



### 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:** Registered 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



### Julian Highsted

**Qualifications:** 3<sup>rd</sup> 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. 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

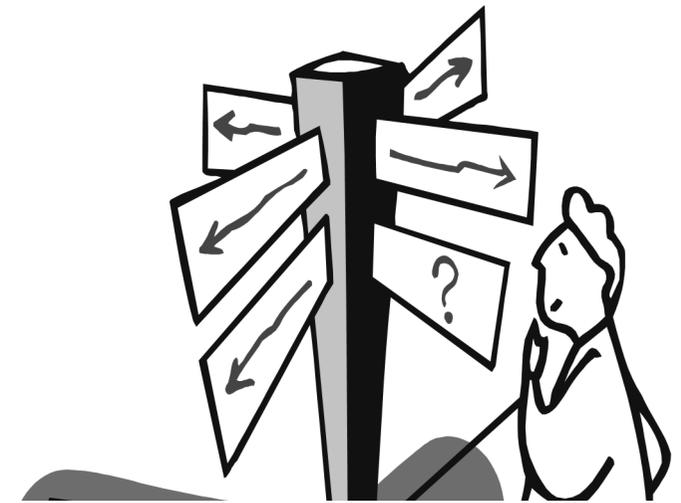
**Qualifications:** BA (ED) BSS (Counselling), ADV Cert Alcohol and Drug Studies. Psychotherapy (theory) Ashburn Hall, Cert Supervision.

**Ph:** 021 166 1509

**Professional Registrations:** NZAC, MNZAC, DAPAANZ 2002-2017

**Approaches:** Person centred counselling, IDT, Transactional Analysis, ACT.

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



## TURNING POINT GRIEF CARE

GRIEF CARE / COPING WITH LOSS

**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*

*A listening ear*

SOMEONE WHO CARES

We are trained to listen, support you, and help you to find ways to deal with your grief & loss

## DO I NEED HELP WITH MY GRIEF OR LOSS?

**Everyone grieves differently and in their own time**

**It is perfectly normal to experience anger, sadness, guilt, denial, frustration and even relief**

**If you answer yes to one or more of the following you will find talking to a professional grief counsellor helpful**

- Are you overwhelmed?
- Do you need someone to talk to that is not family?
- Are you feeling confused with how you are feeling?
- Are you coping with day-to-day chores?
- Are you wanting to harm yourself or others?
- Are you unable to stop crying?
- Do you feel uncontrollable rage at times?
- Are you worried about your thoughts or behaviour?

## 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



## HOW MANY SESSIONS WILL I NEED?

For some people one or two appointments are all that are needed to help support you through the initial grief reaction. This will include education about grief and loss.

Other people need a longer time of support, especially if the loss is more complicated.

You can discuss openly with your Counsellor about what you need at this time.

**Contact us to see how we can support you on your journey of grief and loss**

**Any enquiries about our service please contact one of our team**

### Physical address:

12a Cemetery Road, East Taieri, Mosgiel 9024  
[etchurch.co.nz](http://etchurch.co.nz)

## GRIEF CARE FEES & APPOINTMENTS:

We have DCC and other funding available to offer you up to four sessions free. After four sessions you can either pay the full fee, currently set at **\$90.00 per session** or discuss with your counsellor about paying a part fee and we can top it up from our funds.

Work & Income disability allowance for counselling may be available for some people, dependent on your income and you can discuss this with your Counsellor and GP.

- Payment is required at each session
- We can also invoice you via internet banking
- We accept cash — **but no EFPTOS**
- All fees include GST
- Length of session: 50-55mins

We do not turn away people if you are unable to fund your session.

Each counsellor is available at different times throughout the week at various locations.

When you phone your preferred counsellor please discuss which location would work best for you.

If you are dealing with grief or loss (of someone or something) & feel that despite their best efforts friends & family do not understand, we have counsellors who can help. We see people from any faith & non-faith background.

It does not matter how long ago you had your grief or loss, sometimes grief revisits when we least expect it.

