

Side by Side Counselling



Negotiable

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 See on [ServiceFinder.co.nz](https://www.ServiceFinder.co.nz)

My approach to counselling is based on Narrative Therapy and Collaborative Practice. It is my goal to offer you a sheltered setting to talk about your thoughts and feelings without being judged or criticised. When problems come into our lives they might blind us and hinder us to find our resources, strengths and abilities. In our work together I aim to help you uncover these resources and draw forward the strengths and abilities that are helpful in limiting or eliminating the problem's influence on your life.