



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:

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



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



Paul Johnston

Qualifications: Post Grad Cert. Psych Nursing; Post Grad Cert. Rehab, Cert REBT; Dip Counselling, BN, Dip N; Cert Adult Teaching; DHB qualified

Supervisor; Chaplain (mental health).

Professional Registrations:

Provisional member NZAC

Approaches: Narrative therapy, REBT, Person Centred Counselling, TA

Focus: Individuals, Supervision—moving from bondage and limitation to freedom and fullness.

Ph: 020 4013 2267
Email: macian60@gmail.com



Loreen Bethel—Intern

Qualifications: PGDip Counselling (Distinction), PGDip Tchg (Sec), PhD

Professional Registrations:

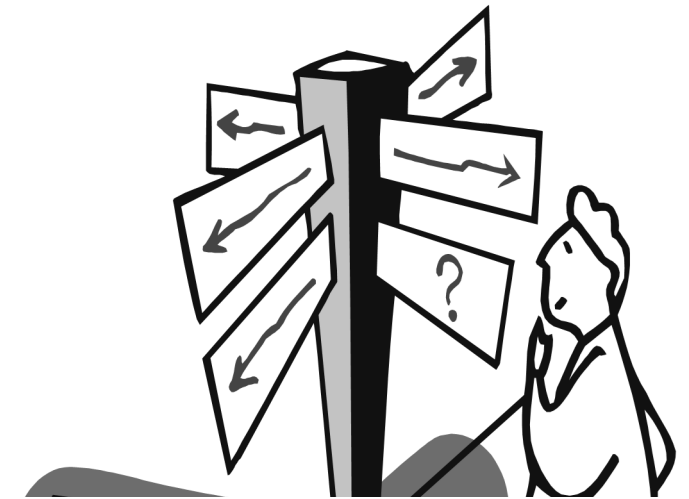
NZ Association of Counsellors—Student Affiliate, NZ Teaching Council—Registered

Teacher

Approaches: Loreen is a student intern and works as a client-centred Pluralistic Counsellor drawing from Acceptance & Commitment Therapy (ACT), Solution Focused and Narrative Therapies. She also offers various Somatic practices integrating mind-body connections with Polyvagal theory.

Focus: Stress, Anxiety, Emotional Regulation, Depression, Navigating Change/Choice, Grief & Loss.

Ph: 021 215 1444
Email: lbethelcounsellor@gmail.com



TURNING POINT

COUNSELLING & PSYCHOTHERAPY

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

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.

*'...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)

Physical address:

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

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

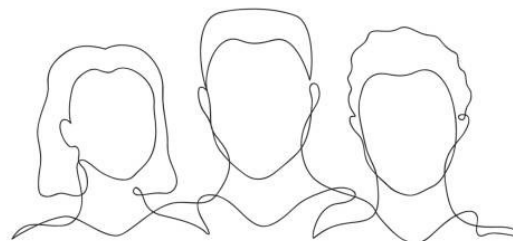
Length of each session: 50-55mins

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

Considerations:

If you are late for an appointment it may mean a shorter session. Please contact the person you are seeing if you are running late or need to cancel. Please understand that if you do not turn up for your appointment, that space may have been offered to another person. Each counsellor has their own policy regarding cancellations, rescheduling appointments and if payment is required for non-attendance. Please discuss this with the person you are seeing.



COUNSELLING FEES: (per appointment)

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

Work & Income subsidies may be available please discuss with your Counsellor and GP who is able to refer you. Work & Income disability allowance may be available for some people, dependent on your income and you can discuss this with your Counsellor and GP.

Grant money (DCC & Tobias Trust) is also available and may assist people if payment is a challenge. We do not turn people away if you are unable to fund your session.

Please discuss fees with your chosen counsellor when making an appointment

**Counselling/Psychotherapy per session is
\$80.00**

Community Mental Health Education:

Paul Reet offers mental health education sessions for groups, teams and organisations. Topics include mental health awareness, looking after your mental health and specific topics including anxiety, depression, trauma and communication skills. These can be tailor-made. Contact Paul for more details.