

Editorial: Psychotherapy in Aotearoa New Zealand: Past, present and future

John O'Connor

JUNGLIAN ANALYST, PSYCHOTHERAPIST, AUCKLAND

Wiremu Woodard (Tuhoe)

PSYCHOTHERAPY PRACTITIONER, AUCKLAND

Korihi te manu	The bird sings
Tākiri mai i te ata	The morning has dawned
Ka ao, ka ao, ka awatea	The day has broken
Tihei Mauri Ora!	Behold, there is life!

E ngā mana, e ngā reo, e ngā manu tioriori, tēnā koutou, tēnā koutou, tēnā koutou katoa!

I¹ woke today to discover that my clinical office had flooded. The devastation which was the Auckland floods had crept stealthily into my office, not causing too much damage, puddling throughout, soaking rugs and nibbling at the base of bookcases. The clean-up has not been too arduous, and the damage, distressing but not devastating.

Nevertheless, nature's power rocked me, attempting I think to wake me from my somnolent desire to avoid the seemingly inevitable destruction we all face. Slowly, I began to glimpse how disturbingly uncomfortable I felt about my own contribution to the climate induced destruction I saw around me, and how upset I felt about the distress of others who, on this occasion, had been so much more significantly directly affected than me, by these floods. Thomas Ogden (1999) wrote a very helpful paper entitled *Analysing forms of Aliveness and Deadness of the Transference Countertransference*. In it he explored how he tracks his own subjectivity in order first to attempt to make sense of forces of creativity and/or destructiveness in the transference countertransference; then to seek, either gently or forcefully, to invite the patient to recognise both their own creative life-giving impulses, and their potential destructiveness.

¹ Use of the first person "I" refers to the first author, John O'Connor, in this editorial.

O'Connor, J., & Woodard, W. (2022). Editorial. *Ata: Journal of Psychotherapy Aotearoa New Zealand*, 26(2), 7-9. <https://doi.org/10.9791/ajpanz.2022.06>

As the New Zealand Association of Psychotherapists (NZAP) celebrates its 75th year we have much to be proud of, to celebrate, to recognise and acknowledge. The *Ka mua, Ka muri Conference*, out of which many of the papers in this issue of *Ata* have emerged, was a wonderful and creative celebration of the work of many. We are very grateful to the conference organisers of this stimulating and fruitful event. It celebrated the wisdom of our ancestors, the depth and energy of contemporary practitioners, and the many potentially creative opportunities and difficult challenges before us all. Our hope is that in engaging with the papers in this issue of *Ata*, these papers might invite us to consider how we are contributing clinically, as inhabitants of this planet, and as Association members, to creativity and life-giving possibilities, and also to reflect upon our own self-destructive capacities; to challenge ourselves to notice the ways in which we might engage with each other as an Association that might be deadening rather than enlivening. And, as Ogden (1999) suggested in his paper on aliveness and deadness, we hope this may assist us to continue to creatively associate, to reach across our differences, to understand, support, challenge, and enable each other and our remarkable Association. With these musings in mind, we are delighted to outline the creative and challenging papers which make up this issue of the *Journal*.

We begin with Rod Sandle's moving, generous, and thoughtful reflections on his experience of engaging with the practice of psychotherapy in Aotearoa New Zealand, and the lessons learned through his membership of our Association. Claire Miranda then challenges us to face the urgency of the climate crisis that so powerfully impacts us all. Craig Whisker provides a thorough and provocative analysis of the opportunities for psychotherapy in Aotearoa New Zealand's newly restructured public health system. He draws together a wide range of information, including his survey on the psychotherapy workforce in the public sector, provoking many questions and possibilities. Keith Tudor and John Francis reflect upon psychotherapy research undertaken by recent students of psychotherapy at Auckland University of Technology, and its significant potential to inform us all. John O'Connor, David A. Nicholls, Mark Thorpe and Wiremu Woodard utilise a Foucauldian lens to explore the discourses that have made psychotherapy possible in Aotearoa New Zealand, and then utilise clinical vignettes to consider possible clinical implications. Keith Tudor and Kris Gledhill provide a very helpful exploration of the principles and practice of notetaking and record keeping in psychotherapy. Carol Worthington offers a moving reflection on her many decades as a psychotherapist. And lastly John O'Connor offers a stimulating review of the engaging book *Between the Harbour and the Mountain: Reflections on the Ordinary and the Profound* (2021) by Patricia Williams.

We hope you will find these papers, and the celebration they are of 75 years of NZAP, an enriching read, one that provides both hope and challenge for the next 75 years.

We thank Hineira Woodard for her generous and expert work providing te reo Māori interpretations of the abstracts; tēnā koe, Hineira. Our deep thanks to our creative, skillful, and eagle-eyed designer, Katy Yiakmis; tēnā koe, Katy. Thank you to Nikky Winchester for her dedicated and skillful work as assistant editor: tēnā koe Nikky. And we thank Luisa Maloni for her careful and unfailingly accurate work in assisting the editors in numerous tasks, large and small. Finally, we thank you, the reader (NZAP member or subscriber), for

your continuing support of the journal; we hope you will find this issue an evocative, provocative, enjoyable, and engaging read, and we look forward to editing the next issue.

Tēnā koutou, tēnā koutou, tēnā koutou katoa.

References

- Ogden, T. H. (1999). Analysing forms of aliveness and deadness of the transference countertransference. In *The dead mother: The work of Andre Green*, (1999). Gregorio Kohon (Ed.). Chapter 6. Routledge.
- Williams, P. (2021). *Between the harbour and the mountain: Reflections on the ordinary and the profound*. Calico Publishing Limited.