

The **Anglican Care Centre** began as a dream to establish a ministry of practical Christian love in action to people in our community, especially those people who are disadvantaged.

The Trust was established in March 1994 by the Whangarei Anglican Parish.

Our services respond to people in need by Counselling, Budgeting Advice, Advocacy, Crisis help and Support.

Our code of ethics protects any client by ensuring confidentiality, competence and respect for individual differences and values.

All Counsellors have appropriate training and are affiliated to, or members of NZAC or NZCCA (the professional counselling bodies).

We are affiliated to NZ Federation of Family Budgeting Services Inc and all our Budget Advisers are trained and certificated to the Federation standard of competency.

In January 2010 we appointed a Seniors Community Support person to address the specific needs of supporting seniors living at home.

We rely on donations, grants, bequests and receive some contract funding from MSD.

Donations to the Whangarei Anglican Care Trust are tax deductible. Your donation helps maintain this community service.

*Our trained staff will listen carefully and help you find answers.  
We offer a confidential service in a Christian environment.*

#### Hours of operating in Whangarei

**Monday to Friday**

**9.00am—5.00pm**

**After Hours by arrangement**

**Counselling in other centres:  
Dargaville—Monday, Tuesday, Thursday  
& Friday  
Ruakaka—Tuesday**

#### *Enquire about our small group courses*

*\* Boundaries; \* Healthy Relationships; \* Grief Group*



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Charities Commission Registration:  
CC10599  
August 2017

## Counselling Service

### Anglican Care Centre

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**Care and Respect Empower**

**Anglican CARE Centre**  
*Te Whare Oranga  
The House of Wellbeing*



Joyce Beehre

**Counselling Co-ordinator**  
**Counsellor: Dip. Counselling,**  
**Cert. Supervision MNZCCA**  
**(Whangarei & Dargaville)**

I am the Counselling Co-ordinator at Anglican Care. My client's ages range from the elderly to young people. I enjoy working with couples, as well as individual clients. Mild to moderate depression, in both male and female clients, would be the primary issue for the majority of clients I see. I also have an interest in grief work, and I hold a certificate in supervision. I am foundationally a person centred counsellor, but have an eclectic way of working with other modalities.

**Counsellor: Dip. Counselling**  
**Cert. Supervision NMZCCA, MNZAC**

Person centred counselling underpins my practice however I work eclectically using therapeutic models according to clients needs, and that which best builds the counselling relationship for individual clients. My key areas of work are depression, anxiety, grief and self esteem. I have a special interest in working with young women's issues.



Lyn Hutchinson



Maureen Tearle

**Counsellor: BA Counselling**  
**(Unitec NZ Auckland) MNZAC; RN**  
**(Whangarei & Dargaville)**

I come from a nursing background and love counselling in an eclectic way best suited to the client. Narrative Therapy and IDT (Interactive drawing therapy) are my main modalities. I work with all ages, but especially young people/ single mothers from abuse and trauma backgrounds or Post Natal Depression. I have experience in relationship counselling and enjoy working with cultural diversity.



Sally Shepherd

**Counsellor: BA Counselling**  
**(Welltec) MNZCCA, MNZAC**  
**Cert. Supervision**

I enjoy working with couples and individuals from a range of ages—adolescents to senior citizens. I work interactively, mainly using Cognitive-Behavioural Person-Centred, Narrative modalities and using Imago Therapy when working with couples. My therapy interests and specialisations are the treatment of depression, anxiety, PTSD, phobia, self concept, grief, abuse, anger, communication, Employee assistance, stress and relationship issues. I am a certificated Clinical Supervisor and an ACC sensitive claims counsellor.

**Counsellor: BA Counselling**  
**Certified IMAGO Therapist; MNZCCA**

I like to journey alongside people in a manner that supports a collaborative approach to the issues that are brought to counselling. I believe in approaching challenges from a strength's based perspective. My areas of interest are personal identity, self-esteem, life transitions, grief, loss, anxiety, depression and anger as well as inter-personal / couple relationships and communication. I have a special interest in supporting those who have experienced the trauma of relationship betrayal. I enjoy working creatively. My desire is to see clients emerge from their current situation empowered and resourced to go forward with a renewed sense of self and hope. I am also an ACC sensitive claims counsellor.



Jennie Gill

**Counsellor: BA Counselling**  
**(Bethlehem TI) MNZCCA; RGON**  
**(Dargaville)**



Suzanne Mackay

I really enjoy listening to and walking alongside people in my work as a counsellor and a nurse. I work within a strengths based, solution focussed framework and use cognitive behavioural therapy (CBT), narrative therapy and interactive drawing therapy (IDT) as appropriate. I work with young people and adults of all ages.



Carol Tolley

**Counsellor: Grad. Dip. Counselling**  
**MNZCCA, MNZAC (Ruakaka & Dargaville)**

I enjoy working with children, youth, women and their families, individuals and in groups. I use a range of modalities including RET, Narrative Therapy, Transactional Analysis, Family Therapies, Interactive Drawing Therapy, and creative and play therapies with children. I work with a wide range of issues including depression, anxiety, grief, historic abuse, concerns with children's behaviour and other family stresses, family violence and relationship difficulties.

**Counsellor: BA Counselling**  
**(Bethlehem Training Institute) MNZAC**

I enjoy working with people of all ages. I have worked with children, young people, couples and families in addressing a variety of issues. These include the physical, emotional, intellectual and spiritual needs of the individuals involved. I encourage the search for their own strengths; these are often hidden beneath the problems they may be facing. I use a range of counselling methods including person-centred, narrative, cognitive, and I enjoy using the arts and creativity.



Sharni Ackers

**Counsellor: Dip Counselling**  
**(Lifeway) MNZAC**



Irene Cutforth

I am passionate about relationships and have decades of experience in this work. I enjoy working with adult men and women around decision making, life changes, grief and adaptation. I am experienced in work around anxiety, depression, self-esteem concepts. My approach is person focused using modalities such as CBT, Schema Refocus, Narrative, IDT and Play Therapies. I seek to build on existing strengths towards identified goals.