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Authenticity starts  
in the heart.



**TheMHS Conference**  
23-26 August 2016. AUCKLAND

## **EDITORS' FOREWORD**

We hope you enjoy reading these papers from the 26th annual TheMHS Conference held in Auckland, New Zealand. The papers represent a wide range of mental health topics and a broad group of people involved in mental health services. Represented in these proceedings are service providers, consumers, carers (families), researchers, educators and managers.

All papers submitted to the Editors of this Book of Proceedings by conference presenters are read by two independent reviewers. Papers are reviewed on the criteria of innovation, clarity, relevance to mental health services, coherence of the topic, and evidence. The editors have again this year, decided to include a section of highly recommended papers. These are the papers rated highest by the reviewers, against the five criteria.

## **HOW TO REFERENCE THIS BOOK**

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## **DISCLAIMER**

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TheMHS Annual Mental Health Services Conference was held at The Langham Auckland New Zealand in August 2016. There were approximately 900 people attending and approximately 250 papers and workshops were presented by people from Australia, New Zealand and a number of other countries.

## **EDITORS**

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**THE EXPERT - INTUITIVE PRACTITIONER:  
THE ARTS OF AN AUTHENTIC CLINICAL PRACTICE**

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***ABSTRACT***

Authentic clinical practice considers the whole story. Professional practice development acknowledges informal practice research as a pathway to extend experiential practice knowledge. Routine practice reviews contribute to the practitioner's working conversation for a relevant secondary research process. Formal practice research for evidence-based practice (EBP) knowledge is of course, a quantifiable qualitative research process. It is authentic practice knowledge that best informs this.

Practice codes that consider an ethical approach to mental healthcare and treatment, acknowledge the counterintuitive of dualistic systems evident in applied psychiatry and the professions of orthopsychiatry. My hypothesis is that psychotherapeutic process, applied within an Archetypal or Depth Psychology practice orientation, will provide authentic data about the causal effects of the dominant life systems present in a person's life.

In applied clinical practice, *the recognition of life-metaphor is a resonant tympanic membrane of symbolic transference, where the ethical practitioner's awareness is about the person as a part of the whole story.* We read between the lines for subjective content, perspective is for the person in the context or situation of treatment, not the treatment for itself. This brief paper outlines an authentic approach to the practice of the Arts in Psychotherapy in the mental healthcare setting that extends beyond conventional practice frameworks.

***INTRODUCTION***

*The temple bell stops,  
but I still hear  
the sound coming out  
of the flowers.  
Matsuo Basho (1644-1694)*

Matsuo Basho's haiku is meaningful for those who mindfully practice the humanitarian arts. It was inspiration for the lyrics, "Stopping linear flowing of time, allows the space to take shape. Stopping circular flowing of space, allows the sound to reverberate and vibrate in all its depth", the song lines of *Clouds Of Flowers And Sounds Of Bell*, by Reverberant Evenings (Bonanno 2016). Essentially, the change process that is instigated in a creative psychotherapeutic clinical practice is a synthetic arts process (Levine 1992) that extends beyond the conventional therapy formulations of the dualist practitioner.

Applied theory in clinical practice is known as Praxis. For the development of a professional practice, informal practice research is acknowledged as a pathway to extend experiential practice knowledge that is resonant with practice theory. Ultimately, the guidelines of an evidence-based practice (EBP) framework are specifically developed for the developmental stage of the practising profession (Gilroy 2000, Gilroy 2006). A complex clinical lens acknowledges treatment ethics, professional specialisation, and a plural practice culture that provides therapeutic opportunity in the treatment options that are available for the recipients of healthcare. It is authentic practice that informs the situation of plurality.

## ***SUSTAINING AUTHENTICITY IN CLINICAL PRACTICE***

**Working with *the whole* in mental healthcare**

**Local differences**

**From *the shadows* of an archetypal psychology**

**Playing out the theatre of *the creative mind***

**Indigenous *mythology*, cross-culture and metaphor**

## ***CONCLUSION***