

# Credentialing News



**Te Ao Māramatanga**  
New Zealand College of Mental Health Nurses Inc

Director- Lois Boyd

[credentialing@nzcmhn.org.nz](mailto:credentialing@nzcmhn.org.nz)

Kaitohu-Valerie Williams

[valerie.williams@terauora.com](mailto:valerie.williams@terauora.com)

Assessment Co-ordinator -Scarlett Teng

[assessment@nzcmhn.org.nz](mailto:assessment@nzcmhn.org.nz)

Credentialing Administrator -Regina Yhonjan

[credentialing.admin@nzcmhn.org.nz](mailto:credentialing.admin@nzcmhn.org.nz)

## Whāia te mātauranga hei oranga mō koutou

Seek after learning for the sake of your wellbeing.

Welcome to this edition of The Credentialing News! Please feel free to distribute, as there are many useful resources, and it might encourage your colleagues to consider credentialing in the future too. Also, feel free to let us know about resources you come across in your mahi, that we can share with others.

## Resources

### Eating Disorders

Whāraurau has many resources for working with people who are living with eating disorders including clinical guidelines, eLearning, Workforce development and where to access support and services. This is an opportunity to improve your understanding and inform your future practice.

[Home | Whāraurau \(wharaurau.org.nz\)](#)

### School Attendance and Refusal

Mana ake has a range of resources to help with children that for whatever reason have had time off school or have been intentionally avoiding school and need some help settling back into full time attendance. There is a 12-step guide for parents, a link to a Ministry of Education resource about why attendance is important and many more helpful resources. <https://manaake.health.nz/supporting-your-child/supporting-your-childs-wellbeing/positive-identity-and-self-esteem/school-attendance-and-refusal/>

## Professional Development

Whāraurau is running an anxiety in young people online seminar on the 20<sup>th</sup> of June by Mihi Gillies. Mihi Gillies is a child and family psychologist working with Te Whatu Ora Health NZ. This is a potential opportunity for active discussion and learning more about our young people in Aotearoa. The seminar will run from 9am to 3pm thus providing you with 6 professional development hours.

[Anxiety in Youth with Mihi Gillies | Whāraurau \(wharaurau.org.nz\)](#)

## Research

### ‘Your Brain on Art’

Professor Susan Magsamen of the Johns Hopkins School of Medicine and Ivy Ross the VP of design for hardware at google have written a book about how creating and engaging with art impacts your brain. RNZ interviewed them and you can listen to the full interview below. They have made some exciting discoveries such as Alzheimer’s patients recognizing their children after listening to familiar music. [The science of Neuroaesthetics | RNZ](#)