



PŪTEA TAUTOKO

# COUNSELLING OPTION

The following details have been sourced by Ngā Kura ā Iwi o Aotearoa to help support making an informed decision.



## RACH LITTLEY

COUNSELLOR (B. Couns Hons, Dip. MSBR, Cert. Arts, Psych)

[rach@haerengahauora.com](mailto:rach@haerengahauora.com)

**\$110 PER 1 HOUR SESSION  
ONLINE OR IN PERSON**

**AGES: 4 YEARS+**

**ASD, FASDS, ADHD NEURODIVERGENCY**

Ko Rach tōku ingoa. Ko Ngāpuhi te iwi, ko Ngāti Hine te hapū. Nō Whangārei ahau.

If you are experiencing feelings of low sense of self or perhaps a little displaced with some big emotions, kōrero mai, let's work on managing this together. By encouraging ako torowhānui I can help you develop in your sense of self, and build upon your inherent strengths & resilience through whakawhānaungātanga, manaakitanga, ngākau aroha & mana-manaaki approaches. Leaving you feeling empowered & in control of your life; allowing you to live your life in a way that fulfils your wants & needs.

With a background in human behaviour, I understand that there is always an unseen cause for big behaviours & emotions. In my mahi I am grounded in kaupapa pūrangiaho, a concept of seeking to understand and see the person clearly as they are by building congruent, bidirectional connections.

If you or your tamariki are experiencing emotions that feel like they are controlling and/or perhaps preventing you from living your best life, kōrero mai, reach out and have a chat today.

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## YVETTE ATKINSON

COUNSELLOR (Dip Couns, MNZAC)

[yvette.atkinson1002@gmail.com](mailto:yvette.atkinson1002@gmail.com)  
0278089121

**\$120 PER 1 HOUR SESSION  
ONLINE VIA ZOOM  
OPEN TO KAIMAHI ONLY**

I am fully registered with NZAC and have 9 years counselling experience.

There are times in life when we feel it's all just getting a bit much – especially in these crazy modern times – and talking to someone outside our immediate circle of support can be helpful, sharing seems to lighten the load.

It's all about human connection even though social media plays such a big part in our lives. So connection, feeling heard and supported is a good formula for positive wellness and well-being.

Making that first contact to talk with someone can often be daunting and overwhelming. I can assure you that once you have taken that step you will feel a sense of relief, some vulnerability, but empowered too. In my lifetime I have had a fair share of trauma and adversity. I will provide a safe space for you to share your concerns, and gain clarity and perspective. I have an easy, relaxed manner and you will find me empathic and respectful.

If this is the counselling experience you are looking for then please contact me and let's get started on your journey of self-discovery and healing.

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### ANIHERA TAHU-HEPWORTH

COUNSELLOR (Dip Couns, MNZAC)

[aniherac@gmail.com](mailto:aniherac@gmail.com)  
02041873781

**\$120 PER 1 HOUR SESSION  
ONLINE VIA ZOOM  
OPEN TO URI & KAIMAHI**

Tena koutou, nau mai, haere mai Ko Anihera Tahu-Hepworth ahau. I whakapapa back to the East Coast of the North Island and Waikaremoana in the central North Island being from Ngati Porou & Tuhoe iwi through my mother and father.

Working with people from all walks of life, cultures and backgrounds. Offering a confidential, compassionate and non-judgmental service for people needing or wanting to gain relief from difficult life stresses and complexities. Serving teens & rangatahi, couples, individual adults, families, whanau and elders.

With a love of the Person Centered approach I believe in helping you find your own answers through reflective listening and present moment awareness. Our bodies hold memories and experiences of traumatic events. Sometimes the work involves touching into these places again to free ourselves - gently, lightly. It takes courage.

It is important to feel a 'good fit' with a counsellor you choose to work with. I offer an initial phone call, free of charge to answer any questions you would like to ask about the way I work and/or to gain a sense of whether what I offer would fit and be of help to you.

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## MICHELLE FRANK

COUNSELLOR (NZAC & DAPAANZ)

[freedomlifecounselling@protonmail.com](mailto:freedomlifecounselling@protonmail.com)  
0211213201

**\$100 PER 50-60 MINUTE SESSION  
ONLINE VIA ZOOM  
OPEN TO URI (14 YEARS+) & KAIMAHI**

Kia ora, ko Michelle Frank tōku ingoa. Nō Tauranga ahau.

I am blessed to be Counselling for the last 12 years now.

I am passionate about people, healing and supporting people to overcome the challenges they face in life.

I have experience working with a variety of issues eg. anxiety, depression, stress, addictions, grief, difficulties in relationships/at home/at mahi/kura and much more.

I mainly use talking therapy techniques and also offer Art therapy and karakia if desired. I have previously studied Te Reo Maori for 1 year, so speak and understand a little Te Reo Maori.

I am happy to see both rangatahi (14 yrs+) and adults.

I offer both in-person (kanohi ki te kanohi) in Mount Maunganui or phone/video sessions if you're out of rohe, or if preferred.

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