

# Editorial

*Keith Tudor and Alayne Hall (Ngati Whatua, Te Rarawa, Tainui)*

## Welcome

E ngā waka, e ngā mana, e ngā hau e wha, karangatanga maha huri noa in ngā motu nei te mihi mahana atu ki a koutou katoa. Tenā koutou, tenā koutou, tenā koutou katoa. To the many talented and esteemed people who are propelled together by the four winds, spread throughout the islands, we greet you warmly. We greet you once, twice, thrice.

We are delighted to be writing this Editorial to introduce *Ata: Journal of Psychotherapy Aotearoa New Zealand*, the new journal of the New Zealand Association of Psychotherapists (NZAP). Firstly, we want to thank the Council of NZAP for its faith in us to take on this task from its predecessor, *Forum*, the original journal of NZAP, and to take up the mantle from our predecessor as editors: Peter Hubbard (1995-2004), Jenny Rockel (2005), Margot Solomon (2006-2008), and Paul Solomon (2010), supported over the years by editorial groups comprising Jenny Rockel, Robin Riley, and Tony Coates (1997-2002); Jenny Rockel, Tony Coates and Anne Speirs (2003-2004); Anne Speirs and Margot Solomon (2005); Philip Culbertson, Angela Stupples, and Paul Solomon (2006-2007); and Philip Culbertson, Angela Stupples, Paul Solomon, and Margaret Bannister (2008), and by occasional guest editors, Tony Coates (2000), Lesley King (2002), and Séan Manning (2005). We only hope that we can honour the vision of the original journal, as a platform for therapeutic educational dialogue and that we can build upon the work of these valued colleagues in developing, as it were, a new professional turn in the intellectual life of the NZAP, its publications, and professional and public profile.

As editors we are both committed to ensuring that *Ata* will continue to be an educational resource for the psychotherapy community and healing practitioners. We are keen to ensure that the journal will foster a learning environment here in Aotearoa New Zealand and further afield, presenting articles written by informed and wise contributors. I, Keith, am honoured to have been asked to edit this journal and am delighted to be able to bring my experience of writing and editing, as well as my enthusiasm for encouraging people to write and publish, to contribute to a new professional association in my new homeland. I am also delighted to be working with Alayne, whom I first met on Te Tii Marae, Waitangi, when, in 2008, I came from the UK to attend the NZAP Annual Conference held in Waitangi (prior to emigrating here in 2009). As the co-editor I, Alayne, am passionate about fostering a psychotherapeutic community that influences positive change for whānau based upon sound knowledge drawn from Te Ao Māori (the Māori world) and Te Ao Pākehā (the non Māori world). The

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recognition of Indigenous forms of knowledge is a developing phenomenon in Western thinking and challenges us to consider possibilities beyond these terms. I cannot think of a better theme for the re-launch of this journal: *kia mau to tokanga nui a Noho*, there is no place like home and, indeed, “Home is Where we Start From”.

## The Journal

Having taken on this mantle at the end of last year, and as a result of several discussions with Council, and also with colleagues in related professions, with each other, and with publishers, designers, and printers, we have developed a vision for a contemporary, professional and academic journal of psychotherapy in Aotearoa New Zealand, which, in organisation, practice and theory, reflects NZAP's partnership with Waka Oranga, and which will have an appeal to the field of psychotherapy and related fields of psychology and counselling both within and beyond Aotearoa New Zealand. In practical terms this is reflected in a number of innovations:

- Firstly, with regard to its contemporary look, and professional and academic standing, we have redesigned the journal; organised the publication of both print and online versions; re-established a double-blind peer-review process for all submissions; and, with NZAP's Council, made a commitment to publishing two issues of the journal each year: one, a generic issue (to be published in the Autumn), and the other a special, themed issue based on the theme of the Annual NZAP Conference (to be published in the Spring). From next year (Volume 17) we want to introduce a regular section on research. Once the journal is established on this basis, we will apply for it to appear in the main international research citation indexes; and, as the journal is also appearing in an online electronic version, each article has been allocated a digital object identifier (DOI), innovations which are designed to increase the journal's presence, readership, and influence.
- Secondly, the journal reflects NZAP's growing engagement with biculturalism and our partnership with *tangata whenua* in the form of: our co-editorship; the establishment of an Indigenous Editorial Advisory Board; the inclusion of *te reo Māori* as both a national language and *taonga* (treasure); and having abstracts available in *te reo Māori* and English. We are most grateful to Hineira Woodard for providing the interpretations and for her generosity in doing so in a tight timeframe. *Nga mihi aroha ki a koe Hineira*. Furthermore, the facility that submissions to the journal can now be made in *te reo Māori*, and be translated, also reflects our attempt to be cognisant of the threads required to bind the bicultural weave. This is particularly reflected in the title of the journal, *Ata*, which has been generously gifted by *tangata whenua*, for the significance of which, see the journal's opening page.
- Thirdly, with regard to its appeal beyond psychotherapy and beyond Aotearoa New Zealand, we are delighted to welcome psychologists, counsellors and overseas colleagues on the editorial boards; and to be developing collegial links with a number of other journals such as *Alter-Natives: An International Journal of Indigenous Peoples*; the *Asia Pacific Journal of Counselling and Psychotherapy*; the *Australian Journal of Psychotherapy*; the *Australasian Journal of Psychotherapy*; the *British Journal of Guidance of*

*Counselling; the British Journal of Psychotherapy; the European Journal of Psychotherapy of Counselling; the New Zealand Journal of Counselling; the New Zealand Journal of Psychology; and Psychology Aotearoa.*

Also, in this issue we have introduced what will be a regular section of abstracts of articles of interest and relevance published in other national and international journals in the field, compiled for this issue by Keith and from the next issue by invited colleagues. In the next issue, we plan to introduce another, regular section which will report the research and other public or presented work of NZAP members so, if you are a member of NZAP and have had anything published this year in another journal or have presented a paper at a Conference, do send us the details — to keith.tudor@aut.ac.nz or alhall@aut.ac.nz — so that we may publish the citation and so that we as an Association may have a developing sense of our intellectual capital and capacities, and that others may also obtain a sense of what NZAP members are producing and presenting. From next year (Volume 17) we also want to introduce a section of abstracts of unpublished presentations from the annual NZAP Conference; of presentations from other conferences held in Aotearoa New Zealand, as well as overseas conferences; and, eventually, the translation of selected abstracts from overseas journals published in languages other than English.

In committing to producing two issues each year, we thought we would begin by producing two special issues, based on the papers from the past two NZAP Annual Conferences: “Home is Where we Start From” (Dunedin, February 2011), and “The Face of the Other” (Wellington, February 2012). The issues next year will be a generic issue (Volume 17, Number 1), for which the deadline for submissions is 28<sup>th</sup> December 2012, and a special issue on the theme of the Auckland Conference (to be held in April 2013), that is, “Ko Rangitito te Maunga, Ko Waitematā te Moana | Figure and Ground” (Volume 17, Number 2), for which the deadline for submissions is 28<sup>th</sup> June 2013.

## This Issue

There is a particular symbolism and synchronicity about launching a new journal with a special issue on home. The phrase, “Home is where one starts from” is a line in T. S. Eliot’s (1940/1963) poem “East Coker”, the second of his “Four Quartets”. This line was echoed in the title of and cited as an epigram in a book, *Home is Where we Start From* (Winnicott, 1986), which comprises a collection of essays written by the child psychoanalyst, D. W. Winnicott (1896-1971), compiled by Claire Winnicott, Ray Shepherd and Madeleine Davis, a book which is reviewed in this issue. The theme, “Home is Where we Start From”, invites us to consider what we mean by the place from which we start and refer to as home; and to reflect on whether, indeed, we do start from there; and whether and to what extent “home” is home. According to *The Shorter Oxford English Dictionary* (Onions, 1933/1973), home encompasses:

1. A village or town.
2. A dwelling place.
3. The place of one’s dwelling and nurturing.
4. Figuratively, the grave or future state [as in “going” or “returning” home].
5. A place, region, or state, to which one properly belongs, in which one’s affections

- centre, or where one finds rest, refuge, or satisfaction.
6. One's own country, one's native land; the place where one's ancestors dwelt.
  7. The seat, centre, or native habitat.
  8. An institution providing refuge, rest [or care].
  9. In games, the place where one is free from attack; the goal.

It is perhaps significant that the first definition (above) of home offers a broader starting point than that of an individual place of dwelling, abode or residence, and that is the case not only in English but in many other languages. As O'Toole (1997) has explained, the etymology of the word *baile* in Irish (Gaelic) means both home and town:

In Irish the terms *sa mbaile* and *sa bhaile*, the equivalents of the English *at home*, are never used in the narrow sense of home as a dwelling. They imply, instead, that wider sense of a place in the world, a feeling of belonging that is buried deep within the word's meaning. (p. 136)

In their study of the meaning of house and home in a New Zealand context, Perkins, Thorns, Winstanley and Newton (2002) identified a number of themes in the literature drawn from a wide range of social sciences, including: differences in terms of age and generation; body and sexuality; family relations; feminist perspectives; gardens; historical contexts; leisure; methodological issues; property relations and issues of tenure; sense of place; social and cultural constructions; and urban environments. Thus, home holds more meanings beyond the physical "house" or building: as a place to preserve and maintain; as a place of hospitality and as a site of belonging — and, of course, not belonging; and as a concept which contains ideas and fantasies of home as a response to displacement, that is, nostalgia, and longing, on which Mac an Ghaill and Haywood (2011) have commented: "This intertwining of an authentic self with original home-place is often ascribed to emigrants as evidence of their atavistic position in relation to their home-land" (p. 390).

Unsurprisingly, these themes were reflected in papers presented at the NZAP Annual Conference held in Dunedin 11<sup>th</sup> - 13<sup>th</sup> February, 2011 and on the theme "Home is Where we Start From", and are reflected in six papers on the theme of the Conference which appear in this special issue. This theme was echoed on the cover of the Conference Handbook which had a picture of a Buller's albatross (*Thalassarche bulleri*), of which the only colony on the main islands of Aotearoa New Zealand is at Taiaora Head on the Otago Peninsular, just outside Dunedin. The Buller's albatross is endemic to these islands; their breeding is annual and colonial; and, from three years after fledging, they begin to return to their colonies. The image is a powerful one and we are grateful to Katy Yiakmis, the designer of the journal, for finding the image of two albatrosses for the cover of this special issue.

The two opening articles are edited versions of two of the keynote speeches given at the Dunedin Conference. In her article Alayne Hall elaborates four Māori concepts — *pōrangī*, *wairangī*, *haurangī*, and *kahurangī* — as significant aspects of psychological functioning, and suggests their importance for psychotherapy. Alayne goes on to discuss the psychological and social impact that partner and family violence has on Māori

women and children with the result that they have to seek refuge from their own home. She links this to the broader context of how Māori have been dispossessed and alienated from “home” through colonisation, a theme which is also the subject of the article by Toni Shepherd and Wiremu Woodard. Next, Jo Stuthridge, discusses three themes which are found in the literature on developmental research, namely, that the mind develops in co-created relationships; that the mind is emotional and embodied; and that a coherent self-narrative in the parent predicts secure attachment in the child. Jo, who lives in Dunedin, writes engagingly of her experience of speaking “at home” and reflects on this to illustrate the point that the ongoing development of the self is constructed — or, more accurately, co-constructed — through encounters with others, in this case, the original audience and now, by extension and implication, the reader.

The next four articles are based on workshops presented at the Conference and, whilst they are different — in style, content, and theoretical influence — they all discuss and elaborate aspects of home. Firstly, Chantal Degril discusses the concept of “home”, and of being home and not alone, drawing on Freud’s (1919/1925) paper on “The Uncanny” or, literally, from the German, *Unheimlich*, the “unhomely”. She does this with reference to a clinical case study of her work with a young boy, and, theoretically, to Lacan’s concept of “the Other” and, more broadly, his development of object relations. Next, in a wide-ranging article which encompasses personal accounts, poems and vignettes, sociological, psychological, spiritual and historical perspectives, group analysis and social relations, Toni Shepherd and Wiremu Woodard make the point that “not home” is sometimes where we start, especially those who have been displaced through colonialism and *raupata* (confiscation). Those of us who had the privilege of attending their workshop at the Conference will remember them presenting their ideas together, interleaving their research, stories, and analysis, while passing their daughter, Toi, then 10 months old, backwards and forwards to each other; the layout of the article printed here reflects something of this interweaving of their two voices in one song. The next article also reflects and represents creative expression, in this case, a dance, as interpreted in a dance performance (which formed part of the original workshop at the Conference) and a reflective paper. In the article, entitled “My House Burned Down”, Jenny de Leon, the author, and the choreographer and performer of the original dance performance, argues that relinquishment is an essential part of understanding the concept of home. Jenny orients the reader with some discussion of dance, the language of dance, and dance therapy, and then, drawing on her reading of T. S. Eliot’s poetry, presents her ideas about relinquishment as a “letting go” as distinct from a “giving up”. In the final article of this issue, Margaret Bannister reflects on the work of Winfried Georg Sebald (1944-2001) and, in particular, his book *Austerlitz*. In an article which combines literary criticism with psychological analysis, with particular reference to trauma, memory and attachment, Margaret also refers to and reflects on her own experiences as an evacuee.

Some of the authors integrate te reo Māori into their writing, and sometimes offer an explanation or translation — and sometimes do not. As editors, we support authors expressing themselves in their language and, perhaps even challenging the reader. At the same time, as part of our bicultural weaving, and particularly in the interests of accessibility and, we hope, an increasing international audience, we have decided as

editors to provide a Glossary which, in this issue, is to be found on pp. 127-128; this comprises specific words in te reo Māori used in articles in this issue and not necessarily translated or interpreted in situ.

In our first of what we plan to be a regular reviews section, we are pleased to have for this issue two book reviews and a review of a conference. Continuing the focus on the theme of this special issue, John O'Connor reviews the book *Home is Where we Start From* whose title inspired the Conference theme; and Keith Tudor reviews two books both titled *The Politics of Home*, one a book about belonging and nostalgia, and the other about postcolonial relocations in 20<sup>th</sup> century literature. Finally, in this section, Kerry Thomas-Anttila offers her reflections on the recent International Conference on the work of Frances Tustin, held in Sydney in July of this year.

This is followed by another new section of the journal which comprises abstracts of articles of interest and relevance published in other national and international journals in the field, January - June 2012, in this issue from *AlterNatives*; the *Asia Pacific Journal of Counselling and Psychotherapy*; the *British Journal of Guidance of Counselling* including a special issue on "Counselling and Guidance Initiatives in Aotearoa New Zealand"; the *British Journal of Psychotherapy*; the *Journal of Humanistic Psychology*; *Psychoanalysis, Culture and Society*; and *Psychoanalytic Dialogues*. In the next issue we will publish abstracts of articles published July - December this year. In this way we are wanting to look outwards to other other journals and associations; and we hope that, in time, articles published in *Ata* will be abstracted in these and other journals.

Producing a journal takes a lot of work — as we know, a mixture of inspiration and perspiration! — and, in this, we are grateful for the support of our whanau, families, friends, and colleagues, as well as the NZAP Council, and of course, the contributors and peer reviewers (whom we will name and thank in the second issue of the year). The journal will only survive and thrive on the strength of the contributions and peer reviews as well the editing, and we welcome and your support, particularly through the submission of articles (see p. 130-131 for Instructions to Authors) and below for the copy deadlines for forthcoming issues.

As editors, we are both excited and, naturally, apprehensive about the journal. While the word apprehensive is usually associated with a sense of being fearful of what is to come, it also carries an earlier (older) meaning which is concerned with being capable of grasping with the mind. Given the current interest in psychotherapy in mentalisation, it seems appropriate that the editors of this re-launched journal are excited, anxious, and capable of holding psychotherapy and NZAP in mind in this particular manifestation. We also hold some "prehension" in terms of looking forward to the way in which *Ata* both involves the psychotherapy community in Aotearoa New Zealand and beyond, and evolves: actually and symbolically; taking and changing shape; forming, informing, and reforming.

No reira, ehara taku toa i te toa takitahi, engari he toa takitini. My strength is not mine alone, it comes from the collective/group.

Ata: Journal of Psychotherapy Aotearoa New Zealand  
Volume 16, Number 2  
December 2012  
Special Issue: "The Face of the Other"

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Ata: Journal of Psychotherapy Aotearoa New Zealand  
Volume 17, Number 1  
April 2013

Copy deadline: 31st December 2012

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Ata: Journal of Psychotherapy Aotearoa New Zealand  
Volume 17, Number 2  
November 2012  
Special Issue: "Ko Rangitoto te Maunga,  
Ko Waitemata te Moana | Figure and Ground"

Copy deadline: 31st July 2013

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Ata: Journal of Psychotherapy Aotearoa New Zealand  
Volume 18, Number 1  
April 2014

Copy deadline: 31st December 2013

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