

## DO I NEED HELP WITH MY GRIEF OR LOSS?

Everyone grieves differently and in their own time

It is perfectly normal to experience anger, sadness, guilt, denial, frustration and even relief

If you answer yes to one or more of the following you will find talking to a professional grief counsellor helpful

- Are you overwhelmed?
- Do you need someone to talk to that is not family?
- Are you feeling confused with how you are feeling?
- Are you coping with day-to-day chores?
- Are you wanting to harm yourself or others?
- Are you unable to stop crying?
- Do you feel uncontrollable rage at times?
- Are you worried about your thoughts or behaviour?

### TURNING POINT

... established in 2005 to support people in the greater Dunedin area, is linked to East Taieri Church which has been a positive contributor to the community for over 160 years



### See other brochures for:

- Counselling & Psychotherapy
- Community Education Workshops
- Clinical/Professional Supervision
- Christian Supervision/Spiritual Direction

We aim to keep our costs as low as possible  
--- to do this we seek external funding from various organisations

### HOW MANY SESSIONS WILL I NEED?

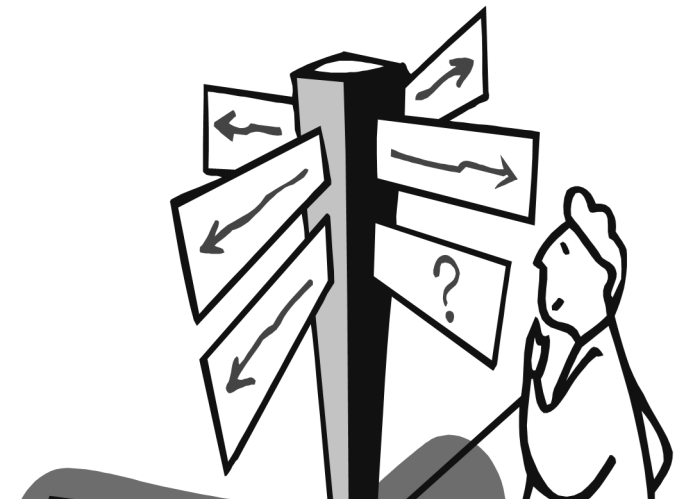
Often one or two appointments are all that is needed. Some people may benefit from a longer time of support  
Your counsellor will be able to give you an indication of number of appointments required after your first session

**Contact us to see how we can support you on your journey of grief or loss**

Any enquiries about our service please contact one of our Counsellors

#### Physical address:

12a Cemetery Road, East Taieri, Mosgiel 9024  
[www.etchurch.co.nz](http://www.etchurch.co.nz)



## TURNING POINT GRIEF CARE

GRIEF CARE / COPING WITH LOSS

**Professional - Affordable**

**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

*Maori proverb*

*A listening ear*  
**SOMEONE WHO CARES**

We are trained to listen, support you, and help you to find ways to deal with your grief & loss



### Paul Reet

**Qualifications:** BA, Grad Dip Education (Teaching); Adv Grad Diploma Counselling; Dip Nursing (Mental Health); Grad Cert Psychotherapy

**Professional Registrations:**

Registered Mental Health Nurse (NCNZ)  
Registered Counsellor (NZAC)  
Registered Counsellor/Psychotherapist (BACP Accredited)  
Registered Accredited DAPAANZ (AOD) Supervisor  
Registered ACC Counsellor (Sensitive Claims)  
Registered Spiritual Director (ACSD)

**Approaches:** Paul works as an Integrative Therapist with an emphasis in psychodynamic, Acceptance & Commitment Therapy (ACT), and Transactional Analysis (TA) approaches.

**Focus:** Mental Health (depression, anxiety, trauma), Addictions & Grief. Professional & Clinical Supervision & Christian Ministry and Spiritual Direction.

**Ph:** 027 233 3597  
**Email:** carling.reet1@gmail.com



### Elaine Gough

**Qualifications:** BA (ED) BSS (Counselling), ADV Cert Alcohol and Drug Studies. Psychotherapy (theory) Ashburn Hall, Cert Supervision.

**Professional Registrations:**

NZAC, MNZAC, DAPAANZ 2002-2017

**Approaches:** Person centred counselling, Aspects of Transactional Analysis, ACT, Eclectic Counselling, supervision.

**Focus:** Couples counselling, relationship issues, parenting, grief & addictions, motivational counselling.

**Ph:** 021 166 1509



### Gill Eastgate

**Qualifications:** Master of Professional Practice with Distinction (Counselling); Post Grad. Dip.; B.Ed.; B.Occ.Therapy; Dip.Soc.& Com. Work

**Professional Registrations:**

Registered Counsellor (NZCCA)  
Registered Social Worker (ANZASW)  
Registered Occupational Therapist  
Reg ACC Counsellor (Sensitive Claims & Physical Injury)

**Approaches:** Gill works as an Integrative Counsellor which includes Person Centred Counselling, Acceptance & Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT), Transactional Analysis (TA), and Solution Focused Therapy.

**Focus:** Trauma, anxiety, depression, relationship issues, grief & loss, and stress. Includes Supervision & Couple Counselling.

**Ph:** 021 047 5127  
**Email:** gill.eastgate46@gmail.com

If you are dealing with grief or loss (of someone or something) & feel that despite their best efforts friends & family do not understand, we have counsellors who can help. We see people from any faith & non-faith background. It does not matter how long ago you had your grief or loss, sometimes grief revisits when we least expect it.

Each counsellor is available at different times throughout the week at various locations. (other locations may incur an extra fee)

When you phone your preferred counsellor please discuss which location would work best for you.

### APPOINTMENTS & GRIEF CARE FEES:

- Payment is required at each session
- We can also invoice you via internet banking
- We accept cash — **but no EFPTOS**

Work & Income subsidies may be available please discuss with your GP who is able to refer you.

Grant money (DCC & TOBIAS Trust) is also available and may assist people if they cannot pay the full fee.

All fees include GST

All appointments = 50-55 mins

**Please discuss fees with your chosen counsellor when making an appointment**

- **Counselling/Psychotherapy per session is \$80.00**
- **Supervision:** (see separate brochure)  
**From ..... \$100.00**
- **Community Education/Groups:**  
... please ask a counsellor for a quote

