

# Editorial

Earlier in the year, we put out a call for expressions of interest in being part of a mentoring network to support, guide, and encourage other counsellors in writing for publication—whether it be about their practice, research, or contributing comment on a topical matter. We hoped that having mentoring available would encourage more readers, particularly practitioners and students in counsellor education programmes, to offer a contribution to the Journal. While we had few offers, the role of staff members in tertiary institutions in fostering publication by current students and graduates remains significant, and is notably so in this issue, in which most articles are co-authored, or publication has been recommended, by a staff member. The result is an issue that contains stimulating articles on a diverse range of topics, bridging research and practice and making available new perspectives on matters of wide interest to readers.

The first article, by Kathie Crocket, is based on a keynote address she delivered at the first New Zealand Association of Counsellors' National Supervision Conference Day in July 2017. Looking back over the development of counselling supervision in Aotearoa New Zealand, she considers questions that have continued to be significant for professional supervision over time, and key considerations for contemporary practice. She refers to local research into various aspects of supervision in our particular context, including the most recent contributions to discussions of culture and supervision and the use of e-technology in supervision.

Robert Manthei's article reports on a further study he has undertaken into what happens in the counselling practice context—this time in private practice. He compares what happens in counselling agencies with information about what occurs in private practice, drawn from the records of one private practitioner between 2012 and 2017.

He analysed the information obtained, summarised it, and then compared it with similar data taken from a study of a Christchurch agency during the years 2010–2014. While there were similarities with the findings from the earlier agency study, interesting results emerged about the relative brevity of much of the counselling, and the higher numbers of male and Māori clients seen in this private practice. This article is likely to stimulate readers to reflect on what happens in their own private practices. As

before, the author raises questions about the number of sessions clients attend and counsellors' preparedness for the brevity of much counselling work.

The following article, by Kirsty Nai and Brian Rodgers, picks up the theme of brief counselling, reporting and discussing the results of a thematic literature review that addressed the intentional use of brief therapy in its various forms. This article considers the complexities and challenges that are present in the literature surrounding brief therapy, including the diversity in definition of brief therapies, and questions about whether or not brief therapies work. Common themes across different types of brief therapy are explored. A tentative, integrative model of brief therapy is proposed and the implications of offering "intentionally brief" therapy are discussed.

The Life Code Matrix™ (LCM), a strengths-based practice used by some counsellors in Australia and Aotearoa New Zealand, may nevertheless be new to many readers. In the next article, Kathryn Owler and Cilla Sturt describe this as unique in its intentional use of the senses to identify strengths. Their article presents the results of research undertaken using a narrative approach that was designed to provide an independent evaluation of the use of LCM in practice, where it is used to enable clients to access their individual strengths and improve their personal relationships. The promising findings of this research are discussed and the implications of both LCM and other contemporary sensory approaches are considered for future counselling practice.

Concerns about adolescents and pornography are of high topical interest, particularly for those who work with this age group. Cassandra Johnston undertook a literature review that examined a body of research related to adolescence and pornography, and which revealed a spectrum of use ranging from normative to problematic sexual compulsivity/addiction. She found that between the two ends of the spectrum emerge a vast array of psychosocial impacts and co-morbidities. Through identifying gaps in the literature and the comparability with other addiction treatments, what emerged was the intriguing role that relational connectedness can play in countering the problematic use of pornography. The review then examines systems of connectedness that already exist within an Aotearoa New Zealand context, and recommends relational connectedness as a theoretical framework to support constructive work with adolescents and addictions.

Working with adolescents is also the theme of the next article, by Paul Campbell and Jan Wilson, who report the results of a small, qualitative study that aimed to provide some insight for non-Pasifika counsellors into effective counselling practice with Pasifika youth. Three Pasifika counsellors took part in a focus group from which some important knowledge emerged, including the concept of demonstrating

mea’alofa—an act of generosity where the counsellor is bringing and giving of his or her whole self in the counselling room—to develop trust with the young person. Interactive drawing therapy (IDT) is also recommended as effective with Pasifika youth, where both the counsellor and the young person draw and share their stories. This article will be of interest to all non-Pasifika counsellors who work with Pacific young people.

Pacific counselling practices are also the theme of the following article, by Sarah McRobie and Margaret Agee, based on a qualitative study in which Sarah investigated the use of indigenous values, proverbs, metaphors, symbols, and stories in the therapeutic practices of four experienced Pacific counsellors and psychotherapists. Little has been published about Pacific counselling practice and this study aimed to inform counselling practice by both Pacific and non-Pacific practitioners who work with Pacific clients. This article brings forward the voices of the participants in describing the resources they use and the sources of those. They also tell stories of their use of indigenous values, proverbs, concepts, and metaphors and the benefits for clients in developing connection with them and in supporting their change processes and wellbeing.

This issue concludes with a review by Helene Connor of the recently published book *Moemoeā: Māori Counselling Journeys* (2017), edited by Kathie Crocket, Eugene Davis, Elmarie Kotzé, Brent Swann and Huia Swann. This book is a significant contribution to our Aotearoa New Zealand counselling literature and has been received with warm acclaim.

**Margaret Agee and Philip Culbertson**  
Editors

#### Referees Volume 37 Issues 1 and 2

Kathryn Barclay	Claire Ferguson	Fleur Piper
Peter Bray	Gay Gallagher	Rhonda Pritchard
Richard Charmley	Peter Huggard	Brian Rodgers
Ben Coaton	Hyeeyun Kim	Keith Tudor
Alastair Crocket	Barbara Mackay	Johann van den Berg
Kathie Crocket	Cabrini ‘Ofa Makasiale	Paul Williams
Misha Crosbie	Robert Manthei	Jan Wilson
Irene de Haan	Judi Miller	Dick Wivell
Hans Everts	Mandy Pentecost	