

## THE TEAM



**Sabrina Afu** **duty counsellor**  
*I believe the counselling relationship is a collaborative one which brings forth the client's resourcefulness, strengths and possibilities for dealing with whatever difficulty he or she is experiencing.*



**Don Gooder**  
*I value the opportunity to work with clients who present issues around anxiety associated with work, relationships, or sexuality. I support all clients to set their own realistic goals and actively encourage them to achieve these.*



**Amanda Lees**  
*I like assisting people to resolve difficult experiences, whether these stem from recent or old situations. I work well with loss, self-worth, disruptive emotions, and personal change.*



**Placid Te Aoerere Briggs**  
**Ngaiterangi- Te Arawa - Kaitahu**  
*Tena koutou Katoa. E mihi nui ki a koutou. My counselling is a combination of my cultural upbringings and the western methodologies that I employ. My goal as counsellor is to engage, listen without judgement and support you in the changes you wish to make.*



**Kevin Baker** **head of counselling**  
*My theoretical approach to counselling is holistic and multimodal. I draw on counselling and psychotherapeutic methods from psychodynamic, narrative, cognitive-behavioural, crisis management, solution-focused, and brief therapies. I enjoy working with personal and developmental concerns across the lifespan.*



**Wayne Blackburn**  
*As a Clinical Psychologist I am trained to work with problems from a scientist-practitioner perspective. Overall my framework is bio-psycho-social. I enjoy working in partnership and especially being part of people's development and change. I am based on the North Shore Campus.*

## CONTACT US

### NORTH SHORE CAMPUS

Phone: 09 921 9998  
Location: AS Building (next to café)  
Hours: Mon—Thurs 8.00am—4.00pm  
Fri 8.00am—3.00pm

### CITY CAMPUS

Phone: 09 921 9992  
Location: WB Building, Level 2, Room 219  
Hours: Mon—Fri 8.00am—5.00pm

Please note our opening hours may change outside of semester. Please check the website.

### ONLINE COUNSELLING:

[www.aut.ac.nz/students/student\\_services/health\\_counselling\\_and\\_wellbeing/](http://www.aut.ac.nz/students/student_services/health_counselling_and_wellbeing/)

Please take the time to check out our website, where we have many valuable online resources available:

[www.aut.ac.nz/student\\_services/health](http://www.aut.ac.nz/student_services/health)

**"We care for you, mind, body and spirit"**

### OTHER SERVICES

This is just one of a wide range of support and advice services available. The Student Services team are here to help you make the most of your time at AUT. For more information on other services available to you, visit our website:  
[www.aut.ac.nz/student\\_services](http://www.aut.ac.nz/student_services)

# COUNSELLING SERVICE

HEALTH, COUNSELLING AND WELLBEING

**AUT** UNIVERSITY **STUDENT SERVICES**



# HEALTH, COUNSELLING AND WELLBEING

## WHAT IS COUNSELLING?

Counselling is a process of talking through, in private, whatever is concerning you.

We believe that although many problems are universal, different cultures view counselling differently.

We will try and see things from your point of view.

## WHAT DO COUNSELLORS DO?

- Listen to you carefully and sensitively
- Help you sort out how you would like things to be different
- Respect your confidentiality
- Support you in making the changes you choose to make.

## A COUNSELLOR MAY ALSO...

- see you on your own or with support people
- give you information
- discuss with you who else you could talk to about your difficulties
- act on your behalf, with your consent
- refer you to someone from your own culture or spiritual viewpoint.

## DUTY COUNSELLOR

AUT has a duty counsellor during semester time. One-off appointments are available within the next business day. You can make an appointment at Health, Counselling and Wellbeing reception.

Mental health support services to support you while studying at AUT are also available through our Health Counselling and Wellbeing centres.

## WHAT CAN COUNSELLORS HELP YOU WITH?

Some issues we can help with are:

- Loss or grief
- Concerns about sex or sexuality
- Organising your life
- Changes and worries in your life
- Dealing with anger, depression or anxiety
- Relationships
- Resolving conflicts
- Relaxation
- Managing addictions
- Personal trauma.

## HOW DO I GET STARTED?

Contact Health, Counselling and Wellbeing at the North Shore (921 9998) or City (921 9992) campuses to make an appointment. Appointments are available at Manukau campus on a limited basis - please phone our reception or drop in to the main Manukau reception to make an appointment.

## ONLINE COUNSELLING

AUT offers online counselling services to students and staff. Online counselling takes place by email and/or live chat. Online counselling offers many possible benefits. For instance, it may be especially useful if you live rurally or remotely. Or it may simply be more convenient, flexible or preferable for you. Visit our website to find out more about our online services, or to register for online counselling. Please note however that online counselling is not suitable if you are feeling suicidal or homicidal, or are currently in acute psychiatric distress.

Online address: [www.aut.ac.nz/students/student\\_services/health\\_counselling\\_and\\_wellbeing/online\\_counselling.htm](http://www.aut.ac.nz/students/student_services/health_counselling_and_wellbeing/online_counselling.htm)

## HOW LONG DOES IT TAKE AND WHAT'S THE COST?

Each session is usually for one hour. One may be enough, or you may come for a longer series of weekly sessions.

The counselling service is free for AUT students.

## CONFIDENTIALITY AND ETHICS...

All AUT's counselling sessions are confidential. All Counsellors abide by a clear Code of Ethics. Our team of counselling staff are professionally trained and supervised.

Our intern students are supervised by their institution and abide by counselling and AUT ethics.

## COMMENTS ON THE SERVICE

If you have any concerns or compliments about our service, please contact the Practice Manager on 921 9999 ext 8193 or email [stella.mcfarlane@aut.ac.nz](mailto:stella.mcfarlane@aut.ac.nz).

## WEBSITE RESOURCES

There is a range of resources and information on our website for you to access: [www.aut.ac.nz/students/student\\_services/health\\_counselling\\_and\\_wellbeing/](http://www.aut.ac.nz/students/student_services/health_counselling_and_wellbeing/)

## COMMUNITY CONTACT NUMBERS

Emergency	111
Urgent On Campus (during office hours)	8888
Mental Health Crisis	0800 800 717
Lifeline	(09) 5222 999
Youthline	0800 37 66 33