

Suzanne Mackay

**B. Counselling (Bethlehem
Tertiary Institution);
MNZCCA; RGON
(Whangarei & Dargaville)**



I love listening to and walking alongside teenagers and adults of all ages. I have a nursing background and I like to work within a strengths based, solution focused framework. I use cognitive behavioural therapy (CBT), narrative therapy & interactive drawing therapy as appropriate. My desire is to provide a safe place where people can talk about their concerns and find hope.

Carol Tolley

**Grad. Dip. Counselling;
MNZCCA; MNZAC
(Ruakaka & Waipu)**



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.

Sue Dickson

**Dip.Counselling; MNZCCA
(One Tree Pt School)**



I love working with adults and children to support and encourage them on their journey of self-discovery and empowerment. I am passionate about helping people to be the best they can be and work at their pace.

I have been counselling since 2012 and for the last five years have worked with children in eight different primary schools. Issues I have worked with are anxiety, depression, trauma and many different life situations. I use a person-centered approach as well as a variety of different approaches such as solution-focused therapy, narrative therapy, and interactive drawing therapy. I provide a safe, non-judgmental, approach within a professional, and positive environment.

**Please enquire about our small group
courses—run throughout the year**

**Boundaries * Healthy Relationships
* Grief Group * Changes That Heal**



**Anglican
Care Centre**

Counselling

Te Whare Oranga

The House of Wellbeing

whgcare.org.nz

Joyce Beehre

Counselling Co-ordinator
Dip. Counselling;
Cert. Supervision; MNZCCA
(Whangarei)



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 a person-centred counsellor, but have an eclectic way of working with other modalities.

Lyn Hutchinson

Dip. Counselling;
Cert. Supervision; MNZCCA;
MNZAC
(Whangarei)



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

In counselling you are helped to explore your difficulties and concerns, and to develop more satisfying and resourceful ways of living.

All of our Counsellors are fully trained and members of NZCCA and/or NZAC.

Jennie Gill

B. Counselling;
Certified IMAGO Therapist;
Certified Forest Therapy Guide;
MNZCCA
(Whangarei)



I like to journey alongside people in a manner that supports a collaborative approach to the situations that are brought to counselling. Identifying strengths and values support an exploration of issues. My areas of interest are personal identity / sense of self, life transitions, grief, anxiety, depression and anger as well as interpersonal / couple relationships /boundaries and communication. I have a special interest in supporting those who have experienced the trauma of relationship betrayal. Seeing clients emerge from their current challenges with a renewed sense of self, confidence and resources to draw from is my hope.

Sally Shepherd

B. Counselling (Welltec)
MNZAC; Cert. Supervision
(Whangarei)



I enjoy working with couples and individuals from a range of ages—young adults to senior citizens. I work interactively, mainly using Mindfulness-based cognitive-behavioural person-centred, Narrative modalities and using Imago Therapy when working with couples. My therapy and specialisations are the treatment of phobia, depression, anxiety, PTSD, self concept, grief, communication, abuse, anger, employee assistance, stress and relationship issues. I am a certificated Clinical Supervisor and an ACC sensitive claims counsellor.

Maureen Tearle

B. Counselling (Unitec, Auckland)
MNZAC; RN
(via Phone or Video Conference)



I enjoy working with people of all ages using Narrative Therapy and IDT (Interactive Drawing Therapy) primarily. As well as cognitive behavioural therapy (CBT). Mental health challenges, trauma history and grief have been a part of my experience as a nurse and now a counsellor. I particularly enjoy working with young people, young women and their families.

Sharni Ackers

B. Counselling (Bethlehem Tertiary Institution); MNZAC
(via Phone or Video Conference)



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.