

Dr Mike van Dijkhuizen, Clinical Psychologist.

Mike is registered to practice as a clinical psychologist and a member of the New Zealand College of Clinical Psychologists. He provides psychological therapy for individuals and couples using cognitive behavioural therapy and mindfulness. He provides individual therapy sessions by Skype, as well as consulting room appointments for individuals and couples at Practice 92 in Mt Eden. Mike's areas of interest and experience are in working with:

- Anger problems
- Panic
- Obsessions and compulsions
- Trauma
- Worry
- Depression
- Bereavement and grief
- Relationship / couples therapy
- Male sexual problems
- Sexual behaviour difficulties.

He completed his undergraduate studies at the London School of Economics and went on to complete a postgraduate Diploma in Psychology at London Guildhall University, followed by a Doctorate in Clinical Psychology at University College London. In recent years his post doctoral training has included skills in Dialectical Behavioural Therapy, and training in clinical supervision, group work and couples therapy.

Prior to training as a clinical psychologist, Mike had eleven years experience in the HIV/AIDS and sexual health field in London, first as a social worker and subsequently as a health adviser / counsellor. This gave him extensive experience in working with mental health difficulties in the context of stigma and chronic illness. He immigrated to New Zealand and worked in community mental health in Auckland providing psychological interventions for depression, anxiety and personality disorders. More recently he has worked in the forensic field in Australia providing group work interventions for Corrective Services NSW. He currently works part-time at the University of Auckland and in private practice.

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