

## Editorial Comments

Welcome to this second 2002 edition of the *New Zealand Journal of Counselling*. The articles in this *Journal* reflect the many contexts in which counselling occurs. Some of them have been awaiting publication for a long time and are a casualty of the change in editorship in the past year. Others are more recent. We thank the authors for their patience during this process.

We open with an article that will be of interest to counsellors in every context, as they reflect on their professional accountability. John Winslade and Carol White give an important overview of what is happening in our own organisation with an analysis of ethics complaints to NZAC between the years 1991 and 2000. They provide some basic data on emerging trends, share their concerns and make some initial interpretations.

The bulk of the articles focus on a range of contexts within which counselling occurs – schools, parent groups, women and violence, alcohol and drugs, and cross-cultural counsellor training.

Glenda Dixon addresses the very interface of counsellor and context by taking the position of a “decentred narrative therapist/researcher” to assist and empower a group of women who had lived in violent relationships to re-author their lives.

Michael Nystul looks at parenting issues and presents a new parenting technique that he calls emotional balancing.

Roy Nash presents some of the outcomes of a project in New Zealand secondary schools that examines factors affecting student progress at schools, and some of the implications of these findings.

John Caygill outlines the clinical context of alcohol and drug counselling in New Zealand and some constraints he sees on its effectiveness, relating particularly to content, structure and purpose.

Sheena Hudson reflects on the outcomes of the process of training counsellors in another culture, specifically the Pacific nation of Kiribati.

We conclude with an article that addresses the approach we might take to sharpen our practice and increase our effectiveness, in whatever context we work.

We are delighted to include this paper on the importance of evidence based practice, which was first published in the international journal *Counselling and Psychotherapy Research* in June 2002. It was also distributed, as an information sheet, to all members of the British Association of Counselling and Psychotherapy.

Linked to this, Sue Cornforth reviews *Counselling in Primary Health Care*, a summary from Britain of research evidence evaluating the potential benefit of counselling and psychological therapy in this context. While this review focuses on the situation in Britain, we remind readers of the work being done in this country by the New Zealand Guidelines Group, set up in 1996 by the National Health Committee. Many counsellors will be familiar with the *Guidelines for Assessing and Treating Anxiety Disorders* and the *Guidelines for the Treatment and Management of Depression*. The Group's website [www.nzgg.org.nz](http://www.nzgg.org.nz) lists nine publications under "Mental Health" that might be important for us to access.

We thank the members of our Advisory Board for their on-going support and guidance as we continue to shape and develop the *Journal*. Their names are on the inside cover of the *Journal*. Our first meeting, before Conference, went well and we hope to continue this as an annual event.

We also want to thank the pool of reviewers who gave their time and expertise to provide us and the authors with feedback on these articles, and in many cases suggestions for changes. This issue our reviewer panel has included Colleen Flux-Hollings, Frances Griffiths, Alix McGinity, Rhonda Pritchard, Judith Perrin, Sue Sewell, Gaye Sutton, John Tetley, Pat Thompson and Mirjana Vilke. We are keen to extend our network of people who are prepared to review articles. If you are interested in becoming part of this pool, please forward your name and a brief CV to us for consideration.

As part of extending our international links, we would like to include in each *Journal* the contents page of a relevant international counselling journal. This time we include the contents of the latest *International Journal for the Advancement of Counselling*. This is the *Journal* that is also accepting articles from the 2002 NZAC/ IRTAC Conference held in Auckland. We hope to publish relevant papers from this Conference in the first *NZ Journal of Counselling* for 2003.

Best wishes for Christmas and the holiday season.

**Sue Cornforth**

**Fran Parkin**