

Dr Alex Hayns

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Clinical Psychologist

I am a registered clinical psychologist providing assessment and therapy to adolescent and adult clients in West and Central Auckland. I have experience working in both the public and private sector, including 6 years in Adult Community Mental Health for Waitemata District Health Board and two and a half years working as a Clinical Lead, developing and implementing treatment plans for adolescent boys with high and complex needs, for West Auckland NGO The Kauri Trust. I have been in private practice since 2013 and have been a registered ACC sensitive claims assessor and treatment provider since 2015. I have worked with clients from all walks of life and supported people with a wide range of experiences and difficulties. My work has given me a strong sense of the need for all of us to feel able to manage the overwhelming experiences life can hand us. This has developed in conjunction with my doctoral research into the efficacy of mindfulness and I have a special interest in mindfulness and acceptance-based therapies. I believe these approaches allow my clients to be more skilful in managing their distress and flourish in the reality of their day to day experiences.

I help people with a range of difficulties including,

- Anxiety
- Panic attacks
- Obsessive Compulsive Disorder
- Depression
- Postnatal distress
- PTSD
- Stress and work burnout
- Life transitions, change and adjustment
- Overwhelming emotions
- Perfectionism and self-criticism
- Sleep problems
- Grief
- Anger and irritability

I have a strongly skills-based approach to my work and have found that many clients can benefit from an intervention that focuses on supporting them to develop personally relevant strategies to manage distress. I have training and experience in a variety of evidenced-based therapies and talk with my clients first about which approaches may best suit them.

I particularly draw on,

- Cognitive Behavioural Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Dialectical Behaviour Therapy (DBT)
- Mindfulness and compassion-based approaches