



PŪTEA TAUTOKO COUNSELLING OPTION

The following details have been sourced by
Ngā Kura ā Iwi o Aotearoa to help support
making an informed decision.



CAROLINE RIPLEY

Post Graduate Diploma in Cognitive Behaviour Therapy
Bachelor of Social Work - Biculturalism in Practice
Bachelor of Arts in Social Sciences

020 4119 3537

caroline.ripley3028@gmail.com

**\$150 PER 1 HOUR SESSION
ONLINE OR IN PERSON (TAMAKI BASED)**

Tēnā tātou katoa, whakaronga, titiro ki tāku pānui!

Kō Parekohe Ko Pūtauaki ōku mauna

Kō Te Whēke Ko Ohinemataroa ōku awa

Kō Mataatua tōku waka.

Kō Rāroa Ko Taiwhakaea ōku marae.

Kō Tūhoe Ko Ngāti awa ōku iwi.

Kō Tamaruārangi Ko Ngāti Hokopu ōku hapū.

Kō Caroline Ripley ahau.

I am a mum to two tama 15 & 27 - year olds'. I am crazy passionate when it comes to supporting them both as well as my iramutu (nieces and nephews) to navigate this thing called life because at times it can get pretty crazy, scary and overwhelming!

So, I try really hard to be that aunty & mum that my sons & iramutu can come to respectfully korero without judgement and ridicule. I try and do this by providing a safe pōno, (authentic) & tika space. Also, I try really hard to stay active by walking my kūrī in the ngāhere (bush) or by quietly dying at the back of my cross fit gym on most weekdays.

Last but not least I am super passionate about doing my bit to awhi and manaaki Papatuanuku by decreasing my waste and recycling.

If you choose me to work alongside you at this time of your life, you will be afforded (given) a safe space that will be respectful, non-judgement and without ridicule or being mocked. As I have been working as a social worker and counsellor for the past 17 years, so I have been really lucky to work with some amazing rangata

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PŪTEA TAUTOKO

COUNSELLING OPTION

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VERITY ARMSTRONG

COUNSELLOR (B. Couns Hons, Dip. MSBR, Cert. Arts, Psych)

verityarmstrong@gmail.com
021 027 01644

\$120 PER 1 HOUR SESSION

He aha te mea nui o te ao?

What is the most important thing in the world?

He tangata, he tangata, he tangata.

It is the people, it is the people, it is the people.

I think of therapy as an opportunity to explore the underlying reasons for some of the difficulties we can experience throughout our lives.

The process of this exploration can provide personal development as well as relief from painful symptoms.

I am a Kāi Tahu, Mackintosh, and Armstrong woman who has explored the impact of colonisation on my whānau and am interested in working with others on their whakapapa journey.

I have experience working with trauma, grief, sexual abuse, relationship difficulties, depression, and anxiety. I also have a special interest in sex, love, and relationships, and I welcome referrals from people wishing to explore these parts of themselves and their lives.

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RACH LITTLEY

COUNSELLOR (B. Couns Hons, Dip. MSBR, Cert. Arts, Psych)

rach@haerengahauora.com

**\$110 PER 1 HOUR SESSION
ONLINE OR IN PERSON**

**AGES: 4 YEARS+
ASD, FASDS, ADHD NEURODIVERGENCY**

Ko Rach tōku ingoa.
Ko Ngāpuhi te iwi
ko Ngāti Hine te hapū
Nō Whangārei ahau.

If you are experiencing feelings of low sense of self or perhaps a little displaced with some big emotions, kōrero mai, let's work on managing this together.

By encouraging ako torowhānui I can help you develop in your sense of self, and build upon your inherent strengths & resilience through whakawhānaungātanga, manaakitanga, ngākau aroha & mana-manaaki approaches. Leaving you feeling empowered & in control of your life; allowing you to live your life in a way that fulfils your wants & needs.

With a background in human behaviour, I understand that there is always an unseen cause for big behaviours & emotions. In my mahi I am grounded in kaupapa pūrangiaho, a concept of seeking to understand and see the person clearly as they are by building congruent, bidirectional connections.

If you or your tamariki are experiencing emotions that feel like they are controlling and/or perhaps preventing you from living your best life, kōrero mai, reach out and have a chat today.

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**YVETTE
ATKINSON**

COUNSELLOR (Dip Couns, MNZAC)

yvette.atkinson1002@gmail.com
0278089121

\$120 PER 1 HOUR SESSION
ONLINE VIA ZOOM
OPEN TO KAIMAHI ONLY

I am fully registered with NZAC and have 9 years counselling experience.

There are time in life when we feel its all just getting a bit much – especially in these crazy modern times – and talking to someone outside our immediate circle of support can be helpful, sharing seems to lighten the load.

Its all about human connection even though social media plays such a big part in our lives. So connection, feeling heard and supported is a good formula for positive wellness and well being.

Making that first contact to talk with someone can often be daunting an overwhelming experience. I can assure you that once you have taken that step you will feel a sense of relief, some vulnerability, but empowered too. In my lifetime I have had a fair share of trauma and adversity. I will provide a safe space for you to share your concerns, and gain clarity and perspective. I have an easy, relaxed manner and you will find me empathic and respectful.

If this is the counselling experience you are looking for then please contact me and let's get started on your journey of self-discovery and healing.

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ANIHHERA TAHU-HEPWORTH

COUNSELLOR (Dip Couns, MNZAC)

aniherac@gmail.com
02041873781

\$120 PER 1 HOUR SESSION
ONLINE VIA ZOOM
OPEN TO URI & KAIMAHI

Tena koutou, nau mai, haere mai Ko Anihera Tahu-Hepworth ahau. I whakapapa back to the East Coast of the North Island and Waikaremoana in the central North Island being from Ngati Porou & Tuhoe iwi through my mother and father.

Working with people from all walks of life, cultures and backgrounds. Offering a confidential, compassionate and non-judgmental service for people needing or wanting to gain relief from difficult life stresses and complexities.

Serving teens & rangatahi, couples, individual adults, families, whanau and elders.

With a love of the Person Centered approach I believe in helping you find your own answers through reflective listening and present moment awareness. Our bodies hold memories and experiences of traumatic events.

Sometimes the work involves touching into these places again to free ourselves - gently, lightly. It takes courage.

It is important to feel a 'good fit' with a counsellor you choose to work with. I offer an initial phone call, free of charge to answer any questions you would like to ask about the way I work and/or to gain a sense of whether what I offer would fit and be of help to you.

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MICHELLE FRANK

COUNSELLOR (NZAC & DAPAANZ)

freedomlifecounselling@protonmail.com
0211213201

**\$100 PER 50-60 MINUTE SESSION
ONLINE VIA ZOOM
OPEN TO URI (14 YEARS+) & KAIMAHI**

Kia ora, ko Michelle Frank tōku ingoa.
Nō Tauranga ahau.

I am blessed to be Counselling for the last 12 years now.

I am passionate about people, healing and supporting people to
overcome the challenges they face in life.

I have experience working with a variety of issues eg. anxiety,
depression, stress, addictions, grief, difficulties in relationships/at
home/at mahi/kura and much more.

I mainly use talking therapy techniques and also offer Art therapy
and karakia if desired. I have previously studied Te Reo Maori for 1
year, so speak and understand a little Te Reo Maori.

I am happy to see both rangatahi (14 yrs+) and adults.

I offer both in-person (kanohi ki te kanohi) in Mount Maunganui or
phone/video sessions if you're out of rohe, or if preferred.

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