



Katikati  
Medical  
Centre

Did you know.....?

## COUNSELLING

***What is it all about?***

***What sort of problems or issues can counselling help with?***

- Stress, worry, feeling anxious, recurring negative thoughts, panic attacks
- Sleeping problems, chronic pain, phobias, feeling down and depressed
- Family, parenting and couple relationship issues
- Bereavement, grief, loneliness, or a sense of emptiness
- Thoughts about suicide
- Feeling overwhelmed by your emotions e.g. sadness, anger, guilt
- Self esteem and sexual identity issues
- Self harming or difficulties with alcohol and drug use
- Making difficult choices and decisions
- Coping with current and historical trauma
- Major life changes e.g. redundancy, ill health, relationship breakdown etc.
- and many more life issues.

***What happens in counselling or “talking therapy” sessions?***

Counsellors are trained to listen to you carefully and help you to explore the effects problems are having in your life and discover the strengths you have to move forward and make changes. Counsellors will not tell you what to do but they may offer ideas or suggestions for you to consider. They support you in making your own decisions. Counsellors will respect your values and culture and be non-judgemental.

Talking about our thoughts, behaviours, feelings, relationships and issues is an important way of understanding and dealing with them. Our friends and family/whanau can often help us, but sometimes we need the help of a professionally trained counsellor.

***How can I be sure that a counsellor will be skilled and behave like a professional?***

All counsellors employed here at Katikati Medical Centre have appropriate training and experience and are accredited with a professional organisation.

***Does counselling actually help people with their issues?***

Research shows that counselling or “talking therapies” are effective in helping most people bring about changes they want in their lives. Often a series of counselling sessions may be the only help people need to resolve their issues at that time - or the counselling sessions may be part of an agreed treatment plan.

***How do I get to see a counsellor?***

If you are a registered and enrolled patient with Katikati Medical Centre you can make an appointment with our counsellor. Otherwise your doctor or nurse at the practice may refer you to the counsellor.

***What will it cost?***

This service has been greatly subsidised by Katikati Medical Centre.

For our enrolled and registered patients - \$30 per session (45minutes).

Other subsidies may be available for those in financial hardship – discuss with your GP or the Counsellor