

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
(One Tree Point)



I enjoy working with children, youth, women and their families, individually 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.

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

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

Christel Jeffs

Trainee Counsellor
(Whangarei)



My hope for every client is that they will feel seen, heard, and empowered through the telling of their stories.

As a trainee counsellor I am grateful for the opportunity to work with the team at Anglican Care. My main counselling approach is person-centered, with an interest in narrative and creative therapies.

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.



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.

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 integratively mainly using mindfulness-based cognitive-behavioural person-centred, narrative modalities and using Imago Therapy when working with couples. My therapy interests 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 certified Clinical Supervisor and an ACC sensitive claims counsellor.

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. I have a special interest 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.

Ryan Beehre

B. Counselling (NMIT)
NZCCA (provisional member)
(Whangarei)



Building a meaningful therapeutic relationship is key in my counselling practice. The foundations of my counselling approach stem from person centred and solution focused therapies. Previously, I have worked for two years with male survivors of sexual abuse at Nelson's "Male Room." I welcome working with all types of issues and look forward to my new professional life in Whangarei. Outside of my counselling practice I am an enthusiastic musician, avid reader and love fishing.

Sharni Ackers

B. Counselling (Bethlehem Tertiary Institution); MNZAC
(Whangarei)



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 and cognitive, and I enjoy using the arts and creativity.

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, self-esteem, 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.