



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



Elaine Gough

Qualifications: BA (ED) BSS (Counselling), ADV Cert Alcohol and Drug Studies. Psychotherapy (theory) Ashburn Hall, Cert Supervision.

Professional Registrations:

NZAC, MNZAC, DAPAANZ 2002-2017

Approaches: Person centred counselling, Aspects of Transactional Analysis, ACT, Eclectic Counselling, supervision.

Focus: Couples counselling, relationship issues, parenting, grief & addictions, motivational counselling.

Ph: 021 166 1509



Gill Eastgate

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

Professional Registrations:

Register 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

Any enquiries about our service please contact one of our Counsellors

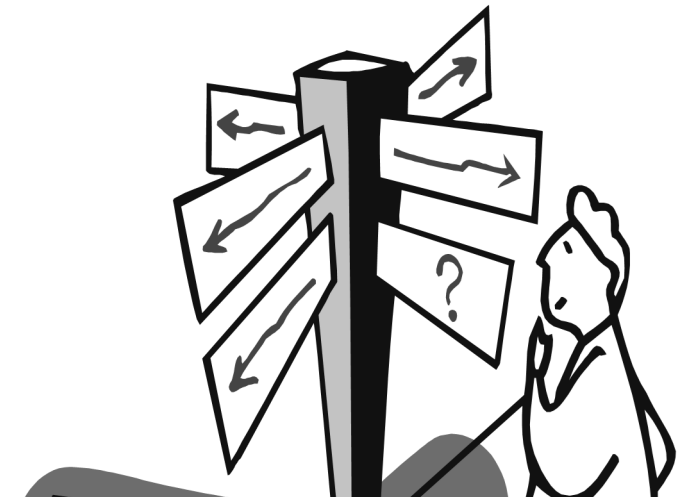
Physical address:

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

**'...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)



TURNING POINT COUNSELLING

**COUNSELLING & PSYCHOTHERAPY
COMMUNITY EDUCATION WORKSHOPS**

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

... 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

See other brochures for:

- Clinical / Professional Supervision
 - Christian Supervision / Spiritual Direction
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- 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	

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:

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:

- Counsellors 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 appointment please phone the 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

Length of each session:

- All appointments = 50-55 mins

COUNSELLING FEES: (per appointment)

- Payment is required at each session
- We can also invoice you or your organization
- We accept cash — **but no EFTOS**

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

Grant money (DCC & Tobias Trust) is also available and may assist people if they cannot pay the full fee.

All fees include GST

Please discuss fees with your chosen counsellor when making an appointment

- **Counselling/Psychotherapy per session is \$70.00**
- **Supervision:** (see separate brochure)
From \$85.00
- **Community Education/Groups:**
... please ask a counsellor for a quote

