

PAULINE GRIFFITHS
RN, BA, MA(HONS), DIP.CLIN.PSYCH, MNZCCP
Clinical Psychologist

Dear Client,

The purpose of this letter is to introduce myself and the framework of this practice.

I offer psychological consultation and therapy for individuals and couples and my therapeutic approach is primarily Cognitive Behavioural Therapy (CBT) within a biopsychosocial framework. I do however incorporate a number of other therapy styles into my approach to addressing people's life issues.

Areas of Speciality:

- Depression and anxiety disorders
- Postnatal and antenatal psychological issues and women's sexuality and fertility
- Personality, trauma, self esteem and identity issues
- Relationship difficulties –couple therapy-sex therapy
- Adjustment to life transitions and change
- Stress and occupational burnout

Work Background

Before working solely in private practice at Practice 92 I worked at Maternal Mental Health ADHB and at Auckland Family Medical Centre in Remuera. Prior to this I worked in a community mental health centre, personality disorders unit, GP surgery and inpatient psychiatric rehabilitation centre. Before training to be a clinical psychologist I worked as a registered nurse in psychiatry, practice nursing, accident and emergency, obstetrics and Plunket.

Formal Qualifications

- Bachelor of Arts, Master of Arts (First Class Honours) and Post Graduate Diploma in Clinical Psychology at the University of Auckland
- Registered General and Obstetric Nurse – Auckland Hospital
Certificate of Plunket Nursing

Professional Affiliation

- Member of the NZ College of Clinical Psychologists
- Registered with the NZ Registration Board
- My work is guided by the NZ Psychological Society's Code of Ethics
- Member of the Australasian Society for Traumatic Stress Studies (ASTSS)
- Member of the Relationship and Sex Therapy Interest Group (STING)
- Contracted Member of Sex Therapy New Zealand (STNZ)

Fee Payable on attendance by cheque, cash, Eftpos or Visa

- **Individuals:** \$180 per 50 minute session which includes GST
- **Couples:** \$225 per 60 minute session which includes GST

Cancellation Policy

50% fee applies if session is cancelled without 24 hours prior notice apart from genuine emergencies. A full fee is charged for "failure to attend".