

Manaia District Counsellor / Providers



Counsellors	Target Populations	Modalities	Specialty Areas	Affiliations	Other Affiliations	Group Work	Home Visits
Beehre, Joyce NZCCA Whangarei Anglican Care Trust 1B Deveron Street, Regent 09 437 6397 / 027 463 2843 Email: whgcare@whgcare.org.nz Cost: \$60 - \$80	Men Women Couples Older People Adolescents	Cognitive Behavioural Therapy Rational Emotive Behaviour Person Centred	Grief Stress Sexual Abuse Relationships Boundaries Faith Issues Depression	Oranga Tamariki EAP WINZ	Corrections/Probation Victim Support	Boundaries Grief	Yes - Case by Case
Chapman-Smith, Mandy NZCCA Hope Anchor - Counselling Services 33 Porowini Avenue Whangarei 09 430 4280 / 021 438 675 Email: mandychaps@gmail.com Cost: \$80 negotiable	Couples Women Men	Cognitive Behavioural Therapy Client Centred Narrative Emotion Focused Couple Therapy (by Dr Sue Johnson)	Depression Anxiety Addictions Post Traumatic Stress Relationships Grief / Loss	WINZ EAP In Step	No		No
Cutforth, Irene NZAC Whangarei Anglican Care Trust 1B Deveron Street, Regent 09 437 6397 / 027 463 2843 Email: whgcare@whgcare.org.nz Cost: \$60-\$80	Adults Couples	Cognitive Behavioural Therapy Transactional Analysis Interactive Drawing Therapy Schema Focussed Therapy Narrative Therapy Sand Tray Work	Depression Anxiety Relationships Couples				
Edmonds, Katy NZAC Anglican Church Office 58 Hokianga Road Dargaville 027 253 1764 Email: katydidtherapy@orcon.net.nz Cost: \$60 - \$85 Sliding Scale	Men Women Adolescents Children Couples	Cognitive Behavioural Therapy Family Therapy/ACT Strength Based Approaches Psychodrama Systems Theory	Depression Anxiety Life Transitions Parenting Issues Anger/Trauma/Grief Family Therapy Alcohol & Drug Issues	AANZPA - Assoc Member ACC			
Giblin, Alison NZAC Old Public Trust Building 69 Bank Street, Whangarei 09 434 4341 / 021 405 698 Email: alison_g@hotmail.com Cost: \$80	Adults Men Women	Mindfulness Cognitive Behavioural Therapy Imaginal Processes	Depression Anxiety Relationships Work / Life Balance Post Traumatic Stress Grief/Loss	WINZ	No	No	Yes
Gill, Jennie NZCCA Whangarei Anglican Care Trust 1B Deveron Street, Regent 09 437 6397 Email: whgcare@whgcare.org.nz Cost: \$60 - \$80	Women Men Couples	Narrative Therapy Imago Relationship Therapy Cognitive Behavioural Person Centred Creative Approach	Life Transitions Trauma Depression Anger Relationships Sexual Abuse Abandonment Trauma Abuse/DV	WINZ ACC Oranga Tamariki	No	Yes - Couples	No

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Gledhill, Trish ANZASW, NZAOT Karaka Cottage 7 Cooke Street, Avenues Whangarei 022 161 7320 Email: trishgledhill@yahoo.com Cost: \$92	Women People 0 - 25 years Women Family Work	Cognitive Behavioural Therapy Brief Intervention Strength Based Approaches Motivational Interviewing	Trauma & Grief Anxiety Sleep & Behavioural Difficulties Family Addiction & Issues ADHD Adjustment Issues	Oranga Tamariki	No	Yes	Yes - Case by Case
Gow, Liz NZAC, ANZAED, ACFED 9 Pukenui Road Maunu 09 438 5386/021 451 522 Email: liz@lizgow.com Cost: \$80	Women Men	Narrative Therapy Interactive Drawing Therapy Body Trust Provider Mindfulness ACT	Body Image Work Issues Depression/Anxiety Panic/Stress Grief Disordered Eating			Yes	
Hall, Celia NZAC Onerahi 09 436 2840 Email: celiarhall@gmail.com Cost: \$85 Henderson, Beth NZAC 67 Ritchie Road Parua Bay 09 436 3312/021 2999 642 Email: beth48950@gmail.com Cost: \$	Families Women Men Children Adolescents Women Men Adolescents Children People living in Whangarei Heads	Family Therapy Mindfulness stress reduction Narrative Therapy Sandplay Therapy Art Therapy Cognitive Behavioural Therapy Psychodynamic Narrative Therapy Imago Relationship Therapy	Family Dysfunction Relationships Post Traumatic Stress Childhood Trauma Anxiety Eating Disorders Anxiety/Depression Grief Addictions Relationships Parenting	Oranga Tamariki EAP - Stratos EAP - Works WINZ	No	Anger change for Mothers Grief	No Yes
Hodgkinson, Tracey NCNZ 35 Rathbone Street Whangarei Email: tracey@skillsforlife.nz 021 791 141309/ 988 9938 Cost: \$	Adults Young People	Cognitive Behavioural Therapy	Mood disorders Anxiety disorders Phobias	MOE ACC NGO's WINZ		Yes	No
Hunt, Ann NZAC 9 Bickerstaffe Road, Maungaturoto Cnr Station Rd & Hokianga Rd Dargaville 021 025 77946 Email: ann.hunt54@gmail.com Cost: \$100	Women Children Men Adolescents	Psychosomatic Integration - Trauma Play Therapy Person Centred	Sexual Abuse Trauma European, Maori, Pacific Island PTSD Grief Depression	ACC - Sensitive Claims WINZ Oranga Tamariki	Victim Support	No	If Necessary
Hutchinson, Lyn NZAC/NZCCA Whangarei Anglican Care Trust 1B Deveron Street, Regent 09 437 6397 / 027 463 2843 Email: whgcare@whgcare.org.nz Cost: \$60 - \$80	Men Women Youn Women	Person Centred Cognitive Behavioural Therapy Narrative Therapy Interactive Drawing Therapy	Depression/Anxiety Clinical Supervision Self Esteem Body Image Grief Relationships Spiritual Issues				Yes - Case by Case

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Jones, Dee NZAC Kamo Counselling 09 430 0084 / 021 210 4543 Email: deejoneswork@yahoo.com Cost: \$90 + GST	Men Women Adolescents Children	Transactional Analysis Cognitive Behavioural Therapy Rogerian	Aspergers Syndrome Relationships Parenting Issues Spiritual Issues Anxiety Depression	Family Court WINZ ACC		Yes	
Mackay, Suzanne NZCCA/NZNO/NZ Nursing Council Anglican Care Centre Anglican Church 58 Hokianga Road, Dargaville 09 437 6397 / 027 463 2843 Email: whgcare@whgcare.org.nz Cost: \$60 - \$80	Women Men Elderly Adolescents	Narrative Therapy Cognitive Behavioural Therapy Interactive Drawing Therapy	Anxiety Depression Health Issues Grief and Loss Burnout Stress				
Milne, Diane SWRB/ANZASW Bream Bay Trust Takutai Place Ruakaka Email: D.Milne@xtra.co.nz Cost: \$	Adults Adolescents	Talking Therapies Motivational Interviewing Dialectical Behavioural Therapy Family Based Treatment	Anxiety Depression				
Mouldey, Lois NZAC Karaka Cottage 7 Cooke Street, Avenues Whangarei 027 235 5958 Email: loismouldey@slingshot.co.nz Cost: \$70	Couples Families Individuals	Imago Relationship Therapy Family Systems - Metaframeworks Narrative	Relationships Parenting Issues Behavioural Anxiety Stress			Anger change for mothers	No
Muijlwijk, Anneke NZAC Karaka Cottage 7 Cooke Street, Avenues Whangarei & 33 Te Maika Road, Ngunguru 09 438 1525 / 027 443 4484 Email: annkem@ihug.co.nz Cost: \$100 + GST Individual (neg) \$125 + GST Couples (neg)	Women Men Children (4yrs +) Adolescents Couples	Cognitive Behavioural Transactional Analysis Interactive Drawing	Grief Depression Relationships Children Trauma/Violence Anxiety Mediation	Oranga Tamariki EAP (Auckland Ltd) EAP Works/Stratos/Instep Family Court WINZ	Ministry of Education Victim Support Family Works	No	Yes
Osborne, Ross NZAC 154 Bank Street, Regent 027 496 5402 Email: rossforhelp@gmail.com Cost: \$80 + GST	Men Adolescent Men Women Teenagers	Cognitive Behavioural Transactional Analysis ACT	Anxiety & Depression Work related Stress Grief/Loss Relationships Mid-Life Coaching	EAP Works WINZ Vitae OCP Instep		No	No
Scott, Josie NZAC/CTAA 76 Chases Terrace Baylys Beach 021 0223 8621 Email: josie.scott@xtra.co.nz Cost: \$	Adults Couples Adolescents Children (7 and up)	Creative Arts Therapy Client Centred Strengths Based	Grief/Loss Depression Anxiety Relationships Rhythm Therapy	EAP Cancer Society Victim Support		Grief/Loss/Bereavement Rhythm Therapy	No

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Shepherd, Sally NZAC NZCCA Whangarei Anglican Care Trust 09 437 6397 / 027 438 8065 Email: whgcare@whgcare.org.nz Cost: \$60 - \$80	Female (16yrs +) Male (16yrs +) Other Cultures	Cognitive Behavioural Imago Relationship Person Centred	Depression/Anxiety Grief Phobias Relationships Anger Trauma/PTSD Domestic Violence	EAP WINZ ACC - Sensitive Claims	Cancer Society Victim Support ACC	Boundaries Women to Women	No
Sime, Michelle NZANLP Pioneer Memorial Church 905 Pipiwai Road, RD 6 Ruatangata 021 731 831 Email: michelle.sime@betterthinking.co.nz Cost: \$	Women Men Adolescents Elderly Children (4yrs +)	Neurolinguistic Programming Maori Traditional Medicines Neurological Integration	Depression Anxiety PTSD Grief Communication Maori Traditional Healing			Workshops	Yes
Tearle, Maureen NZAC Whangarei Anglican Care Trust 1B Deveron Street, Regent 09 437 6397 Email: whgcare@whgcare.org.nz Cost: \$60 - \$80	Women Men Adolescents Children Couples	Narrative Therapy Cognitive Behavioural Interactive Drawing Therapy Family Work EFP	PTSD PND Anxiety Abuse & Trauma Relationships Child/Adolescent Trauma	WINZ Cancer Society Hospice	No	Yes - Bereavement Support	No
Tolley, Carol NZAC & NZCCA Bream bay Community Support Trust Takutai place, Ruakaka Whangarei Anglican Care Trust Dargaville Anglican Church 58 Hokianga Road, Dargaville 09 437 6397 Email: whgcare@whgcare.org.nz Cost: \$60 - \$90	Children Adolescents Women Families Older Persons	Narrative Cognitive Behavioural Family Systems Creative IDT	Child/Family Issues Stress Related Issues Grief/Loss Relationships Boundaries Faith Issues Abuse Recovery Depression Anxiety	Oranga Tamariki WINZ	No	No	Yes - in special circumstances only
Torr, Helen NZCCA 69 Bank Street, Public Trust Building, Whangarei 027 4945 417 Email: helentorr@maxnet.co.nz Cost: \$80 (neg)	Women Men Teenagers Couples	Cognitive Behavioural Narrative TA Mindfulness Client Centred	Sexual abuse/Trauma Post Traumatic Stress grief/Loss Depression Anxiety Anger Management	EAP - Stratos/Instep WINZ	Corrections/Probation Court Victim Support	No	No
Wilson, Anna NZCCA/MIACN Public Trust Building 09 438 5155 / 027 413 7755 Email: awilsoncounselling@gmail.com Cost: \$85	Women Children Adolescents Men	Narrative Cognitive Behavioural Person Centred Mindfulness IDT Neuropsychotherapy	Sexual Abuse Post Traumatic Stress Depression Anxiety Grief/Loss Behavioural Issues in Child/Adolescent	WINZ ACC - Sensitive	No	No	No

Psychotherapists	Target Populations	Modalities	Specialty Areas	Affiliations	Other Affiliations	Group Work	Home Visits
Amber, Graz NZAC, PBANZ Various locations in Whangarei Maungaturoto OCS 027 563 7575 Email: graz.amber@xtra.co.nz Cost: \$80 - \$120 Prepay and pre-set dates 5 Sessions for \$350	Women Men Couples Families Adolescents Children	Integrative Mindfulness Cognitive Behavioural Person Centred EMDR Creative Therapies Humanistic Psychodynamic Emotion Focused Relational Transpersonal	Depression & Anxiety Post Traumatic Stress Grief/Loss/Stress Coping with emotions Attachment/Development Relationships & Communication Employment Addictions Obsession/Compulsion/ Eating Purpose/Sense of Self	ACC EAP	NZAP	As Required Consultancy Supervision Training	No
Matheson, Susan NZAC 81 De Boer Lane Mangawhai 09 431 5997 / 027 605 2427 Email: susanmnz@xtra.co.nz Cost: \$70 - \$90	Adult Women & Men Adolescents Children	Cognitive Behavioural Imago Relationship Therapy Psychosynthesis	Depression Anxiety Anger Management Stress Management Relationship Difficulties Sexuality Issues	EAP WINZ Oranga Tamariki	No	No	No
Politano, Henriette MNZAP, MNZAC, PBANZ The Old Municipal Building Suite 7 71 Bank Street, Whangarei 09 459 5685 / 027 306 2386 Email: info@counselling-therapy.co.nz Web: www.counselling-therapy.co.nz Cost: \$90 Individual \$120 Couples	Adults Men Women Couples Immigrants (Can work in Spanish, Italian, German, French)	Transactional Analysis Psychodynamic Hakomi/Mindfulness Body Psychotherapy Imago/Somatic Experiencing Transpersonal CBT/Humanistic Relational Psychotherapy	Self Discovery Depression/Accidents Trauma Resolution Eating Disorders Relationships Sexual Trauma/PTSD Attachment Issues Dissociation Obsession/Compulsions	WINZ ACC - Sensitive Claims Corrections	Imago New Zealand NZAC/NZAP Hakomi Australia Somatic Experiencing USABP(US Association of Body psychotherapists)	Couples/Relationships Eating Disorders	Yes
Psychologists	Target Populations	Modalities	Specialty Areas	Affiliations	Other Affiliations	Group Work	Home Visits
Ahmed, Yvette Reg Clin Psych Starfish Clinic Level 4, 35 Robert Street, Whangarei 021 189 7540 Email: yvette@starfish.org.nz Cost: \$140	Children Adult Women	Psychotherapy Cognitive Behavioural Sand tray EMDR Mindfulness	Post Traumatic Stress Depression Anxiety Aspergers Syndrome Eating Disorders Obsessive Compulsive		No	No	Yes - within Whangarei region
Gabriels, Toos Reg Clin Psych Kensington Psychology Ltd 11B Davies Street, Kensington 09 459 1781 / 021 117 4310 Email: toos@kensingtonpsychology.co.nz Cost: \$145	Adults Adolescents (16yrs +)	Cognitive Behavioural Dialectical Behaviour Individual Psychotherapy	Mood Disorders Anxiety Obsessive Compulsive Post Traumatic Stress Trauma Resolution Physical/Mental Rehabilitation	ACC - Sensitive & Non Sensitive EAP - Stratos/ Company Medic WINZ	AIM (Active Intervention Management Ltd) EAP Whangarei District Council	No	Yes - Under exceptional circumstances

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Marshall, Alana Room 1, 69 Bank Street, Whangarei 022 3550 610 Email: alana.marshall@activeplus.co.nz Cost: \$	Adults Children Adolescents	ACT Cognitive Behavioural Therapy Solution Focussed Therapy	PTSD/Sexual Abuse Anxiety/Depression Chronic Stress Grief/Loss Complex Trauma Chronic Pain Brain Injury Parenting Skills	ACC - Sensitive & Non Sensitive EAP		Yes	Yes
Miller, Odette Reg Psych 11B Davies Street, Whangarei 022 228 2762 Email: odette.miller@ngita.co.nz Cost: \$140	Adults Adolescents Children	Cognitive Behavioural Therapy Acceptance & Commitment Schema Therapy Mindfulness	General Anxiety Phobias Panic attacks OCD Social Anxiety PTSD & Reactions to Life Trauma	WINZ ACC - Sensitive	NZ Psych Society	Yes	Yes
Parkes, Bryony Reg Health Psychologist 021 07666 79 Email: bryony.parkes@gmail.com Cost: \$	15+ Adults	Cognitive Behavioural Therapy ACT Mindfulness Self Compassion Psycho-education Active Intervention Management	Autism/Aspergers Anxiety Depression				
Peirson, Ali Reg Clin Psych 11B Davies Street, Whangarei 021 0221 7754 Email: alipeirson@psychservices.co.nz Cost: Upon Enquiry	Adolescents Adults Men Women	Integrative Dialectical Behaviour Cognitive Behavioural	Trauma Mood Disorders Suicidality Eating Disorders Anxiety	ACC - Physical ACC ISSC Sensitive Claims WINZ	Confidential Listening Police Trauma Provider Genetic Services Counselling	No	Yes - Under exceptional circumstances
Radewald, Elke Reg Clin Psych Central Family Health Building 7a Mansfield Terrace, Whangarei 09 438 1542 Email: elraka@xtra.co.nz Cost: \$135 incl GST	Children Adolescents Adults	Mindfulness CBT Client Centred	Anxiety Depression Post Traumatic Stress Health/Pain Management Child Therapy Work Related Stress	ACC - Sensitive & Non Sensitive CYPF's EAP - Stratos WINZ	NZ Psych Society PSS (Pain Society)	Yes	No
Rotella, Maria Reg Clin Psych 10 Islington Street, Kensington 022 627 0324 Email: Dr.Maria.Rotella@gmail.com Cost: \$	Adults	Person-centred Therapy Cognitive Behavioural Therapy Motivational Interviewing	Depression Anxiety Substance Use Disorders LGBTQ Issues		NZ Psych Society	No	Yes
Wood, Bronwen Reg Psych 7a Mansfield Terrace, Whangarei 021 942 262 Email: said.course@gmail.com Cost: \$	Men Women 17+	Cognitive Behavioural Therapy ACT/Mindfulness Motivational Interviewing Client Centred Solution Focussed Therapy DBT	Addictions Depression/Anxiety Life Trauma and stress PTSD Life skills Problem Solving	DAPAANZ ACC - Sensitive & Non Sensitive	NZ Psych Society	Yes	No