

Kia Ora! I'm Emma.



I'm the Counselling Service Director here at PND Wellington. I'm a fully qualified Counsellor and a full member of the NZ Association of Counsellors. I have a Bachelor of Counselling, Bachelor of Arts (hons), and I'm in the final stages of becoming a certified IMAGO relationship therapist, and an Eye Movement Desensitisation Reprocessing (EMDR) therapist.

I have worked as a Counsellor for PND Wellington for seven years. I have two boys of my own and personal experience of postnatal distress. Prior to my much more rewarding counselling career I worked in government policy. I have first-hand experience of the pressures when trying to find your new identity as a mum, and learning to balance work, life, and relationships.

My personal journey with my children has been, and still is, one of growth and development. I cherish and value the opportunity to walk together with my clients as they negotiate their new journey. In my work, I support clients to feel more balanced in their body, mind, emotions, and in their interactions with others and the world.

I am trained in Client Centred Practice, which is suitable for all types of issues, and I specialise in EMDR 'trauma' processing, Interactive Drawing Therapy (IDT), and couples therapy. We can work together to help you uncover what might be affecting your life in the present day, for example how your fears limit your living. I do this by helping you to process not-so-nice memories from the past, that have been triggered in the present, e.g in your pregnancy, birth, or parenting experience - EMDR is effective for this. I also use IDT, which is a really gentle way to uncover what might be fuelling how you are feeling and behaving. In my work with couples I can help you to improve understanding, empathy, and communication in your intimate relationship.

I believe therapy allows us to find ourselves and our place in the world - and I think it's important to always have a counsellor up your sleeve for when, inevitably, there's a challenge that comes our way.

My fee is capped at \$60 per hour session, or equivalent for the longer couples sessions. I am available in Mana and Johnsonville on Mondays and Thursdays, and in Wellington CBD on Tuesdays.