

Talking Therapies

Te Pou

o Te Whakaaro Nui

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Structure for the presentation

1. Talking Therapies - NZ vs international approaches
2. The Talking Therapy guides
3. The focus on engagement
4. Next steps for talking therapies

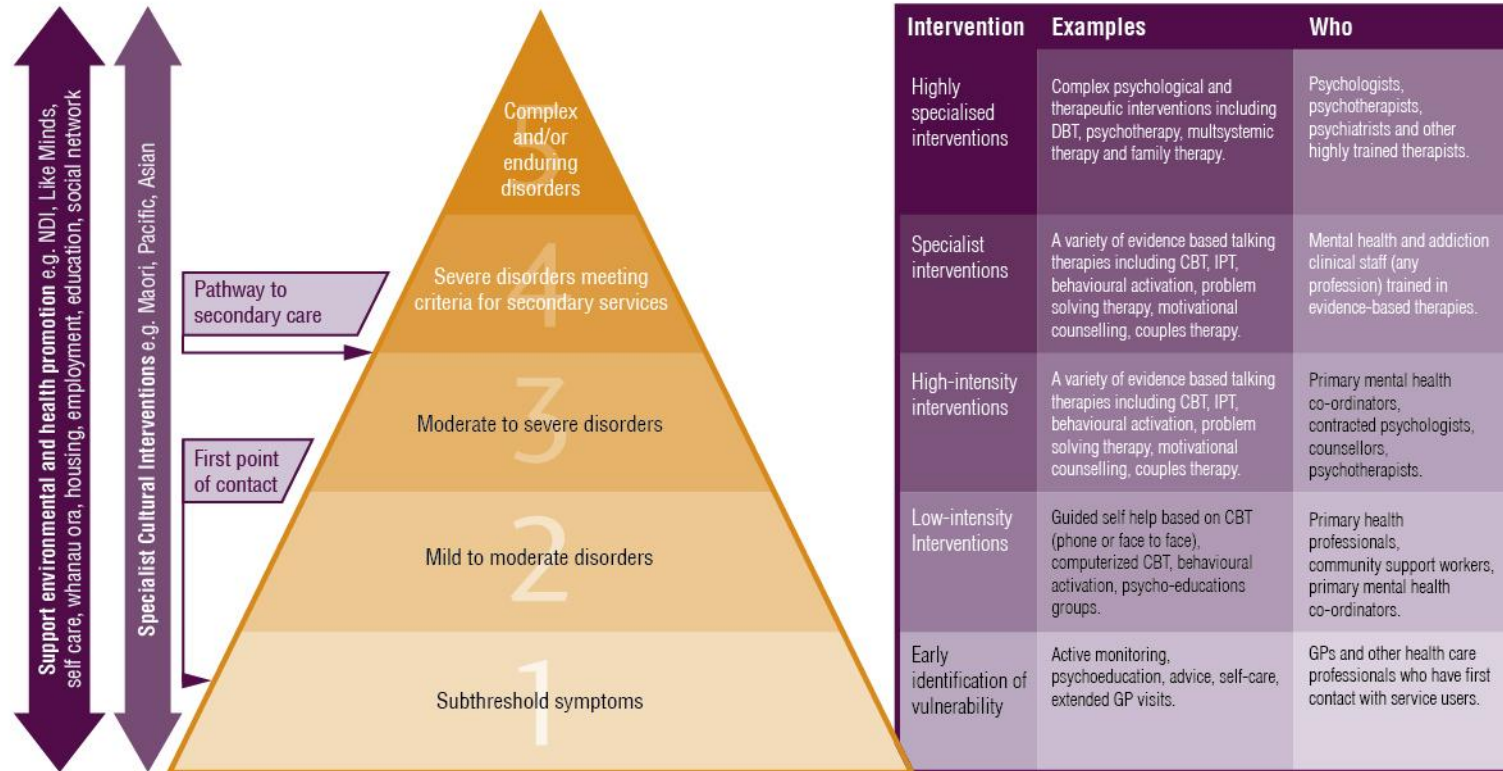
Defining talking therapies

- ❖ Talking therapies are based on **psychological concepts and theory**, and are designed to help people **understand and make changes to their thinking, behaviour and relationship** in order to **relieve distress and support recovery**. The skills and competencies to deliver these therapies are acquired through **training** and maintained through **professional supervision**.
- ❖ Can be delivered through a variety of mediums eg. one-on-one, group based, e-therapy and tele-therapy
- ❖ Delivered by a diverse range of professional disciplines
- ❖ ‘Therapeutic Alliance’ can underpin all therapeutic interactions

The International Context

- ❖ Britain
- ❖ Scotland
- ❖ Australia

A stepped care approach to increasing access



The Action Plan for Talking Therapies 2008-2011

Processes to increase quality, sustainability and spread of talking therapies for users of mental health and addiction services in NZ

Some highlights:

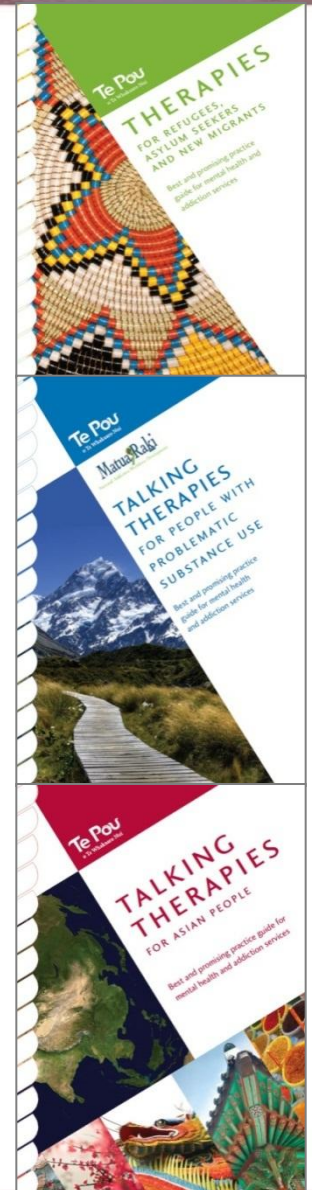
- Talking therapies framework
- Service user guide
- DBT training for NZ
- Training in engagement skills – Scott Miller
- Training in CBT through Skills Matter.




The Action Plan for Talking Therapies 2008-2011

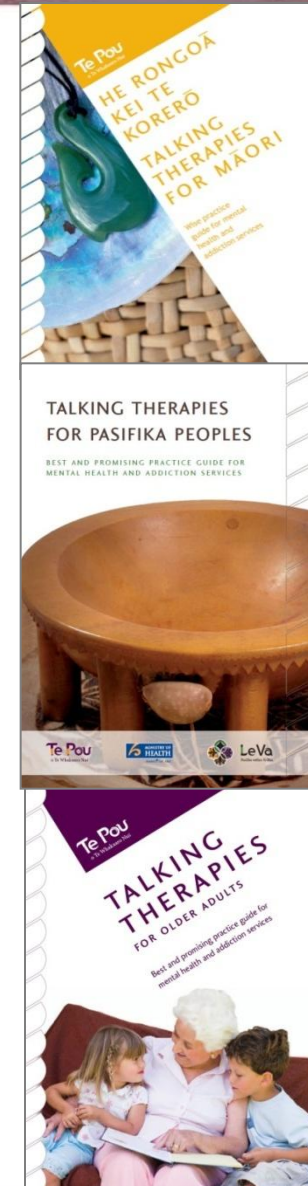
Best (promising) practice guides for talking therapies for staff working with:

- Pasifika peoples – Le Va
- Asian people - CMHCT
- Refugees, asylum seekers and new migrants - RASNZ
- Older Adults - RANZCP
- People with problematic substance use – Matua Raki
- Maori – Moe Milne.



The talking therapies suite:

- draws for best practice research and consultation with experienced New Zealand practitioners to provide clinicians with recommendations for how to deliver talking therapies in ways that **best meet the unique needs** of different population groups.
- provides all people working in mental health and addiction services with practical tips for developing **positive engagement** with service users from different population groups.
- Principles for Engagement: A resource to support *Let's get real* Real Skill at essential level. Let's get real 



Mental health nursing

- ❖ Therapeutic relationship is crucial to therapeutic outcomes.
 - ◆ Peplau 1962
 - ◆ Travelbee 1971
 - ◆ Forchuk 1998
 - ◆ Kirsh and Tate 2006
 - ◆ Bale et al 2006

Mental health nursing standards

- ❖ Te Ao Māramatanga – NZ College of Mental Health Nurses (2004)
 1. Ensure her/his practice is culturally safe.
 2. Establish partnerships as the basis for a therapeutic relationship.
 3. Provide nursing care that reflects contemporary nursing practice and is consistent with the nursing plan.
 4. Promote health and wellness in the context of her/his practice.
 5. Be committed to on-going education and contribute to the continuing development of the theory and practice of mental health nursing.
 6. Be a health professional who demonstrates the qualities of identity independence, authority and partnership.



Standards of Practice for
Australian Mental Health Nurses: **2010**

Setting the Standard

Some key principles for engagement

- invest time to prepare well for the first meeting
- take the time to connect and build rapport
- demonstrate respect and incorporate cultural protocols into the therapeutic approach
- ensure cultural and family support/expertise is available
- ensure good communication is enabled
- actively partner with service users and family/whanau in goal setting and recovery plan development
- regularly seek feedback.



Next steps for talking therapies

- ❖ A discussion paper for leaders and managers that aims to improve the effectiveness, efficiency and quality of mental health and addiction services through promoting better access to psychological therapies within a stepped care model
- ❖ provides evidence-based advice on the workforce development implications of increased access to psychological therapies, based on international and local experience
- ❖ promote the development of a national strategy to improve consistency in service quality, workforce development and access to psychological therapies in New Zealand.