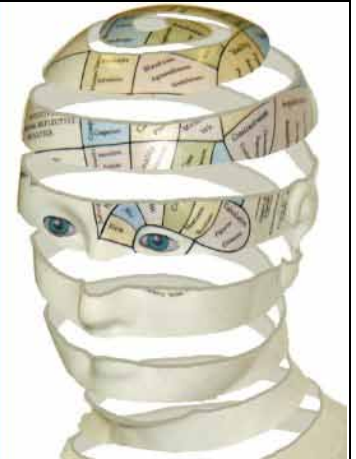




MASSEY UNIVERSITY
COLLEGE OF HUMANITIES
AND SOCIAL SCIENCES
TE KURA PUKENGA TANGATA

PSYCHOLOGY @ MASSEY



School of Psychology, Te Kura Hinengaro Tangata

Summer/Autumn/Winter 2010 Quarterly Issues

Vol. 5, No. 1-3

The School of Psychology at Massey University is situated on three campuses, Albany in Auckland, Turitea in Palmerston North, and Wellington. This newsletter is issued quarterly and captures what's been happening and what's coming up in the School of Psychology at Massey University.

Active Links

If you are reading this newsletter on your computer the links can be clicked to access the listed webpages. Previous issues of *Psychology News* can be found at: <http://psychology.massey.ac.nz/news/psych-news.htm>

Psychology in the News

Since the beginning of the year a good number of people from the School of Psychology have made the news. Here is a quick chronological overview of events and activities in the School that have received attention.

September



Massey News stories: [Lack of earthquake preparedness revealed](#) and [Tips for psychosocial support after earthquake](#)

The good folk at the Joint Centre for Disaster Research (JCDR) in Wellington have been busy providing advice and information in the wake of the recent major earthquake in Canterbury. The most recent story examines PhD candidates research of earthquake preparedness including a 2009 survey of people in Canterbury. The slightly earlier story gives an overview of the likely psychological effects the disaster will have on people in the region and ways in which negative side-effects can be managed and better understood. Advice for those affected by the earthquake has been prepared by Dr Sarb Johal and is available on the [JCDR website](#).

The views and advice of the JCDR staff have been sought by numerous media outlets. Clinical psychologist Dr Ian de Terte was interviewed on the TV ONE programme Breakfast on September 7th. You can watch the interview [here](#). Views from JCDR staff also appear in the:

- NZ Herald [here](#) and [here](#)
- [Dominion Post](#)

Massey News story: [Memory loss subject of free public lecture](#)

Prof Janet Leathem discusses the public lecture *Everyone Forgets: Understanding and Managing Memory Lapses* that she gave on September 2nd in the Museum Building, Buckle St, Wellington.



Massey News story: [Near-death experiences wanted for study](#)

Dr Natasha Tassell has teamed up with sociologist Dr Mary Murray to study New Zealanders' Near Death Experiences (NDE). The topic has clearly excited the media with numerous reports on radio, TV, and in print. Here are a selection of some of items:

- [TVNZ](#)
- Video from TV ONE's [Breakfast](#) programme
- [Otago Daily Times](#)
- [Dominion Post](#)

The *Near Death Experience Research Group* has a website at: <http://ndenz.massey.ac.nz/>. Anyone who has had an NDE can contact the researchers via this website.

August

Massey News story: [Story of loss inspires Pacific scholarships](#)

The Joint Centre for Disaster Research is establishing a Pacific Disaster Management Research Programme which will offer special scholarships for Pasifika people to train in disaster management. The programme and scholarships have been welcomed by one of the Albany campus Pacific development adviser, Ben Taufua.



Massey News story: [Examining responses to natural disasters](#)

The Fourth Australasian Natural Hazards Management Conference, co-hosted by the University's Joint Centre for Disaster Research, was held on the August 10-13 at Te Papa in Wellington. The conference attracted a range of international speakers, who specialise in the response to natural hazards such as tsunamis, bushfires and volcanic eruptions.



Massey News stories: [New chair in natural hazards planning](#) and [Earthquake risk greater for some than others](#)

The first story discusses the appointment of Bruce Glavovic to a new Chair in Natural Hazards Planning in June. Congratulations to Bruce! He will continue his role as associate director of the Joint Centre for Disaster Research. An earlier March story included an interview with Bruce about the huge magnitude 8.8 earthquake in Chile on 27 February and the lessons we should learn from it.

June

Sunday Star Times story: [Schools Ring in the Changes](#)

School of Psychology 2009 Masters graduate James Sanderson talks about his Masters research which surveyed 209 13-14 year old girls about cellphone use and cellphone cyber- and text-bullying.



Massey News story: [Dynamics of blended families under scrutiny](#)

Doctoral student Celia Falchi (Wellington) leads one of two studies into the dynamics of blended families. Information about the research, which is supported by the Family Commission, can be found at: <http://psych-research.massey.ac.nz/cherubs>



May



Massey News story: [Reducing symptoms of depression among Maori](#)

Newly graduated Dr Simon Bennett (PhD) talks about his doctoral research on the development of a cognitive behavioural therapy programme and manual adapted for use with adult Māori.

See below for more on Simon's graduation.

Massey News story: [Study reveals impact of commune life on children](#)

May saw the release of findings from a three-year study by Dr Kerry Gibson, Cheryl Woolley, and Dr Mandy Morgan (left to right), of a group of children who lived in Auckland's Centrepoin Community from 1977-2000. The study revealed the extent of abuse and its ongoing effects on their adult lives. The research received widespread coverage in the national radio, television, and print media:



Newspaper: [NZ Herald](#), Fairfax Media's [Stuff](#) (contains video)

Television: [3News](#) and [TVNZ Breakfast](#) (contains video)

Radio: [Radio New Zealand National](#), [Radio Live](#) (contains audio)



Massey News story: [Psychologist wins Three Minute Thesis challenge](#)

Albany campus psychology PhD student Isabelle Miclette beat out 10 other finalists to win the inaugural Three-Minute Thesis competition in May (Isabelle is flanked by the runners up Amit Taneja and Dr Giresh Kanji). Isabelle's thesis is entitled The Cost of Loneliness. Well done Isabelle!

See also *Massey News*: [Competition to present thesis in three minutes, Recalling past could help elderly stay upbeat](#)

Massey News stories: [Growth in graduate numbers no accident](#), [Tears, songs and challenges at Maori ceremony](#), [Twelve Maori PhDs graduating at Massey](#)



This year's graduation ceremonies were marked by large numbers of Maori graduates achieving at the highest level. In psychology doctorates were awarded to Dr Hukarere Valentine (Ngāti Kahungunu ki Heretaunga, Ngāti Kahungunu ki Te Wairoa, Taranaki, Ngāti Tūwharetoa, Ngāti Awa, Tuhoe, Ngāi Tahu) and Dr Natasha Tassell (Te Ātiawa, Ngāti Makea ki Rarotonga) in Palmerston North, and Dr Simon Bennett in Wellington. In Palmerston North at Turitea we celebrated the achievements of Hukarere and Natasha in the School with whanau and friends. Congratulations to you all.

(from left: Dr Wayne Ngata, Dr Jonathan Procter, **Dr Hukarere Valentine**, Dr Christine Kenney, Dr Will Edwards, **Dr Natasha Tassell** and Dr James Graham).

Watch the [Te Karere](#) and [Te Kāea](#) items (contained within broadcast).

From the *Massey News* stories:

"Dr Hukarere Valentine (Ngāti Kahungunu ki Heretaunga, Ngāti Kahungunu ki Te Wairoa, Taranaki, Ngāti Tūwharetoa, Ngāti Awa, Tuhoe, Ngāi Tahu) became the first Māori to graduate with a Doctor of Clinical Psychology from Massey last week. Her research explored the relationship between wairua (spirituality as defined by Māori world-views) and wellbeing. Two studies underpinned her research. The first asked how Māori conceptualise wairua. From this information a wairua measure was created and used to investigate the relationship between an orientation to wairua and Māori wellbeing. Results were mixed and further research is necessary.

"Dr Natasha Tassell (Te Ātiawa, Ngāti Makea ki Rarotonga) was awarded a PhD in psychology. Her research examined the effects of different kinds of motivation on wellbeing. Questionnaires and interviews were used to look specifically at the development of burnout in humanitarian health workers. The findings could be used in the design and implementation of recruitment strategies for these workers, as well as programmes aimed at the treatment and prevention of burnout, both pre- and post-deployment."

"Clinical psychologist Simon Bennett's ... doctoral research included the development of a cognitive behavioural therapy programme and manual adapted for use with adult Māori that was then successfully trialled with 16 Māori clients. Dr Bennett says the trial found that the adapted therapy was effective in reducing depressive symptoms and increasing wellbeing, and in general the adaptations were positively received. Clive Banks, a clinical psychologist at Rangataua Mauri Ora health service in Porirua who uses aspects of the adapted model in his practice, was one of Dr Bennett's clinical supervisors during the data gathering aspects of his research. Mr Banks says the study is likely to create international interest."



Massey News story: [Psychological fallout of nuclear testing assessed](#)

Dr Rebecca Jourdain also graduated in May with a Doctorate of Clinical Psychology. She discussed her thesis research on the psychological effects of nuclear testing in the 1950s on New Zealand naval personnel.

Massey News story: [Study explores religion and mental health care](#)

Albany doctoral student Bronwyn Clark discusses her research which investigates whether mental health treatment is less effective when the religion or spiritual beliefs of patients are ignored. Her research involves surveying those who have sought treatment in order to find out whether their religious and spiritual beliefs have been considered by therapists, psychologists, psychiatrists, and counsellors. Further information about the survey can be found here: www.beliefs-survey.co.nz



Massey News story: [Adding meaning to psychology theory](#)

Prof Andy Lock's latest book, co-authored by Prof Tom Strong (University of Calgary) was launched in May. Andy says *Social Constructionism: Sources and Stirrings in Theory and Practice* offers an introduction to the different theorists and schools of thought surrounding the study of the socially created nature of human abilities from the resources available to them in their interactions with each other. The book launch was celebrated on the May 7 (May 6 in Calgary) on both sides of the world via video conference.

See the [Cambridge University Press](http://www.cambridge.org) website for more details.

March

Massey News story: [Study to test omega-3 effect on brain power](#)

A/P John Podd and Dr Stephen Hill provide the psychological firepower on the study led by A/P Welma Stonehouse (pictured) and Dr Cath Conlon from the Institute of Food, Nutrition, and Human Health examining the effects of omega-3 on cognitive performance.



Massey News story: [Group therapy makes anxiety less of a worry](#)

A team of clinical psychologists is offering a group cognitive behavioural therapy programme for anxiety sufferers at the University's Centre for Psychology in Albany. (From the left Mieke Sachsenweger (DClinPsych student), Anita Bellamy and Robyn Vertongen)



Dr Jennifer Stillman on [Use as Directed](#)

Dr Jennifer Stillman provided expert knowledge on our sense of smell on the fascinating TVNZ 6 consumer series *Use as Directed* hosted by Simon Morton (pictured). Jennifer provided expert commentary on the role of smell in sexual attraction. If you want to see Jennifer in action select Chapter 3 on the player that can be accessed on [TVNZ's ONDEMAND](#) website) – Jennifer appears about a third of the way through.



Recent Events

New Zealand Psychological Society Annual Conference 2010

This year's New Zealand Psychological Society Annual Conference was held in Rotorua at Rydges Hotel from the 17th to 20th July. The theme of the conference was "Psychology for a Sustainable Future". Massey was represented by a number of staff and students across campuses. Over 430 people attended for both the workshops and the conference days.

The conference was a great opportunity to see how New Zealand psychology is tackling some major contemporary issues. Not only did the conference highlight some of the great work being done within the discipline, it showed a number of research and practice opportunities to contribute towards environmental, social, institutional, cultural, and economic sustainability.

A new symposium this year was organised by the school's Health Psychology interest group, chaired by Linda Jones, with Kerry Chamberlain and Linda's students presenting work from their Masters and PhD theses, and post graduate summer studentships. The rationale was to offer a critical symposium to counter balance the clinical health psychology symposium that has been developed by the society's Institute of Health Psychology.

There was a novel interruption in the critical Health Psychology symposium. During Glenis Mark's presentation a TV camera crew set up and briefly filmed. Later they interviewed Glenis for their news programme. Although this was generally a positive thing for Glenis, it did raise a question about informed consent of research participants: do they consent for you to quote them, even anonymously, in fora that may end up with their stories being broadcast on TV? It raised a different issue for Linda as chair, as to how to manage the activity in the room that distracted the audience, if not the presenter.

Tom Huggins, who presented a paper co-authored with Linda Jones, noted: "the broad range of attendees also meant there was always someone to offer advice and support for my own research into public sector planning and dental anxiety interventions. Hats off also to my fellow Massey students who gave such professional presentations of their own research projects."

Two school students won awards at this year's event: Kirsty Furness, a first year Clinical Doctorate student at Albany, won the NZPsS Best Student Conference Poster prize for her poster *Support needs of children who are affected by parental mental illness*. Angela MacFarlane, a second year Clinical Doctorate student from Palmerston North, was a joint winner of the NZPsS Best Student Conference Paper prize. Angela's paper was titled *Creating and organising an inventory of emotion regulation strategies children use*.

A complete list of abstracts can be found at: http://www.psychology.org.nz/cms_show_download.php?id=516

Around 20 of the presenters have posted up their presentations on the *Slideshare* website. These can be viewed at: <http://www.slideshare.net/event/psychology-for-a-sustainable-future>



Massey Contributions

Developing a Maori-specific measure of occupational stress. *Lisa Stewart, (Recipient of the Karahipi Tumuaki President's Scholarship 2009, MA student in Industrial/Organizational Psychology, Albany); Dianne Gardner*

Organisational strategies for dealing with bullying: Their impact on stress. *Mike O'Driscoll (University of Waikato); Tim Bentley; Bevan Catley; Helena Cooper-Thomas (University of Auckland); Dianne Gardner; Linda Trenberth (Birkbeck College, London)*

Critical health psychology in Aotearoa – New Zealand Symposium. *Chair: Dr. Linda Jones*

Maori concepts of health, illness and spirituality: Implications of Maori health treatment. *Glenis Mark; Kerry Chamberlain; Rhys Jones*

Holism, empowerment and subjectivity: Practitioners and patients accounts of integrative medicine. *Helen Madden (Research Officer and PhD Student School of Psychology, Albany); Kerry Chamberlain*

The power of things. *Joanna Sheridan (PhD student, Albany Campus); Kerry Chamberlain*

Patient request forms; and involving school children in the development of a form to improve dental visits. *Thomas Huggins (Post graduate student); Linda Jones*

Interventions for children's dental anxiety: validating a coping styles scale. *Matthew Williams (DClinPsych Student, Albany); Linda Jones*

Neuropsychology Symposium: Impacting neuropsychological outcomes: Stress, ECT, TBI, radio-therapy and culture. *Chair: Janet Leathem*

Review of Cognitive Outcomes of modern day ECT. *Kiri Luther (DClinPsych student, Wellington); Janet Leathem*

Comparison of Two Brief Cognitive Screening Measures in a New Zealand Sample. *Veena Sothieson, (DClinPsych student, Wellington); Janet Leathem*

Understanding the Relationship between CBT and Depression using a multilevel Modelling Framework Symposium. *Chair: Mieke Sachsenweger (DClinPsych student, Albany)*

Understanding the Relationship between CBT and Depression using a Multilevel Modelling Framework: An Introduction to Applied Statistical Models for the Analysis of Change. *Richard Fletcher*

The impact of attributional style and homework experiences in cognitive behaviour therapy for depression: A longitudinal multilevel analysis investigation. *Mieke Sachsenweger: (Intern Clinical Psychologist and DClinPsych student, Albany); Dave Clarke; Richard Fletcher; Nikolaos Kazantzis (La Trobe University)*

Is the Black Dog Really a Dalmatian? An Investigation into Whether Stress Impact and Attributional Style Lead to Different Outcomes for Individuals Receiving 20 Sessions of CBT for Depression. *Kimberly Good (Intern Clinical Psychologist and DClinPsych student, Albany); Paul Merrick; Richard Fletcher; Nikolaos Kazantzis (La Trobe University)*

Therapist competence in CBT for depression – The temporal relationship between case conceptualization, treatment planning and depressive symptom change. *Michael Easden (PhD student Clinical Programme, Albany); Richard Fletcher; Nikolaos Kazantzis (La Trobe University)*

Does a social policy discourse of positive ageing exacerbate material disadvantage for older people in New Zealand? *Christine Stephens; Mary Breheny*

Global Poverty, Aid Advertisements, and Cognition: Do Media Images of the Developing World Poor Lead to Positive or Negative Responses in Viewers? *Sharyn Kennedy (Intern Psychologist, Albany); Stephen Hill*

International – Local Remuneration Differences across Six Cultures: Do they undermine poverty reduction work? *Ishbel McWha (Poverty Research Group, Albany); Stuart Carr; M. MacLachlan (Centre for Global Health and School of Psychology, Trinity College Dublin)*

The lived experience of sexual abuse: Using qualitative methods to enhance clinical understanding. *Kerry Gibson; Mandy Morgan*

Creating and organising an inventory of emotion regulation strategies children use. *Angela Macfarlane, (DClinPsych student, Palmerston North); Shane Harvey; David Bimler; Jan Dickson*

Trying to think straight at altitude: The effects of mild hypoxia on complex cognition. *Stephen Hill; Stephen Legg (Centre for Ergonomics, Occupational Safety & Health); Toby Mundel; Zac Schlader; Aaron Raman (all of School of Exercise and Sports Science); Andrew Gilbey (School of Aviation)*

Poster: Support needs of children who are affected by parental mental illness. *Kirsty Furness (DClinPsych student)*

Thanks to Linda Jones, Tom Huggins, and Ash Smith for compiling this information.

Wellington Health and Biomedical Research Society Poster Meeting

The Wellington Health and Biomedical Research Society held a Poster Meeting on August 23rd. The meeting for the first time was hosted by Massey University, Wellington campus in The Great Hall. This was an occasion to showcase for the public and researchers alike, the work of health researchers in the Wellington region, and provide an opportunity for them to network. The Wellington School of Psychology was represented by eight posters contributed by Duncan Babbage, Janet Leathem, Linda Jones and Ian Evans. Two of the posters had Wellington Psychology postgraduate students as lead authors. A further two were from post graduate students in the Sleep/Wake research centre, both of

whom have psychology supervisors (Duncan and Linda). Psychology posters provided an interesting human counterbalance to the biomedical research from organisations like the Malaghan Institute of Medical Research and various other chemical and physical sciences orientated groups; Otago and Victoria Universities.

Poster contributions from the school were:

Babbage, D., Leathem, J. & Ryu, H. *Design considerations for mobile computing devices as cognitive prostheses in neurorehabilitation.*

Veliu, B., Leathem, J. & Long, N. *Methodological and cross cultural barriers in the neuropsychological assessment of refugees.*

Scheibner, G. and Leathem, J. *Memory control beliefs, strategy use, and cognitive failures in midlife: The moderating effects of selection, optimization and compensation.*

Robinson, C. and Leathem, J. *A comparison outcomes measures for suitability in brain injury rehabilitation.*

Jones, L. *A 30-year follow-up study of women's occupational mercury exposure: an analysis of residual effects.*

Jones, L. *Residual effects from occupational mercury exposure, including a proposed mercury tremor "fingerprint".*

Jones, L. and Manighetti, B. *Blues and greens: subliminal environmental perception and well-being.*

Evans, I.M. and Pechtel, P. *Phagophobia and behavioural mechanisms: Review of clinical research and a case report.*

Massey Open Days 2010 (Albany and Manawatu)



The prospective student turnout was great for 2010 **Open Day on the Massey University Albany campus**, despite being a month earlier than previous years. The School of Psychology shared the Atrium round room with the School of Social and Cultural Studies as well as Maori and Pacifica student liaison staff. The mirror-drawing task was still the most popular activity at the Psychology stall. The Biofeedback Unit which was also advertised as the "Lie Detector" provided light, comical relief for people who enjoyed stressing out their friends and family. Over 60 people attended the "What is Psychology?" lecture given by Dave Clarke. The busiest part of day was 11 – 2pm with some staff talking to people non-stop for the full two-

three hours. Staff members who helped out for the day commented that questions from prospective students were well thought out and showed students were serious about study for next year. A big thank you to all staff who were involved for the day: Dave Clarke, Jennifer Stillman, Heather Buttle, Helen Madden, Mei Williams, Jhan Gavala, Bronwyn Clark and Ying-yue Zhao.



The **Manawatu Open Day** was a huge success with Psychology being one of the handful of disciplines singled out to have their own stand. As in previous years, the mirror mazes proved to be a winner on the day with well over 120 attempts! Students were invited along to lectures during the day on a number different programmes as well as on university life in general, these lectures were extremely popular with most lecture rooms full to capacity! Hope Hyslop managed to hand out an entire box of 2010 Undergraduate Psychology prospectuses and collected a large number of orders for the 2011 version. Enquiries flooded in all day with many

students bringing their parents along to discuss their study plans and career options in Psychology. Thank you must to go Nick Taylor our College marketing coordinator for the fantastic job and assistance he provided on the day.

International Gambling Conference: *Gambling in the 21st Century*

At the 2010 International Gambling Conference *Gambling in the 21st Century: The implications of technology for policy, practice and research* held in Auckland in late February, Dr Dave Clarke presented the results of a New Zealand study which found that Electronic Gaming Machines (EGMs) in pubs and clubs were more likely to predict problem gambling than EGMs in casinos, after controlling for salient factors such as demographics and multiple gambling activities. He was also a conference chair for two paper sessions, and for a workshop on using choice theory and reality therapy in treating

problem gamblers. The challenge for the future will be dealing with problems associated with internet gambling. Biometric ways such as pupil recognition are being tried in some countries to monitor gamblers' commitments to limiting their gambling behaviour. Dave is chairman of the advisory group to the Auckland University of Technology Gambling and Addictions Research Centre. Pictured with Dave at the conference are Prof Max Abbott, Director of the Centre, and Cynthia Orme, Director of Clinical and Public Health Services at the Problem Gambling Foundation of New Zealand.



Arrivals, Departures, Achievements, and Awards

Over the last few months there have been several significant comings and goings on the three campuses, as well as a number of important awards and achievements.

Albany

Dr Kerry Gibson

Kerry Gibson's finished her tenure as Director for the Centre of Psychology, Albany campus on Friday July 2nd. Kerry's last day included a farewell morning tea with the School and Centre staff. Staff acknowledged the excellent work she has done as the Director of the Centre, especially in helping establish the Psychology Clinic on the Albany campus. Kerry was also a key member of the research team which recently released a report on the outcomes for children who grew up in the Centrepoint community. Kerry's students also held separate farewell for her; where they all praised her support, compassion and expertise. We wish Kerry well in her new job.

Natasha de Faria

Natasha de Faria has accepted the position of Senior Clinical Psychologist at the Albany Centre. Natasha started work with us on April 15th. Welcome Natasha.

Joanna Sheridan

Joanna joined the School of Psychology (Albany) as a Graduate Assistant in May; she has previously been a tutor and marker for the school. Her PhD topic is "Embodiment, materiality and narrativising weight loss". She is being supervised by Kerry Chamberlain and Ann Dupuis. In her spare time, Joanna enjoys writing plays and singing barbershop.

Mieke Sachsenweger

Congratulations and welcome to Mieke who is the clinical intern at Albany in 2010.

A/P Paul Merrick and Prof Janet Leathem (Wellington)

Many thanks to Paul Merrick, who has served as the Director for clinical training for the School over a number of years. Paul concluded his term at the end of 2009 and Janet Leathem has taken over the role from the beginning of this year.

Manawatu

Siautu Alefaio

One of our Senior Professional Clinicians relocated to Albany from Palmerston North in April. The Manawatu staff and students held a farewell for Siautu on April 23rd and were delighted to hear that her overwhelming impression of the 'Palmy folks' was that we were all so 'real'! Albany is lucky to get her!

Kathryn Campbell and Melissa Rangiwānanga

Kathryn and Melissa are our 'new' 2010 graduate assistants in Palmerston North. A belated welcome to both of you! Kathryn and Melissa join our graduate assistant team of Judie Campbell, Annette Henriksen, Ann Rogerson, and Erika Te Hiwi.

Colette Nixon and Laura Buckley

Colette and Laura are our 2010 clinical interns in Palmerston North. Congratulations and welcome.

Helen Page

Helen Page is currently on parental leave. On May 3rd she had a healthy baby boy, Seth Cole. Congratulations to Helen and family! Helen is due back to work soon – we can then expect *Psychology News* to come out more regularly!

Stanella Nui

While Helen has been away her position has been filled by the wonderful Stanella Nui (April until early August). During her 15(ish) week stint Stanella provided fantastic service with a constantly smiling face. In her signing off email she wrote: "I would like to sincerely thank each of you for every experience shared, friendship made, opportunity offered and good times had during this time. The relationships that I have formed with you have been fantastic and you have made me feel so welcome. A huge thanks to those people who have constantly supported me in developing my talents and skills while here at Massey."

Anne Ormsby

Another one of our fabulous Palmerston North office staff, Anne, returned from parental leave in early August. Welcome back Anne. You have been missed.

Dr Rachael Pond

Rachael's baby was born on March 12th weighing in at 7lb 6ozs. His name is Tenzin. Congratulations Rachael and family.

Dr Andy Towers

Andy Towers and Renee Seebeck have welcomed another daughter into the world on January 5th at 4.02pm. Her name is Isla Nellie weighing in at a very cute 6lb 14ozs. Well done Andy and Renee!

Wellington



Dr Ruth Gammon

Ruth (left) has taken up the position of Director of the Wellington Clinic. Ruth was Mental Health Director at Unity Care Group in San Francisco and has previously worked as the Clinical Director at Edgewood Center for Children and Families. She has with considerable experience in government and non-government mental health agencies, professional training and contracted research. Welcome Ruth!

Dr Emma Hudson-Doyle

Emma (right) has accepted and taken up a position in the Joint Centre for Disaster Research. Emma will be working on a FRST postdoctoral project over the next three years. Welcome!



Dr Miriam Hughes

With support from the Earthquake Commission, the Joint Centre for Disaster Research has appointed Miriam (left) as Education Advisor for a fixed-term of three years to advise on best practice in community-based education; build capacity through promoting understanding of social research in emergency management; and to support disaster research around school and community-based public education. Welcome Miriam!



Steve Glassey

Yet another new face in Wellington is Senior Tutor Steve Glassey (right) who will be teaching into the Emergency Management programme.



Ash Smith

Ash Smith has taken up the permanent position of Secretary (0.5) at the Wellington campus. Ash has held the position on a fixed-term basis for some time. Ash, if you're reading this we'd love to get a photo of you to put in the next issue!

Heidi Strauss

Heidi is Wellington's 2010 clinical intern. Congratulations and welcome.

Dr Antonia Lyons

Congratulations to Antonia Lyons who became an associate editor for *Health Psychology Review* earlier in the year.

Dr Simon Bennett

Simon Bennett reported the arrival of his 4th child on May 17th. His name is Christian Meihana and Simon describes him as, quote, "10lb 4oz of raw beast"! Congratulations to Simon and family.

Prof Ian Evans (Wellington) and Dr Barbara Kennedy (Manawatu)

Ian Evans also stood down earlier in the year from his position as Programme Coordinator for the Postgraduate Diploma in Professional Practice. Ian's guidance of the programme through its first year is much appreciated. Barbara Kennedy has taken up the role for 2010.

Dr Duncan Babbage and Dr Sid Naidu

Some ten months since officially leaving the permanent Clinic Director position at Wellington, Duncan Babbage stepped down as Acting Director on 1st April (thanks Duncan). In the time between Duncan finishing and Dr Ruth Gammon arriving, Sid Naidu took on the post of Acting Director (thanks Sid).

Meanwhile a healthy baby girl arrived at 12:40am on May 5th to Duncan and Bronwyn Babbage, after a labour that started on Monday evening but then paused for most of Tuesday. Born at home (as planned, this time), 3.0kg, no complications. Mother and baby were well. Congratulations Duncan and family.

Research Matters

Recent Research Seminars

In August the School of Psychology was treated to two very interesting seminars given by our current visiting scholar Dr Suzanne Guerin from the School of Psychology, University College Dublin, in Dublin/ Baile Átha Cliath, Ireland. The first seminar was given on the Wellington campus of August 16th; the second at Turitea, Manawatu campus two days later.



You can read more about Suzanne in the *Profile* section of this issue.

Child-Centred Research

One of the changes in child and developmental psychology in the last 20 years, which has had a significant impact on research in this field, is the growth of child-centred research. Child-centred research involves both placing the child at the centre of research and recognising their ability and right to inform understanding of their lives. For many researchers it involves conducting research with rather than on children and young people (Greene, 2006). One of the key international influences on this change has been the UN Convention on the Rights of the Child (United Nations, 1989). Within psychology, broader changes in paradigms and the growth of qualitative perspectives on human behaviour have provided a fertile ground for the development of this approach. Within developmental psychology specifically, research on children's memory (among other topics) has led to a better understanding of children's ability to be a credible source of information about their lives. Drawing on research on topics such as bullying in school, parenting and family relations, and childhood illness this seminar will consider some of the challenges and possible solutions in conducting meaningful child-centred research with child and young people.

Practice-based Research

With the growth of evidence-based practice in many disciplines, not least psychology, there has been some debate about the best source of this evidence. Barkham, Stiles, Lambert & Mellor-Clark (2010) note some of the concerns relating to the usefulness of randomised- controlled trial and laboratory-based findings in psychological practice. They distinguish between external clinical evidence and practice-based evidence, and argue that evidence-based practice in psychology requires a combination of the two. So what do we mean by practice-based research, and what does it mean for practitioners and researchers? Drawing on research on topics such as child and adolescent mental health, parent training, childhood cancer and intellectual disability, this seminar will consider the challenges of research in practice settings including the (sometimes) delicate balance of methodological rigour and service delivery, meeting ethical challenges, and negotiating access. Possible solutions and supports will also be considered, including the growth of practice-based research networks and collaboration between academic, research and practice settings.

Upcoming Research Events

The Continuity of Mind, from Great-Apes to Humans

Professor David Penny and Dr. Paul Dijkwel
Institute of Molecular Biosciences, Massey University

Psychology Building, Turitea Campus

September 29, 2010, 12.00 noon



ABSTRACT

A central prediction from mainstream evolutionary biology is that there is a continuous set of intermediates in the mental abilities from an ape-human ancestor to modern humans. A quick analysis is given to the problem introduced by René Descartes of the supposed gap between mind matter and physical matter, the former distinguishing humans from all other animals. A three-pronged analysis revolves around 1) the continuity of mind from young children to adults, 2) the similarity of measured mental abilities between young great apes and young children at similar stages of development, and 3) the observation that there appear to be no unique genes in the human genome for mental abilities (including for 'wisdom and intelligence'). The components that are required for language are then analysed, and important precursors found in the great apes. The conclusion is that the best-supported hypothesis, especially in a Bayesian framework, is for a continuum in mental states between an ancestral ape and modern humans. A range of predictions from this model can be, and have been, tested.

Synapse Voices Podcast Launched

Duncan Babbage from the Wellington School of Psychology has just recently launched Synapse Voices, a podcast to facilitate conversations between researchers, clinicians, people with brain injuries and their families regarding the role of mobile computing technology in brain injury rehabilitation and beyond. The podcast is a part of the Synapse Project: a collaborative research network examining the use of mobile computing technology in neurorehabilitation. The inaugural interview was with Dr Gerald Craddock, Chief Officer of the Center for Universal Design, Dublin.



- For more information on the Synapse Project visit www.synapseproject.org.
- To listen to the podcasts see: <http://www.synapseproject.org/voices> or in iTunes: <http://itunes.apple.com/podcast/synapse-voices/id389340652>

Developments at the Joint Centre for Disaster Research



The new offices of the JCDR (Building T20 on the Wellington Campus) were officially opened on March 17th by Professor Nigel Long (Massey) and Dr Alex Malahoff. The new building houses the new *Emergency Operations Centre Research Laboratory (EOC Lab)*. The EOC Lab is a new research facility that has been established to investigate the response processes and improve the decision making conducted within Emergency Operations Centres (EOCs).

A/P David Johnston, the Director of the JCDR, provided the following overview of the EOC Labs' aims and functions:

During rapidly evolving events, Emergency Management Officers (EMOs) have to frequently make decisions with incomplete or inaccurate information derived from unfamiliar data, under considerable time pressures, and in complex situations involving atypical inter-agency circumstances. The laboratory will be used to investigate the wide range of challenges faced by these EMOs, using data, technology and software as found in typical EOCs, to replicate the actual conditions.

Current and future projects will explore the many aspects of the EMOs' needs, including their systems and technology requirements, the information and scientific advice they receive, the disparate sources of that advice, their interagency communication, technological warning systems, and the rapidly evolving, complex and uncertain conditions inherent to these hazard events. A series of simulation studies will be conducted to investigate how various factors, such as the technologies and decision-making models, affect the situational awareness of EOC staff and the critical decisions they make.

The research aims to build new models for group and organisational decision-making in emergencies, guidelines for the improvement of decision support systems, and a framework for the effective provision of advice to EOCs from scientific groups and other agencies. The laboratory will also be a useful training facility to increase the response capacity emergency management sector in New Zealand and internationally.



The Dental Jungle team benefitted from Tom Huggins being assigned to it to complete a summer studentship project based on the development of a "patient request form". Tom's tasks included undertaking a review of the use of patient request forms in medical and dental settings and writing a prototype version for child dental patients. To gauge the best mix of question types (e.g. seeking information, therapeutic listening, seeking treatment, negotiating treatment planning and the like) Tom ran face to face and email interviews with pediatric dentists and visited high and low decile primary schools where a total of five focus groups of older children who gave him question by question feedback.

Tom's enthusiasm and dedication earned him praise from the dentists and school Principals. He completed his 10 weeks work, leaving dental Jungle with a patient request form ready to have its psychometric properties validated, and two draft manuscripts. In turn he got to experience a creative, applied research and development project, in a team of professionals from psychology, Maori public health and dentistry. The dental Jungle team wish him all the best for his psychology studies in 2010.

Tom with Sacred Heart, Petone, school participants in the patient request form development.

Psych Memory-Workers Celebrate



This photo shows the memory-work group at Albany, meeting up late last year to celebrate. The group is (left to right) Kerry Chamberlain, Helen Madden, Joanna Lyes, Trudie Cain, Cannis Tse, Ros Munro, and Chez Leggat-Cook. The celebration was to mark the acceptance for publication of a paper they had been working on for several months, which will appear shortly in *Qualitative Research in Psychology*. The paper resulted from a research project into the forms of our relationships with research participants and their effect on research practices. The paper took a number of turns as it was being written, but the final version is presented in the form of a one-act play with six characters, published under an alias, with all the academic and theoretical work being presented backstage (in endnotes). This creative format proved a challenge for both editors and reviewers but was accepted in the end, once the humour was further polished. Inspired by this, the group is pressing on with a new project for 2010, resolving, at this stage, to produce a more conventional output.

Health Psychology Group Makes a Splash!

Members of the Health Psychology Group made a big splash at the conference of the Australasian Health and Behavioural Medicine Society in Brisbane in February. Determined to showcase research taking a more critical approach to health research, the group organized a series of symposia to showcase Massey research, in collaboration with a small number of other critical health psychology researchers from New Zealand and Australia. Massey was represented at the event with presentations from Madeleine Hathaway, Helen Madden, Helen Owens, Glennis Mark, Joanna Lyes, Karen Renner, Trish Niland, Antonia Lyons, Chris Stephens, Mary Breheny, and Kerry Chamberlain. The critical sessions were very well attended, and generated a great deal of interest among young Australian health researchers in particular. A highlight of our attendance at this meeting was the award of the best presentation from a student researcher being made to Madeleine Hathaway, who presented a paper on 'Holy Pharma', giving a critical analysis of the Family Health Diary website.



The photograph shows (from bottom to top) Chris Stephens, Antonia Lyons, Kerry Chamberlain, Joanna Lyes, Helen Madden, Mary Breheny, Helen Owens, and Madeleine Hathaway. Absent: Glennis Mark, Karen Renner and Trish Niland.

ADaNG Pecha Kucha

Members of ADaNG (the Albany Discourse and Narrative Group) set themselves a new challenge for their last meeting of the year in 2009. This was to present their research in a Pecha Kucha format. What's Pecha Kucha? Well, Pecha Kucha was devised by two architects in Tokyo in 2003 as a presentation event for architects, designers, artists and anyone interested to communicate through visual means to meet, network, and show their work in public. It has since become a world-wide phenomenon, with events happening in hundreds of cities around the world, including several in New Zealand. The name comes from the Japanese term for chit chat. The presentation format is quite simple – you have to present 20 images (no more, no less) shown for 20 seconds each, and have a mere 6 minutes 40 seconds for a complete presentation. It certainly works to make presentations concise, and keeps them moving at a rapid pace. Seven members of ADaNG rose to the occasion, finding it quite a challenge to present their research projects using only visual images and staying within such a limited time. However, it sharpened the key messages, forced careful thought about what to say, and made an enjoyable evening. ADaNG members recommend this challenge for others around the School.



A Selection of Recent Staff and Student Publications

Conference Contributions

- Alpass, F., Stephens, C., Towers, A., & Noone, J. (2009). Quality of life and intended retirement age. Paper presented at New Zealand Association of Gerontology and Age Concern New Zealand Conference "Living in an Ageing Society: Shaping Tomorrow Today", 7-9 October, Convention Centre, Wellington.
- Clark, B. D., Stillman, J. A., & Haarhoff, B. A. (2009). Clients' expectations and perceptions of how religious and spiritual beliefs and practices are addressed by community mental health services: Pilot study. Poster presented at the Division of Clinical Psychology Annual Conference, London.
- Clarke, D. E., Pulford, J., Bellringer, M., Abbott, M., & Hodgins, D. (2010). Electronic gaming machines and problem gambling: Casinos versus pubs and clubs. *2010 International Gambling Conference "Gambling in the 21st Century: The implications of technology for policy, practice and research"*, February 24-26, Auckland, NZ.
- Madden, H. (2010, February). The practices and understandings of integrative medicine in New Zealand. Presented to the *7th Annual Scientific Conference of the Australasian Society for Behavioural Health and Medicine*, Brisbane
- Mokhtari, S., Buttle, H., & Stillman, J. (2010). Levels of processing with schematic faces: Emotional content or affective context? *37th Australasian Experimental Psychology Conference* (p. 31). April 8-10, Melbourne, VIC, Australia.
- Mortimer, R., & Alpass, F. (2009). Professional women's transition to and experience of retirement. Paper presented at New Zealand Association of Gerontology and Age Concern New Zealand Conference "Living in an Ageing Society: Shaping Tomorrow Today", 7-9 October, Convention Centre, Wellington.
- Neville, S., LaGrow, S., & Alpass, F. (2009). Loneliness in older persons. Paper presented at New Zealand Association of Gerontology and Age Concern New Zealand Conference "Living in an Ageing Society: Shaping Tomorrow Today", 7-9 October, Convention Centre, Wellington.
- Noone, J., Stephens, C., & Alpass, F. (2009). The retirement planning inventory : theoretical foundations and preliminary findings. Paper presented at New Zealand Association of Gerontology and Age Concern New Zealand Conference "Living in an Ageing Society: Shaping Tomorrow Today", 7-9 October, Convention Centre, Wellington.
- Podd, J. V., Field, J., & Hill, S. R. (2010). Criminality, memorability, and face-recognition accuracy. *Association for Psychological Science 22nd Annual Convention*, May 27-30, Boston, MA, USA.
- Pond, R., Stephens, C., & Alpass, F. (2009). "I'm watching my health and trying to do all the right things": Middle- aged adults' regulation of self in the pursuit of health. Paper accepted at the 8th Global Conference on Making Sense of Health, Illness, and Disease.
- Pond, R., Stephens, C., & Alpass, F. (2009). "I'm watching my health and trying to do all the right things": Middle- aged adults' regulation of self in the pursuit of health. Paper accepted at the 1st Global Conference Times of our Lives: Making Sense Of Ageing, 3rd-5th July 2009, Mansfield College, Oxford.
- Pond, R., Stephens, C., & Alpass, F. (2009). Health pathways into retirement: maximising healthy finite years, protecting health, and poor health. Paper presented at New Zealand Psychology Conference, Palmerston North.
- Pond, R., Stephens, C., & Alpass, F. (2009). Three health pathways into retirement: maximising healthy finite years, protecting health, and poor health. Paper presented at New Zealand Association of Gerontology and Age Concern New Zealand Conference "Living in an Ageing Society: Shaping Tomorrow Today", 7-9 October, Convention Centre, Wellington.
- Stephens, C., Alpass, F., Noone, J., Towers, A. (February, 2009). *Social network types and implications for health among ageing New Zealanders*. Paper presented at the Australasian Society for Behavioural Health and Medicine, 6th Scientific Conference, 9-11 February, 2009.
- Stephens, C., Alpass, F., Noone, J., Towers, A., Stevenson, B., & Fitzgerald, E. (2009). Economic living standards of older people: inequalities and health. Paper presented at New Zealand Association of Gerontology and Age Concern New Zealand Conference "Living in an Ageing Society: Shaping Tomorrow Today", 7-9 October, Convention Centre, Wellington.
- Tassell, N. (2010). Incorporating indigenous content into undergraduate psychology curricula: An Aotearoa/New Zealand perspective. *Celebrating Indigenous Knowledges: Indigenous Studies 10th Anniversary Celebration: Peoples, Lands, Cultures*, June 16-20, Peterborough, ON, Canada.

Journal Articles

- Alpass, F. M., Noone, J. H., & Stephens, C. (2009). The development and validation of a comprehensive and theory driven measure of retirement planning. *The Journal of Nutrition, Health & Ageing, 1, (Suppl. 1)*, S538.
- Alpass, F. M., Stephens, C., Noone, J. H., & Towers, A. J. (2009). Social network types and implications for health among ageing New Zealanders. *The Journal of Nutrition, Health & Ageing, 1, (Suppl. 1)*, S673.
- Alpass, F. M., Stephens, C., Towers, A. J. & Noone, J. H. (2009). The health effects of reason for retirement on older New Zealand workers. *The Journal of Nutrition, Health & Ageing, 1, (Suppl. 1)*, S195-6.
- Alpass, F., Stephens, C., & Noone, J. (2009). Culture bound inertia: Identifying barriers to exercise faced by older indigenous populations *The Journal of Nutrition, Health & Ageing, 1, (Suppl. 1)*, S251.
- Becker, J. S., Saunders, W. S. A., Robertson, C. M. Leonard, G. S., & Johnston, D. M. (2010). A synthesis of challenges and opportunities for reducing volcanic risk through land use planning in New Zealand. *Australasian Journal of Disaster and Trauma Studies, 2010-01*. Retrieved from: <http://trauma.massey.ac.nz/>.
- Buckley, L., Salisbury, R., Taylor, J., & Harvey, S. (2010). Let's talk about sexuality and relationships. *New Zealand Journal of Psychology, 38*, 19-25.

- Buttle, H. (2010). Repetition blindness for faces reflects identity coding but not emotion coding. *Perceptual & Motor Skills*, 110(1), 245-256.
- Clarke D., & Ebbett, E. (2010). Māori identification, drinking motivation and mental health. *International Journal of Mental Health and Addiction*, 8, 145-159.
- Doyle, E. E., Hogg, A. J., Mader, H. M., & Sparks, R. S. J. (2010). A two-layer model for the evolution and propagation of dense and dilute regions of pyroclastic currents. *Journal of Volcanology and Geothermal Research*, 190, 365-378.
- Ebbett, E., & Clarke, D. (2010). Māori identification, alcohol behaviour and mental health: A review. *International Journal of Mental Health and Addiction*, 8, 214-231.
- Handy, J. A. (2010). Maintaining family life under shiftwork schedules: A case study of a New Zealand petrochemical plant. *New Zealand Journal of Psychology*, 39(1), 7-14.
- Harvey, S. T., & Taylor, J. E. (2010). A meta-analysis of the effects of psychotherapy with sexually abused children and adolescents. *Clinical Psychology Review*, 30(5), 517-535.
- Harvey, S. T., & Taylor, J. E. (2010). A meta-analysis of the effects of psychotherapy with sexually abused children and adolescents. *Clinical Psychology Review*, 30, 517-535.
- Jackson, D. J. R., Stillman, J. A., & Englert, P. (2010). Task-based assessment centers: Empirical support for a systems model. *International Journal of Selection and Assessment*, 18(2), 141-154.
- Johnston, D. M., Tarrant, R. A. C., Tippler, K., Coomer, M. A., Pedersen, S., & Garside, R. (2010). An earthquake emergency response and evacuation exercise in a New Zealand School: A case study report. *GNS Science Report 2010/01*, January 2010, 1-8.
- La Grow, S, Alpass, F. & Stephens, C. (in press). Economic standing, health status and social isolation among visually impaired persons aged 55 to 70 in New Zealand. *Journal of Optometry*.
- Mark, G. T., & Lyons, A. C. (2010). Māori healers' views on wellbeing: The importance of mind, body, spirit, family and land. *Social Science & Medicine*, 70(11), 1756-1764.
- Noone, J. H., Stephens, C. V. & Alpass, F. M. (2009). Pre-retirement planning and well-being in later life: A prospective study. *Research on Aging*, 31(3), 295-317.
- Noone, J. H., Stephens, C. V. & Alpass, F. M. (In press). The Process of Retirement Planning Scale (PRePS): Development and Validation. *Psychological Assessment*.
- Pond, R., Stephens, C., & Alpass, F. (2009, In press). How health affects retirement decisions: three pathways taken by middle-older aged New Zealanders. *Ageing and Society*.
- Raskauskas, J. L., Gregory, J., Harvey, S. T., Rifshana, F., & Evans, I. M. (2010). Bullying among primary school children in New Zealand: Relationships with prosocial behaviour and classroom climate. *Educational Research*, 52(1), 1-13.
- Sullman, M. J. M., & Taylor, J. E. (2010). Social desirability and self-reported driving behaviours: Should we be worried? *Transportation Research Part F*, 13(3), 215-221.
- Sullman, M. J. M., & Taylor, J. E. (in press). Social desirability and self-reported driving behaviours: Should we be worried? *Transportation Research Part F: Traffic Psychology and Behaviour*.
- Tarrant, R. A. C., & Johnston, D. M. (2010). An investigation of the relationship between socio-economic status and hazards-preparedness in intermediate school children. *GNS Science Report 2010/19*, May 2010, 1-15.
- Tarrant, R. A. C., & Johnston, D. M. (2010). Preparedness to cope with hazards: A survey of Wellington intermediate schools. *GNS Science Report 2010/02*, January 2010, 1-31.
- Tarrant, R., Leatham, J., & Flett, R. (2010). What have sport and music performance taught us about test anxiety. *Psychology Journal*, 7(2), 67-77.
- Tuffin, K., Rouch, G., & Frewin, K. (2010). Constructing adolescent fatherhood: Responsibilities and intergenerational repair. *Culture, Health & Sexuality*, 12(5), 485-498.
- Veale, J. F., Clarke, D. E., & Lomax, T. C. (2010). Biological and psychosocial correlates of adult gender-variant identities: A review. *Personality & Individual Differences*, 48(4), 357-366.

Books and Book Chapters

- Alpass, F. (2009). The Health Work and Retirement Study. In Lise Claiborne & Wendy Drewery (Eds.). *Human development: Family, place, culture*. Richmond, Vic.: McGraw-Hill Education Australia & New Zealand.

Report for External Body, Research

- Gibson, K., Morgan, M., Woolley, C., & Powis, T. (2010). *A different kind of family: Retrospective accounts of growing up at Centrepoint and implications for adulthood*. New Zealand Community Growth Trust (NZCGT), 261pp, Massey University.

IMPORTANT! Please send information about in press or published research to H.L.Page@massey.ac.nz. We will include research outputs information that you forward to Melanie Robertson. However, since outputs information does not include in press or in preparation research we'd still like you to keep us updated directly about such material.

Please let Melanie Robertson know if you do not wish your outputs to be released in the Psychology News.

Student Activities, Achievements, and Awards

2010 Doctoral Graduation Success and Celebration

Since late 2009 no fewer than 16 psychology doctoral students have graduated from Massey University (and several others have passed their oral examinations but have yet to graduate). This is clearly a fabulous achievement. Congratulations again to all of you.

Below we have a couple of photographs of some of the new 'docs' who graduated in Palmerston North and who attended our doctoral celebrations in May. (If anyone has images from any of the other graduations please pass them on – we will include them in the next issue of *Psychology News*).



Four of the Doctoral Graduates at Turitea (Manawatu Campus) on May 13th: Left to right: Dr Natasha Tassell (PhD), Dr Andy Towers (PhD), Dr Rebecca Jourdain (DClinPsych), and Dr Hukarere Valentine (DClinPsych).

Natasha and Hukarere with their supervisor Dr Ross Flett at our May 12th celebration at Turitea.



Doctoral Citations for 2010 Graduation Ceremonies

Several of our newly minted doctors were featured in *Massey News* stories as noted earlier in this issue but there are many others who also deserve publicity for their hard work and achievements. The following graduation citations provide us with some insight into the range of fascinating topics and diverse research methods used by research students within the School.

Bennett, Simon Te Manihi (PhD, Psychology, 2009) **Conferred 27.05.10**

Te Huanga o te Ao Māori: Cognitive Behavioural Therapy for Māori clients with depression: Development and evaluation of a culturally adapted treatment

Mr. Bennett's study had two main aims; first to develop a culturally adapted cognitive behavioural treatment programme that would be effective in treating Māori clients; and secondly to evaluate its efficacy with a community-based sample of adult Māori with depression. The 12-session treatment programme integrated Māori concepts with the traditional strategies associated with cognitive behavioural therapy. His results showed that appropriately adapted cognitive behavioural therapy can be an effective intervention for treating Māori clients with depression as indicated by

low drop out rates from therapy and high levels of client satisfaction. Treatment efficacy was demonstrated by significant reductions in depressive symptoms, negative cognitions and improvements in well being across relevant Māori health dimensions.

Christianson, Muriel Katherine (PhD, Clinical Psychology, 2009) **Conferred 27.11.09**

Efficacy of cognitive behavioural therapy for clients who have sustained a Traumatic Brain Injury (TBI)

Ms Christianson investigated the efficacy of cognitive behavioural therapy (CBT) in managing emotional distress and adjustment difficulties following traumatic brain injury (TBI). Results from nine participants were presented in the form of individual case studies outlining progress in achieving personal goals. Where adjustment or emotional difficulties were secondary to other referral issues such as fatigue or pain, there was little change in psychometric measures used to measure levels of anxiety, depression or awareness. Factors that impacted on achievement of personal goals and therefore management of emotional distress and adjustment included ongoing levels of fatigue and pain, levels of personal expectation, interpersonal and organizational skills, insight into emotional reactions, and good family and social support. The findings showed that cognitive behavioural therapy can assist with adjustment to changes following TBI, particularly with reassessment of expectations following injury.

Couch, Clare Mary (Doctor of Clinical Psychology, 2010) **Conferred 27.05.10**

Balanced parenting with young children: Relationship focused parent training within a dialectical framework

Ms Couch investigated how parent training programmes need to address the dynamic nature of the relationship between parent and child, and developed a 5-week, informal "coffee morning" style programme with parents and their 3-4 year-old children. She discovered that, when parents became more accepting of the give-and-take nature of the parent-child relationship, parents were able to implement their learnt skills for improving their children's behaviour more effectively. In this context, parents' perceptions of their children became more forgiving, child behaviour problems were less concerning and subsequently reported less intensely, and relationships between parents and their children were enhanced.

Haarhoff, Beverly Ann (PhD, Psychology, 2009) **Conferred 15.04.10**

The map, the navigator, and the explorer: Evaluating the content and quality of CBT case conceptualizations and the role of self-practice/self-reflection as a training intervention

Ms Haarhoff's research evaluated case conceptualisation in cognitive behaviour therapy as a core psychotherapeutic competency. Her research revealed an emphasis on predisposing factors and psychological mechanisms, and although the majority of participants produced "good enough" case conceptualisations, socio-cultural, biological, and protective factors, and the therapeutic relationship were generally ignored. Ms Haarhoff's research further found that self-practice and self-reflection are potentially useful in the training of specific psychotherapeutic competencies. Following exposure to a self-reflection training intervention designed for the study, participants' self reflections showed improvements in theoretical understanding, self awareness, empathy, conceptualisation of the therapeutic relationship, adaptation of clinical interventions, and clinical practice. Based on these findings, Ms Haarhoff proposes a number of strategies for improving the training of cognitive behaviour therapists.

Jourdain, Rebekah (Doctor of Clinical Psychology, 2009) **Conferred 27.05.10**

Psychological fallout: The effects of nuclear radiation exposure

The psychological effects of exposure to toxic substances are becoming more visible through high profile cases, such as that of New Zealand naval personnel exposed to nuclear testing in Britain's Operation Grapple programme in the late 1950s. It was found that New Zealand's nuclear veterans had more depression symptoms, and poorer perceived health and memory compared to a control group of non-exposed men. Ms Jourdain also found that using Acceptance and Commitment Therapy (ACT) with this population showed promising results in treating health anxiety.

Kennedy, Sharyn (PhD, Psychology, 2009) **Conferred 27.05.10**

Suppressing stereotypes of the poor: Rebound effects can be positive (as well as negative)

Previous research shows that when people try not to think about others in a stereotypical way they often end up behaving more, not less, stereotypically later on. In a series of four experiments, Ms Kennedy examined whether this so-called stereotype rebound effect occurs when thinking about the developing world poor as they are portrayed in aid advertisements. Contrary to previous research findings she found evidence to suggest that suppression of stereotypical thinking leads to less stereotypical thinking about, and behaviour toward, the developing world poor target group. Ms Kennedy's research furthers our understanding of people's cognitive reactions to images of the poor in aid advertisements and suggests that further research is needed to explain how these images can best elicit donations and support for development.

Mackie, Cornè (Doctor of Clinical Psychology, 2009) **Conferred 23.04.09**

The use of mobile phones to compensate for organisational and memory impairment in people with acquired brain injury

Mrs Mackie's research investigated the extent to which people with memory difficulties following acquired brain injury use cognitive aids, and compared the results with the use of cognitive aids by the general population. She also evaluated the usefulness of mobile phones in compensating for memory impairment following traumatic brain injury. Survey findings confirmed that people with acquired brain injury and people without acquired brain injury tended to use a similar number of cognitive aids, and similar types of aids. Electronic memory aids were viewed as more effective in assisting with remembering, but were used less frequently than non-electronic memory aids. Six in-depth case studies found that the use of mobile phones resulted in people with traumatic brain injury remembering more tasks than when using traditional aids or when relying on memory alone. Characteristics related to the successful use of electronic memory aids were identified. Her results have implications for informing rehabilitation and tailoring treatment to individual clients.

Moxon, Alicia Maree (PhD, Psychology, 2009) **Conferred 18.11.09**

The effectiveness of a brief psychoeducational intervention for people with schizophrenia and their families

Miss Moxon researched the effectiveness of a brief community based psychoeducational intervention for people with schizophrenia and their families, which aimed to improve family members' knowledge of schizophrenia and expressed emotion as well as ways of dealing with it on a daily basis. Her results found that this type of intervention can increase knowledge of schizophrenia and coping skills, as well as decrease expressed

emotion, distress and burden of care in families. The results supported the value of these programmes in recovery and community support settings and concluded that such an intervention could also be used as a portal to more intensive services.

Murray, Nicola Sheree Murray (PhD, Psychology, 2009) Conferred 27.11.09

Dispositional coping styles and adult literacy: Exploring stress and coping in adult vocational training environments

Ms Murray explored how adults of low literacy levels cope with stress in adult learning environments. Her results showed that adults with low literacy levels are more likely than high literacy individuals to use avoidance strategies while concurrently using less task-focused strategies and social support mechanisms. The research outlines suggestions for making formal learning environments safer and more effective for low literacy students.

Rouch, Gareth (PhD, Psychology, 2010) Conferred 27.05.10

Low socio-economic, young, co-resident, working fathers: Their experience of fatherhood

Mr Rouch studied a group of young, low-skilled, working-class men's experience of fatherhood. It was, for them, largely an emotion-based activity, with the fostering of strong father-child bonds being the central focus. Becoming fathers motivated them to discard the harmful parenting practices they had themselves experienced as children and it promoted their pro-social development. Participants described fatherhood as one of the few means by which they could obtain status as legitimate members of society. This research indicates a significant shift in the goal and style of fathering amongst working-class men, and it provides valuable insights into how social policy can facilitate commitment to family life.

Street, Susan Elizabeth (PhD, Psychology, 2009) Conferred 27.05.10

Two agent-based models of trust in social networks

How do we develop trust in institutions or services we rely on, or even for people whom we know very little about? To explore this question, Ms Street examined people's behaviour when bidding for items on the internet auction site, Trade Me. She analysed trusting behaviour in this naturalistic context by means of agent-based modelling, which simulates the actions and interactions of autonomous individuals—the agents—with a view to assessing their effects on a system as a whole. She found that traders attempted to find an effective strategy for evaluating other people's trustworthiness by adopting the strategies of more successful traders. However these strategies tend to restrict unreliable traders rather than to uncover dishonest ones. Ms. Street concluded that this was a valuable new approach for analysing very complex patterns of social behaviour.

Tassell, Natasha (PhD, Psychology, 2009) Conferred 13.05.10

Motivation and well-being in humanitarian health workers: Relating Self-Determination Theory to hedonic vs. eudaimonic well-being, vitality, and burnout

Using Self-Determination Theory as a basis, Ms Tassell examined the effects of different kinds of motivation on well-being. Questionnaires and interviews were used to look specifically at the development of burnout in humanitarian health workers and motivation was indeed found to directly affect whether burnout develops. The findings could be used in the design and implementation of recruitment strategies for these workers, as well as programs aimed at the treatment and prevention of burnout, both pre- and post-deployment.

Towers, Andrew James (PhD, Psychology, 2010) Conferred 13.05.10

Consolidating mistakes of the heart and mind: Towards a dual process theory of regret

Despite years of research there is still considerable debate over what causes regret. Mr Towers proposed that current psychological theories failed because they view regret as the result of conscious decision processes and entirely ignore the use of common unconscious decision strategies such as gut reactions. He developed a Dual Process Theory of Regret which highlights the role both conscious and unconscious cognitive processes play in the development of regret. Andy conducted a postal survey of over 600 New Zealanders, asking them to describe their most intense life regret and the factors that led to this regret. Analysis of these regrets showed that his new model explained patterns of regret much more clearly than previous theories. These results will help shape future theories of human emotions by emphasising the need to consider the cognitive processes from which these emotions arise.

Tuck, Brian William (PhD, Psychology, 2009) Conferred 27.11.10

Putting Humpty together again: Testifying the embodied nature of human experiencing

Mr Tuck's research is autobiographical and describes his 1960's, semi-rural, Catholic, working class upbringing. Religion, beer and rugby dominated his life and produced ideas and beliefs that conflicted with his feelings. Experiencing mysterious bouts of fear he used his game-playing skills as a distraction which led him into discovering the usefulness of his exercising for helping to control this unpredictability. Through adolescence and young adulthood he negotiated these brief but regular, and still unexplained, bursts of adrenalin through a combination of his training and a rationale of silent resistance. Key relationships then emerged through his adulthood and became the catalyst for the discovery of the origins of his distress and a reordering of its meanings. These insights show how knowledge is applied to the body and produces the practices we come to live by.

Valentine, Hukarere (DClinPsych, 2010) Conferred 13.05.10

Kia Ngawari kit e Awatea: The relationship between Wairua and Maori wellbeing: A psychological perspective

Ms Valentine explored the relationship between wairua (spirituality as defined by Māori worldviews) and well-being. Two studies underpinned this research. The first asked how Māori conceptualise wairua. From this information an orientation to wairua measure was created and used to investigate the relationship between an orientation to wairua and Maori wellbeing. Results were mixed, and suggested in some cases modest associations between wairua and wellbeing. Wairua is considered to be an important aspect of Maori health and wellbeing. Although these results are promising further research is necessary if improvements to Maori health and wellbeing are to be advanced.

Yamaguchi, Tomoko (PhD, Psychology, 2009) Conferred 13.05.10

Fairness, forgiveness and grudge-holding: Experimental studies with primary school children in New Zealand

Ms Yamaguchi investigated children's perceptions of, feelings about, and reactions towards unfair behaviour by their mothers or their friends. Realistic examples of being treated unfairly were described to the children in a series of stories, and the children's hostility in response to these scenarios was measured. The results confirmed that children have a sensitive understanding of fairness. Although unfair experiences evoked hostile, negative feelings, most children were willing to extend forgiveness towards the person who was unfair, particularly if it was their mother. The study reveals the complexity of children's experiences of wanting to show forgiveness while experiencing lingering negative feelings.

Doctoral Oral Examinations

In addition to our graduates several doctoral students have passed their oral examinations and are set to graduate at the next graduation ceremonies.

Congratulations to **Teesha Passmore** who successfully defended her PhD thesis *Posttraumatic Stress during later life: A cross-sectional and longitudinal investigation* in December last year (Supervisors John Podd and Stephen Hill).

Congratulations to **Sarah Calvert** who has passed her PhD oral examination on Monday June 28th. The thesis, "*Attachment to God as a Source of Struggle and Strength: Exploring the Association between Christians' Relationship with God and their Emotional Wellbeing*" was accepted with a few emendations required.

Sarah Bell-Booth had a very successful oral for her DClInPsych research on Monday August 2nd in Wellington. Sarah passed with minor emendations. Her supervisors were Janet Leathem, Ruth Tarrant and John Podd.

Congratulations to **Jack Noone** who successfully defended his thesis *Psychological and socioeconomic factors influencing men and women's planning for retirement* on August 19th. The result was a pass without emendation. Congrats to Jack and supervisors. The thesis was a manuscript-based thesis and he succeeded in getting all papers published or in press by the time the oral came around. The thesis in Dr Ross Flett's view (as one of the examiners) sets a real benchmark in terms of doing this type of thesis well. Jack is shortly off to a postdoctoral position at the University of Sydney. Well done all.

Doctoral Confirmation Events

Over the last six or so months quite a few doctoral students have been confirmed in one of our two doctoral programmes. Congratulations to all of these students.

If anyone has been missed from this list (and we're sure some of you have) please let us know so we can rectify matters in the next issue. In addition, if the title of your confirmation topic does not appear below please let us know and we will publish next time.

- **Angela MacFarlane** *Mapping patterns of emotion regulation in maltreated and non-maltreated children*
 - **Ann Rogerson** *Mother-daughter care: A contemporary ethical dilemma of difference.*
 - **Craig Colhoun** *Suicide contagion and role of the media*
 - **Denise Blake** *"Wade in the water ...": Birth plot: Storying adoptees' experiences through the 1955 adoption act.*
 - **Edwin Chin**
 - **Glennis Mark** *Exploring the holistic nature of rongoā (traditional Māori medicine)*
 - **Keith Mowatt** *Sexually harmful behaviour: Understanding hegemonic masculinity as a meaningful site of intervention*
 - **Liz Yan** *Investigating children's emotion regulation in unfair classroom situations using regulatory focus theory*
 - **Rachel Hallas**
 - **Rebecca Wirihana** *Māori women's voices on life, experience and journey*
- Congratulations to **Lorraine Eade** who completed her confirmation requirements in June and has now been recommended for full registration as a doctoral student. Lorraine is studying the experiences of tangata whai ora (Maori mental health patients) in an acute mental health treatment setting. As part of her confirmation process, she gave an informative and helpful public presentation to a hui for Te Rau Puawai students. Thanks to Natasha Tassell and Jo Taylor for their support and advice to Lorraine in this process – and to Chris Stephens, Lorraine's supervisor.

DClinPsych Students at the World Congress of Behavioural and Cognitive Therapies (WCBCT) 2010



The 6th World Congress of Cognitive and Behavioural Therapies (WCBCT) was held at Boston University in Boston, Massachusetts from June 2nd to 5th. The WCBCT is organised by the Association for Behavioural and Cognitive Therapies (ABCT) and is held every three years at different locations around the world. It provides a chance for researchers and clinicians to disseminate research internationally, with this year's theme being *Translating Science into Practice*.

The conference included symposia, workshops, a master clinician series, and key note addresses from leading experts in the world including Aaron T. Beck, David A. Clark, David M. Clark, Steven Hayes, Marsha Linehan, Jacqueline Persons, Jeffrey Young, Christine Padesky, Paul Emmelkamp and Antonette Zeiss. The interdisciplinary conference accommodates a broad range of research generally related to the practice of behavioural or cognitive psychotherapies.

Two doctoral students from the School of Psychology in Albany, Kimberly Good, and Michael Easden represented the

School of Psychology this year (see photo). The students' research drew on the recently completed *Cognitive Behavioural Therapy (CBT) Depression Study* that examined the effects of homework (i.e., between session homework tasks) and other key variables within the practice of psychotherapy. The principle investigator of the project was Dr. Nikolaos Kazantzis and was designed with the support of a team of international researchers and clinicians. School of Psychology doctoral and clinical psychology students co-ordinated the project and twenty-eight clients took part in the research being offered up to 20 sessions of CBT for depression.

Michael Easden presented a paper (co-author Dr Richard Fletcher) *The relationship between case conceptualization, treatment planning, and depressive symptom change: Towards a model of therapist competence in CBT for depression* at a symposium chaired by Christine Padesky entitled *Putting some modest clothes on the Emperor: Recent empirical research on clinical case formulation*. His research examined the impact of in-session therapist competence and the use of homework on depressive symptom change over time. The importance of the formulation of patient strengths was emphasised as an important finding in the practice of CBT.

Kimberly Good presented an open paper (co-authors A/P Paul Merrick, Dr Nik Kazantzis, and Dr Richard Fletcher) with entitled *Is the black dog really a Dalmatian: Final conclusions on whether stress and attributional style lead to different outcomes for clients receiving 20 sessions of CBT for depression* investigating whether stress impact and attributional style lead to different outcomes in CBT for depression. Her research suggests that attributional style moderates a relationship between stress and depressive symptom change.

A highlight of the conference was the keynote address: *A Conversation Period with Dr. Aaron T. Beck and Dr. David M. Clark*. At age 89, Dr. Beck, regarded as the father of cognitive therapy, came prepared with his signature red bow-tie and demonstrated his vast knowledge in all areas of CBT. Specifically, Dr. Beck (Professor of Psychiatry, University of Pennsylvania) and Dr. Clark (Professor of Psychology, Kings College London) discussed new advances in cognitive therapy in United States and Europe including the latest applications of cognitive therapy, recent work on the neurophysiological correlates of the cognitive model, and the empirical evidence for the more recent modifications of cognitive therapy and cognitive behaviour therapy. Another noteworthy address was by Dr. Marsha Linehan, outlining the most recent research and updates within the field of DBT.

Attendance at the WCBCT was supported by the School of Psychology as well as Drs. Richard Fletcher, Paul Merrick, and Nikolaos Kazantzis who co-authored research presented at the conference. Kimberly Good was also supported by a Claude McCarthy scholarship and TAD Bright Futures funding.

- thanks to Michael Easden for providing this item

Ishbel McWha



Nine months ago Ishbel McWha was awarded the highly prestigious Ryoichi Sasakawa Young Leader's Scholarship which provides her with 18 months full funding to complete her PhD. The Scholarship application process was very rigorous, and included being flown down to Wellington for an interview where a panel of six representatives from the Universities of Victoria, Waikato, Canterbury, and Massey and asked lots of tough questions about her research, the state of the international aid system, and what it means to be a leader! A great experience, and an even greater result! Well done Ishbel.

The scholarship enabled Ishbel to go to the Society for Industrial and Organisational Psychology (SIOP) conference in Atlanta, Georgia in April. Ishbel tells us that the conference was great and that it was standing room only at her presentation. The symposium she presented at included four early career colleagues (three from the USA and one from Ireland), on humanitarian work psychology. They talked about the ways in which I/O psychology can be (and is being) applied to the humanitarian arena, with the goal of poverty reduction. All presenters are members of the Global Task Force on Humanitarian Work Psychology, which is a small group of I/O psychologists from around the globe who came together last year to work together to push the pro-social application of I/O psychology (see www.humworkpsy.org for more info on that).

Since then Ishbel was then asked to chair two sessions at International Conference of Applied Psychology in Melbourne, which she really enjoyed, and then presented the ADDUP findings at the New Zealand Psychological Society conference in Rotorua and jointly won the best student paper award (as noted earlier in this issue). As if that wasn't enough she also been involved in producing few publications, most notably co-editing a special issue on psychology and poverty reduction in the *International Journal of Psychology* with Prof Stuart Carr). In the last week also she received feedback on the first full draft of her PhD – nearly there Ishbel.



Isabelle Miclette

Congratulations go to Isabelle Miclette who was awarded the Institute of Clinical Psychology's prize for the best student presentation at the New Zealand Psychological Society Conference.



Jacqui Laidler

Congratulations to Jacqui Laidler for her success in gaining a Massey University Doctoral Scholarship for study towards a PhD commencing this year. Jacqui completed her undergraduate and honours degrees at Massey University as an extramural and block mode student based in Wairarapa, whilst simultaneously raising her son and undertaking various paid employment positions in mental health, public health research, and social work. Jacqui has a keen interest in the social constructionist perspective, which she employed for her dissertation on eating disorders, bodybuilding, and other pursuits of 'the perfect body'. For her PhD she intends to investigate the experiences of women who have undergone breast augmentation, particularly of women who choose to explant (have the implants removed) due to physical and psychological adversities. She plans to develop a self-help intervention package based on narrative and solution-focused therapy techniques to help such women adjust.

Postgraduate Psychology Information Session at Albany

The School of Psychology Albany held their annual Postgraduate Psychology Information Session on Wednesday 15th September. About 30 interested students were in attendance to learn more about the Postgraduate Psychology

programmes offered in 2011. A big thank you to Dianne Gardner (I/O), Veronica Hopner (Health) Mei Williams (Clinical), and Dave Clark (General overview) for giving presentations on their areas of specialisation. Also a special thank you to DClinPsych students Kirsty Furness and Phil Howard for sharing their experiences as Clinical students.

Research Orientation Day in Wellington

While we're on the subject, way back in February (the 18th) the Wellington Campus people held a research orientation day. Dr Antonia Lyons provided the following feedback about the day:



"It was a highly successful day, with 24 students attending. We had presentations from a range of people across a range of topics. For example, Val Diggle (pictured on the left; postgrad student learning advisor/coordinator on the Wellington campus) gave us a great overview of her "top tips" for writing a thesis. Duncan Babbage did a very good job at getting students to start thinking about their ethics applications *now*, and followed this up with a talk on how to get computers to work for you – the gist of his talk was that computers should be time-saving devices if they are being

used properly, and if people knew what kinds of features are available in some of the major software programmes. A very helpful talk for students and staff alike I suspect. Trish Young, one of our Maori cultural advisors for the school in Wellington, gave a great introduction to thinking about bicultural issues in all research, and also a list of key references that students might find helpful. The day ended on a positive note with three postgrad students talking about their own experiences of doing research (Masters, PhD, clinical doctorate), what they have learnt, and the three key pieces of advice they would give to students just starting out. All in all a successful and fairly full-on day, but worth it in terms of lots of information sharing and importantly, allowing the students to meet other psych postgrads on the campus."



Profile

Interview with Dr Suzanne Guerin

Dr Suzanne Guerin
Lecturer, School of Psychology, University College Dublin



Dr. Suzanne Guerin, B.A. (Hons), Ph.D., is a lecturer in research design and analysis at University College Dublin. She completed her Ph.D. in UCD and took up a position as a lecturer in 2000. She delivers research methods courses and provides research supervision at both undergraduate and postgraduate level. She was appointed School Head of Teaching and Learning in 2008, and has been involved in projects looking at the teaching of psychology. In 2009 she was awarded a UCD College Teaching Award for her work on the development of research methods teaching in the School of Psychology. Suzanne's research interests include Intellectual Disability, Child and Family Well-being, and Applied Methodology. She is a member of the Mater Hospital Child and Adolescent Mental Health Research Group (led by C. Fitzpatrick), and was appointed by the National Federation of Voluntary Bodies as their National Designated Expert in Research Methods in Intellectual Disability Research. In 2010 Suzanne took over the Directorship of the Centre for Disability Studies, following the retirement of P. Noonan Walsh.

She is currently a Visiting Scholar in the School of Psychology, Massey University. During her time at Massey Suzanne will be collaborating with Chris Stephens and Kerry Chamberlain to compare the structure and experience of research methods teaching at undergraduate psychology level at University College Dublin and Massey University. She was based in Palmerston North until the end of August and Albany thereafter. During this time Suzanne will be contacting various members of staff to discuss teaching methods, and inviting particular lecturers and students to be interviewed about the methods used at Massey.

PN (Psychology News): You've joined the School of Psychology as a Visiting Scholar. What sort of psychologist are you?

SG: I have always found it hard to put the best name on what I do. Some days I think of myself simply as a methodologist, as research methods is such a big part of my teaching. Also, much of the research I do has come about because of an interest in how to answer particular research questions rather than the question itself. However on the days when I do think of myself as a psychologist I see myself as an applied psychologist, as all of my research interests focus on answering applied problems or questions.

What I like about describing my interests this broadly is that it allows me to get involved in lots of very different projects, always with the core ideas of having practical application and perhaps a bit of a challenge methodologically. For example, I was once approached about designing a study to look at stress and coping among cemetery staff, and in particular grave diggers. A counselor had an interest in the extent to which the emotional nature of the job had an impact on the staff. We did a small, exploratory qualitative piece and found that many of the participants avoided the issue altogether, talking about burying 'boxes' but not talking about what the boxes contained. Qualitatively it appeared that they used avoidant and negative coping strategies. So we designed a study by which we planned to compare grave diggers with parks workers, hoping to control for variables such as level of education and the physical nature of the job, while allowing the emotional nature of the role to vary. Unfortunately, we did not get to do the study in the end as we had great difficulty getting permission to access staff in the right positions. Luckily for me, the projects are not always this hard to get off the ground and we have conducted studies on topics such as cheating and doping in sport where we were much more successful!

PN (Psychology News): Can you tell us a little about your work at home?

SG: As a lecturer with the School of Psychology at University College Dublin (UCD) I teach different aspects of research methods to undergraduate and postgraduate students. I am also the Director of the Centre for Disability Studies, which is part of the School and in the Centre we run a Masters course for people working in disability service settings. As part of my work in the Centre I spend one afternoon a week with an organization called St Michael's House (SMH), which is an intellectual disability service provider based in Dublin. This role is the result of an agreement between UCD and SMH to promote research teaching and practice in disability studies. When we signed the agreement back in December last year, it was the first collaboration of its kind in Ireland.

St Michael's House are an interesting organization as they are not a state organization and developed about 50 years ago when a group of parents wanted a different type of service for their children, one that focused on community services rather than more institutional-style care. My job at St Michael's house is research development, which is basically about encouraging and supporting staff and service users to conduct research. I love this role as it mainly involves working with people at the beginning of the process to brainstorm around issues such as the focus of the question, its potential contribution to the organization, and balancing the constraints of the service setting with the requirements of rigorous research. I also get involved at the end by encouraging staff to prepare their research for publication and presentation. This is often the biggest challenge as people might not feel confident about this part of the process, but in my mind a study is not finished until you have communicated or disseminated it. I firmly believe that research in any shape or form (as long as it is systematically done and rigorous) can inform practice in organizations like this and I enjoy working with front line staff to find ways to answer the questions that can impact their work.

PN: What do you hope to achieve while you are here?

SG: My main aim in coming to Massey is to conduct a piece of research to compare the systems for teaching research skills at undergraduate level. As I mentioned a significant proportion of my teaching is aspects of qualitative and quantitative research methods and there are a number of interesting differences between undergraduate psychology at UCD (University College Dublin) and Massey.

The main difference (and the one I am most interested in looking at) relates to the extent and nature of methods teaching. At home research makes up a significant proportion of the undergraduate degree, with core modules (or papers) in both qualitative and quantitative methods, as well as compulsory laboratory modules. In addition all final year psychology major students are required to design and complete an independent research project in their third year. This is a huge undertaking for any student, particularly an undergraduate, and from a School point of view it is very resource intensive. Each student is assigned to a supervisor, and each staff member would have approximately 6 students to supervise. The student then has about 6 months to formulate a research question, design the project, get ethics approval, collect data and write up the thesis, all while completing other modules and assignments. This is somewhat different to the situation in Massey (as I understand it) where not all psychology students go on to do an honours project. At home, as with all things, some students do very well and go on to publish their project, most do well, but others find it very challenging. A key strengths of the project is that student complete the degree with first hand experience of research, but I think one of the big challenges is that students can become very focused on the project to the detriment of other third year modules and the reality is that the project is only worth about 12.5% of the final degree.

So I am interesting in learning from staff and students in Massey how we might think differently about supporting students to develop research skills. As part of this I hope to interview staff involved in research methods teaching and students who have completed Paper 175.303 to get their views on this issue. I am working with Chris Stephens and Kerry Chamberlain on the project and I think there is a lot to learn about what we as lecturers in psychology want undergraduate students to leave with in terms of research skills and how we can support them to develop these skills during the course of their studies.

One other thing I hope to achieve is to find out a little about a visit by another Psychologist from Ireland to Palmerston North back in 1975. At home I edit *The Irish Psychologist*, which is the magazine of our professional body, The Psychological Society of Ireland (PSI). Earlier this year I was reviewing old issues of the magazine, and I noticed a small piece about Prof George Seth returning from his time as a visiting scholar here. Prof Seth was Professor of Psychology at Queens University in Belfast, Northern Ireland but was well known to members of the PSI. So I thought it might make an interesting piece for the magazine. I met with Prof. George Shouksmith and his wife Audrey soon after I arrived and they were able to fill me in on the connection and how Prof Seth came to visit. I also discovered that we had some acquaintances in common from Prof. Shouksmith's time at Queens, before he came to Massey. I am hoping there might be some more information about the visit in the archives and that the story will appear in some shape or form in the magazine. Needless to say if anyone else on the staff remembers the visit (possibly as a very young student or staff member!!) I would be delighted to hear about it.

PN: Any last words?

SG: I just wanted to say thank you to everyone in the School for the support in getting here and for the warm welcome. It's great to experience psychology in a new context, and getting to spend some time living in New Zealand is an additional bonus!

Editorial Note

This multi-issue version of *Psychology News* is long overdue – apologies. The last 6 months have been unusually busy and full of disruptions. We have had several staff changes that have impacted on our ability to organize and prepare material for publication. Thus, this multi-issue is something of a catch-up and covers several important events that happened some time ago.

Starting with this issue *Psychology News* is moving to four issues a year. In coming months we will be changing to a more streamlined and professional format. It has become clear that *Psychology News* is much more than an in-house newsletter – the new format will better reflect its role as a tool for communicating what's going on in the School of Psychology at Massey University to alumni, the university community, and the general public as well as the staff and students of the School.

Watch this space!

Next Issue

The next issue (Vol 5, No 4, Spring) of *Psychology News* will be produced in November 2010. If you have any news, or fabulous photos, or research and publication information that you would like to contribute to the newsletter, please send the information to Helen Page, H.L.Page@massey.ac.nz before the end of November.

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