



What is Psychology?

Psychological counselling and therapies involve a partnership between a person, couple or family, and the psychologist. The purpose of this partnership is to explore and understand the difficulties you are experiencing and to look at changes that will improve the situation.

We use different talking therapies to assist you and we tailor these to your needs.

For example, in Cognitive Behavioural Therapy, we look at thoughts and attitudes, and how these affect how we feel and behave. Based on this approach, specific skills are used, such as problem-solving, and applied relaxation, to help you manage your difficulties.

Contact Us

If you want to find out more about us, give us a call on: **(06) 350 5180**.

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Coordinator:	Maria Berrett

What other people have said about us:

"Helped me heaps, gave me tools to help with my problems"

"It was good to have someone to confide in"

"I was very comfortable with my Psychologist. She was a great listener and a really calming person to talk to"



For adults and young people with long-term health conditions and their families

Ordinary People Dealing With Extraordinary Challenges





What we do

We offer short to medium term (usually 6-8 sessions) psychology services for adults and young people and families. We tend to focus on specific goals which we decide on in collaboration with you and we also refer to other services if needed. Our service is completely confidential.

Who we are

Our team is made up of experienced clinical psychologists. We assist people diagnosed with a long-term health condition and their families cope with, and adjust to, their illness.

Who we see

We see people who live in the MidCentral region, who are dealing with or adjusting to a long-term medical condition. These include:

- Diabetes
- Asthma
- COPD
- Cystic Fibrosis
- Heart conditions
- Renal failure
- Other illnesses affecting children and adolescents
- Family members including husbands, wives, partners, parents, sisters, and brothers

How we can help

There are a number of challenges you might face with a long-term health condition. For example you might feel distressed or overwhelmed, or you might be having some trouble adjusting to your condition. These issues can really affect people, making it hard to cope. Psychological skills are important resources which will help you (and your family) to:

- manage stress associated with the condition
- deal with physical symptoms like pain, panic attacks and sleep problems
- manage fears, anxiety or depression
- improve relationship skills and build up support networks
- work with your health professionals
- make decisions and solve problems around living with the condition
- provide balance in dealing with health difficulties and getting on with everyday life.

Where we see you

Our service is available across the MidCentral district. You would normally come and see us at our main base at the Massey University Psychology Clinic in Palmerston North or in one of our community based clinics in Pahiatua, Dannevirke, Feilding, Levin, or Otaki.

If you can't come to us, we can arrange to see you at home or in other settings.

Who can refer

You can be referred by any health professional. This includes:

- Your GP
- Your nurse
- Your dietician, physiotherapist, social worker, or other allied health professional
- Your specialist
- Other health professionals including Iwi providers and PHO Staff

To be referred, talk to your health professional about coming to see us. You are welcome to give us a call or email us if you have any questions.

What happens next

We'll give you a call or send you a letter to set up an appointment. When you come in we'll ask you about how things are. The first appointment will be for you to get to know us, and for us to get to know you and talk about what's happening for you. After this, we'll set some goals that you want to get out of the sessions and we'll start working towards ways of achieving them.