



## Tangata Whenua - Recommended Resources for Psychologists

### Psychology Board and Psychological Society website documents

- <https://www.psychology.org.nz/about/who-we-are/bicultural-commitment#>
- [http://www.psychologistsboard.org.nz/cms\\_show\\_download.php?id=211](http://www.psychologistsboard.org.nz/cms_show_download.php?id=211)

### Māori models of health and well being

- Durie, M. (2011) Ngā tini whetu: Navigating Māori futures.
- Durie, M. (2011) Indigenizing mental health services: New Zealand Experience.
- <https://www.health.govt.nz/our-work/populations/maori-health/maori-health-models>
- Ministry of Health (2020). Whakamaua: Māori health Action Plan 2020-2025
- Kingi et al., (2018). Maea te Toi Ora: Māori Health Transformations.

### Māori Wellbeing

- Durie, M (2006). Measuring Māori Wellbeing.
- Houkamau et al., (2011) Māori cultural efficacy and subjective wellbeing: A psychological model and research agenda.
- Boulton et al., (2014). Whanau ora: He whakaaro a whānau: Māori family views of family wellbeing.

### Māori psychology

- Waitoki, et al. (2016). Te Manu kai I te matauranga: Indigenous psychology in Aotearoa/New Zealand.
- Pitama, et al., (2017). A proposed hauora Māori clinical guide for psychologists: Using the hui process and Meihana model in clinical assessment and formulation.
- Māori models of Trauma Informed Care  
<https://www.youtube.com/watch?v=GN3tu5FOOa0>
- Hyde, et al., (2017) He kohikohi rangahau: A bibliography of Māori and Psychology Research.

### Māori and CBT

- Bennett et al., (2016). Considerations for culturally responsive cognitive behavioural therapy for Māori with depression.
- Cargo, T. (2008) Hoesa mai tōu waka – claiming spaces for Māori tamariki and rangatahi in cognitive behavioural therapy.

### Māori and Digital Mental Health Interventions

- Shepherd et al., (2012). The design and relevance of a computerized gamified depression therapy program for indigenous Māori adolescents.

### **Māori and Psychosis**

- Taitimu et al., (2018). Ngā whakāwhitnga (standing at the crossroads); How Māori understand what western psychiatry calls schizophrenia.

### **Māori and neuropsychology**

- Dudley, et al., (2018) Factors associated with Māori performance on the WAIS-IV.

### **Māori and depression**

- Bennett, et al., (2014) Culturally adapted cognitive behaviour therapy for Māori with major depression.

### **Māori alcohol and drug**

- Huriwai, T (2002) Re-enculturation: Culturally congruent interventions for Māori with alcohol and drug use associated problems in New Zealand.
- Robertson, et al., (2003) Te aka roa o te oranga, the far reaching vines of wellness: The development of a framework to evaluate alcohol and drug treatment for Māori.

### **Māori and suicide**

- Clark, et al., (2011) Risk and protective factors for suicide attempt among indigenous Māori youth in New Zealand: the role of family connection.
- Lawson, K. (2016) The power of hope for Māori youth suicide prevention: Preliminary themes from the Aotearoa/New Zealand HOPE studies.

### **Online training**

- <https://members.mauriora.co.nz/mauriora-courses/>