



2007 National Maori and Pacific Psychologies Symposium: Claiming Spaces

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Bridgette Masters-Awatere

In 2002 the Maori and Psychology Research Unit made a valuable contribution to the teaching and practice of psychology in Aotearoa via the two day Maori Graduates of Psychology Symposium: Making a Difference. Mid-way through 2006, our collective memories of the hard work in 2002 diminished, so much so that we once again considered hosting a similar event. Building on the foundations laid in 2002,

the theme of the 2007 symposium was "Claiming Spaces", with our focus expanding to include peoples of the Pacific. This theme reflected that the time had come for Maori and Pacific Psychologies to move from the margins and claim legitimate space within psychology. It recognized that here in Aotearoa we have the potential to be pioneers in the development of psychologies relevant and applicable

to Maori and Pacific peoples, and to better understand what science, culture and practice means when indigenous and cultural world views are prioritised. It was an inclusive theme, with the programme comprising presentations led by Maori and Pacific psychologists, graduates of psychology and psychology students. These presentations reflected on and made connections to the theme of "Claiming Spaces".

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*The National Maori and Pacific Psychologies Symposium was an exceptionally unique forum where Maori and Pacific peoples from a vast variety of working environments came together under one umbrella to share their experiences. From strident to clinical psychologist, from mainstream settings to kaupapa Maori settings, from the communities to the universities to governmental settings, Maori and Pacific peoples are claiming spaces within which to learn and practice the science of psychology within our own world views. What the symposium served to do was to consolidate and bring these amazing, pioneering people together I walked away from the symposium knowing that my colleagues and I were not as alone as we sometimes think we are. It was awesome to see just how much space is beginning to be claimed in so many places and in so many ways. The Symposium gave participants the opportunity to share experiences, to network and collaborate with others. It also served to strengthen the resolve to continue chipping away in the spaces already claimed by Maori and Pacific peoples, to grow those spaces for the benefit of our respective peoples who find themselves occupying those spaces either as clients, future psychologists, or teachers of psychology. Listening to the different papers being presented where song, dance, drama, role play, kapa haka, and mau taiaha are used as part of the therapeutic process with hugely beneficial outcomes for Maori and Pacific clients was awesome to hear This is the outcome when our worldviews, our ways of being are prioritised and normalised. The normalisation of to taha wairua, the spiritual aspect was also of prime importance. **Alamein Neweth, Massey University***

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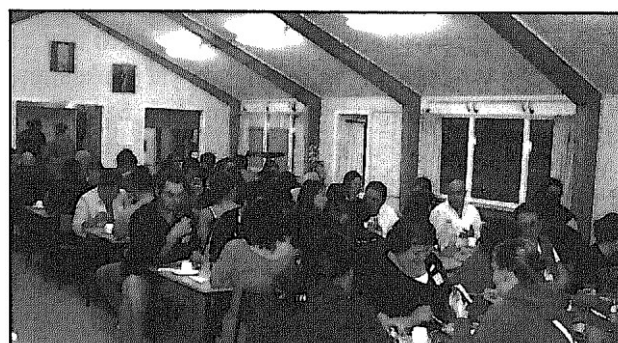
Over 200 people took advantage of the unique opportunity offered, with the symposium open to all. On Thursday night we welcomed visitors from the University of South Pacific

(Fiji), Massey, Victoria and Canterbury universities to Te Kohinga Marama, the University of Waikato marae. Over the next few days, students from the Maori and Psychology Research Unit hosted

our visitors, ensuring they were looked after and well nourished during their stay. Other symposium delegates also experienced their hospitality, invited to a hakari at the marae on Friday night.



Friends from the Pacific



Symposium delegates enjoying the hakari

Claiming Our Spaces

The symposium opened with karakia by Raymond Gage from the University of Waikato. This was followed by Professor Daniel Zirker, the Dean of the Faculty of Arts and Social Sciences, who on behalf of the University of Waikato warmly welcomed all delegates to the symposium. The team from the Maori and Psychology Research Unit then laid the foundations for the two days to come. We

As a Pakeha of the baby boom generation, my perspective of the Symposium was viewed through the lens of formative years where the prevailing presumption was that 'assimilation is best'. I've come late to the realisation that significant differences exist between the dominant culture and the perspectives and beliefs that influence Maori. Despite a liberal education and at least the appearance of a patient hearing of Maori issues and grievances, it has become apparent I have retained many inherently racist beliefs. This was evident in my reaction to observations during the Symposium that contradicted the stereotypes I have. It is a generalisation, but in my assessment, many Pakeha reactions to Maori and Pacific issues in health are paternalistic, in essence, 'help them because they aren't able to help themselves'. The Symposium ended my own version of this belief set. The confidence, professionalism and accomplishments of such a large number of presenters was a revelation. So many are evidently making significant impacts in their fields of operation. I came away impressed, enthused and optimistic. The abiding realisation for me from the Symposium was that the best I could do as a Pakeha was for me to do what I could to help clear the way for Maori psychologists and health care providers to just get on with the job. Trevor Woudt, Symposium Registrant

talked about the concept of critical mass and how we are moving beyond talking

simply about increasing our numbers as Maori and Pacific psychologists. It is about 'detonating the critical mass explosion' (Kanter, cited in Greed, 2000) and reaching the point where we have moved from the margins to the ordinary (Childs & Krook, 2006). It is about claiming our space in which Maori and Pacific worldviews, knowledge bases and aspirations are central. We reflected that kaupapa Maori theory refers to the mechanisms which enable the theoretical conversations to be captured, curriculums controlled and definitions of inclusion and exclusion maintained (Smith, 1996). We commented on the resistance within psychology to the claiming of our legitimate space, with addressing this resistance being a collective responsibility, our journey being made easier with the support of others. Nā a rourou, nā taku rourou,

ka ora ai to iwi. Through sharing our resources we are able to create synergies to sustain the people.

Nga kakano i ruia mai i Rangiatea ...the seeds were spread from Rangiatea, and within the Symposium we saw those seeds coming together. The seeds of the Pacific, our whakapapa, our past and future overlapping to create new potentials, new synergies, and new futures. And as Dr Waimarie Nikora said in her opening comments, this whakapapa will be noted. It will be recorded. E kore au e ngaro. He kakano

i ruia mai i Rangiatea ...so we will never

be lost, for we are the seeds spread from Rangiatea. Our opening presentation was delivered by Tupu Services, a Pacific Island alcohol, drug and gambling service, part of the Pacific Mental Health and Addictions Services in the Waitemata District Health Board. Tupu use culture, music, and drama to capture the attention of Pacific people to connect with their service, performing many of the real stories they face in their work. We were privileged to have portrayed before us a moving drama based on the true story of a Samoan man where the themes of "tupu" (growth) and change resonated throughout his journey.

Other keynote presentations were no less inspiring. Dr Catherine Love told us that to claim space we needed to: find new spaces; identify areas of wasted space — obsolete, unproductive, and unstable constructions; deconstruct these constructions; and build, develop or relocate our own constructions. Tools required for this were the Telescopic Analytical Visioner, Exterminator Spray,

Shape Shifter Dust, and the Philovactor! Dr Love left us pondering the question "what does it mean to teach, learn, research and practise psychology in a holistic Maori and Pacific friendly way"?

Roma Balzer, with 25 years in the battered women's movement, her work spanning local, national and international arenas, talked of the challenges inherent in developing service interventions and community action strategies that work towards providing safety and security for women and children who are victims of family violence. A Government committed to "zero tolerance" and legal system that enforces justice are key elements of this.

The Pacific Psychology Fono (Tansy Brown, Siautu Alefaio, Epenesa Olo-Whaanga) described the journey of Pacific peoples in psychology. Traditional Pacific concepts of health, holistic and defined by the equilibrium of mind, body, spirit, family and environment, such as the Samoan Fonofale model, the Tongan Kakala model and the Cook Islands Tivaevae model were explored in their keynote address.

With over 50 presenters, much was packed into the two days. In addition to the four keynote presentations, there were 33 presentations and four 'mini symposia' involving a further fifteen presenters. Symposium papers were organized across three streams, with presentations covering interventions, practice models, narratives, commentaries on epistemologies, worldviews, cultural concepts, academic and community based research. Tears, laughter, and music were just some of the elements incorporated into the papers as we claimed Maori and Pacific worldviews as the norm for two days. Below are the reflections of some symposium delegates.

bicultural issues

I was in the fortunate position of being able to attend the symposium as the New Zealand Psychologist's Board representative and therefore was keenly interested in proceedings both for my own information but also to contribute to the ongoing dialogue within the Board regarding how best to promote culturally competent practice. I was not disappointed! I was impressed with the range and vitality of the speakers. As a non-Maori and non-Pacific person, the symposium enabled me to deepen my understanding of what it means to be Maori or Pacc and how this may be translated into psychology practice. Perhaps it can be expressed by the metaphor that the symposium 'furnished' - Te Whare Tapa Wha with a rich range of colour and texture. While I was familiar with Te Whare Tapa Wha as a holistic health model, the symposium gave me new insight into how Maori and Pacific tikanga can be used to enrich psychology practice and avoid cultural barriers. It also stimulated discussion on how culturally competent practice may alter fundamental aspects of practice, for example greetings and professional boundaries. The diversity of the presentations made it abundantly clear that there is a unique body of knowledge to be known and appreciated by psychologists working in Aotearoa/New Zealand. The symposium was an excellent opportunity to sample that knowledge but it is my hope that we do not need to wait another five years for another symposium and that this is not the only waka to disseminate this information. Last, but not least, I would like to commend the organisers on their gracious hospitality. Thank you for facilitating a richly rewarding and enjoyable event. **Anne Goodhead, Psychology Advisor, NZ Psychologists Board.**

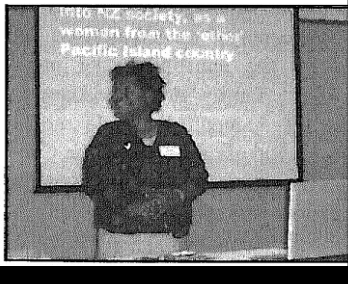


Akanisi Tarabe, A
visitor from Fiji



Paora Murupaenga
Presents on Tangata
Whairoa Mau Taiaha
Pilot Programme

The overall organisation and delivery of the programme was awesome. It truly reflected the culture of Maori and Paska, things like; " a little present given to each of the presenters as token of appreciation after they have presented their papers; the friendliness and smiles of the participants, and the awesome drama that was done by TUPU' performers, was excellent. This is based on real life ongoing issues for both Pasifika parents and children here who live here in New Zealand. I am sure a lot of people that attended the conference that day, took away something new on how to deal with social issues, especially when working with the Pasifika people. **Dulcie Paina, Symposium Presenter**



Dulcie Paina Presenting on
her experiences as a woman
from the Solomon Islands

As an extramural student completing a BA in Psychology & Education, I was privileged to attend the symposium, as a student of Massey University. I work at a Secondary School, with students who are at risk of exclusion from school into an Alternative Education program. This process requires parents to be part of it and many of the students are from Maori or Pacific Island homes. One of the challenges for me is forming relationships with parents and students who have often been let down by the education system or marginalised in some way. In attending the symposium, I have gained knowledge in areas applicable to my work. The symposium has challenged me to personally improve my abilities in more than one main area of cultural awareness and reconsider how I can make more appropriate, my work with families of students to facilitate partnership in learning. The presentations of models applicable to Maori or Pacific Island cultures which are having success in other areas were inspiring. I felt privileged to be with people who are passionate about what they do and who work to make a profound difference in people's lives. The contacts I have made have been useful not only in my work, but also as a student. I have often questioned the models to which I must follow within my work, even though at times, those models appear to set students up to fail. I can see many of the frameworks put forward at the symposium, working for New Zealanders as a whole, as they are holistic in nature and appropriate to Aotearoa. **Kia Ora. Kia kaha. Rebecca Tate, Massey University**

Attending the 2007 symposium was a major move forward for the Henry Rongomau Bennett programme and in the area of workforce development with Psychology students and Whanau. As a result we were able to network and build on relationships.. Given the kaupapa of the Hui - "Claiming Spaces", which we found so encouraging for us as a workforce development organisation, the rewards have, been great. We would encourage this type of event to happen again as to continue the momentum that has been started. The forum provided some innovative presentations which inspired many in attendance, myself included. The fact that we as Maori and Pacific were able to gather and share was a great step for us all in the health area. **Rawiri Evans, Project Leader, Te Rau Matatini**

There is a Samoan saying E fesili mlimai is nutamai' which means 'That those who come after, ask those who have been there before ', and also another saying E tofū le aso ma ona 'ai' or E iai le aso ma onafaiva'which means 'Each day or season brings or bears its own fruits ' which speaks of relevancy - this sums up the symposium for me personally. As we claim our space in the world of psychology, we must reflect back to the history of who we are, where we came from, how we used to address issues collectively to bring about reconciliation, healing and restoration; our cultural/spiritual values and beliefs, protocols, practices and processes that enhance the wellbeing of our people within our families and communities at large. On the other hand it is being realistic of what is relevant in our world today. It is the balance of reflecting back to our history and our forefathers and the New Zealand born generation and the way it is now Wherever that is, whether it is in Aotearoa New Zealand or elsewhere, accepting and respecting each others cultures. Finally there is a need to ask our parents or grand parents about all of the above rather than relying on theories from the textbooks!! Fia Turner-Tupou, Auckland

*I attended the Maori and Pacific Psychology Symposium in my capacity as a senior researcher for Te Rau Matatini, a National Maori Mental Health Workforce Development Organisation. Our organisation is focused on workforce excellence, expansion and extension. I am pleased to convey my appreciation of the conference. My professional field of interest was extended through my attendance which was achieved through attending a variety of different lectures on, innovative indigenous recovery frameworks, Maori identity and clinical interventions that utilise matauranga Maori, Maori knowledge and approaches to Maori health and well being. I was further strengthened by the Pacific component. Generally my work reflects a focus on Maori mental health so it was very useful and meaningful to have an opportunity to learn more about other Pacific nations 'peoples' cultures. I was able to gain insight into some of the similarities and differences between Maori and Samoan culture far example. The calibre of presentation was high and represented a standard of professional excellence that we as Maori and Pacific health professionals can be proud of.' Further I cannot overestimate the value of having an opportunity to mix with other indigenous health professionals. Often we work in isolation and our cultural perspectives can remain marginalised and subjugated in preference to the non-indigenous culture of the organisation we work for. For two wonderful days we were able to share knowledge, make new knowledge and create relationships which support our career pathways and the important work we do as Maori health professionals. I would like to see more conferences with this focus in the fixture. My appreciation goes to the Maori and Psychology Research Unit at the University of Waikato. **Tess Moeke-Maxwell, Senior Researcher, Te Rau Matatini***

The Symposium concluded with a plenary session expertly chaired by Professor Linda Tuhiwai Smith, with panelists Dr Catherine Love, Clive Banks, Richard Sawrey, Akanisi Tarabe, Mere Berryman, Monique Faleafa, Epenesa Olo-Whaanga, and Leland Ruwhiu. In this session, we were reminded of the reasons we came to be in this space, here because of the people we are linked to by whakapapa, the people we represent in our work and the next generation who follows behind us. Opportunities to see images of our own people on the screen and to hear our own stories were stressed. The importance of such exposure for students, in terms of demonstrating our very ability to create such space, as well as the vast possibilities that lie within it were emphasized. Our commonalities in experiences, values and journeys within psychology, alongside explicit recognition of the diversities between our respective nations As commented by Monique Faleafa, there is no country



Symposium closing plenary session panel

called 'Pacific'. For the delegates from Fiji, we heard how coming to the symposium was a therapeutic journey in itself. Our time had been richer and wanner due to the presence and contributions of Pacific peoples.

The 'quiet revolution' was mentioned several times. For Clive Banks, drawing together the threads of Maori and Pacific worldviews, cultural and clinical knowledge and weaving them together seamlessly is something we take for granted. The question has become not,

'can we do it', but, 'give us the space to do it'! We were told, the catch phrase is not claiming spaces — it's 'watch this space'! The quiet revolution is won when we get to the point of this being just the way that psychology is done in Aotearoa. Epenesa Olo-Whaanga reiterated that psychology must work for us and not the other way around.

Mere Berryman commented on the challenges of leaving the safe space created by the symposium to spaces which are for some much less safe, querying how we can work to maintain the momentum and the space we have claimed. More time was called for, with wider commitment to hosting events of this nature more frequently was raised and other institutions challenged to share the responsibility. Leland Ruwhiu commenting that next week would not be soon enough to hold another symposium and that the University of the South Pacific in Fiji held his vote!

bicultural issues

E kore au e ngaro. He kakano ruia mai i Rangiatea. I will not be lost, as I am one of the seeds scattered from Rangiatea

Richard Sawrey emphasized the important role for Pakeha and Palangi by working collectively to support Maori and Pacific aspirations to claim our legitimate space in psychology. Challenges to choose responsibility rather than justification and to think not just psychologically but collectively and politically were made. For Dr Catherine Love, non-Maori and non-Pacific delegates at the symposium were present because they knew that the agenda we seek to follow is of benefit to us all and they support the journey we are on.

Professor Smith concluded by challenging us to put ourselves in the space that has been created and ask the following questions. What is our role? Who helped us to get into that space? Does more and more people in the space extend the space, or is

it a narrow space that is very crowded now? In which direction is that space flowing? Are those the directions that intellectually, socially and politically we want the space to be going in? Who else have you brought into that space with you?

The plenary session concluded the formal programme. However, the symposium dinner was still to come, with the Hon Nanaia Mahuta as our guest dinner speaker. As delegates wound down, Nanaia entertained us with tales of difficult journeys up mountains. However, in amongst the humour, she also aptly delivered us to where we had started...

*E kore au e ngaro. He kakano i ruia mai i Rangiatea.
I will not be lost, as I am one of the seeds scattered from Rangiatea*

This symposium would not have been possible without the generous support of so many people. Thanks to our principal sponsors, the Henry Rongomau Bennett Workforce, Leadership and Scholarship Programme (administered by Te Rau Matatini) and the New Zealand Psychological Society for their generous support in making this event possible. Support was also provided by the New Zealand Psychologists Board, the Families Commission, the New Zealand College of Clinical Psychologists and Till Henderson Lawyers. In addition to the formal sponsorship, a huge thank you to those who presented, those who have submitted papers for the



Symposium Hosts: Maori and Psychology Research Unit

proceedings, and the organisations who generously supported their staff and students to attend. From the Department of Psychology at Waikato University, we wish to thank Joy Fellows, Margaret Brietler, Neville Robertson and the students of the Maori and Psychology Research Unit for their unwavering support and assistance. From the broader Waikato University community our thanks go to: Professor Daniel Zirker (Dean of Faculty of Arts and Social Sciences); Professor Ngahuia Te Awekotuku (School of Maori and Pacific Development); Professor Linda Tuhiwai Smith (Pro Vice Chancellor Maori); and Raymond Gage (Kaiwhakahaere, Te Marae o Te Kohinga. Marama). And lastly, thank you to all those who took time out of your busy schedules to attend and be part of this unique occasion.

Nga mihi nui ki a koutou!

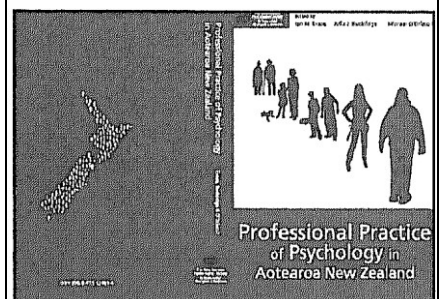
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Symposium Proceedings

An integral element of moving from the margins and claiming legitimate space is to grow the Maori and Pacific psychologies literature base. The publication of the proceedings will be a core outcome from the symposium. These will be available shortly from

<http://2007nmpps.googlepages.com>



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