

2016

He Paiaka Totara: Māori Psychologists Wānanga



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Māori psychologist's wānanga held at Te Tikanga marae, Manawatū, 1-3rd July, 2016

Report to Ngā Pae o te Maramatanga

Sustainability for the growing number of Māori psychologists depends on a resilient system that reflects the centrality of Māori knowledge, tikanga, kawa and moemoea. Paiaka refers to whakapapa, identity, roots and connectedness. As Māori psychologists how we might use this term with Māori whānau and each other differs according to our own unique skills and abilities - our pūmanawa. (He Paiaka wānanga, August, 29, 2015).

Background

In 2015, members of the National Standing Committee on Bicultural Issues (NSCBI) from the New Zealand Psychological Society held a wānanga for Māori psychologists, students, researchers and lecturers at the annual Psychological Society conference. Following the wānanga, a working party was established to continue the goals identified by the attendees. The main issues that arise for Māori in psychology are:

1. The need for cultural supervision for Māori psychologists
2. The need for training for supervisors offering cultural supervision
3. The need for support for students in psychology programmes
4. The need for academic Māori staff to access support
5. The need for networks in regions across the country

Appropriately named He Paiaka Totara, the working party conducted several hui around the country to establish supportive links for psychologists and trainees. At these hui, it was suggested that further wānanga occur with a number of key focus areas such as: Ongoing professional development opportunities for practicing, psychologists and psychology lecturers, support for psychology interns and the creation of an association that supports academic and practice excellence. While we have, as Māori psychologists held indigenous psychology conferences, this wānanga was the first of its kind where we could meet and learn in a Māori specific environment.

Report

The target attendance number for this wānanga was 25 Māori either practicing or studying Psychology. The final registration count was 50. This consisted of 25 psychologists including clinical, community, education and organisational psychology. There were 22 students with similar areas of study although clinical psychologists were the majority. Other participants included a tohunga tā moko, a psychiatrist, a GP and one medical student. There were also several tamariki who attended for the duration of the weekend. We over-delivered on the target numbers suggesting a high demand for this kaupapa. Each presenter (see attached programme) delivered high quality research and high quality practice exemplars. The wānanga was arranged in a tuakana-teina fashion, with the psychologists forming the He Paiaka Totara group, and the students forming the He Paiaka Tipu group. Both groups mixed together at all times, however a separate session was held so that each

group could talk freely about their goals. The feedback from that session was the need to establish a structured group that could support our long term goals (noted above).

In terms of aligning to the goals of Ngā Pae o te Māramatanga, this wānanga contributed to new frontiers of knowledge, promoted educational achievement and enhanced health and social wellbeing through discussion about the research, practice and personal experience of Māori psychologists and PhD graduates who have reframed western psychology, [and included Māori experiences in their work and research] to alleviate the inequalities that Māori face in everyday life.

Participants were able to learn in a supportive environment where they could see the relationship between mātauranga Māori and psychology and identify our unique psychology as a challenge to the dominance of western psychology. In doing so, an indigenous psychology is given space to provide a pathway to address Māori mental, social and physical health issues.

Feedback was received arbitrarily via verbal feedback during and after the wānanga. One of the students, PhD candidate and clinical intern, Tahlia Kingi conducted an online survey which she posted to the He Paiaka Tipu facebook page. Feedback shows that the wānanga was considered a great success.

Loved the high-caliber of speakers and invited guests. Highlight was the opportunity for whakawhanaungatanga and to network with other students and ngā Totara. Even better was that it was held on a marae & having that safe space to be Māori and connect as Māori. (Clinical student)

"The best things were getting to meet other Māori psych students, having only Māori attend and having the hui on a Marae with both students and Psychs working in the field. Most beneficial was listening to all the speakers, having the opportunity to whanaungatanga and having a plan for us going forward. How we can tautoko each other better e.g. action plan (not leaving it till the end), for everyone to give a 5 minute talk about their mahi or research interests so we can connect on that level too". (Clinical psychology intern)

Whanaungatanga was the best aspect of the wa for me, I connected too old friends and made many more. Also the quality of the workshops and presentations were inspirational, transforming and innovative a true testament to our indigenous knowledge base and power. It was like being around people that were on the same vibe as me, I didn't have to explain the ordinary, we could just be, it was a space to be ourselves to be Māori. This was so important as there are so few spaces where this can happen. (Community psychology intern)

I truly believe the noho was run exceptionally well. The kai was good, the presenters shared some amazing whakaaro, and the tuakana-teina connections between the Totara and Tipu was priceless. Although there were some late nights I wouldn't want to cut out any of the activities or presenters we heard from. (Phd Student, clinical psychology student).

Feedback on improvements included wanting to have a formal poroporoaki, and to be somewhere warm. We agree that it was quite cold at the marae, but according to the kaumatua, 'he taonga te makariri'. Tongue-in-cheek, but nevertheless, we huddled pretty close to keep warm. An exceptional highlight of the wānanga was being able to participate in a tā moko kauae process following an

indigenous knowledge presentation. Being able to see this event unfold and be part of the wahine's journey was truly inspiring.

Highlights also included having Prof Sir Mason Durie attend and speak, and being part of the depth and breadth of presentations that specifically focused on mātauranga Māori and its application to psychological settings. Comments also showed that participants valued a marae based wānanga as it allowed the process of whakawhanaungatanga to emerge. Although Prof Sir Durie was not required to speak, he graciously gave his time given the significance of this occasion (as the first of its kind for psychology). Prof Sir Mason Durie issued a wero to Māori psychologist that is consistent with our view, of the need to create a professional body that would complement the already existing professional structures of psychology and also claim a space in the global Indigenous market.

We are also grateful to receive support from the National Standing Committee on Bicultural Issues (NSCBI), the New Zealand Psychological Society, Te Rau Matatini and the College of Clinical. Support from these organisations shows that our stakeholder communities support our aspirations. The overall outcome from the hui in terms of moving forward are to:

1. continue to support Māori psychologists and students in their regions (e.g., Manawatū, Tamaki-makau-rau, Waikato, Te Wai Pounamu)
2. compile a short film from parts of the wānanga which we will upload to social media
3. keep connected and inform each other of current events and issues via our two facebook pages
4. establish a professional body (i.e. Association of Māori Psychologists)
5. initiate an initial meeting with stakeholders who, based on their history in Māori health workforce promotion, could play a significant role in guiding and supporting such an association
6. facilitate relationships and kōrero with the Director of Mental Health, Health Workforce New Zealand, and Te ORA Māori Doctor's Association
7. establish future wānanga to update the membership on the progress of the above body. These wānanga have been set for September at the annual Psychological Society Conference in Wellington and in December at the IronMāori half event, 2016
8. provide support for tauira during the internship years to assist with navigating relationships and cultural / practice tensions that often exist. Establishing a professional body would go a significant way in addressing these challenges for tauira.

Budget

The budget below reflects a portion of the cost of running the wānanga which, in total, amounted to approximately \$10,000. The support received from Ngā Pae o te Māramatanga will be used to pay the following costs:

| | | |
|-----------------------------|--|----------|
| Marae hire | | \$600 |
| Te Tikanga Marae - Hire | | |
| Catering | | \$4,032 |
| Te Tikanga Marae – Catering | | |
| Heater | | \$207.00 |
| Hirepool | | |
| Car rental | | \$207.00 |
| Students (Ham-Te Tikanga) | | |
| Flights | | \$283.00 |
| Akl-Palmerston North | | |
| Total | | \$5,329 |

Conclusions

The He Paiaka Totara committee wishes to express their thanks to Ngā Pae o te Māramatanga for their support to enable us to hold our first Māori psychologists wānanga. Should you have any suggestions that may assist our future aspirations, we are more than happy to meet.

Nei aku matihere

Organisers, Dr Waikaremoana Waitoki and Mr Luke Rowe, Clinical psychologist, Central Primary Health, Palmerston North.

A handwritten signature in blue ink, appearing to read 'Waikaremoana Waitoki'.

Attachments: 10 photos with captions and wānanga programme.



He Paiake Totara and He Paiake Tipu alongside Prof. Mason Durie (right side of center pole).



Massey University psychologists, lecturers and students (Albany, Wellington and Palmerston North).



Psychology students from Massey, Auckland, Victoria, Waikato, and Dunedin.



Clinical, community and educational psychologists



Tū whakaari – “A moment to myself” a play developed by Lisa Cherrington, Clinical psychologist to highlight the pressures that precipitate youth suicide. Dr Simon Bennett plays a troubled young man struggling to live up to the expectations of others (played by he paiaka tipu – students).



Sir Professor Mason Durie enjoying a joke about psychologists (nothing about changing lightbulbs).



Tōhunga Mark Kopua conducting a moko kauae with supporters (including Luke Rowe in the black jacket, and Mahi a Atua presenters).



Mark Kopua applying the moko kauae to Ari Rowe. Ari after receiving her moko kauae. Luke Rowe in the background.



Te Tikanga marae. The wharenui at Halcombe, Manawātū.



Ceiling within the wharenui. Te Tikanga house is an historic building made without nails. The history of the building was described by the marae kaumatua on the first night of the noho.