

Anger

Depression

Gender Issues

Loss & Grief

Relationships

Self-esteem

Sexual Identity

Stress & Anxiety



+BODY POSITIVE→

· NEW ZEALAND ·
Tinana Ora Aotearoa

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Counselling
at
Body Positive



+BODY POSITIVE→

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Counselling is about:

Talking through your issues,
problems or worries with a qualified
trained professional.



Exploring new ways of thinking
and/or behaving



Getting support in times of need

How we work:

If you feel some counselling would help you, then please contact us for further information.

All our Counsellors are fully registered professionals of the NZAC (New Zealand Association of Counsellors) or DAAPANZ (The Addiction Practitioners' Association, Aotearoa, New Zealand). All information gathered is kept confidential in accordance with legal and ethical regulations and clinical best practice guidelines.

Our Counsellors:

For an up-to-date list of our available counsellors and their details, please visit

www.bodypositive.org.nz

Cost:

Counselling is provided at Body Positive in both Auckland & Wellington to our members via the **Positive Health Scheme**. The normal cost is \$60 per session.

For Positive Health members who currently receive support from Work & Income (WINZ):

- *Body Positive will apply on your behalf, to have the cost of the first 10 sessions per year funded via WINZ.*
- *If further sessions are required after the initial 10 sessions, we will apply to WINZ again for this (WINZ may fund up to an additional 20 sessions per year depending on the need of the client)*
- *Counselling sessions will only begin after approval from WINZ has been given.*

For Positive Health members who DO NOT currently receive any support from Work & Income (WINZ):

- *Positive Health will pay \$40 per session, towards the first 10 counselling sessions per year.*
- *Members will be required to contribute the additional \$20 per session - this additional fee may be lowered or waived at the discretion of the counsellor, depending on the members current needs and situation.*

Appointments:

A Body Positive Staff member will normally make the initial appointment for an assessment and thereafter appointments are coordinated by yourself, the counsellor and receptionist. The receptionist will usually give you a reminder text, however please remember that keeping the appointment is your responsibility.

Each session is normally between 50-60minutes long and you will need to work out with your counsellor how often you will need to attend.

