How the wellbeing of addiction practitioners is affected by their professional practice.

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Abstract (300 word limit)

While the impact of professional practice on the wellbeing of healthcare professionals has been well researched, there has been insufficient attention paid to roles that are addiction specific. This research investigates how the wellbeing of addiction practitioners may be affected by their professional practice. The focus of this study is to understand how addiction practitioners consider their wellbeing has changed since working as a practitioner. It sets out to do this by applying the model of health developed by Durie (1984) and using the indicators developed by Durie and Kingi (1997) to identify data related to each dimension of Te Whare Tapa Wha. This research uses a convergent parallel method, administering twenty-two questions to a sample of registered addiction practitioners in New Zealand. A pragmatic stance was selected for this study. The findings indicate that addiction practitioners in this sample have experienced changes in their health since becoming employed as an addiction practitioner. Within this sample, responses appeared to indicate that length of service may impact on practitioner wellbeing in a variety of ways, which is an area for further research. The qualitative findings of this research illustrated the quantitative responses. The response rate for the questionnaire leads to a high non-response bias, which is noted as a limitation. Recommendations from this research include the development of an addiction practitioner's wellness monitoring tool, addiction practitioner specific education and development opportunities, and the implementation of wellbeing plans for practitioners even before professional practice commences. Additional recommendations include the increased organisational promotion of employee assistance/employee wellness programmes, further exploration of the impact of employment in addiction services on those who are attempting to sustain their own recovery from addiction and assessing the effectiveness of clinical supervision on the wellbeing of addiction practitioners.

Recent Publications & Presentations

1. Phillips, L.J. (2018). How the wellbeing of addiction practitioners is affected by their professional practice. Wellington, New Zealand.
2. Phillips, L.J. (2018). The People We Become. Cutting Edge, Rotorua, New Zealand.
3. Daly, G & Phillips, L.J. (2018). Redefining Professional Practice. Careerforce publication, Wellington, New Zealand.
4. Phillips, L.J. (2018). Ensuring Healthy Futures for Addiction and Mental Health personnel in Aotearoa New Zealand. Emerge Aotearoa.
5. Phillips, L.J. (2018). How well are addiction practitioners in New Zealand? Addiction Standard Magazine, DAPAANZ, New Zealand.
6. http://www.communityresearch.org.nz/research/how-the-wellbeing-of-addiction-practitioners-is-affected-by-their-professional-practice/
7. http://www.cmnzl.co.nz/assets/pdf/HealthyFutures/WebAbstracts/Ensuring%20healthy%20futures%20for%20addiction%20and%20mental%20health%20staff%20in%20Aotearoa.pdf
8. https://www.careerforce.org.nz/celebrating-our-people-careerforce-staff-clean-up-at-dapaanz-2018-cutting-edge-oscarz-awards/

Biography (150 word limit)



Lisa Jordan Phillips McLennan is a researcher who has been practicing in the Health and Education sectors for 15 years. As a registered educator and addiction practitioner, she began her career working alongside clients experiencing advanced dementia.

This sparked an interest in the relationship between substance use and cognitive impairment. Her experience includes speaking internationally on the impact of trauma on rangatahi, as well as leading clinical and educational teams both nationally and regionally. With a special interest in ensuring the client remains at the centre of practice, she supports the empowerment of people accessing support to be the central designers in their own healthcare planning.

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