



David Barton

Qualifications: Psychology PhD, Bachelor of Applied Psychology, Dip. Counselling, Cert REBT, Cert CBT
Professional Registrations: Provisional member NZCCA, Reg ACC Counsellor (Sensitive Claims)

Approaches: David is a qualified counsellor who works with both individuals and couples. He uses a mix of approaches including person-centred counselling, CBT, REBT, and solution-focused therapy to help people make sense of their thoughts and emotions. David works with clients to identify unhelpful beliefs, build healthier thinking patterns, and strengthen their relationships and overall wellbeing.

Focus: Individuals and relationships.

Ph: 021 137 4491
Email: davidbarton1971@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



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



Julian Highsted

Qualifications: 3rd year counselling student intern

Registration: New Zealand Association of Counsellors

About: Julian is a counselling student in his final year of Study. Prior to counselling Julian was a building business owner, and has worked in various sectors, from mining to education. Julian enjoys being outdoors, from the mountains to the ocean, and equally enjoys a good book or podcast.

Approaches: His areas of practice are built on a foundation of trauma-informed Person Centred Therapy, coupled with CBT, and Narrative Therapy. He looks forward to supporting you in making positive changes and discovering new possibilities.

Ph: 021 138 1392
Email: julianhighsted@gmail.com



Loreen Bethel

Qualifications: PGDip Counselling (Distinction), MCouns, 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



Elaine Gough

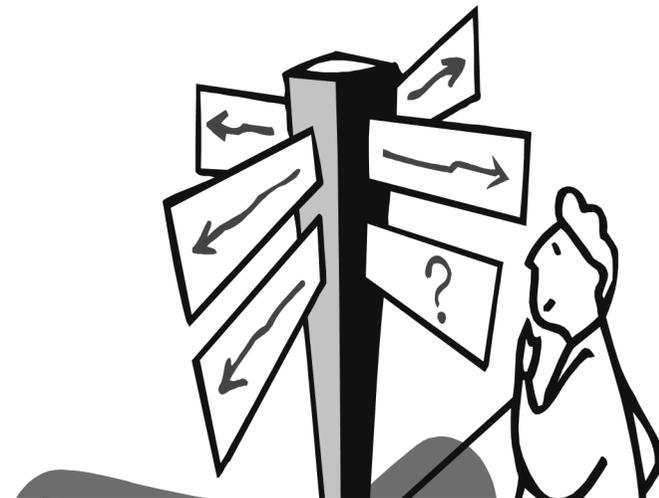
Qualifications: BA (ED) BSS (Counselling), ADV Cert Alcohol and Drug Studies. Psychotherapy (theory) Ashburn Hall, Cert Supervision.

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



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.

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.

Physical address:

12a Cemetery Road, East Taieri, Mosgiel 9024
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

Counsellors: for more counsellors see over the page



Paul Reet for mental health check-ins...

Paul is an experienced mental health practitioner and offers a one-off, single session mental health check-ins for people who want to explore their mental health and improve things for the future. Paul can provide a mental health assessment, education, strategies and information to get your mental health back on track. These sessions can be up to 90 minutes at the usual fee of \$90.

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)

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

COUNSELLING FEES: (per appointment)

- Payment is required at each session
- We can also invoice you or your organization
- We accept cash — **but no EFPTOS**
- 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
\$90.00**

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.

