

# Editorial

## Tēnā koutou

Welcome to the second edition for 2020 of the *New Zealand Journal of Counselling*, the journal of Te Roopu Kaiwhiriwhiri o Aotearoa, the New Zealand Association of Counsellors.

In our last editorial we paused to reflect on the impact of Covid-19, and how it has already begun to shape our profession and the expectations of individuals and groups across Aotearoa New Zealand and the world. As counsellors in practice and in education/training we have been called to respond personally and professionally, and in many practical and creative ways, to the very real needs of clients as we have managed to make sense of this new “normal” together. We also count ourselves fortunate that Aotearoa has so far, in contrast to other countries, remained less affected by the virus. In an uncertain future, however, we hear of counsellors who have stepped up to play an increasingly important role in supporting the day-to-day mental health needs of our struggling communities. At such times we might find ourselves at our most vulnerable and yet it is also at these times that we can do our most rewarding work.

As usual we want to offer our thanks to the authors in this issue who, through the generous publication of their articles, continue to shape the professional landscape, practice, and ideas of our readers. Unsurprisingly, this issue provides a satisfying opportunity to consider a broad range of important topics.

Anticipating the New Zealand government’s recent funding initiatives and revisiting old ground with new insight, Robert Manthei and his colleagues’ influential addition to the research makes a compelling case for strengthening the number of counsellors in schools currently working with adolescents.

Another challenging article, by Brian Rodgers and Keith Tudor, begins with a critical review of Carl Rogers’ person-centred counselling approach and its development over the last 60 years. The article goes on to thoughtfully examine the relevance of this approach to current New Zealand therapeutic practice and culture, especially counselling’s present position in our unique bicultural context. They suggest that reconsidering this widely used counselling approach could provide exciting opportunities to view and review current counselling practices and training within the cultural context of Aotearoa New Zealand.

Considering the hypothesis that effective counselling can share some practices with good teaching, Ashita Kaul and Jan Wilson also pick up the theme of counselling with younger clients in schools. In their qualitative research, Kaul and Wilson ask secondary school guidance counsellors in Aotearoa New Zealand about their use of collaborative directive and non-directive approaches that respect the client’s stage of development and helps them both to structure a therapeutic approach that is tailored to the client’s needs.

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In the fourth article in this issue, Paul Flanagan provides an informative and challenging discussion of the intersections of sexualities and childhood, with the aim of supporting counsellors to consider and work with the complex underpinning dominant discourses that shape the ways in which sexualities are viewed and addressed in work with children and young people.

The next article considers the important subject of providing counselling support for women who make the decision to have an induced abortion. In her thoughtful review, Margaret Pack discusses the decision making journey and its aftermath, suggesting that counsellors have a significant role to play in helping clients to make sense of their loss, especially in cases where the client experiences the isolation of disenfranchised grief and shame.

Illustrating an integrative and process-oriented approach to supervision, the final article presents an insightful case study of a supervision session with an experienced counsellor. Here Jacqueline McFarlane and Margaret Agee introduce the reader to the supervisee and provide the supervisor's assessment of her needs, then look at the implications of these for the supervisor and her facilitation of the session. The supervisory process is carefully described and followed by an analysis and evaluation that tracks the intrapersonal processes of both supervisor and supervisee. Finally, the case study critically reflects on their supervisory process together and particularly its effectiveness in meeting the needs of the supervisee.

Finally, we continue to encourage those of you who have unpublished research, innovations in practice, and/or new theoretical ideas and constructions to consider submitting for publication in the coming year. We look forward to receiving your articles and your ideas.

It feels appropriate to commend everyone on completing a difficult year and sincerely hope that you manage to have a break as we reach the year's end.

Mā pango, mā whero ka oti te mahi—If chief and worker pull together the job is done (Many hands make light work).

*Nāku noa, na Peter mātou ko Janet ko Paul*

**Peter Bray, Janet May, and Paul Flanagan**

Editors

## **Acknowledgements**

The editors would like to thank the following for their invaluable support in reviewing all articles submitted for consideration and publication in Volume 40, Issues 1 and 2.

Margaret Agee	Judith Graham	Shirley Rivers
Kathryn Barclay	Gary Hermansson	Jenny Snowdon
Alison Burke	Colin Hughes	Lisa Spriggens
Ben Coaten	Judi Jacobsen	Wendy Talbot
Catherine Cook	Robert Manthei	Keith Tudor
Allyson Davys	Karey Meisner	Sue Webb
Sonja Ellis	Mandy Pentecost	
Roger Foggitt	Nigel Pizzini	