



New Zealand
Association of
Counsellors
Te Roopu Kaiwhiriwhiri o Aotearoa

NZAC PRESENTS

Kia tū maia, Kia tū mātārā, Kia kaha tū tōnu

2024 School Guidance Counsellor Conference

Be "positive, be alert and steadfast, standing strong."

SHED 6
QUEEN'S WHARF
PŌNEKE/WELLINGTON 6011

2nd
September
2024

Programme

8:00 am	Registration	from 8:00 am for a 9:00 am start	
	Art therapy drop-in session		
9:00 am	Mihi Whakatau		
	Opening President and Te Ahi Kaa		
9:20 am	Kāpu ti Morning tea		
	Art therapy drop-in session		
9:40 am	World Café		
10:00 am	Keynote speaker		
	Wiremu Grey	Te Whare Mauri Ora: a Holistic approach to wellbeing and School Guidance Counselling	
10:45 am	Workshops		
	Lynda Knight-de Blois, NATINA	Complex developmental trauma	
	Tabby Besley, InsideOUT	Supporting Aotearoa's trans and intersex learners	
	Jo Robertson, The Light Project	Porn and young people in Aotearoa	

12:15 pm	Kai Lunch		
1:15 pm	Panel discussion: Supporting School Guidance Counselling into the future		
	This panel discussion will explore the crucial role of SGC and the challenges and opportunities facing the profession as we look to the future		
2:00 pm - 3:30pm	Workshops		
	Adam Robertson	Self-care: nervous system support for self and students	
	Sue Webb, NZAC Ethics Committee	SGC and Ethics: Working with tamariki and rangatahi	
	Wiremu Gray and Carla King	Te Whare Mauri Ora: applying this holistic approach	
2:45 pm (estimated timing)	Kāpu ti Afternoon Tea Kāpu ti will be available during the workshop session		
3:30 pm	Poroporoaki		
	Kati Close		
4:00 pm	Kai & Kōrero Canapes and drinks; network with other counsellors, School Advisory Group members, National Executive and other key stakeholders. Cash bar. 5:00 pm finish.		

NZAC reserve the right to modify the schedule, content, or any other aspect of the program as necessary. These changes can include alterations to the timing of events, addition or removal of sessions or speakers, or adjustments to the overall structure of the program.



KEYNOTE SPEAKER:

Wiremu Gray

Māori specialist counsellor

TE WHARE MAURI ORA: A HOLISTIC APPROACH TO WELLBEING AND COUNSELLING

This framework has woven together indigenous fields of Mātauranga and wisdom with positive psychology. Being drawn from indigenous spirituality and science and evidence based approaches to wellbeing, Wiremu will discuss tools that can enhance your mahi with counselling Māori and whānau.

To engage successfully we must know what our kaiora (client) bring with them. Their past, and current life experiences (impacts from colonisation, trauma, prejudice and alienation in society) we also need to know the many strengths that they bring, not only in their personal kete but from their whakapapa or cultural heritage, Ngā kete.

There are many faces of Māori today and a large number access support from tauwi practitioners and services. This is one of the main reasons why it is important that we continue to tautoko (support) each other, so our Māori young people can have an experience where they can engage at a deeper meaningful level. Creating the potential for them to be inspired about their culture, with developing pride in who they are. Which will positively impact on their overall wellbeing, resilience and worldview.

In this presentation, you will hear some of Wiremu's life experiences and the many stories from Māori participants who have journeyed on a number of his cultural programmes. This can help to give you some deeper insights into colonisation and the variety of trauma Māori are going through on a daily basis. It will also touch on some of the hauora concerns and needs for rangatahi Māori and will give you some strategies from Te Whare Mauri Ora - a holistic Māori and positive psychology approach of wellbeing to take with you.

ABOUT WIREMU (HE/HIM)

Ko te ahu pātiki te mauka, ko Koukourarata te awa, ko Tākitimu te Waka, ko Tahupōtiki te takata, ko Tūtehuarewa te Marae, ko Kāti Irakehu te hapū, ko Kāi Tahu rāua kāti porou ōku iwi. Ko Kuru rāua ko Mere Gray ōku matua, ko Wiremu Gray tōku ingoa.

Wiremu has dedicated years to working with young people in NGOs and high school settings, presently contributing to St Bedes College and Hillmorton High School. As a qualified Māori wood carver, mentored by Tohunga Whakairo, he enriches his work with deep insights into Te Ao Māori, tikanga, and Māori beliefs. Collaborating with Dr. Lucy Hone and Dr. Denise Quinlan, Wiremu presented the bicultural wellbeing model, Te Whare Mauri Ora, at a national Positive Education conference. Published in 'The Educator's Guide to Whole-school Wellbeing,' he continues to share this model, offering cultural competency training across various sectors.



WORKSHOP PRESENTER:

Lynda Knight-de Blois | NATINA

Principal of Glenview School in Porirua East
and trainer at NATINA

COMPLEX DEVELOPMENTAL TRAUMA

Lynda is a member of the NATINA (Neuroscience And Trauma Informed Network Aotearoa) and an Advanced Trainer with the Neurosequential Model in Education (NME). She provides professional learning and leadership support which reflects Dr Bruce Perry's Neurosequential Model and develops trauma-informed understanding and practice.

Lynda has over 30 years experience in education including leadership, evaluation and training, and is passionate about working with schools and centres to support transformational leadership which results in enhanced learner outcomes in wellbeing, engagement, inclusion and learning. Lynda is passionate about practical work and ensuring positive impacts that are culturally located. She has an interest in trauma informed practice and has supported relational neuroscience at Glenview School as well as 11 other schools in the Porirua East Kahui Ako.

ABOUT LYNDA (SHE/HER)

Lynda is currently principal of Glenview School in Porirua East and Co-lead of the Porirua East Kāhui Ako. Much of her PLD work centres around culturally located, trauma-informed practice formed from her training in neuroscience. Lynda has enjoyed seeing the profound impact this has had on Glenview staff, learners and community.

ABOUT NATINA

NATINA promote, support, educate and advocate for neuroscience and trauma informed approaches to create safe, inclusive, holistic, thriving learning spaces & communities. They offer well-researched culturally appropriate professional development as well as working to influence policy development and resource creation.



WORKSHOP PRESENTER:

Tabby Besley | InsideOUT

Managing Director of InsideOUT

SUPPORTING AOTEAROA'S TRANS AND INTERSEX STUDENTS

Join InsideOUT for a session about supporting trans and intersex students in your role as school guidance counsellors.

You will learn about the experiences of trans and intersex students, including key barriers that they face to positive hauora, safety and equitable learning outcomes in their learning environments. You will also learn about affirmative and practical approaches to supporting trans and intersex students in your mahi.

ABOUT TABBY (SHE/HER)

Tabby is a Pākehā queer femme. She has been working in rainbow communities since she was 15 and founded InsideOUT in 2012 with a passion for making Aotearoa a better place for rainbow rangatahi. Tabby has a degree in Counselling and Addictions and works part-time as a counsellor for our rainbow communities.

ABOUT INSIDEOUT

InsideOUT is a national rainbow charity whose vision is for an Aotearoa where all rainbow and takatāpui young people feel safe and included in their schools and communities. They aim to achieve this by working with schools, government agencies and workplaces, leading resource development, education, consultation, campaigns and more



WORKSHOP PRESENTER:

Nikki Denholm | The Light Project

Director, The Light Project

PORN AND YOUNG PEOPLE IN AOTEAROA

Porn 101 and Tools & Strategies to Equip SGC

Over the last 5 years, a whole new porn landscape for young people has emerged... A lot of young people watch porn to get ideas about sex and think it will make them better lovers. However, research show us that using porn can have the opposite effect!

This session will cover:

- Discussion about the new online sexual/porn landscape
- Issues surrounding porn and young people in Aotearoa
- Impacts of porn & key protective factors
- Tools for shame-free, ethical and youth centred conversations
- Strategies for building resilience in young people and responding to porn related issues and concerns

ABOUT NIKKI (SHE/HER)

Nikki Denholm, MNZM has a health background and specializes in emerging sexual health issues. She founded the national NZ FGM Education and African HIV/AIDS programmes, and is currently Director of The Light Project, which aims to equip young people and youth stakeholders to positively navigate the new porn landscape in Aotearoa.

ABOUT THE LIGHT PROJECT

The Light Project was established in response to the shifting porn and online sexual landscape for young people in Aotearoa alongside significant national gaps in porn information, resources and support. The Light Project is now New Zealand's leading agency working in the porn and youth space, equipping young people, their whanau & youth professionals to positively navigate the new porn landscape. They currently provide evidence -based workforce training, resources and technical support for the youth health, mental health, sexual health and sexual violence sectors.



WORKSHOP PRESENTER:

Adam Robertson

Neurosomatic Facilitator, Public Speaker & Coach

SELF-CARE: NERVOUS SYSTEM SUPPORT FOR SELF AND LEARNERS

Adam works with clients 1:1, in groups, retreats, and has travelled all over Aotearoa offering workshops that bring scientific research and alternative practices together in a very grounded manner that ignites fun, freedom and feeling alive! Adam focusses on removing stigma, conditioning and shame, all while creating a safe and non-judgemental space for people to explore the depths of their experience and existence.

This workshop will focus on self care & nervous system support. The foundations of this workshop will be about providing tools for personal and professional healing and support, through the likes of breathwork, self-soothing techniques, meditation & movement. Learn practical tools that can be used to create profound changes in your School Guidance Counselling life and the learners you work with.

ABOUT ADAM

Adam is a Neurosomatic Facilitator having trained in over 8 different modalities from Breathwork, Reflexology, and currently training in Havening Techniques®. Adam has a passion for facilitating safe spaces for others to look at the relationship between their brain and body.

Adam's deep desire for this mahi came from his own life experiences including losing his brother to Suicide. It has been Adam's mission to help others feel supported, heard, seen and held while providing tools that can help them along their self healing journey too.



WORKSHOP PRESENTER:

**Sue Webb | NZAC
Ethics Committee**

Ethics Committee Convenor

ETHICS AND WORKING WITH TAMARIKI AND RANGATAHI

In this session, participants will delve into a comprehensive exploration of various aspects related to counselling with tamariki and rangatahi.

We'll also examine how the core values embedded in the NZAC Code of Ethics play a pivotal role in guiding counseling practice, emphasising their relevance in working with tamariki, rangatahi and their whānau.

Key topics will include navigating the 'collaborative dynamics' with the learners' significant adults and other involved parties, such as teachers and principals. We will also discuss safety and legal considerations, underlining the importance of maintaining a secure environment for learners. Moreover, we'll explore consent in child and youth health, aligning our practices with the Ministry of Health Information for Practitioners. Sue will also discuss contracting effectively with the learner, and the process of appropriately referring adults when necessary. This session will also address the intricacies of SGC when dealing with conflicted parents.

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.



WORKSHOP PRESENTERS:

Wiremu Gray and Carla King

Māori specialist counsellor and School
Guidance Counsellor

TE WHARE MAURI ORA: APPLYING THIS HOLISTIC APPROACH

Immerse yourself in this follow-up session, "Te Whare Mauri Ora: Applying this Holistic Approach" led by Wiremu Grey and Carla King. Building on the keynote "Te Whare Mauri ora: a holistic approach to wellbeing and counselling", this session takes you beyond theory and discussion and into practical application.

Further explore the ongoing impact of colonisation and trauma faced by Māori. With a focus on the holistic and positive approach of Te Whare Mauri Ora, Wiremu and Carla will provide tangible strategies for integrating this framework into your counselling practice.. This session offers a unique opportunity to bridge theory and practice, equipping you with actionable insights and strategies to enhance the wellbeing and resilience of Māori learners within your School Guidance Counselling care. Join us for an engaging and transformative exploration into the real-world application of Te Whare Mauri Ora..

Learning outcomes:

- Further enhance your ability to engage with Māori, individuals and Whānau.
- Learn new practical ways to use Te Ao Māori tools, useful for mentoring and applying it to your counselling.
- Learn how to adopt Te Whare Mauri Ora concepts and other related resources into your mahi.
- Increase your competence and confidence with engaging Māori.
- Further develop an understanding of Mauri and how this relates to community wellbeing and engagement.

ABOUT CARLA (SHE/HER)

Ko Ruapehu tōku maunga, Ko Waikato tōku awa, Ko Ngāi tahu tōku iwi, Nō Napier ahau, Ko King tōkua whānau, Ko Frank tōku matua, Ko Dianne tōku whāea, Ko Carla King tōku ingoa Tēna tātou, katoa.

Carla is a dedicated NZAC and NZAC SGC Advisory Group member and leverages six years of tertiary education as a Narrative/Collaborative trained counsellor. With a focus on strength-based, solution-oriented approaches, she passionately advocates for improved youth mental health services in schools. Carla, a social justice advocate and rainbow community ally, draws on 11 years of counseling experience in South and East Auckland schools. Currently, as Clinical Lead at I Am Hope, she drives the development of a Counselling in Schools programme to address the rising mental health needs of Aotearoa's children.

World café

The World Café methodology, guided by seven design principles, offers a straightforward approach for large group dialogue. This session will start the day in a café-like setting, facilitating small-group rounds with changing participants. This will facilitate insightful discussion around a number of purposeful questions and School Guidance Counsellor insights.

Art therapy zone

You are invited to unwind from the demands of School Guidance Counselling through this playful and creative drop-in session. Spend time diving into a world of colors, textures, and self-expression, fostering relaxation and stress relief. This session serves as a haven for counsellors to recharge, promoting mental well-being and resilience. Take a moment to play, breathe, and find solace in creative play.

OUR SPONSORS

We look forward to announcing any sponsors for the conference soon.