

## Editorial Comments

Welcome to this December issue of the 2006 *Journal*. The observant amongst you will have noticed that our formatting has undergone a number of changes. Firstly, we have followed the Newsletter in upgrading our cover. For the present, we intend to align the *Journal* colour with that of the Newsletter as an identifiable NZAC brand.

Secondly, and most importantly, we wish to apologise for the title on the last *Journal*, which should have read, as usual, *NZ Journal of Counselling*. The title *Counselling Today* applies only to our Newsletter. We draw your attention to this and ask that you spread the word to your colleagues.

The third formatting change is the numbering of the issue. This is not, of course, the fourth *Journal* this year in real terms. However, we have been advised that it is usual to match the last digit of the volume number to the last digit of the year (26 for 2006). Thus we have attached this year's two issues to last year's volume number. We hope you can catch up! Next year will be Vol. 27.

These formatting changes in a sense parallel the contents of this issue. Our articles have in common the changing paradigms within which, and from which, counselling is practised. It has not been an easy *Journal* to assemble. Contributions have challenged some of our current structures and processes – in particular the process and standards of review. We have had to consult, and are very grateful for the hard work and professionalism of our reviewers. We believe the papers in this *Journal* contain valuable material and raise issues that indicate the evolution of perspectives in counselling. We think that each could – and might – well give rise to a special issue of its own.

The first three papers are in acknowledgement of the inspiration many counsellors have found in exposure to Interactive Drawing Therapy (IDT). Although the more cognitive therapies have long been the providers' therapy of choice, the more creative approaches have maintained a consistent presence. In presenting itself as a technique, IDT has managed to create a space for itself as a working companion to other well-respected brands. However, as it matures and becomes more popular, IDT needs to claim its heritage and assemble its evidence on its own grounds. These articles represent a first attempt, in New Zealand/Aotearoa, to do this.<sup>1</sup> As Russell Withers notes, 'IDT's status as a formal professional modality requires further attention to the articulation of its theoretical structure, and research into the effectiveness of its

practices' (p. 1). We start with Russell Withers' paper, *Interactive Drawing Therapy: Working with Therapeutic Imagery*. This is followed by *A Practitioner Survey of Interactive Drawing Therapy as Used in New Zealand*, by Hans Everts and Russell Withers. Finally in this section, we present the results of a small field study, *The Therapeutic Use of Metaphor in Interactive Drawing Therapy*, by Christine Stone and Hans Everts. We hope these papers will become seminal material for the development and critique of IDT as an indigenous contribution to the process of counselling.

Our next paper, *Cool/Manly? Boys Growing into Gorgeous Men*, by Stephen Gaddis, bravely challenges the patriarchal paradigm perpetuated in current literature. He eloquently addresses constructions of masculinity, cautioning against reproducing 'the same cultural stories that contribute to the problems in adolescent boys' lives and those who love them' (p. 44). This paper demonstrates how this particular perspective is particularly resistant to change. We have received further interest in this topic, and invite anyone who is considering writing a paper addressing what it is to be a good man to get in touch with the editors.

Finally we reprint, with permission of the *International Journal for the Advancement of Counselling*, a paper by Bob Manthei which collates the research on counselling as viewed from the client's perspective: *What Can Clients Tell Us about Seeking Counselling and Their Experience of It?* In previous *Journals* we have noted the importance of this neglected field, and we are pleased to share this with you. Not only are clients' views sought by research initiatives overseas, they are also crucial here in New Zealand/Aotearoa as part of our ethical commitment. NZAC's move to foreground an ethic of partnership represents, in itself, a paradigm shift.

We offer special thanks to the following people who have supported us and critiqued these articles: Bob Manthei and Judi Miller from Canterbury University, and a hard-working review team comprising John Tetley and Dick Wivell.

We hope you enjoy this issue, and remind you that we also encourage you, our readers, to present shorter opinion-based pieces that reflect on the contents of the previous issue. We look forward to hearing from you.

Sue Cornforth  
Fran Parkin  
Editors

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1. Readers may be interested to view a publication by Andrea Gilroy, *Art therapy, research and evidence-based practice*, to be published by Sage in 2007.