

# A Bibliography of Literature Related to Maori Mental Health

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## Introduction

This bibliography has been constructed as part of a wider project that began in 2004, arising out of our awareness of the difficulties our students in counselling, pastoral counselling and psychotherapy were encountering when trying to access current, published material addressing Maori and Pasifika therapeutic approaches and related issues. Since the publication in 1997 of *Counselling Issues and South Pacific Communities*, edited by Philip Culbertson, we had not seen many more recent books or articles appearing specifically in the counselling and psychotherapy literature in these areas. Furthermore, our students were continuing to struggle to identify and access other publications that could resource them in their personal study, their practice and their research. Philip and Margaret therefore set out to work with practitioners and researchers from both the Maori and Pacific Island communities, to do what they could to address these needs.

## Development of the bibliography

With the assistance of a grant from the Staff Research Fund of the University of Auckland, the initial literature search for this bibliography was undertaken by the third author, Laura Mariu from Hibiscus Research. The material we were aiming to locate could be identified under the broad umbrella of "Maori mental health". The influences upon mental health and well-being for Maori are multi-dimensional, inter-related with all aspects of personal and relational functioning, in the context of whanau, hapu and iwi as well as the wider community and socio-political environment. In terms of academic and professional disciplines, we therefore needed to spread the net widely, to encompass a range of literatures including counselling, pastoral theology and counselling, psychotherapy, education, health, medicine, psychology, psychiatry and social work, as well as history and sociology.

The search focused primarily on identifying material that would be reasonably readily accessible to students, researchers and practitioners, in published books, journals, research reports and policy documents in these areas, in either print or electronic form. This, of necessity, led us to exclude some relevant material in limited circulation documents, such as conference proceedings, as well as in the popular media, that would be

unlikely to be available to a wide readership over time. Material in other electronic forms such as videotape, audiotape, DVD or CD was also excluded. From the general therapeutic and cross-cultural counselling literature, we only included publications related specifically to Maori.

In the initial phase, material was sought by means of the Internet search engine Google and library databases. Keywords used included: Maori mental health; alcohol and drug; identity; Maori arts, myths and legends; Maori health, and Maori research methodology. Items were also identified using reference lists of current student theses and bibliographies of recent Maori works. References identified were entered into the electronic bibliographic filing system EndNote.

Further searching was then undertaken by Philip and Margaret, using additional bibliographies of both counselling literature and Maori mental health that we discovered, electronic databases such as PsychInfo and ERIC, as well as the websites of some relevant government departments. Although we all found electronic sources useful, as Manthei and Miller (2001) noted when surveying recent counselling literature, such databases alone provide only some of the available relevant material. As Manthei and Miller did, we also needed to spend considerable time both hand-searching journals and newsletters in relevant professional areas, and undertaking searches of the reference lists in journal articles and chapters in edited books.

### **Organisation of the material**

The categories into which the bibliography has been organised were developed by the three authors in the initial phase of the project, from our cultural/personal perceptions, and from our professional perspectives as researchers, practitioners and counsellor educators, identifying significant aspects of both therapeutic practice and the knowledge base that informs this work. As the search progressed and material was collated, the list was refined over time, in accordance with the themes that emerged; some categories were added, and some deleted or collapsed into other, broader groupings.

It was not always easy to allocate items to categories, as many contain information relevant across several areas. We have attempted to identify the predominant theme in each item and allocate it to a category accordingly. We have not attempted to cross-reference items, a complex task beyond the resources available for this project. In using the bibliography we recommend applying the standard approach for any literature search, identifying the key words associated with a topic, then searching through the items in each category in order of relevance. The categories are listed in alphabetical order below.

## **Categories in order of inclusion**

Counselling and psychotherapy  
Crime and justice  
Culture and identity  
Disability  
Education  
Emotions  
Gender and sexuality  
Government agencies and social policy  
Medicine and traditional healing  
Mental health  
Pastoral care and spirituality  
Psychology and psychiatry  
Research methodology  
Substance abuse and addiction  
Suicide  
The Treaty of Waitangi and partnership  
Violence and abuse  
Youth

Some of the items within the “Culture and identity” category are historical publications, originally written some time ago and reissued more recently. They have been included because of their significance over time, as have some of the earlier writings that are specifically related to counselling. The historical evolution of some perspectives can be seen reflected in material here, as well as in other sections.

The list of items under the category “Youth” is perhaps surprisingly limited, although there are a number of relevant publications listed under other categories. Further information and discussion about issues pertaining to Maori youth can be found within the general body of literature about youth mental health and school counselling. Restorative justice and restorative practices are the focus of a growing number of publications relevant to working with Maori young people as well as adults. Some recent examples have been included in the “Crime and justice” section of the bibliography.

## **Issues arising in locating material**

During the process of compiling the bibliography we have become aware of some issues that warrant comment. It seems to us that the inherent challenges they present need to be addressed as a community of practitioners and researchers, if we are to make valuable resources more readily available to inform our work.

### Identifying relevant material

We found that neither the titles of books and articles nor the names of authors are necessarily reliable guides when trying to identify relevant material. Some apparently Pakeha-oriented publications, as well as material in the international literature associated with various disciplines (e.g. comparative studies and international publications by New Zealand authors), are sources of relevant information and commentary.

Personal knowledge of some texts and word of mouth are important means of discovering some of these items, and in our search we also stumbled upon some publications by chance. The same would also apply to other aspects of counselling and counselling-related knowledge. This raises questions about how we can disseminate information about resources most effectively within our professional community. Some ideas that may be considered include regular lists of recent relevant publications in the *NZAC Newsletter* and/or on the website, comment from members about material they have encountered and found useful, and reviews of recent publications from both Maori and non-Maori perspectives.

### Problems with existing bibliographies

It was disturbing to discover that some existing bibliographies of material relevant to Maori mental health, as well as reference lists from theses, contain a number of mistakes. Some of these turned out to be quite significant, making their entries in these lists misleading. In addition, we found gaps in the information provided about various items. This made it frustratingly difficult to source some material, as it would be for a student, practitioner or researcher trying to locate and use these publications.

In compiling this bibliography, we have tried to ensure the accuracy of the information included, but we may have inadvertently made mistakes ourselves. We would be grateful if you could let us know if you find any corrections that need to be made.

### Material in unpublished form

While there is a substantial resource base of published material relevant to Maori mental health, nevertheless a number of interesting items remain in unpublished form. In particular, these include papers given at conferences, at seminars within universities, or as written university assignments that are not full theses, as well as workshop and course notes. Although some are available on the web, many are not. Collectively, we need to find ways of making such material more widely available.

Electronic means would seem an obvious solution here, together with alerting our members to such items and the relevant websites. We could, for example, ensure that

edited versions of conference proceedings are published in print and/or electronic form after every major conference NZAC sponsors, and that proceedings are accessible through the NZAC website. We also need to encourage and support those who make presentations in various contexts to write up their material for publication, for example by contributing to a collaborative writing process, by advising and mentoring colleagues in their writing, or co-authoring a publication.

### **Trends in the literature**

Finally, we would like to offer some observations about some strengths and gaps that we perceive in the currently available literature. As Manthei and Miller (2001) observed, by 1991/92, the bicultural literature had altered attitudes and, to some extent, practices within the profession and beyond. In recent years there have been more attempts to articulate what it means to be engaged in relationships across the professional community – both with one another and with our clients – that reflect the principles of biculturalism and partnership. Exciting developments are also evident in theorising Maori research methodologies, including the rising influence of post-colonialism.

Surprisingly little, however, seems to have yet been published that reflects the exciting work that we know is occurring in collaborative, bicultural therapeutic practice, as well as in various contexts with Maori clients by both Maori and Pakeha counsellors. We were able to find little written material giving voice to Maori perspectives on supervision, including the question of what cultural supervision may mean from both Maori and non-Maori points of view.

It seems to us that current theories depicting Maori approaches to counselling tend to be painted with a broad brush, vividly describing concepts and values that underpin the work, as well as steps in the process. Counsellors in training, both Maori and non-Maori, would value more resources to guide them in understanding the specific skills that need to be applied throughout the process, and more discussion about the ways in which aspects of other approaches and skills may be successfully adapted and interwoven with Maori frameworks and practices.

### **Conclusion**

In suggesting the above areas as topics for future publications, we are also conscious that at this point, this bibliography is by no means exhaustive. We welcome annotations, additions and corrections, including either print or web-based resources. Additions and corrections can be sent to [p.culbertson@auckland.ac.nz](mailto:p.culbertson@auckland.ac.nz) or [m.agee@auckland.ac.nz](mailto:m.agee@auckland.ac.nz). We intend to maintain and update this bibliography, and make it available in electronic form.

Further resources are publicly accessible through the websites of all relevant government departments, as well as from the National Library of New Zealand Te Puna website.

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