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MHSc(Hons), BMA, PGDipPsychSocStud, PGDipHSc, **MNZAC, ANZAP, ACC**
I am a qualified psychotherapist specialising in psychodynamic and supportive psychotherapy and have worked in this capacity since 1999. I have travelled the world for many years and have an interest in Anthropology. I have a background in the creative arts and believe it is through the creative process that we are able to make changes and meaning in our lives. I speak English and Danish.



David Kornø Coomber

MHSc(Hons), UM (Zwolle), MusB, CtPGStud (The Hague), PGDipHSc, LTCL, DipTchg, **MNZAC, ACC**. I am a qualified psychotherapist offering specialist services: conflict resolution, performance and motivational issues, and struggles pertaining to performing artists. I work with teachers and businesses helping them to implement creative processes within their work environment. I have many years of experience in the performing arts as a performer, teacher, and facilitator. I speak English and Dutch.

PRACTICE WEST psychotherapy counselling

positive change

grief and loss

trauma issues

relationships

self-esteem

depression

transitions

individuals

couples

family

self-care

anxiety

identity

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Introduction

What is counselling?

Counselling is a mutual process involving a client and counsellor that facilitates self-knowledge, emotional acceptance and growth, and the optimal development of personal resources. During the process of counselling a counsellor respects the client's values, personal resources and capacity for self-determination. Counselling tends to focus on the 'now' and 'here' addressing and resolving specific problems, developing insights and knowledge, coping with crisis, and improving relationships with others.

What is psychotherapy?

Psychotherapy takes into account that 'now' is a living history, that what a client has learnt in the past can still happen in the present. The mutual process of client and therapist is especially important for deepening a client's experience and understanding of her or himself in relationship, on both conscious and unconscious levels. One aim of psychotherapy is to promote positive personal growth aimed at helping the client to manage daily living without repeating destructive patterns or negative feelings.

Who is it for?

People seeking therapy often find life or a situation difficult. They might be depressed, anxious, suffered a significant loss, are unhappy but don't know why, or are in crisis. They might be concerned about how they are feeling, or behaving, or in a troublesome relationship. It might be just to talk with someone who is unbiased and impartial. There are many different reasons.

How to make contact with a therapist

There are several ways. Self-referral, a referral by a doctor, a referral from an agency. Practice West can be contacted directly by clients, or through referrals.

Fees and time

Therapy sessions are 60 minutes long and once a week. The fee per session is \$90. Subsidies from ACC and WINZ may apply and this can be determined in the first session.

Services

Depression and Anxiety

Most people suffer from depression at some point in their lives. It might be due to loss, illness, change of lifestyle. Sometimes the reasons are not clear. Symptoms of depression include lack of motivation, disturbed sleep, low energy, loss of appetite, poor concentration, irritability, loss of enjoyment, isolating, feelings of guilt, feeling sad and tearful, and sometimes suicidal thoughts. Anxiety is characterised by excessive worry about circumstances or events. Symptoms include feeling on edge, irritability, disturbed sleep, easily tired, body tension, difficulty concentrating or going blank. Extreme anxiety can take the form of phobias and panic attacks.

Self-esteem and assertiveness

Low self-esteem is when people reject parts of themselves, discount their sense of entitlement, are overly self-critical. Low self-esteem can get in the way of achieving what people want in life. It is possible to change how one thinks and feels about one's self.

Transitions

There are many transitions in life. Childhood to adolescence, adolescence to young adulthood, midlife, and midlife to old age. Others include job, relationship and family transitions.

Relationships

In relationships challenges arise when personal differences and changes occur, when partners stop growing as individuals, when the romance goes leaving boredom, anger and frustration. Relationship counselling is an opportunity to explore differences, develop skills and understandings that can enhance a relationship.

Post-traumatic stress

Traumatic stress is the result of a person experiencing an event in which they or others were threatened with death or serious injury. Events resulting in trauma include car accidents, sexual, physical or emotional abuse. Symptoms include re-experiencing the trauma (dreams, thoughts, flashbacks), avoidance (of place, thoughts, and feelings), numbing, very vigilant, outbursts of anger, and sleeping problems.

Growing old

It is not uncommon for people in mid-life and beyond to find the prospect of ageing difficult. It might be a change in family structure, employment, retirement, an increasing awareness of one's own mortality, what to do with the time that's left, and feelings that come up when looking back over one's life.

Personal development and awareness

Individual therapy creates the possibility to explore life experiences, relationship patterns, one's Self, transitions, issues of self-protection, self-care, and self-potential.

New immigrants

Support for new immigrants to New Zealand who are struggling to find a place to stand, and feel at home. Issues might include identity, depression, anxiety and loss.

Creativity

Creativity in therapy involves the use of art (painting/drawing/clay), movement, drama, music, and sand play to facilitate the expression, through imagery, of unconscious thoughts and feelings words cannot always describe.

Grief and loss

Losses occur regularly throughout life. Bereavement and relationships breakups are two very significant losses. Grief counselling can help with coming to terms with loss, understanding it and your reactions, mourning and learning to live with the loss.

Ethical practice

We offer a safe and confidential service to all our clients. We attend regular professional supervision and practice according to the Code of Ethics of the New Zealand Association of Counsellors, NZAC, and the New Zealand Association of Psychotherapists, NZAP. We believe in the rights of each individual to be self-determined, and respect an individual's right to make informed decisions about the nature of our practice on an ongoing basis. Clients' informed consent to the nature of therapy is valued. We value your questions.

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