



*He mahi matatini te mahi*

## **Working with Complexity**

*Clinical Psychology in the Digital Age*

*Te tikanga mātai hinengaro i te ao hangarau*

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**NZCCP 28<sup>TH</sup> National Conference**  
**Saturday 29 - Sunday 30 July, 2017**  
Ryldges Lakeland Resort, Queenstown

## PREFERENCE WORKSHOP



### Matthew Berry

Thursday 27 and Friday 28 July, 9am - 5pm

### Co-existing Problems in the 21st Century/Digital Age

Substance use and addiction have long been recognised as high prevalence disorders, often hiding behind the scenes contributing to depression, anxiety and other disorders. However with the advent of the 21st century, there has been a broadening in both the types of compulsive behaviours and the range of people who fall victim to them. Compulsive overeating is leading to a crisis in both diabetes and heart disease. Online pornography use has continued to explode and has become one of the leading causes of impotence in young males. Online dating and sex apps have fueled both compulsive sex addiction and the use of drugs such as methamphetamines. Computer games and online technology are resulting in behaviour patterns that had once been the domain of substance addiction.

This two day workshop takes clinicians through the ten primary drivers of addicted and pseudo-addicted behaviours, in a framework that integrates psychological, medical, genetic and systemic factors. Discussion will also include neurological underpinnings of addiction.

*Dr Matthew Berry is a clinical psychologist currently in private practice in Melbourne and is a sessional lecturer at Swinburne University. His career has focussed in the drug and alcohol sector in clinical, management and supervisor roles in both public and private settings. His other areas of interest include Aspergers in Adults, Happiness, and Supervision Skills. He has provided consultancy for variety of organisations, including Anglicare, VicRoads, and the Victorian Government, being the principle author for guidelines for a new forensic treatment framework. He is the current advisory chair for the Australia and New Zealand Addiction Conference, and is finishing his first text book on addiction treatment.*

## KEYNOTE ADDRESS

### Matthew Berry: When therapists get stuck

Psychology training today is primarily focused upon interventions for clients who are ready, willing and able to engage in psychological therapies. However, in the world of clinical practice there are many clients who do not seem to change, and appear either not ready, or unwilling to engage in psychological treatment and yet present to us wanting help with their psychological distress. These can result in the therapist working far harder to 'change' the client; feeling stuck and experiencing frustration or irritation with the client; and questioning their own sense of competence. Too often this can result in the client being labelled as 'not ready', 'resistant', 'difficult' or even the classic '(s)he's a P.D.'

This keynote is a story about many mistakes and lessons learned from a career working with addiction and personality disorders. It explores the hidden layer of the therapeutic relationship, and the often counter-intuitive strategies that help resolve 'stuckness', greatly increasing outcomes for this long suffering and all-to-often misunderstood population.

**For more information and the call for papers please go to:**

<http://www.nzccp.co.nz/events/conferences/nzccp-2016-national-conference/>

## KEYNOTE PRESENTER



Mary Aiken

**Dr Mary Aiken** is an Adjunct Associate Professor at University College Dublin, Geary Institute for Public Policy, and Academic Advisor (Psychology) to the European Cyber Crime Centre (EC3) at Europol. She is a lecturer in Criminology and Research Fellow at the School of Law, Middlesex University, a Fellow of the Society for Chartered IT Professionals, a Sensemaking Fellow at the IBM Network Science Research Centre, Distinguished Professor of the Practice of Cyber Analytics at AIRS Hawaii Pacific University. She is a member of the Hague Justice Portal advisory board and the INTERPOL Specialists Group. Mary's work as a cyberpsychologist inspired the CBS primetime television series 'CSI: Cyber' she is a producer on the show. Her recent book, *The Cyber Effect* was selected by the Sunday Times as a 2016 book of the year in the 'Thought' category, and Nature the international science journal listed *The Cyber Effect* in the top 20 books of 2016.

## KEYNOTE PRESENTER



Terry Huriwai

**Terry Huriwai** is the **Manager, Te Hau Marire Programme, Te Rau Matatini**. His role allows him to participate at local, regional and national levels to influence and shape practice and service delivery. Terry is also involved in the Takarangi Competency Framework, which is an integrated training platform that provides opportunity to not only enhance practitioners ability to work with Maori but also to raise addiction, complexity capability and the culture of competency with a wide range of workforces and services working with addiction-related harm and 'healing'.

*And with a Special Address from NZCCP Patron, Sir John Kirwan*

## OTHER PRESENTERS



Simon Adamson

**Associate Professor Simon Adamson** is Deputy Director of the National Addiction Centre, University of Otago, and a clinical psychologist with 20 years' experience in the addiction field. His 2004 PhD examined predictors of treatment outcome for alcohol use disorders and he has published over 50 papers on a wide range of addiction and co-existing disorders topics. After twenty years working for the Canterbury District Health Board Simon has recently moved to a half time private practice role with the Bealey Centre to compliment his academic position. He is the addiction specialist on the clinical governance committee of the National Telehealth Service and is a member of the National Committee on Addiction Treatment.



Judge Tim Black

**Judge Tim Black** was admitted as a barrister and solicitor in May 1991. He joined the Balclutha firm O'Malley and Black and became a partner there in 1994. He joined the Dunedin office of Anderson Lloyd in 2005 as a partner. He has been a member of the New Zealand Law Society's Family Law Section executive. Judge Black was appointed to the bench in April 2015, and sits in the Wellington Court with a 75/25 mix of family and criminal work.



Kirsten Davis

**Dr Kirsten Davis** is a Clinical Psychologist who specialises in working with children, young people and their families. Kirsten has been involved in development, implementation and coordination of a DBT Programme for young people and their families at the Kari Centre (an outpatient child and adolescent community mental health service in Auckland). Kirsten was a co-investigator in a randomized feasibility trial of DBT for adolescents and their families in New Zealand and has provided DBT training both within mental health services and has been a co-trainer for several Behavioural Tech licensed events. Kirsten provides DBT supervision and consultation to both individuals and DBT consultation teams within both adult and adolescent community mental health services.



Steven Leicester

**Dr. Steven Leicester** has held clinical and research roles within youth mental health, AOD and digital agencies. He worked in clinical roles and as a manager of early psychosis teams at Orygen Youth Health for 13 years, where he was involved in shaping innovative treatment approaches for young people experiencing emerging psychotic disorders. He has also led major drug treatment agencies and contributed to major reforms across the AOD sector, including managing a range of federally funded programs. During the past 2 years he has led **ehedspace**, a national teleweb service providing online youth mental health interventions across Australia. A particular focus of the program involves providing comprehensive interventions within a digital environment. He has a particular interest in expanding the scope of digital practise to embed stepped care frameworks in the delivery of online mental health services.



Professor Richie Poulton, FRSNZ

**Professor Richie Poulton** is Director of the Dunedin Multidisciplinary Health and Development Research Unit which conducts the Dunedin longitudinal study, one of the most detailed studies of human health and development ever undertaken. A multidisciplinary, longitudinal study of 1,037 babies born in Dunedin during 1972/73, the Study members have been followed up since birth, at age three, then every two years to age 15, then at ages 18, 21, 26, 32 and, in 2010-2012, 38. For each follow-up phase, the Study members are brought to the Dunedin Unit where they undergo numerous assessments and measures of their health and development. Recent assessments have included a broad range of studies in the psychosocial, behavioural medicine and biomedical research areas. The age 38 assessment phase was an outstanding success with 95% of the surviving Study members being assessed. Preparations are currently under way to next see the Study members at age 45.

In 2007, he established and became a Co-Director of the National Centre for Lifecourse Research, a research centre based at the University of Otago in Dunedin, but with partners located at universities across New Zealand and internationally.

He has published 200+ peer-reviewed scientific papers, with many appearing in leading international journals. His research interests include: mental health, nature-nurture interplay, and psychosocial determinants of chronic physical disease. In 2014, he was named as a Highly Cited Researcher by Thomson-Reuters (one of only four New Zealanders so designated) and was listed in 2015 World's Most Influential Scientific Minds, Thomson-Reuters.

In 2004, he was awarded the New Zealand Association of Scientist's Research Medal and the Health Research Council of New Zealand's (inaugural) Liley Medal for Excellence in Health Research. In 2005 he was awarded the University of Otago's Rowheath Trust Award and Carl Smith Medal for Outstanding Early Career Achievement, and also received the Dunedin School of Medicine Distinguished Research Award. In 2010, he was elected as a Fellow of the Royal Society of New Zealand and was the joint recipient of the RSNZ Dame Joan Metge Medal for excellence and building relationships in the social science research community. In 2014, he was awarded the Dunedin School of Medicine Dean's Medal for Research Excellence. Earlier this year, he received the Celebrating Research Excellence Award from the Health Research Council for 'an outstanding contribution to health research throughout an established career'.

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