



Koru Mosaic by ANZAP Member Ursula Klein (NZ).
The Koru (Maori for coil) is one of the most important symbols of Maori traditions, representing new life, spiritual growth, and progress.



PRE-CONFERENCE WORKSHOPS

**Saturday
25 October 2025**

Bealey Rooms 4 & 5
Te Pae Christchurch Convention Centre
188 Oxford Terrace, Christchurch, New Zealand

Morning Workshop | 9:00 am – noon (NZ Standard Time) **Dr Joan Haliburn & Dr Kris Rao**

Chronic Complex Trauma and its Clinical Challenges

Clinical Challenges in Conversational Model Psychotherapy with a 46-year-old female diagnosed with
Chronic Complex Trauma

Presented by Kris Rao (therapist) and Joan Haliburn (supervisor)

The patient “Jane” has given informed consent to the manner and content of this presentation.

Beginning with a descriptive history of the patient, we will be presenting in this workshop - slides with excerpts of process notes of patient/therapist conversations, complemented by live discussion between supervisor and therapist, and allow for participant questions. Due to the delusional state of the patient, the therapy was not recorded.

Adherence to the principles of the CM allowed this patient to find safety in the therapeutic relationship and work through her distress, despite delusions and troubling hallucinations that hindered her progress. We will focus on important aspects of the process: transference & countertransference, shame, contempt and dysjunctions, dreams and changing themes, and describe what’s happening now as “Jane” emerges with an improving sense of Self.



Dr Joan Haliburn is a child, adolescent and family psychiatrist, having trained at Westmead Hospital in the 1980’a, both in Psychiatry and Psychotherapy in the Conversational Model. She is a Fellow of the Australia & New Zealand College of Psychiatry, an International Fellow of the American Psychiatric Association and has been a founding member of ANZAP and its Director of Training for over 10 years and President for 3 years, and on the Board of Directors, ISSTD and member of ISSPD.

CM - training was invaluable in working with Juvenile Justice, Family Law, Family & community Services, and other areas of child psychiatry.

Joan has presented widely both internationally and in Australia papers and workshops and in 2019 published a book on short term dynamic psychotherapy based on the Conversational Model.



Dr Kris Rao is a psychotherapist & a psychoanalyst primarily providing long term therapy for complex trauma disorders. He is also a clinical supervisor for the Australian and New Zealand Association of Psychotherapy (ANZAP) training program. He has a Master of Science in Medicine (Psychotherapy) and a Doctorate in Psychoanalysis. Kris teaches ethics & psychodynamic psychotherapy as adjunct faculty at universities and higher education institutions across Australia and New Zealand.

Afternoon Workshop | 1:00 pm – 4:00 pm (NZ Standard Time)

Dr Nick Bendit

Mechanisms of Change in Psychotherapy

Even though we know psychotherapy is effective across a wide range of mental health disorders, the mechanism of change is unknown. Each model of psychotherapy has a different theory about how change occurs, yet these theories do not explain why different therapies usually end up with similar outcomes.

In the first half of this workshop, I outline a hypothesis that is central to all models, whether they recognise it or not, as a mechanism of change, mediated through the therapeutic relationship, which helps the client to experience emotions and thoughts that were unmanageable previously, and therefore avoided in a wide variety of ways. Different models address this with different techniques, implicit and explicit, but at the core is the safety and human contact of the therapeutic relationship. This, combined with the therapist modelling that emotions are important, tolerable and make sense, allows the client to explore their internal emotional world in a new way. A new relationship to their internal emotional and cognitive world is gradually built, allowing the client to live their life with more control, freedom and comfort. To support this hypothesis, and sometimes to contradict it, I review research studies into the mechanism of change, including "sudden gains", "dynamic systems", "awareness/interoception" and "common factors research."

In the second half of the workshop, I will connect these ideas to the conversational model, highlighting how the conversational model fits into the hypothesis above. Where possible, I will try and give some clinical examples and encourage your participation.



Dr Nick Bendit has worked at the Centre for Psychotherapy for the past 20 years, a publicly funded outpatient psychotherapy unit, treating patients with borderline personality disorder (using both Conversational Model, an adapted psychodynamic psychotherapy, and dialectical behaviour therapy, an adapted cognitive behavioural psychotherapy) and patients with dissociative identity disorder (using Conversational Model).

Nick is the current Director of Training of ANZAP. He has published articles on mechanisms of change in psychotherapy, reviewing the effectiveness of DBT in borderline personality disorder, and mechanisms of chronic suicidal thoughts in patients with borderline personality disorder.

Nick has been a co-author on the most recent Australian Clinical Practice Guidelines on deliberate self-harm in borderline personality disorder (RANZCP, 2016). He is the co-author of the second-largest randomised clinical trial of the effectiveness of psychotherapy in BPD, comparing DBT and the Conversational Model (Walton et al, 2020).

REGISTRATION INFORMATION

Cost per workshop for online or in-person attendance

ANZAP Members	\$A150
Non-Members	\$A170

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To Register through TryBooking using your credit/debit card please use the link below:
(+\$A0.50 ticket fee + \$A3.75 processing fee applies)

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Or to pay by Electronic Funds Transfer:

Bank: Westpac

BSB: 032-069 | Account No: 46-9778 | Acc Name: ANZAP (NSW) Ltd

Please use your **surname** as identifier and indicate “**morning**” or “**afternoon**” or “**Both**”

The Westpac SWIFT code for overseas payments is WPACAU2S. If the sending bank requires 11 characters, please use WPACAU2SXXX.

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Please use the above bank account details and include the following street address:

6a Elizabeth Street
Tighes Hill NSW 2297 Australia

Enquiries:

Contact Anne Malecki: info@anzap.com.au

Cancellation Policy:

No refunds for cancellations received after Friday, 17 October as final numbers will have been advised to the venue.