

Kia Ora! I'm Lynne.

I'm a counsellor at PND Wellington. I am a provisional member of the NZ Association of Counsellors working towards full membership. I am also working towards registration as a psychotherapist.

I have had a life-long interest in people and the meaning we assign to different events. Having completed a BA in Psychology after finishing high school, 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 (and am very interested in Ecotherapy!) It was during this time that I gave birth to two beautiful daughters. I experienced PND after both their births, and feel privileged to be able to assist others navigate this incredibly 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 mindfully in the present moment, recognising the inter-connectedness of mind, body and spirit. I also hold a Masters Degree in Counselling Studies, which has helped extend my tool-kit to best meet people's differing needs. It is an honour to listen and share people's challenges and hopefully help them connect with their own innate knowing.

My fee is currently \$60 per hour, and I am available in Upper Hutt and Petone.