

## Introduction letter

I first trained as a Family Therapist and was registered with New Zealand Association of Counsellors in 1995 while working with children and families in residential and community settings. I then undertook further training, completing my Master of Arts (with first class honours) and Post Graduate Diploma in Clinical Psychology from Auckland University in 2004. I am now registered with the New Zealand Psychologists Board in the Clinical scope of practice. I am also a member of the New Zealand College of Clinical Psychologists (NZCCP).

I have a broad range of interest spanning family and individual work with children, adolescents, and adults. Family work includes parenting support, behaviour management and assessment and treatment of a wide range of behavioural and mental health presentations.

I am experienced in working with:

- Anxiety, stress and panic attacks
- Child and Adolescent problems
- Family Therapy
- Parenting
- Burnout
- Depression
- Grief
- Harassment/Bullying
- Psychological abuse/trauma
- Anger
- Self harm
- Life changes

Alongside of my Private Practice, I have also worked in the District Health Board for many years providing assessment and treatment of mental health issues with children, teenagers and their families'. I have provided training for Clinical Psychology students at the Auckland University in specialty areas of working with children and their families. I also continue to provide clinical supervision for other psychologist. My current role includes being a director of Practice 92, where I provide therapy three days per week, and I also work from my home office in Orakei on Mondays.

I engage in continual education, training and supervision as part of my continued commitment to providing useful and best practice service to my clients. My approaches include Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), and a variety of Family Therapy approaches.