

**Kia Ora! I'm Lynne.**

**I'm a final year graduate student counsellor here at PND Wellington (based in Upper Hutt). I'm a trainee counsellor and student affiliate of the NZ Association of Counsellors.**

I have had a life-long interest in people and the meaning we assign to different events, and completed a BA in Psychology after finishing high school. After that I travelled and settled in Sydney, where I studied and worked as an interior designer. I believe our environment has a huge influence on our well-being!

It was during this time that I gave birth to two beautiful daughters. I experienced PND both after and between their births. I am very interested in helping others navigate this very vulnerable stage in life.

After returning to New Zealand I volunteered as a Samaritan and undertook a 3-year Diploma in Hakomi (body integrated psychotherapy). Hakomi is an incredibly gentle, respectful way of working in the present moment which recognises the inter-connectedness of mind, body This February I am completing a Masters in Counselling, to extend my tool-kit to best meet the differing needs of different individuals. Currently I am volunteering at Family Works and PND. It is an honour to listen and share people's challenges and hopefully help them find their way. I offer sessions at \$20 per hour, and am available in Upper Hutt and Petone.

My apologies for my passport photo! :)

