



### 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)  
Reg ACC Counsellor (Sensitive Claims)

**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, IDT, Transactional Analysis, ACT.

**Focus:** Couples counselling, relationship issues, 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

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

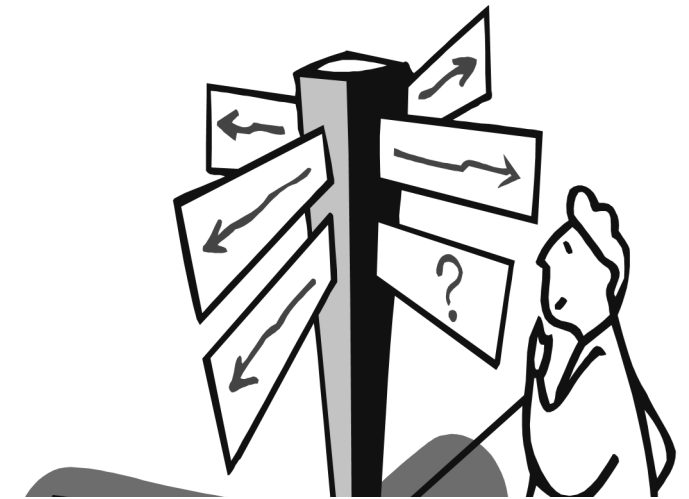
**Professional Registrations:**

NZ Association of Counsellors—Provisional Member

**Approaches:** Loreen works as a client-centred Pluralistic Counsellor, drawing from Acceptance & Commitment Therapy (ACT), Solution Focused and Narrative Therapies. She also offers various mind-body practises to assist in the processing and regulation of emotions.

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

**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](http://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

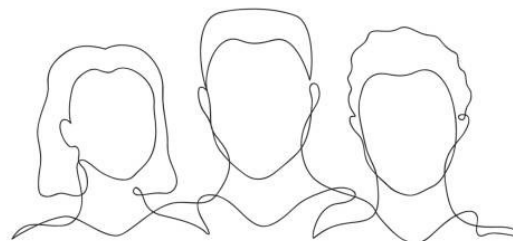
Length of each session: 50-55mins

### *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  
\$85.00**

### *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.