

Our Philosophy

Our approach to counselling focuses on the stories of people's lives and involves finding ways in which people can change their relationships to whatever problem or difficulty they are facing. It can be used in relation to any difficulties a person might be struggling with. We are committed to encouraging, supporting and empowering people in working towards the life they would prefer to live.

Our Vision

This service is dedicated to helping people make a difference in their lives; to actively working within the community to enrich the wider context of life; and to the sharing of knowledge, experience and passion with other members of the profession.

Your Counsellor

Shireen Tresslor
BA Psychology
MA Psychology
(endorsement in Health Psychology)
Post-Graduate Diploma in Counselling
Provisional Member of NZAC



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www.hwrcounselling.co.nz

Health Wellbeing Relationships



Counselling Services

Acknowledging and celebrating diversity

We have a strong commitment to ensuring counselling can respond to the diverse contexts of people's lives. The approach we use is mindful of how societal ideas about family, gender, age, class and cultural background significantly influence people's experiences of life. The unique skills and knowledge developed by each person in the course of living their own life, in their own context and in their own ways are also of vital interest.

Safety and Confidentiality

Your counsellor works within the Code of Ethics of the New Zealand Association of Counsellors. Any information you discuss with your counsellor is confidential under guidelines set out under this code.

If your counsellor has concerns about your safety or the safety of others, they are required to share this information with a third party. Your counsellor will discuss this more fully before you begin working together.

Your counsellor might take notes or make an audio recording with your permission. This is completely your decision and your counsellor will give

you more information before you decide to go ahead.

Your counsellor is also committed to receiving professional supervision.

Why come to counselling?

You might want to attend counselling in response to a problem or difficulty or to focus on some dream or aspiration. There might be stories that you haven't been able to tell anywhere else or regrets you need to come to terms with. Having someone to share these with can make a difference.

Counselling can be useful in helping you deal with issues around chronic and terminal illness; lifestyle- change; grief and loss; stress, anxiety and depression; parenting; motivation; communication; anger management; personal or work relationships; behavioral difficulties and more.

Attending Counselling

Sessions generally last 1 hour for individuals and up to 1½ hours for couples or families. Whole families might attend sessions together. Some people prefer to attend counselling on their own. Others prefer to bring along a friend, partner or family member for support. Is there someone you would

like to have with you who will be a support to you?

It is important for you to feel comfortable working with your counsellor. If, at the end of our first session together you decide to keep looking for a counsellor that better suits you, you will not be charged for that session (must be negotiated at the end of that first session). Home visits can be negotiated at no extra cost.

Making an appointment

For more information or to make an appointment please:

call us - 440 9194 or 0210524044 or

email us -

shireen.tresslor@hwr counselling.co.nz.

Services

Counselling for individuals, couples, families; group programmes; tailored employee assistance programmes; tailored personal development programmes.

"It's been helpful...motivating... different to what I expected. I was a bit pessimistic, expected it to be more about talking. Instead it was about the two of us working together to figure out how I could change things. It was a lot of work."
(Client Testimonial)