

I am a Registered Nurse and Cognitive Behaviour Therapist.

For over 20 years I have been working in a range of mental health services across New Zealand. I graduated from Massey University with a Post Graduate diploma in Cognitive Behavioral Therapy.

I have been facilitating Cognitive Behavioral therapy groups and seeing people for Individual therapy in CBT for a wide range of problems in both private practice and at the DHB. I have experience treating depression, anxiety, PTSD, OCD, perinatal mental health issues and relationship problems.

Cognitive Behavioural therapy – teaching clients to be their own therapists

I believe in making sense of one's problems and having some skills to understand how to change unhelpful cycles people can learn skills to manage in the long term.

Cognitive behavioural therapy (CBT) is a talking therapy that can help you manage your problems by changing the way you think and behave.

CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle.

CBT aims to help you deal with overwhelming problems in a more positive way by breaking them down into smaller parts.

You're shown how to change these negative patterns to improve the way you feel.

Unlike some other talking treatments, CBT deals with your current problems, rather than focusing on issues from your past.

It looks for practical ways to improve your state of mind on a daily basis.

CBT is helpful for a wide range of problems including:

- Depression
- Anxiety
- Panic attacks
- OCD
- Poor self-esteem
- Relationship Problems
- Stress
- Eating disorders
- Post Traumatic Stress Disorder

I am motivated to help people to quickly and effectively develop ways to overcome their problems and to self-manage more successfully.

Professional Qualifications

- Post Graduate Diploma in Cognitive Behavioral Therapy (Massey University)
- Post Graduate Diploma in Business (Health Management)
- Post Graduate Diploma of Mental health
- Diploma in Nursing Studies – Comprehensive Nurse

Professional Memberships and affiliations

- New Zealand Nurses Organization

Cost:

- Sessions are 1 hour
- Individual session: \$130.00
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Please contact me with any questions and/or to make an appointment. I am happy to start the process with a phone call if this is helpful. I look forward to hearing from you.