

MOANA SOLUTIONS 2CONFLICT

RANGATIRA WANANGA

CBT IN ACTION

An Indigenous Approach

with Ngarongo Ormsby

9.00am-4.00pm Wednesday 16 March 2016

TAURANGA MOANA

Mihi

Nau mai haere mai, welcome, welcome, welcome. We are delighted to bring to Tauranga Moana, Cognitive Behaviour Therapies **in ACTION** from a Māori approach to CBT, "*Te Tipuranga o nga Kakano*," an eight part model that illustrates the primordial origins as an holistic approach to ko wai koe and no hea koe.

About the Rangatira Wananga

This is a unique wananga pitched at Rangatira level (Masterclass) which will take the participants on a unique journey of self-discovery. Participants will be exposed to a Māori view of CBT de-constructed and re-constructed from the schools of thoughts from Dr Aaron Beck, Dr Christine Padesky, Dr Judith Beck, Sir Mason Durie, Taina Pohatu, Hirini Reedy, Papa Morehu(Phd), Nanny Ormsby, Whaea Nellie Ormsby, Whānau, Hapū, Iwi oral histories, ancient Māori mythology, to make sense of CBT Māori style.

About the Presenter

Ngarongo Ormsby is the founder of Moana Solutions 2Conflict that specialises in relationship conflict, situational trauma, adjustment disorders and whānau/family disputes, with more than 20 years experience. First Māori graduate in 2004 with a Postgraduate Diploma from the School of Psychology CBT Programme, Massey University. His professional memberships are ANZACBT, MNZAC, AAMINZ and Ngā Pou Mana.

He has an extensive background in mental health having provided services to Kaupapa Māori, A&D, ACC, EAP, Family Court, Probation, Prisons, PHO, Iwi, Businesses and private clients. He went to Australia from 2011-2014 to specialise in Family Dispute Resolution and became the first NZ Māori to be accredited in Australasia. He returned in March 2014 to be pivotal in FDR in ACTION and CBT in ACTION in Aotearoa.

Who Should Attend

Mental Health Professionals who work with Māori or curious about an innovative CBT approach with a minimum of five years experience. You ought to have a CBT component in your qualifications, this includes but not limited to, Clinical/Counselling Psychologists, Nurses, Police, Corrections Dept, CBT Therapists, Counsellors and Social Workers.

The Wananga will cover:

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|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| ✓ De-construct and Re-construct CBT from an Indigenous Approach to case collaboration and conceptualisation | ✓ Expose participants to Indigenous Thinking Conceptual Variants to CBT, parrallel, convergents, similarities, differences. |
| ✓ Introduction to the Lifecycle Genealogical Approach, ko wai koe, no hea koe | ✓ Expose participants to the Empty Space Approach, Te Kore Kore, then fill it |
| ✓ Korero Mai – story telling, narratives, oral mythologies, localised pakiwaitara, participants stories. | ✓ Where to next? Tuakana & Teina Wananga through the year, and an end of the year Marae Retreat. |

- Investment Cost: \$217.00 (incl gst)
- Wananga is limited to 10, then wait listed, first in and paid-up basis applies
- Enquiries: ngarongo@moanasolutions2conflict.com or mobile 021 0856 6289
- Location: The Conference Room, The Bethlehem Motor Inn, www.bethlehemmotorinn.co.nz
- Cost includes on site catering coffee/tea and lunch



Registration Form

Registration Fee:

- ☐ Participant fee: \$217.00 (incl gst)
- ☐ Receipt required
- ☐ Email/Scan Registration form to: ngarongo@moanasolutions2conflict.com

Name: Organisation:

Tel: Mobile:

Email:

Postal Address:

..... Postcode:

Professional Association:

Current Role:

Graduate CBT School:

CBT Experience:

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5yrs Minimum Mental Health:.....

Experience using Māori methodologies:

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Certificate, preferred name:

Special Dietary Needs: ☐ Gluten free ☐ Vegetarian, ☐ Vegan ☐ Other

Note: Special dietary needs require special catering, an added expense. This will incur an additional \$10 per person. Alternatively, you may bring your own special meal.

Disabilities: ☐ Wheel chair ☐ hearing impaired ☐ sight impaired ☐ other.....

Payment Method:

- ☐ **Direct credit to account:** 02 1242 0024798 001 (ref: name and RWCBT)
- ☐ **Cheque:** post to PO Box 16079, Bethlehem, Tauranga, NZ, 3147
- ☐ **Invoice:** To be sent to:
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Minimum and maximum numbers apply: first in paid-up, first served basis

Cancellation & Refund: Service fee applies \$50, received in writing no less than 14 days prior

A wait list applies: where numbers exceed 10, a waitlist will apply. Where a cancellation occurs the priority shall be the first in on the waitlist. Priority will be made for the next Rangatira Wananga CBT



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An indigenous Approach

TAURANGA MOANA



RANGATIRA WANANGA

“CBT in ACTION”

Te Tipuranga o ngā Kakano

One Day Wananga



TUAKANA WANANGA

“Tihei Mauri Ohoo”

One Day Wananga

Pre-requisite: Rangatira Wananga



TEINA WANANGA

Case Study Reflections

Small Group Work - Half Day

Pre-requisite: Rangatira and Tuakana Wananga



Noho Marae Weekend Retreat

End of the Year

Friday afternoon to Sunday Morning

Island Retreat

Experiential Exposure, we all become Teachers & Learners