

List of Counsellors and Therapists

Catholic Social Services

www.cssauckland.org.nz

Ponsonby, Phone 378 9650

Natalie Curteis

Susana Quilodran (Latin American)

South Auckland Branch Phone: 265 0841 12 Otara Road Otara

Fritz Rasch (will meet with clients after hours)

Cabrini Makasiale Psychotherapist, Counsellor and Supervisor

Ruth Mather Psychotherapist, Counsellor and Supervisor

Home and Family Society Counselling Services

www.homeandfamily.org.nz

Pakuranga Counselling Centre

207 Ti Rakau Drive phone 576 4248 for Information and Booking – Gail

Kay McGregor Imago Therapist

Kaye McGregor Imago Therapist, Couple and Individual Counselling. 027 56 58 426

Kaye runs a Spiritual Retreat House at Mangawhai where she offers either Date Days or Intensive Weekend Sessions for couples and individuals. Kay is a very experienced counsellor.

Aaron Ironside Counselling Psychologist Strength to Strength

Email: aaronjironside@gmail.com www.strength2strength.co.nz

New Zealand Christian Counsellors Association (NZCCA)

The New Zealand Christian Counsellors Association was established in 1995 as a charitable organisation. Our aim is to promote professional excellence in counselling practice. We are recognised as a professional body by the Ministry of Justice, ACC and Work and Income.

Contact Us :E: info@nzcca.org.nz; PH: 09 361 4183; **POSTAL ADDRESS:**PO Box 68 773 Newton,Akl 1145

PHYSICAL ADDRESS: 13 Maidstone Street, Ponsonby, Auckland 1145

OFFICE HOURS: Monday, Tuesday, Wednesday, 8am - 4pm

Website: [New Zealand Christian Counsellors Association: NZCCA](http://www.nzcca.org.nz)

<http://www.nzcca.org.nz>/The **New Zealand Christian Counsellors Association**

Break free from pornography.

<https://www.promisekeepers.org.nz/set-free/>

<https://www.intimacycounseling.co.nz/porn-recovery>

<https://www.salvationarmy.org.nz/our-community/faith-in-life/life-matters/pornography-i-want-to-break-free>

<https://www.acts.co.nz/Art-Internet-Pornography-Addiction.php>

The second, www.reclaimsexualhealth.com is an on-line subscription program to help persons break free from pornography and other unhealthy sexual behaviours. The RECLAIM program was developed in light of recent brain science on the chemical basis of pornography addiction. It teaches clinically-proven exercises to enable a person to establish healthy activities to overwrite the unhealthy habits. Under the direction of our local Bishop David Ricken of Green Bay, Wisconsin, the RECLAIM program has been refined to be fully Catholic, with Catholic moral teaching throughout. It bears Bishop Ricken's Imprimatur

Break free from Gambling

<http://www.pgf.nz/>

https://www.gamblinghelpline.co.nz/Home_452.aspx

<https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/pgf-services-problem-gambling-foundation/>

<https://www.health.govt.nz/our-work/mental-health-and-addictions/gambling/problem-gambling-services>

<https://www.salvationarmy.org.nz/get-help/gambling-support>

Break free from Alcohol

<https://aa.org.nz/>

<https://alcoholdrughelp.org.nz/helpline/>

<https://www.alcohol.org/helping-an-alcoholic/>

<https://www.helpguide.org/articles/addictions/overcoming-alcohol-addiction.htm>

<https://www.healthline.com/health/most-important-things-you-can-do-help-alcoholic>

Break free from drug misuse

<https://www.heartsandminds.org.nz/directory-of-support-services/itemlist/category/60-addiction>

<https://www.cads.org.nz/>

<https://robertstclinic.co.nz/addictions-treatment/>

<http://www.odyssey.org.nz/>

<https://www.clairethompson.co.nz/drug-alcohol-and-addictions/>

Break free from Family Violence

<http://www.areyouok.org.nz/>

<https://www.2shine.org.nz/>

<https://www.health.govt.nz/our-work/preventative-health-wellness/family-violence/family-violence-organisations-and-websites>

<https://www.police.govt.nz/advice/family-violence/help>

<https://www.govt.nz/browse/law-crime-and-justice/abuse-harassment-domestic-violence/domestic-and-family-violence/>

<https://www.heartsandminds.org.nz/directory-of-support-services/itemlist/category/59-abuse>

<https://women.govt.nz/safety/where-go-help>

<https://www.familyaction.org.nz/i-need-help/>

For anger management support

Alistair Duhs M:021 1370228

[https://angerexpert.co.nz/quiz-lp20/?](https://angerexpert.co.nz/quiz-lp20/?gclid=EAlaIQobChMI8de8jNCv6QIVgTgrCh2ddgy8EAAYAiAAEgl-mPD_BwE)

[gclid=EAlaIQobChMI8de8jNCv6QIVgTgrCh2ddgy8EAAYAiAAEgl-mPD_BwE](https://angerexpert.co.nz/quiz-lp20/?gclid=EAlaIQobChMI8de8jNCv6QIVgTgrCh2ddgy8EAAYAiAAEgl-mPD_BwE)

Break free from Family violence

Alistair Duhs M:021 1370228

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[gclid=EAlaIQobChMI8de8jNCv6QIVgTgrCh2ddgy8EAAYAiAAEgl-mPD_BwE](https://angerexpert.co.nz/quiz-lp20/?gclid=EAlaIQobChMI8de8jNCv6QIVgTgrCh2ddgy8EAAYAiAAEgl-mPD_BwE)