

Tessa Brudevold-Iversen

I am a Clinical Psychologist registered with the New Zealand Psychologists Board and a full member of the New Zealand College of Clinical Psychologists. I have worked in both the public and private sectors, and have also completed a postdoctoral fellowship in Seattle, Washington in the United States working partly with Dr Marsha Linehan, who developed Dialectical Behaviour Therapy (DBT). I am a DBT-Linehan Board of Certification certified clinician.

Within New Zealand, I have been a main researcher on several initiatives, including a Cochrane Review of effective treatment for depression for adolescents and on a treatment development study for adolescents using DBT to treat eating disorders. I have also been involved in implementing the Family Connections programme here in New Zealand, which is an international programme that supports family members of individuals who experience severe emotional dysregulation.

I specialise in working with adolescents, adults, and families who are experiencing a variety of challenges including depression, anxiety, trauma, emotion regulation problems, self-harm, suicidality, relationship problems, family difficulties, obsessive compulsive disorder (OCD), eating disorders, and managing stress and difficult transitions throughout life. I believe in using evidence-based models of therapy, and have experience using Cognitive Behaviour Therapy (CBT), Dialectical Behaviour Therapy (DBT), Acceptance and Commitment Therapy (ACT), Maudsley Family Based Treatment (FBT), and Prolonged Exposure (PE). I also offer supervision for therapists and teams, particularly in the areas of DBT and PE.

I believe it is important to work from a warm, compassionate, non-judgemental stance so that you can feel understood and heard and to develop a genuine and connected therapeutic relationship; when change is required this can then be explored openly and collaboratively to help you achieve your goals and live a meaningful and fulfilled life.

I would be happy to answer any questions you might have prior to booking an appointment if this might be helpful, and very much look forward to hearing from you.

I can be contacted on 0273494003 or tessabi@gmail.com.