

Editorial

Editing the Journal is both a responsibility and a privilege. It “goes with the territory” that we carry responsibility for enhancing the standards, accessibility, and credibility of the Journal, so that it engenders respect for our members and our profession and serves the needs of our readers well. While this involves hard work that can be very tedious at times, our involvement with contributors can also be very rewarding.

As we complete our first three years as co-editors of the Journal, we note two significant items that mark the ongoing growth in usefulness of the *NZJC* for both academics and practitioners. The first is the availability of the issues electronically now, via the NZAC website, plus the ongoing addition of back issues of the Journal. We will continue to add more back issues as the webmaster has time. Second, articles from the *NZJC* are showing up with more frequency through Google and similar internet searches, which means that our New Zealand-based scholarship is reaching an international audience with more regularity. We feel privileged to be able to play a part in drawing the work of researchers and creative practitioners in Aotearoa New Zealand to the attention of professional and academic communities.

This rubric of “creative practice” describes well the first article in this issue, in which Elizabeth Denton has documented the work of Māori counsellor and healer Tangi Hepi. Tangi Hepi is an experienced and highly regarded drug and alcohol counsellor who brings to his practice his Māori roots and his Pākehā upbringing, as well as his clinical training and experience. As a result, he has developed a bi-cultural approach to counselling that is loosely framed by the conventions of the profession, but has been extended and given depth by the teaching he received from his paternal grandmother when he was a young boy. Tangi Hepi has even provided drawings that bring his unique approach to greater life.

Depression can threaten well-being and present coping challenges to people across all age groups, and the next two articles present findings from local research in this area. In the first of these, by Jan Wilson and Lynne Giddings, the voices and wisdom of women are heard describing the strategies and solutions they have found helpful in coping with and overcoming depression. One of the challenges that this report presents

to us is the consensus of the 18 research participants that counselling alone was not adequate to return them to the sense of well-being they desired. They also needed the support of families and other women to conquer new challenges toward building their own self-worth. The women's stories from this qualitative study may offer surprises and contribute valuable learning to enrich our understandings and practice.

Although they are at the frontline in their work with adolescents' mental health, school counsellors are rarely included in mental health research, and their role is often under-acknowledged and poorly understood by other professionals. In the first of two articles, Barbara Bulkeley presents information about school guidance counsellors' beliefs, knowledge, and practice regarding adolescent depression. This information will be useful not only to school counsellors but also to others working with adolescents. The article in this issue reports the findings from a survey and focus groups, and raises questions about how school counsellors identify depression, for how long they might see students with depression, seeking an outside referral, and the reactions of students' families to diagnosis and referral.

In the following article, Michael Williams and John Winslade explain the narrative approach to mediation, bringing the process to life with an illustrative case study. Their intent is to demystify some aspects of narrative mediation, with the added benefit of exploring the confrontational style of adolescent males in the school system and what it might mean for young men to be friends.

The final two articles in this issue can be seen as addressing counsellor well-being from quite different perspectives. Sexual abuse counsellors' responses to stress and trauma across their career trajectories is the focus of an article by Margaret Pack that draws on material from a wider, qualitative study. This follows an earlier article published in the Journal in 2004 that focused on sexual abuse counsellors' stress and trauma from a social work perspective. By reflecting on their own practice as supervisors both within agencies and external to agencies, Vivianne Flintoff and Paul Flanagan then invite counsellors and supervisors to review their experiences of external supervisory relationships and to critique their assumptions about the nature of the tripartite relationship between counsellor, supervisor, and agency, addressing in particular what it might mean to be accountable to an agency that is paying the bills.

Since book reviews became an established feature in *Counselling Today*, the Journal has not included them. However, we believe that Melinda Webber's book, *Walking the Space Between: Identity and Māori/Pākehā*, offers much that can enrich the understandings about identities that underpin our work. It deserves wider exposure

and recognition than it has received. We therefore invited Karlo Mila-Schaaf, researcher and poet, to review this book. Interestingly, both Melinda and Karlo contributed well-received presentations at the recent Pacific Research Symposium. Karlo's informative review provides a rich and satisfying conclusion to this issue.

Margaret Agee and Philip Culbertson

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