WHAT IS COUNSELLING:

There are times in our lives when we have personal issues or a life crisis. Counselling is a supportive relationship where two people come together to focus on and explore that issue or crisis.

My role is to support you to explore, understand, resolve and come to terms with the issue in a way that works for you.

Some reasons people may choose to talk to a counsellor are:

- Loss
- Grief
- Conflict
- Relationship issues
- Anxiety
- Anger
- Change
- Motivation
- Stress
- Times of transition

He aha te mea nui o te ao? He tangata, he tangata, he tangata. What is most important? It is people, it is people, it is people.

What is Supervision:

- It is normal practice in counselling for counsellors to receive supervision of their work so you may receive the best possible service. I will talk through my practice with my Supervisor. In supervision I will not identify my clients. Supervisors keep these conversations confidential.

- As a student there are times when I will write about the counselling work I have done and I may need to discuss client scenarios with my tutors and fellow trainees. This is always done in a way that disguises identity and protects the privacy of clients.

Referrals:

There may be some issues beyond what I am trained for. In this case I would provide you with contacts for other qualified helping professionals.

If you have any questions or concerns

– Please contact:

Carolyn at Family Works

carolyn.collins-ansley@psc.org.nz

TRAINEE COUNSELLOR

Monday's by Appointment
Daniel Hoskin | **Trainee Counsellor** |

Ph: 06 345 6681

Em: daniel.hoskin@psc.org.nz

ABOUT ME:

Kia ora, welcome I'm Daniel a trainee counsellor, I aim to provide a confidential, warm and non-judgmental space for you to explore large or small concerns and questions, to be heard and supported and to be empowered to find resolutive pathways forwards. No matter your age, gender, cultural background, faith perspective - all are welcome.
I am Passionate about human beings, relationship and the role of communication
The decision to study counselling is with a desire to see others thrive by being more effective in supporting people on a personal level, recognising that individuals are part of family units and multiple relationship networks, which all play a part in the wellbeing of the self.

I have an expanding grounding in te reo, nga tikanga and Te Tiriti o Waitangi and believe that wellness is found through a balance of mental, physical, relational and spiritual health.
I look forward to meeting and spending time with you.

WHAT TO EXPECT:

Each session will be a maximum of 1 hour. These sessions are contract based, and we can talk about anything you choose to. To ensure your safety, the counselling provided is monitored by external clinical supervision.

CONFIDENTIALITY:

Counselling is a confidential service. Anything you discuss remains confidential. If there are serious concerns about your safety, or someone else's safety we must extend the limits to confidentiality. Please refer to the notes provided for the limits to confidentiality. I am bound by the professional Codes of Ethics for counsellors and ethics of professional body.

RECORD KEEPING:

To work effectively I need to take notes during our meetings. You can have a copy of any notes if you would like to. Notes will be stored securely.

RECORDING A SESSION:

As part of my training I am required to, from time to time, video record a sessions(s) so I can review my work, sometimes on my own and sometimes with a supervisor or my tutor so they can guide me in my work. If I ask you if you would be willing to have this video recording happen there is no need for you to agree to this. This is only done with your signed permission and full knowledge. You can withdraw your permission at any time before, during or after the recording has taken place and it is perfectly alright for you to do this. The recording does not need to show your face. It is about my responses and not about the content of our conversation. No one else will see the video recording and it will be deleted after use.