

Editorial

Tēnā koutou, tēnā koutou, tēnā koutou katoa.

In our last editorial we reflected on the possible long-term influence of Covid-19 on our work as a profession, but even at that time we could not have imagined how deeply it would ravage people's lives across the globe. As we write this editorial, the people of Aotearoa New Zealand are, again, in Level 4 lockdown, this time in response to the concerning and highly contagious Delta variant of Covid-19. While the impact on Aotearoa New Zealand has been mild compared to many other nations, and we gratefully celebrate our survival, it is perhaps no longer surprising that our capacity to weather the crises has been tested in a myriad of ways. Our world, which we had assumed to be a relatively predictable place, is no longer so. While our care for and support of others has not diminished, it has inevitably been resolutely challenged by the presence of Covid-19 and its variants. This has resulted in a low-grade fatigue that has pushed us to question our resilience and our capacity to bounce back as quickly as we are used to. How then do we manage our responsibilities at home and in our work as counsellors and therapists now and in the future? Similarly, in what ways will the continuing presence of Covid-19 create fresh difficulties for our clients now and over time?

While for much of the population of Aotearoa New Zealand the existence of Covid-19 has become part of everyday existence, for others it remains a fresh source of despair, a painful reminder of their unnecessary losses and the dislocating impact of being cut off from loving connections. As counsellors we acknowledge the lingering presence of Covid-19 as a threat to people's existence, and we see this in the fragility of our clients' assumptive worlds. If this is a real challenge to our profession, then how should we regard it, and how should we respond? As a crisis Covid-19 has taught us a lot about the advantages of living in this land. It has also taught us what we can live without and what is important to us. It has encouraged us as a nation to value what we have and to look at ways to preserve it in the future. Similarly, as counsellors, our knowledge, understanding, and skills

give us the foresight to anticipate what our clients' needs are now and in the future, and what professional development training we will need to meet those needs down the track. Paradoxically, even as we feel the weight and reality of returning Covid-19 uncertainty, this has also become a critical time for raising the profile of the profession in Aotearoa New Zealand. We acknowledge the considerable efforts currently being expended on behalf of the profession, by both its leadership and its members, to demonstrate the critical roles that counsellors play in maintaining the health of the nation.

As editors of the journal, we continue to be so inspired by those researchers and practitioners who submit their vital work for publication, and we want to encourage those still in the wings to reach out to us for support in preparing articles for future issues.

Finally, our thanks must go to the contributors of this issue. Your scholarship, ideas, and words have an immediate and lasting influence on our practice and help us to articulate what it is like to work as counsellors in the unique setting of Aotearoa New Zealand.

The articles in this issue deal with four critical counselling concerns. Bob Manthei begins with a short report on the reality and practicality of using brief counselling in Aotearoa New Zealand settings.

This is followed by a timely piece of qualitative research by; Paul Flanagan, Sandra Gee, Lisa Holden, Martin McGoran, Lee Ann Meyenberg, Graeme Pringle and Helen Townend, that presents supervisors' ideas and hopes for meaningful supervision-supported Continuing Professional Development (CPD). While the research finds that a number of supervisors and counsellors make productive use of the arrangement to plan and reflect on CPD within supervision, it also valuably examines the dissonance that exists within the process and critiques the cultural appropriateness of current CPD competencies.

In the third article, Nigel Pizzini, Helen Gremillion, and Tanya Newman examine a familiar ethical dilemma that concerns the reporting of a school-aged client's harm and abuse. Here the authors build a case for school counsellors who find themselves in these difficult situations to consult with other professionals over their ethical, moral, and legal obligations towards their clients without obtaining permission from them first. The article also examines the use of language to preserve the therapeutic relationship, and advocates for a collaborative response to harm reduction that prioritises client choice and agency around matters of disclosure.

In our final article Peter Bray suggests that in training, beginning counsellors use the counselling space much like an actor uses a stage to give favourable impressions to their audience, and to rehearse and test out scripts and new knowledge. However, in this case this intense exploration and experimentation supports the development of their professional counsellor selves. Here Bray integrates Carl Rogers' theory of self and Erving Goffman's dramaturgy of self-presentation to examine the ways that the novice counsellor-in-training might perform and interpret the therapeutic relationship and begin realising their professional selves. This article invites further comment from counsellors, educators and supervisors on the value of considering this normative phase in the beginning counsellor's training from diverse perspectives.

We hope you enjoy this issue. As mentioned above 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.

We are in Level 4 lockdown, so it feels appropriate to wish you all strength and courage.

*Me mahi tahi tātou
mo te oranga o te katoa.
We must work together
for the wellbeing of all.*

Nāku noa, nā Peter mātou ko Janet ko Paul

Peter Bray, Janet May, and Paul Flanagan

Editors