

## Our Counsellors:



**Paul:** (BA, Grad Cert Ed, Adv Dip Therapeutic Counselling, Dip Nursing (MH), is a registered Mental Health Nurse and Counsellor (NZAC/BACP accredited). He has had additional training in Supervision, Psycho-dynamic Psychotherapy, CBT/DBT & ACT. Paul has experience in working with trauma and abuse as well as common mental health problems, & stress management. He offers both clinical/professional supervision and ministry/spiritual supervision.

**Contact:** 476 1462 / 027 233 3597

**Email:** [carling.reet1@gmail.com](mailto:carling.reet1@gmail.com)



**Deborah:** BSc., Psychology., PG Dip. Counselling. Trained in Narrative CBT, Group Work & Child & Youth Counselling with additional Bicultural Training. Prov Member of NZCCA. Has experience in individual counselling in a variety of areas including trauma, grief

care, depression & anxiety, self-esteem, burnout, relationship issues and working with teenagers.

**Email:** [debtaylor898@gmail.com](mailto:debtaylor898@gmail.com)



**Gill:** Dip Soc&ComWork; BEd; BOccTherapy; Post Grad Dip.; Master of Prof Practice (Counselling)) is a registered Occupational Therapist and Social Worker, & member of ANZASW. Gill has worked in the mental health field at the DHB; in a primary health organization and in a range of community social service agencies. She has over 15 years experience of providing counselling for a range of issues including trauma, abuse, anxiety, depression, relationship issues, grief care, and loss and stress.

**Contact:** 021 047 5127

**Email:** [gill.eastgate@icloud.com](mailto:gill.eastgate@icloud.com)

**'...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)**



**Any enquiries about our service please get in touch with Joy  
489-6308 ext 703  
[joy@etchurch.co.nz](mailto:joy@etchurch.co.nz)**

### Physical address:

12a Cemetery Road  
East Taieri,  
Mosgiel 9024

[www.etchurch.co.nz](http://www.etchurch.co.nz)



## TURNING POINT COUNSELLING

### 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*

### WE WILL WORK WITH YOU TO:

- Help you understand yourself better
- Help you understand & improve your relationships
- Develop strategies and skills to overcome and/or manage your current difficulties
- Help you resolve and/or move forward with presenting past issues

## Turning Point is linked to East Taieri Church

which has been a positive contributor to the community for over 160 years.

Turning Point was established in 2005 to offer professional, affordable counselling to people in the greater Taieri and surrounding area.

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

### We offer:

- Counselling & Psychotherapy
- Community Education Workshops
- Professional & Clinical Supervision
- Supervision for those in Christian Ministry
- Grief Care / coping with loss

### We see:

Adults	Children	Youth
Couples		Groups

## 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.

## APPOINTMENTS:

### Your choice:

You can 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:

- each counsellor offers different times throughout the week
- some evening appointments may be available
- our counselling room is located at the rear of East Taieri Church Administration block and is completely private
- some counsellors also offer appointments at other venues

### If you are late (or) miss an Appointment:

- if you are late for an appointment your time with the counsellor may be shorter so please arrive on time.
- if you are unable to keep your appointment please phone the counsellor as soon as you can, preferably the 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.

### Length of each session:

- all appointments = 50-55 mins

## COUNSELLING FEES: (per appointment)

- Payment is required at each session
- We can also invoice you for a direct credit transfer
- We accept cheques and cash — **but no EFPTOS**

### Our Aim is:

- 1) to continue to offer "professional affordable" counselling available to people of all ages and all backgrounds
- 2) to achieve this end we have a sliding scale of fees based on the person's ability to pay

Work & Income subsidies may be available please discuss with your GP who is able to refer you

All fees include GST

- **Person with a regular income in the household:**  
**As per Sliding Scale**
- **Person on Disability Allowance:**  
**As per Sliding Scale**
- **Extra charge for couples work:**  
**As per Sliding Scale**
- **Supervision:**  
**From ..... \$85.00**
- **Community Education/Groups:**  
per hr/per counsellor ..... **\$70 00**

**NB:** (print/preparation costs extra)