panel discussion made up of representatives from ACC, MOE, MOH and NZAC will explore the crucial role of counsellors and the challenges and opportunities facing the profession as we look to the future		Room 1
<b>9:45 am</b>	<b>Kāpu ti   Morning tea</b>		
<b>10:15 am</b>	<b>Caucus and special interest groups ngā hui</b>		
	<b>Te Roopu Māori</b>	For those who whakapapa as Māori, a time to hui together	Room 4
	<b>Pasifika EMPOC</b>	Welcoming Pasifika and Ethnic minority counsellors to discuss our shared experiences and accountabilities to Te Tiriti o Waitangi	Room 3
	<b>Tauiwi</b>	How do we uphold Te Tiriti o Waitangi?	Room 1
<b>11:00 am</b>	<b>Workshops</b>		
	<b>Jenny Manuera and Fia Turner</b>	Māori and Pasifika Fusion	Room 1
	<b>Amy Marschall</b>	Working with clients with diagnosed and undiagnosed ADHD	Room 3
		Workshop title TBC	Room 4
<b>12:30 pm</b>	<b>Kai   Lunch</b>		

# Wednesday 4th SEPTEMBER

<h2>Learning Marketplace</h2> <p>propose the topics, questions and discussions you would like to explore with others. See our current sessions below, or host your own on the day</p>			
<b>1:30 pm</b>	Supervisors hui	NZAC's new CPD: hosted by Tikitu Taiao	Meet the NZAC Membership Manager
	The future of AI and technology in Counselling	Learn about NZAC Advisory groups, caucus and committees	CPD Audit team
	Private Practice hui	Provisional Members support	<b>Do you want to host your own session? Get in touch!</b>
<h3>Conference paper ngā whakaaturanga 15 minute presentations</h3>			
<b>1:30 pm</b>	A Kaleidoscopic View: Working with Asian, African and Middle Eastern communities in Aotearoa - Shila Nair		Room 3
<b>1:45 pm</b>	Stories of Self-Care: Sustaining Counsellors in their Work - Lisa Spriggins		Room 3
<b>2:00 pm</b>	Client feedback on effective counselling practice in a sexual harm prevention service - Paul Flanagan		Room 3
<h3>15 minute break</h3>			
<b>2:30 pm</b>	Supporting Pasifika counselling students, supervisees and colleagues in Aotearoa - Hyeeyun Kim		Room 3
<b>2:45 pm</b>	Counselling assessment and reporting: Measuring what is valuable or valuing what is measurable? - Wendy Talbot		Room 3
<b>3:00 pm</b>	<h3>Kāpu ti   Afternoon Tea</h3>		
<h2>Keynote speaker</h2>			
<b>3:30 pm</b>	How can we break down barriers to progress to improve mental-health outcomes in Aotearoa?		Room 1
<b>4:15pm</b>	<h2>Poroporoaki</h2>		
	<h2>Kati   Close</h2>		



## **Mataio Brown**

### **Keynote speaker: She is not your rehab**

In this powerful keynote messages, Mataio Brown shares his innovative and revolutionary approach to addressing family violence, emphasising the pivotal role of community and collective healing in breaking the cycle of intergenerational trauma while passionately advocating for healthy masculinity role modelling. He encourages men to overcome shame while taking responsibility for their own healing. Their message inspires a transformative journey towards healthy relationships and cultural shifts that challenge ingrained norms to foster a safer, more empathetic and holistic society.

### **About Matt (he/him)**

Taimalelagi Mataio Faafetai (Matt) Brown, is a Aotearoa born Samoan author and renowned communicator who works to eradicate domestic violence by supporting those who perpetrate violence, to heal. A survivor of family violence and childhood sexual abuse himself, he originally started his domestic violence advocacy work by sharing his story with the men who frequented his busy barbershops as a way to foster vulnerability, healing, and connection. For over a decade Matt has hosted free men's anti-violence support groups from locations like barbershops, construction sites, gang pads, prisons and in indigenous spaces. He has facilitated multiple programs inside men's and youth prisons and was named a Corrections NZ patron in 2020.



# Eugene Davis and Toia Chase

Te Ahi Kaa | Kaitumutumu,  
NZAC National Executive Members

## Workshop hosts: Wānanga Huritao

Wānanga Huritao is a reflective space for kōrero to be shared that strengthens our respective journeys and experiences in Te Ao Māori (respect and acknowledgement of Māori customs and protocols). Te Ao Māori is intrinsic to Aotearoa and its beauty allows us to engage with it in different ways. Despite this uniqueness, challenges arise as we navigate these journeys.

What things get in the way of us engaging more fully in Te Ao Māori? What is it that I struggle with, doubt or fear? How might I sit with the uncomfortableness? These are some of the questions we might entertain as Māori and non-Māori.

The hope is to engage in conversations that would strengthen both participation and contribution to mihi whakatau in our respective settings. Having understanding and access to these key elements will support us as counsellor practitioners to lead and enable these spaces to be more available and present in our whanaungatanga processes.

## About Eugene (he/him)

Eugene Davis is of Ngāti Haua and Waikato-Tainui descent and hails from South Auckland, Manurewa. Eugene resides in Kirikiriroa and works as the General Manager of Youth Health and Development organisation Te Ahurei a Rangatahi, serving young people and their whanau within the Waikato area. Eugene's private practice includes counselling (ACC Sensitive Claims, Oranga Tamariki Youth Justice, Te Whatu Ora Suicide Bereavement), clinical and professional supervision, tutoring/lecturing (Waikato University and Wintec) and researcher (evaluation).

## About Toia (she/her)

Toia Chase is of Ngāti Tūwharetoa and Pakeha (French / English) descent. Grew up in Canterbury / Bankstown, Australia until her mid teens when she moved to Te Puke. She currently resides in Kirikiriroa / Hamilton. Toia works at Single Parent Services Waikato as a Senior Youth Counsellor. Her private mahi includes ACC sensitive claims, supervision, PHO contracts, Oranga Tamariki, Te Whatu Ora Suicide Bereavement, Te Wananga o Aotearoa, group facilitation / workshops and youth related projects.



# Landa van den Berg

MNZAC Counsellor

## Sensorimotor Psychotherapy: healing from trauma and attachment injuries

The therapeutic modality developed by Pat Ogden

In this workshop we will explore how to approach healing from trauma and attachment injuries in a holistic manner. Sensorimotor Psychotherapy (SP) was developed out of the insight that offering 'talking therapy' alone might limit the efficacy of clinical work.

Thanks to neuroscience, we now know that traumatic memories are primarily stored in the body, which Van der Kolk refers to as the "speechless terror" of trauma. SP offers techniques to safely access and process this somatic wisdom, so that it can then be integrated with our clients' cognitive, emotional and spiritual understanding.

Landa will share insights from the underlying theory, as well as examples of how SP can be used in the counselling space. This will be illustrated with experiences from her own clinical practice.

## About Landa (she/her)

Landa van den Berg (she/her) is a seasoned counsellor and trainer with a unique professional background that includes a successful tenure in Management Consulting before transitioning to a career in counselling. After her WelTec Bachelor, she has dedicated her studies and practice to Sensorimotor Psychotherapy.

Landa's primary focus lies in working with survivors of sexualised violence, a role she fulfils at Wellington Rape Crisis, where she supports and guides clients through their healing journey. Beyond her therapy training, she draws from extensive experience in teaching Buddhist mindfulness meditation.





## Raynor Huia

MNZAC Counsellor,  
NZAC National Executive Member,  
Te Rōpū Māori

### **Workshop host: The Weaving of Two Practices; Indigenous and Western, Mahi Wairua and Narrative Therapy.**

Raynor, with her extensive background in Applied Social Science and a Master's in Narrative Therapy, bridges the worlds of Indigenous wisdom and Western therapeutic practices. Drawing from her pivotal experiences in kaupapa Māori settings and her specialised training in Mahi Wairua, she has cultivated a unique counselling framework that respects and utilises the strengths of both Te Ao Māori and Western methodologies. This session will not only explore the theoretical underpinnings of these practices but also provide practical insights and tools for effectively incorporating them into your counselling work.

### **About Raynor (she/her)**

**Ko wai au. Ko Kahuranaki te Maunga, Ko Ngaruroro te Awa, Ko Ngāti Kahungunu te Iwi, Ko Ngāti Poporo raua ko Ngāti Hawea oku hapū, Ko Korongata raua ko Pakowhai oku marae, Ko Pāharakeke tuturu taku kainga Ko kaiwhiriwhiri ahau. Ko Raynor taku ingoa.**

A graduate from EIT, Raynor quickly faced the challenge of addressing student suicides as a High School Guidance Counsellor post study. Her journey led her to immerse herself in suicide prevention and waiuatanga, guiding her towards a Master's in Narrative Therapy at the University of Waikato. Her career path took a pivotal turn in 2019 when she began working in a kaupapa Māori addictions program, deepening her appreciation for Māori knowledge and practices. This experience, along with specialised training in Mahi Wairua, shaped her unique counselling approach that blends Indigenous and Western methodologies. Now in private practice focusing on ACC sensitive claims, Raynor integrates Kaitiakitanga into her work, a commitment showcased in her completion of Bicultural Professional Supervision through Te Wānanga o Aotearoa. Her workshop will highlight this weaving of Te Ao Māori and Western practices, reflecting the depth of her evolving therapeutic techniques.



## **Sue Webb**

MNZAC Life Member  
Ethics Committee Convenor

### **Workshop host: Ethics in Action: Practical Tips for Counsellors**

In this workshop, led by seasoned Counsellor Sue Webb, we take a fresh and empowering approach to navigating the complexities of Ethics in practice. Shifting away from the conventional and somewhat daunting focus on 'avoiding complaints,' Sue introduces the theme of 'Staying Out of Trouble (and Managing It, if It Happens).' This innovative perspective allows for a broader and more constructive discussion that extends beyond the fear of Ethics complaints being submitted to NZAC. We will explore effective strategies for addressing and resolving lesser difficulties with clients and colleagues, fostering a learning environment that emphasises growth, understanding, and resilience in the face of professional challenges.

### **About Sue (she/her)**

Sue has been in private practice since 2008. Using an eclectic approach, she is comfortable working with adults, couples, adolescents and families. In recent years, Sue has been involved in responses to a number of traumatic incidents. She also provides supervision, training and consultancy to those in the helping professions. Sue is the Ethics Committee Convenor for NZAC.



# Gay Puketapu-Andrews and Giselle Bahr

MNZAC Life Member | Clinical Psychologist  
Te Rōpū Māori

## Diagnosis: Does it Help or Hinder?

This workshop will challenge you to think about diagnosis in 2024, and introduce you to new ways of conceptualising your client's struggles.

Nearly a billion people around the world live with a diagnosable mental disorder (WHO, 2022). In Aotearoa, rates of distress are increasing, especially amongst 15-24 year olds (Wilson & Nicolson, 2020). Diagnosis is required by most of our mental health services and systems, but problems with diagnosis have been highlighted by many (Hengartner, 2022; Johnstone, 2014). At the same time, most mental health settings ignore or minimise the effects of racism, marginalisation and intergenerational trauma.

How we think about distress determines how we help people. Although counsellors and other mental health professionals are often required to use diagnostic frameworks, many are frustrated by their limitations, and notice that they can have unintended negative consequences for the people we work with.

In this workshop, we will introduce recent critiques of diagnostic frameworks, and explore the practical implications for your therapeutic practice.

### About Gay (she/her)

Gay Puketapu-Andrews specialises in working with Māori whānau, including rangatahi and tamariki. She has particular skills and knowledge about working with those affected by violence and abuse and those struggling with their cultural identity. She also works with people struggling in other ways. Gay takes a holistic approach to counselling, which includes mostly talking therapy and sometimes drawing or play. She facilitates a process underpinned by Te Ao Maori that draws on people's strengths to find understanding and ways to respond to problems in their lives.

### About Giselle (she/her)

Giselle Bahr has long been interested in understanding the context of people's distress. Giselle works as a clinical psychologist in private practice in Te Whanganui-ā-tara/Wellington. Before that, she worked in Child and Adolescent Mental Health Services, in NGOs, and at a university training clinical psychologists.



# Jenny Manuera and Fia Turner

MNZAC Counsellor,  
Te Rōpū Māori  
Supervisor

MNZAC Counsellor,  
Supervision Committee  
Convenor,  
Senior Lecturer

## Workshop hosts: Māori and Pasifika Fusion

Join Jenny and Fia for an energetic and innovative exploration of effective practices when working with Māori and Pasifika clients. This workshop promises to expand your cultural competence while providing you with practical tools to add to your professional kete.

Delving deep into Te Ao Māori, we will incorporate tikanga, waiata, whakataukī, and Māori Mythology concepts, offering essential protocols and education crucial for working with Māori clients. Additionally, we will discuss key Māori models and the Mobile Marae Ātea Model, providing a comprehensive understanding of culturally sensitive approaches.

Additionally, we'll empower you further to engage effectively with your Pasifika clients. You'll learn culturally appropriate engagement processes tailored to Pasifika clients, including Samoan/Pasifika models of practice and greetings, alongside demonstrations of cultural values.

### About Jenny (she/her)

Jenny brings over two decades of experience as a counsellor, complemented by 15 years as a Clinical & Professional Supervisor, with specialist expertise in sex therapy, sexual abuse, and trauma management, including challenging assignments within prisons and crisis situations. An active member of Te Rōpū Māori and former National Executive representative for Auckland, she offers specialist training for counsellors and health practitioners, engages in contract-specific training, serves as a visiting lecturer for institutions, and advocates for a holistic, team-based approach to therapy and supervision.

### About Fia (she/her)

Born and raised in Samoa, Fia has a diverse background spanning Samoa, Auckland, Wellington, Hong Kong, and Mangere Bridge Auckland, Fia brings a wealth of cultural insight and experience to her roles as a counsellor, supervisor, educator, and clinical manager. Since becoming a member of the New Zealand Association of Counsellors (NZAC) in 2005, Fia has actively contributed to the field, serving on the NZAC Interview Panel in 2009 and the Supervision Committee in 2018. Additionally, Fia has served as a Clinical-Cultural Supervisor since 2008 and represented Pasifika Peoples on various national advisory committees, including the Sensitive Claims Advisory Group (ACC), Family Violence Death Review (HQSC), and Pacific Peoples Regional Advisory Committee (D.O.C.), among others.



# Amy Marschall

Licensed Psychologist

## Working with diagnosed and undiagnosed ADHD

In the dynamic landscape of neurodiversity, understanding the unique journeys of individuals with ADHD (Attention Deficit Hyperactivity Disorder) is crucial. In Aotearoa, the combination of rising diagnoses, a wave of self-identification, and significant obstacles to securing a formal diagnosis creates a variety of challenges for counsellors. This workshop is designed to navigate these complexities, with an emphasis on refining practical skills, creating a welcoming therapeutic space, and customising your approach to meet the needs of clients with diagnosed or undiagnosed ADHD.

### About Amy (she/her)

Amy, PsyD, is a licensed clinical psychologist certified in trauma-focused cognitive behavioral therapy and telemental health. She primarily treats children and adolescents, providing individual, family, and group psychotherapy. She works with a myriad of presenting issues, but has additional training in neurodivergence (including autism and ADHD—two neurotypes of which she also identifies), trauma, and giftedness. She teaches telemental health through [PESI](#) and is the author of "I Don't Want to Be Bad." She also blogs about mental health on her [website](#).

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Vitae is a nationwide provider of a comprehensive range of workplace wellbeing and employee assistance services. Our customers and clients come from diverse sectors and industries, and like us, are committed to supporting people to be their best at work and in life. We value the skills and experience that our similarly diverse range of practitioners bring to this mahi. It will be great to have the opportunity to meet some of you at the conference.

# 50<sup>th</sup>

**ANNIVERSARY  
CONFERENCE  
2-4TH SEPTEMBER, 2024  
PŌNEKE/ WELLINGTON**



New Zealand  
Association of  
Counsellors

Te Roopu Kaiwhiriwhiri o Aotearoa

**1974 - 2024  
CELEBRATING 50 YEARS**