

Nola Forsyth

MSW(A)Hons; MNZAC; MCANZ

I have considerable counselling experience, having worked in both social services and counselling for over 20 years. I am a full member of the New Zealand Association of Counsellors, a trained Professional Supervisor and a registered Independent Marriage Celebrant. I have managed a counselling team, counselling students and researchers. I am warm, empathetic, safe, ethical, client centred, and strengths based in my practice. I can work with you to address any personal, family or relationship issues which are currently impacting you and causing distress, so that you can gain increased confidence, positivity, skills, wellbeing and balance and enjoy better connectedness to others.

Areas of Practice:

- Grief and loss, all forms, including baby loss, miscarriage, medical termination, stillbirth
- Couples counselling
- Anxiety and Depression
- Stress management
- Life transitions
- Harmful Sexual Behaviour
- Trauma Eating Issues
- Employee Assistance

Clients:

I work with:

- Adolescents
- Adults
- Couples
- Families

Fees:

- Individual sessions (50 minutes) – \$130.00
- Couples' sessions (90 minutes) – \$165.00
- Professional Supervision (50 minutes) – \$130.00

Hours:

I am available Mondays and Wednesdays, 9am to 6pm and can provide counselling on Tuesdays, Thursdays and Friday morning by negotiation.

Contact Details:

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