

Sharon Logan

Cognitive Behaviour Therapist

I have worked across a range of mental health services in New Zealand and the United Kingdom using the Cognitive Behaviour Therapy (CBT) model, either individually or in group sessions, treating anxiety, depression, panic disorder, and eating disorders. I enjoy establishing firm therapeutic relationships with people, working collaboratively to understand the unique experiences and challenges people are going through and seeking to address in therapy.

Cognitive Behaviour Therapy is a collaborative talking therapy and is proven to help people across a range of mental health continuums' through:

- building insight and understanding into the relationship between thoughts, emotions, and behaviours
- making sense of patterns of behaviour which occur in response to daily events and experiences – the “A ha moment’
- develop skills and strategies to identify and modify/ manage problematic thoughts, behaviours and emotional responses.
- builds personal insight, acceptance and resilience.

From experience, the CBT model supports people to gain increased insight, understanding and change through exploring the connection between thoughts, emotions and behaviours and the development of new skills and strategies.

I firmly believe growth and resilience develops as we overcome our challenges.

Qualifications:

- Post graduate diploma, CBT 2010, Massey University
- BSC (Hons) Mental Health Nursing 2000
- Masters in Health Science 2021

Professional Membership

- New Zealand Nurses Organisation
- Aotearoa New Zealand Association for Cognitive Behavioural Therapy

Cost:

Sessions are 1 hour

Individual session \$130

I look forward to hearing from you.