

PSYCHODYNAMIX LTD OFFERS:

In the **Bay of Plenty** and **Thames-Coromandel** areas we offer a full range of Psychological Rehabilitation Services and Career Development advice including:

- Anxiety/Depression Counselling
- Career and Vocational Consulting
- Assistance with Disturbed Sleep
- Immigration Stress Management
- General Stress Management
- Injury Rehabilitation
- Life Coaching
- Trauma Counselling
- Employee Assistance Programmes
- Group Workshops

In the **Hamilton** area we offer Psychological Services including Pain Management and Comprehensive Pain Assessments.

If any of the above are relevant to you read on....

CONTACTS:

THAMES & HAMILTON OFFICE
107 SEALEY STREET
PO BOX 784
THAMES

PHONE: (07) 868 6768
FAX: (07) 868 6768
ALL REFERRALS TO THE THAMES ADDRESS PLEASE

TAURANGA OFFICE
154 FRASER STREET
TAURANGA

PHONE: (07) 579 9744
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E-MAIL:

Colleen: thedoc@paradise.net.nz

Gina: gina.rickards@paradise.net.nz

Jemma: jemma.mcloughlin@paradise.net.nz

Sue: suecare@xtra.co.nz

Robert: rrigby@paradise.net.nz

Thames Admin: thedoc@xtra.co.nz

Tauranga Admin: admin_tga@paradise.net.nz

MOBILE:

027 291 6781 (COLLEEN)

027 271 7010 (GINA)

www.psychodynamix.co.nz



Psychodynamix Ltd



ANXIETY/DEPRESSION COUNSELLING

- Been feeling down or worried lately? Depression and anxiety are a lot more common than you might expect. Help is at hand.

VOCATIONAL AND CAREER CONSULTING

- We can assist you with career planning, exploring career interests, job search strategies, resumé and cover letter design, interview skills, vocational testing and study options.

LIFE COACHING

- Do you want to achieve more in your personal life or at work? We can help improve self-confidence, examine strengths, develop life goals, explore barriers, improve relationships, change habits and enhance skills. Let us help you plan for a successful and fulfilling future.

EMPLOYEE ASSISTANCE PROGRAMMES (EAP)

- We assist employees from a range of organisations to address stress or mood-related issues, conflict at home or at work, relationship issues and role conflict. Employers contact us to provide sessions confidentially at the organisation's cost. Talk to your employer about this.

ASSISTANCE WITH DISTURBED SLEEP

- The personal, social and economic costs of disturbed sleep are enormous and while sleep problems are commonly experienced by a large number of people, they are readily treatable.

GROUP WORKSHOPS

- We design and run workshops specially to meet group needs on topics such as stress management, managing change, successful aging, recruitment, retention, performance management, conflict management, negotiation, human resources management and emotional intelligence.

IMMIGRATION STRESS MANAGEMENT

- Are you an immigrant or international student? We can help you deal with the stress of living, studying and working here.

INJURY REHABILITATION COUNSELLING

- Has your injury resulted in increased stress, feelings of depression, sleeplessness, pain, feelings of worry/anxiety, de-motivation, social isolation, loss of activity/interest, a breakdown of relationships or difficulty in setting goals or seeing a future. We are able to help with all of the above.

TRAUMA COUNSELLING

- Has something distressing happened in your life and you need assistance in dealing with it? We can assist with Trauma and Post Traumatic Stress Disorder.

We have worked with a diverse range of clients from young adults to older adults, and from a variety of ethnic backgrounds.

Our counselling methods are evidence-based, utilising cognitive-behavioural therapy and other techniques.

DR COLLEEN HYDE
BA HONS, UED MA, PHD, DIP REHAB,
PG DIP IN PRACTICE OF PSYCHOLOGY

Colleen is a Registered Psychologist who runs a private practice in Tauranga and Thames. She consults to a range of organisations in the private and public sector. Her PhD research is on Stress Management. She lectures in organisational behaviour and human resource issues at Waikato Management School, University of Waikato. She specialises in stress, pain management, sleep management, general counselling issues, workshops, chronic illnesses and organisational consulting.

GINA RICKARDS
BA, MA (PSYCHOLOGY), NZPSS

Gina is a Registered Psychologist and has been working in the areas of employee assistance programmes, stress, pain, psychological services and rehabilitation management. She is also interested in clinically based problems, including depression, generalised anxiety, trauma and PTSD. Gina's client base has included adults and the elderly. She has a special interest in working with clients from diverse cultures.

JEMMA MCLOUGHLIN
BSC (PSYCHOLOGY) GHRINZ, NZLCA, SCPANZ

Jemma is an experienced Vocational Consultant who has worked for a number of years assisting individuals with career development in various settings. Jemma has over three years' experience with the National Probation Service delivering cognitive skills programmes, including enhanced thinking skills and anger management. She has a wealth of resettlement experience with both youth and adults. Jemma specialises in career counselling, vocational rehabilitation and life coaching.

SUE PATON
CAT, PROF MCPANZ, ASSOCIATE NZAC

Sue is a Counsellor, who works with family relationships, disability and behavioural issues. Sue is a Professional Member of the Career Practitioner's Association of New Zealand. Sue's experience over the years has given her many skills working with a wide and diverse range of people of all cultures

DR ROBERT RIGBY
BPROC (LAW) MBBCH PRIMEX FRNCGP DIP O&G

Robert is a Fellow of the Royal NZ College of GPs. He has special interests in occupational medicine, pain management, injury rehabilitation, chronic illnesses, men's health, women's health and general practice issues.

Within our team we also have a group of Occupational Therapists, other GPs, literacy trainers and cultural advisers.