

# KATHRYN TURPIN

BA (Psych), MA (Clin Psych), NZCCP

## Clinical Psychologist

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I offer psychological consultation and therapy to individuals, late adolescents and older. My therapeutic approach incorporates Cognitive Behavioural Therapy, Solution Focused Therapy as well as Psychodynamic approaches. This means that sessions may focus on finding solutions to current difficulties by exploring the processes and underlying emotions that are driving the problems. Increasing a person's ways of coping and developing more constructive strategies can often be necessary in order to function more effectively. Connecting one's childhood experiences with the present situation can be also assist in understanding enduring patterns that may be repeating throughout one's life.

### Specialist Knowledge

- Depression and Anxiety difficulties – PTSD, OCD, Phobias, suicide
- Trauma – childhood and recent- including sexual assault/abuse
- Self esteem, confidence and identity issues
- Relational difficulties with others
- Occupational stress, and compassionate fatigue
- Adjustment issues, grief and loss
- Substance addiction concerns

### Previous Work History

- Sexual Assault Referral Centre
- Drug and alcohol Services Perth Australia
- Youth-at –Risk and suicide, homelessness
- Mental Health Outpatients Clinic
- Rehabilitation / employment following disability

### Qualifications

- Masters in Clinical Psychology (with Distinction)
- Bachelor of Arts (Psychology) – Perth Australia
- Registered General and Obstetric Nurse (Auckland Hospital)

I am registered with the NZ Registration Board for Psychologists and am a current member of the New Zealand College of Clinical Psychologists and strictly adhere to their Code of Ethics

### Fees

- \$185 per 50 minute session which includes GST
- Payment can be made on attendance by cheque, cash, Eftpos or Visa
- 50% fee applies if cancellation is made without 24 hours notice excepting emergencies or unexpected illness. Full fee is charged for failure to attend.

**Practice92, 54 Mt Eden Road, Mt Eden, Auckland 1024.**