

PSYCHOLOGISTS/COUNSELLORS – NELSON

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NAME	PRACTICE	OVERVIEW
Dr Helen Rathore	<p>The Nelson Clinic</p> <p>2nd floor 226 Trafalgar St, Nelson 7010</p> <p>www.nelsonclinic.nz Client enquiries ph: 03 548 3536</p> <p>www.nelsonclinic.nz/contact-us/general-enquiry</p>	<p>Q. What type of counselling/clients, do you, / your facility, specialise in? General psychotherapy/psychology, EMDR, clinical Neuropsychotherapy, child focused work using elements of play, drawing, games etc</p> <p>Q. Have you had any experience working with individuals living with disabilities and their families? Have an MSc in health psychology and my clinical psychology doctorate thesis was on illness perceptions and coping with Multiple sclerosis with 125 people with MS. I have worked with client with a variety of health difficulties. My main area of work is trauma in all forms across the life span, which includes the trauma of having a debilitating and life shortening disorder. I am not an expert in CP although I have worked with a family with a child with CP. I can learn about CP.</p> <p>Q. We are also keen to identify counsellors that might specialise in working with the preteen/adolescents age group. Do you have experience working with this age group? Yes</p> <p>Q. Is your practice accessible for individuals living with disabilities such as motor or visual impairments? ie: ramps /easy to navigate? There is a lift but I'm not sure about door width for wheelchairs.</p> <p>Q. Do you accept funding options like MOH, ACC, WINZ and NGO? Also our members have access to a monetary voucher system, do you accept these? Yes ACC, not sure if Nelson Clinic accept the others. All payments are made to Nelson Clinic</p> <p>Q. What information or resources, if any, will make it easier for you to work with individuals who live with diverse communication and/or mobility needs? Information on what works for them, what they need, how to provide that.</p>

Jeanette Spencer	<p>Grow Together Ltd. Stoke, Nelson</p> <p>https://www.counsellingnelson.co.nz/ 021 029 65633</p> <p>jeanette@growtogether.co.nz</p>	<p>Q. What type of counselling/clients, do you, / your facility, specialise in? Individuals and Couples using a variety of methods including Emotionally Focused Individual and Couple Therapy, Cognitive Behavioural Therapy, Interactive drawing therapy, neuroscience informed and compassion/ heart based. Essentially, what we're doing is working together on what you'd like to work on, and in a way that makes sense for you. It's not about me imposing my view or methods upon you, but about us figuring it out together with both our expertise.</p> <p>Q. Have you had any experience working with individuals living with disabilities and their families? Yes, I've a sibling with a disability.</p> <p>Q. We are also keen to identify counsellors that might specialise in working with the Children/preteen/adolescents age group. Do you have experience working with this age group? Only a small amount (other than my own children).</p> <p>Q. Is your practice accessible for individuals living with disabilities such as motor or visual Impairments? ie: ramps /easy to navigate. My home office is attached to the garage and has one step to enter the room.</p> <p>Q. Do you accept funding options like MOH, ACC, WINZ and NGO? Also our members have access to a monetary voucher system, do you accept these? Yes for WINZ and vouchers. Happy to accept any particular funding.</p> <p>Q. What information or resources, if any, will make it easier for you to work with individuals who live with diverse communication and/or mobility needs? I guess I'd figure that out on a case by case basis.</p>
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