

Marguerite Laing, Psychologist

Free your mind and heart from Anxiety, Depression, OCD, PTSD and Stress

As a result of our work together you will be able to cultivate healthy choices in habits of thinking and responding to difficult, overwhelming or traumatic events.

By exploring, holistically, your lived and felt experiences, change begins to unfold. Difficulties dissolve as your emotional and psychological spaciousness and a sense of connection is restored. Resilience, clarity and joy are liberated.

Anxiety in all its forms is my main specialty. I also work with effects of early emotional wounding; restoring self esteem; defusing interpersonal conflict; professional and personal dislocation; eating and food difficulties and complex grief recovery.

ABOUT

I have been in private practice in Auckland for twenty years and work with individuals and couples from a wide range of cultural, ethnic and religious backgrounds. I am of particular help to medical and similar professionals in extremely high stress environments.

My overseas training has been diverse and includes Psychoanalytic Psychotherapy, Principles of Chinese Medicine, Network Chiropractic and Nutrition and for many years have taught yoga and mindfulness.

I contributed to the book R.D. Laing, Creative Destroyer and co-produced the Canadian video: Did you used to be R.D. Laing?