



Paul Reet

Qualifications: BA, Grad Dip Education (Teaching); Adv Grad Diploma Counselling; Dip Nursing (Mental Health); Grad Cert Psychotherapy

Professional Registrations:

- Registered Mental Health Nurse (NCNZ)
- Registered Counsellor (NZAC)
- Registered Counsellor/Psychotherapist (BACP Accredited)
- Registered Accredited DAPAANZ (AOD) Supervisor
- Registered ACC Counsellor (Sensitive Claims)
- Registered Spiritual Director (ACSD)

Approaches: Paul works as an Integrative Therapist with an emphasis in psychodynamic, Acceptance & Commitment Therapy (ACT), and Transactional Analysis (TA) approaches.

Focus: Mental Health (depression, anxiety, trauma), Addictions & Grief. Professional & Clinical Supervision & Christian Ministry and Spiritual Direction.

Ph: 027 233 3597
Email: carling.reet1@gmail.com



Gill Eastgate

Qualifications: Master of Professional Practice with Distinction (Counselling); Post Grad. Dip.; B.Ed.; B.Occ.Therapy; Dip.Soc.& Com. Work

Professional Registrations:

- Registered Counsellor (NZCCA)
- Registered Social Worker (ANZASW)
- Registered Occupational Therapist
- Reg ACC Counsellor (Sensitive Claims & Physical Injury)

Approaches: Gill works as an Integrative Counsellor which includes Person Centred Counselling, Acceptance & Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT), Transactional Analysis (TA), and Solution Focused Therapy.

Focus: Trauma, anxiety, depression, relationship issues, grief & loss, and stress. Includes Supervision & Couple Counselling.

Ph: 021 047 5127
Email: gill.eastgate46@gmail.com

COUNSELLING:

...our counselling is based on a Christian centred view of a person which tells us we are created in God's image as physical, emotional, thinking, choosing and spiritual beings.

We explore all these areas of a person's life and work towards helping them to reach their God-given potential.

We do see people from any faith and non-faith background, and prayer is available if the person requests it.

See other brochures for:

Counselling & Psychotherapy
Community Education Workshops

Grief Care / Coping with Loss

We aim to keep our costs as low as possible
- - - to do this we seek external funding from various organisations

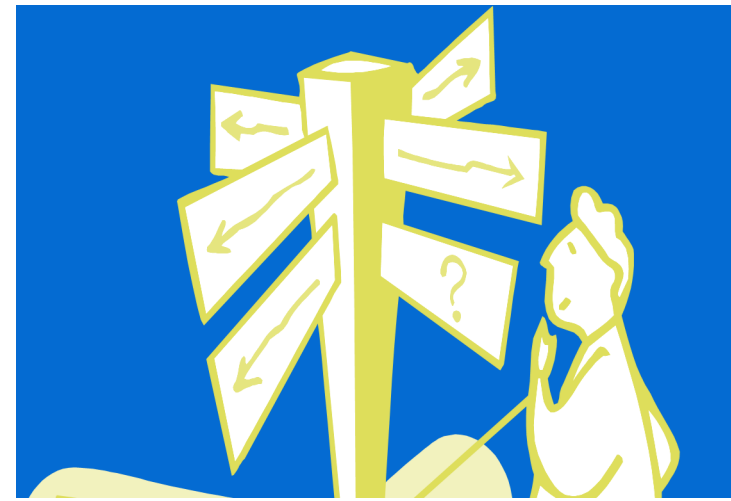
We see:

Adults	Children	Youth
Couples		Groups

Any enquiries about our service please contact one of our Counsellors

Physical address:

12a Cemetery Road, East Taieri, Mosgiel 9024
www.etchurch.co.nz



TURNING POINT SUPERVISION

CLINICAL / PROFESSIONAL SUPERVISION
CHRISTIAN SUPERVISION/SPIRITUAL DIRECTION

Professional - Affordable

He aha te mea nui o te ao

What is the most important thing in the world?

He tangata, he tangata, he tangata

It is the people, it is the people, it is the people

Maori proverb



TURNING POINT

.... established in 2005 to support people in the greater Dunedin area, is linked to East Taieri Church which has been a positive contributor to the community for over 160 years

Professional Supervision:

We all need supportive & accountable people in our lives whether this is found through mutual friendships, colleagues or external independent people who can give us time to unravel, stand back from our work & gain a new perspective

We all need others, we cannot do this alone

We need a safe place to go to be open about our struggles - there is also a professional & legal necessity to have some form of supervision

Supervision is useful because:

Supervision is made up of two words: 'SUPER' & 'VISION'. Supervision aims to provide a place of helping us regain our vision and to encourage us in our work. Supervision enables us to leave feeling better about ourself & our work.

- It provides external independent access to someone who is not closely involved in our work
- It provides a safe place for sharing our heart and the burdens of work
- It provides an opportunity to gain a new perspective and problem-solve
- Supervision provides an opportunity for us to consider the relationships we have with people we work with
- It helps us unravel difficult relationship dynamics & their effect on us & our perceptions

Christian Supervision and/or Spiritual Direction:

We all need supportive & accountable people in our lives whether this is found through mutual friendships, colleagues or external independent people who can give us time to unravel, stand back from our work & gain a new perspective

We all need others, we cannot do this alone & that is why God has put us in a worshipping community

We need a safe place to go to be open about our struggles

Brennan Manning says: The great weakness in the Church is our refusal to accept our brokenness. We hide it, evade it, gloss over it - We grab for the cosmetic kit & put on our virtuous face to make ourselves admirable to the public. Thus we present to others a self that is spiritually together, superficially happy,

Supervision is useful because:

Supervision is made up of two words: 'SUPER' & 'VISION'. Supervision aims to provide a place of helping us regain our vision and to encourage us in our work. Supervision enables us to leave feeling better about our self & our work.

- It provides external independent access to someone who is not closely involved in our ministry
- It provides a safe place for sharing our heart and the burdens of work
- It provides an opportunity to gain a new perspective and problem solve
- Supervision provides an opportunity for us to consider the relationships we have with people we minister with
- It helps us unravel difficult relationship dynamics & their effect on us & our perceptions
- Supervision has the potential to help us see what really drives our ministry

APPOINTMENTS & SUPERVISION FEE:

- Payment is required at each session
- We can also invoice you or your organization
- We accept cash — **but no EFPTOS**
- **All appointments = 50-55 mins**
- **Supervision per appointment:**
From \$85.00 (GST inc)

Your choice:

Choose which counsellor you would like to work with and contact them for an appointment (full details on this brochure and on our website) Please leave a message — they will get back to you

Your Time & Venues:

- we offer different times throughout the week
- our counselling room is located at the rear of East Taieri Church Administration block with separate access & is completely private
- We also offer appointments at other venues

If you are late (or) miss an Appointment:

- Lateness for an appointment may mean shorter time with the counsellor so please arrive on time
- if unable to keep appt please phone counsellor as soon as you can, preferably day before.
- if you do not cancel your appointment we **will charge you** as this takes up the counsellor's time which someone else could use

'...be transformed by the renewing of your mind' (Romans 12:2)

'Comfort, comfort my people, says your God' (Isaiah 40:1)

...for God gave us a spirit not of fear but of power and love and self-control (2 Timothy 1:7)