



GP SUPERVISION



GP SUPPORT PROGRAMME

The following list is not designed to be comprehensive or exclusive; it is intended to function as an open list and will be updated as required. In collecting names for this list, we received endorsements for the therapists, not only from their peers but also from colleagues who have used their services and have gained value on a personal and professional level.

The first three sessions are free with this package; please ensure the online form is completed by the therapist. The reimbursement form is linked from the GP Support Programme page: pegasus.health.nz/gp-support-programme. Confidentiality is maintained with this system as the vouchers are logged by number and not identified at any point by client name.

Supervision and personal therapy depend on establishing an effective relationship with the therapist and finding a method that works for you. It may not always work well with the first person you see. We hope you will find this resource both accessible and useful, and would welcome your feedback on other therapists you would like to recommend. If you have any further recommendations please forward them to Dr Simon Wynn Thomas (simon.wynn-thomas@pegasus.org.nz)

▶ **Helen Austin** – has worked in forensic psychiatry for ten years and was a GP for ten years prior. She developed an interest in vicarious trauma ie. the effects of second hand exposure to trauma, grief and suffering and has a particular interest in the cumulative effect of this on professionals who are exposed to others distress in the course of their profession eg. Doctors, Lawyers, Emergency responders. Having conducted research and spoken at conferences and courses on this topic, this led to an interest in the associated topics of burnout, compassion fatigue and resilience. Helen has set up a private practice in Christchurch to offer supportive and reflective supervision for helping professionals and has an office in Riccarton, in amongst other small businesses rather than in a medical centre, as a way of trying to destigmatise and to normalize the issue of seeking emotional and psychological support.

Ph: 021 1048776

Email: helen@mindfix.co.nz

Website: www.mindfix.co.nz

▶ **Ali Begg** – is a Christchurch GP who is available for supervision 1-1 or in groups from a central city location. She leads Balint groups for GPs and others with psychotherapist Andrew Gresham. She is an accredited Balint leader with BSANZ (Balint Soc of Aus & NZ) and has trained as a group therapist using action methods and role theory (psychodrama). She teaches communication skills to GP registrars and 4th year medical students – and others on demand. She facilitates a reflective practice group with GP registrars and is involved in teaching communication skills. She enjoys working to improve the quality of GP's relationships with patients, their work and themselves.

Ph: 021 556 708

Email: afbegg@gmail.com

▶ **Graeme Clarke** – has been practising clinical psychology for over 20 years and is a registered psychotherapist. His practice includes supervision and therapy that focuses on coping strategies to assist with mood, stress and relationship issues. His therapeutic approaches involve a variety of models: client centred, experiential and cognitive behavioural, all aimed at utilising client resources to improve emotional well being and a balanced lifestyle.

Ph: 03 348 5595 (Unit 10, 35 Riccarton Road)

▶ **Trish Coombes** – has a background in nursing. She has full membership of New Zealand Association of Psychotherapists with a Diploma in adult Psychotherapy and has more than 20 years experience working with people to assist change. She has worked with professionals for both personal issues and support in working through difficult situations regarding patients. Her main focus is to help people understand themselves more and support change if appropriate. She believes good self care is crucial to working well with others.

Ph: 03 351 8262 (195, Wairakei Road, Bryndwr)

Email: tcoombes@inet.net.nz

▶ **Irene Deliefde** – is a psychotherapist trained in the Psychology of the Self model. She provides long term psychotherapy; short term focused counselling, couple and clinical supervision. She is ACC and Family Court registered.

Ph: 03 354 8045 (178 Harewood Road)

Website: www.avenuecounselling.co.nz

Email: deliefde@xtra.co.nz

▶ **Nickei Falconer** – Nickei enjoys working with people to support their personal and professional development and has been a counsellor and psychotherapist since 1992. Prior to this she worked in management roles at regional and national levels and she has an understanding of workplace issues and management

challenges. Her central training is in Gestalt Psychotherapy, and she has additional training in Narrative therapy, coaching and supervision and in working with teams. Nickei has a passion for working with wellbeing and has extensive experience with issues of stress, burnout, and anxiety. She is a registered psychotherapist with PBANZ, and counsellor with NZAC

Ph: 03 365 0483 (41, Essex Street, Central City, ChCh)

Email: nickeifalconer@hotmail.com

Website: www.lifeworkscounselling.co.nz

▶ **Karen Fincham** - is a Clinical Psychologist (registered in the Clinical scope of practice with the New Zealand Psychologists Board) with over 35 years of experience in assessment and treatment of a wide range of psychological disorders including trauma, mood (depression, anger), anxiety and relationships. Before setting up in private practice she worked for many years with both acute and chronic patients at Sunnyside Hospital (now Hillmorton Hospital) in Christchurch and at the Connolly Unit at Auckland Hospital and in a variety of other specialist units, including the Alcohol Counselling Centre, the Princess Margaret Hospital (Ward C Day Programme, Eating Disorders Unit, Anxiety Disorders Unit, Mother & Babies Unit), Christchurch Hospital (Child & Family Unit) and the Child, Adolescent & Family Service in Christchurch. After establishing her private practice over 25 years ago she developed further interests in the areas of parenting, care and protection of children, and couple or family relationships (and providing counselling and specialist reports for the Family Court), in stress and trauma (and providing Counselling and Psychological Services to ACC) and support to employees from a number of Government and non-Government work places or businesses.

Ph: 027-554-0110 (Bealey Centre, 120 Hills Road, Edgware)

Email: karen.fincham@xtra.co.nz or info@karenfincham.co.nz

Website: www.karenfincham.co.nz

► **Roma Finlay** – has worked independently for nearly 20 years as a family therapist, counsellor, supervisor and trainer. She works with both adults and children who are facing a wide range of issues including depression, sexual abuse, worry and fears, life changes, loss and grief, stress, relationship problems, alcohol and drug issues and eating disorders. She very much enjoys working with adults who want to explore new ideas and new ways of working.

Ph: 03 379 1848 (112, Edgeware Rd)

Email: romafinlay@caverock.net.nz

► **Andrew Gresham** – is a UK trained Psychotherapist and NZ Registered Psychotherapist, with over 30 years experience of working in the NHS with a wide range of psychological difficulties. He also has extensive experience of providing clinical supervision and psychotherapy to many professional staff including doctors. Andrew has worked for 11 years in private practice, providing a confidential professional space for you to reflect on current difficulties. He is trained to help make sense of current problems and to understand the underlying meaning of feelings and behaviour. All enquiries are welcome.

Ph: 03 356 0542 (118 Leinster Rd, Merivale)

E-mail: agresham@xtra.co.nz

► **Errol Hay** – is a registered psychotherapist, with ACC accreditation and with a particular interest in the psychology of self. She enjoys working with a diverse range of people and feels that for many people psychotherapy can be one of the most valuable personal investments they will make in their lives.

Ph: 03 354 8045 (178 Harewood Road)

Website: www.avenuecounselling.co.nz

► **Anne Hemapo** – is a registered psychotherapist and is ACC and EAP accredited. She values and respects the vast differences in people, with respect to personality, culture, background and life experiences. She likes to build a safe therapy relationship to enable people to lighten the load, and accept and understand themselves during the process.

Ph: 03 354 8045 (178 Harewood Road)

Website: www.avenuecounselling.co.nz

► **Stephen Humm** – practices with John De Freitas and enjoys working with professional colleagues. His interests are in the areas of communication, conflict resolution and problem solving skills.

Ph: 03 366 6126 (66, Breens Road, Bishopdale)

► **Ursula Klein** – I comes from a nursing background. Qualified in psychiatric nursing, which included 2 years in a drug and alcohol unit and last in palliative care as the charge nurse of a hospice. The

Self Psychology model is in tune with my ideals and purposes. I re-trained as a psychotherapist in the early 1990s - to assist people to grow a strong whole self, a self that is able to love self and others; a self that is able to find and action a purpose that gives meaning to their lives; a self that can play and be creative.

Ph: 03 354 8045 (178, Harewood Rd)

Email: uklein@xtra.co.nz

Website: www.avenuecounselling.co.nz

► **Sheila Larsen** – has been in private practice for over 30 years and enjoys working with men and women of all ages and with most problems and life situations. Her style is Self Psychology based and she aims to work in such a way that her client feels in charge of their own lives again and are able to regain a sense of balance in their lives. (She does not work with active drug and alcohol addiction or ACC.)

Ph: 03 338 6433 (23A, Hillier Place, Spreydon)

► **Margaret McConnell** – Clinical Psychologist for over 40 years. Specialises in working with children, young people & Families, as well as individuals of all ages and couples on parenting and relationship issues. Able to offer clients a range of therapeutic techniques. Experienced in a wide range of psychological, emotional and behavioural issues, particularly anxiety and mood disorders. Particular expertise in working with grief & trauma across all age groups. Experience in working for the Family Court as a specialist report writer allows effective work with issues around the breakdown of relationships and parenting. Also provides professional supervision for clinical psychologists, other mental health professionals and those working within the Family Court.

Ph: 03 365 6312 (120 Hills Road)

Email: marg.mcconnell@bealeycentre.net.nz

Website: www.bealeycentre.co.nz

► **Paul Neilson** – is an experienced clinical psychologist, favouring CBT methods. He specialises in anxiety disorders, sexual difficulties, grief, loss & trauma, substance abuse, mood difficulties & relationship issues.

Ph: 03 365 6312 (110 Bealey Avenue)

Email: paul.neilson@bealeycentre.net.nz

Website: www.bealeycentre.co.nz

► **Mark Piercey** – is a registered psychotherapist, with accreditations from ACC, Family Court, EAP and Victim Support. He enjoys working with a wide range of people including individuals and couples. He feels privileged to work with people to explore and make sense of their story and in the process see them move to a stronger sense of self with increased self comfort.

Ph: 03 354 8045 (178 Harewood Road)

Website: www.avenuecounselling.co.nz

► **Sue Sidey** – is a registered clinical psychologist working in a group practice called Psychology Associates. Her primary therapeutic model is cognitive behavioural therapy. She has expertise in areas of anxiety disorders, depression, low self esteem, stress, sleep management, short term skills based cognitive behaviour therapy, chronic pain and pain management. She is registered with ACC and works with adults and teenagers. She has experience in running therapy groups and giving seminars, as well as in supervision of students and colleagues.

Ph: 03 371 7575 (303, Selwyn Street)

Email: sidey.psych@xtra.co.nz

► **Lynn Timpany** – is a Neuro Linguistic Programming (NLP) certified Master Practitioner & Trainer, as well as a hypnotherapist who teaches self-help. She has been practising in Christchurch for over 20 years and comes highly recommended by one of our Pegasus Members, who utilised her services with the Self Care package.

Ph: 03 389 8952

Email: lynn.timpany@xtra.co.nz

Website: <http://www.lynn.timpany.co.nz/>

► **Martin Visser** – is a clinical psychologist. He provides assessment and counselling for people facing issues such as; anxiety, depression, grief, relationship or sexual problems, spiritual dilemmas, addiction, stress, sexual abuse and other trauma. He provides supervision to a variety of health professionals and assists those dealing with redundancy or workplace restructuring. He employs Cognitive Behavioural Therapy and Narrative Therapy.

Ph: 03 379 1848 (112 Edgeware Road)

Email: martin.visser@clear.net.nz

► **Charlotte West** – is a registered clinical psychologist, in practice for 28 years. She has experience in supervision of her colleagues and other mental health professionals, as well as allied health. Her practice is informed by an eclectic source of models such as EMDR, DBT, as well as the psychodynamic and cognitive behavioural therapy modalities. She works extensively with anxiety disorders, grief, loss & trauma, mood difficulties & relationship issues. She holds contracts with ACC to work with both Sensitive Claims and Physical Injuries, and also specialises in the assessment of adults for autism spectrum disorder, and the treatment of mood related disorders in the adolescent and adult community who have autism spectrum disorder.

Ph: 03 337 3659 (181 Selwyn Street)

Email: cwest99@gmail.com W

Website: <http://www.charlottewest.co.nz/>

► **Jenny Wilson** – is a clinical psychologist with 20 years experience providing therapy, supervision and training. She has a particular interest and expertise in; Effective therapies for depression and anxiety, Processing grief and life changes, Building self-esteem and self-compassion, Reassessment and strategies for problems that have not responded to previous therapy, Professional supervision & Personal development. She primarily uses a Cognitive Behavioural Therapy (CBT) framework to guide her work; however she also uses other psychotherapy methods which allow her to creatively adapt her approach to suit your situation.

Ph: 03 338 1080 (406 Barrington Street)

Email: jennywilsonpsychology@gmail.com

**ANOTHER OPTION FOR SELF-CARE AND
ONGOING PROFESSIONAL DEVELOPMENT –**

JOIN A BALINT GROUP

Description of a GP Balint Group:

Balint groups offer the opportunity for a group for up to about 8-10 doctors to reflect upon difficult or intriguing cases, with a focus on the doctor-patient relationship. The leaders facilitate this process and do not act as experts. Their task is to hold the structure of the Balint group so that it is a safe and supportive setting for the participants.

The participants will be invited to present cases where they have experienced a strong reaction such as distress, delight, frustration or uncertainty. The case is presented briefly and informally, with the emphasis on the nature of the doctor-patient interaction and including the doctor's feelings and reactions. The group members then discuss the case, again focussing on the relationship rather than on the patient's clinical material.

The group is asked to empathize with both the doctor's and the patient's experience and to speculate about what thoughts and feelings each might be having. Diverse views often emerge, reflecting the group members' varied personalities and experiences. All ideas are allowed to "exist in the room" and there is no attempt to reach a "right" answer. The underlying assumption is that "the knowledge is in the group".



A Balint group is very different from the usual medical case presentation in that the members are strongly discouraged from making judgements, giving advice, or offering solutions and no attempt is made to reach a conclusion. Discussion of clinical management is actively discouraged. We assume that all the group members are competent and know how to manage their patients. This structure creates a place of safety where the participants can feel comfortable discussing the uncomfortable moments in the consultation.

This way of working can be difficult at first, but once learnt is a liberating experience, stimulating deeper thought and understanding of general practice.

Andrew Gresham and Ali Begg run a monthly Balint group in Christchurch which intermittently takes new members, as members leave.

They also run intermittent day workshops. People can contact Ali if they are interested in Balint work.

All enquiries are welcome.

Adrienne Ackermann is also involved in Balint Group work and can be contacted for further information.

Ali Begg

Tel 021 556 708

e: afbegg@gmail.com

Andrew Gresham

Tel 3560542

e: agresham@xtra.co.nz

Adrienne Ackermann

Tel 021 02574457

e: adrienne.ackermann@xtra.co.nz