

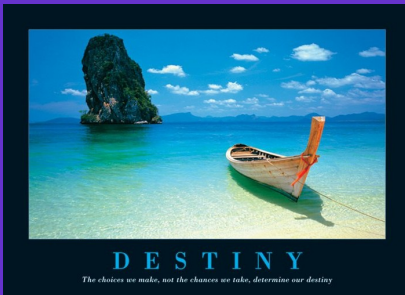


Fees and Policies

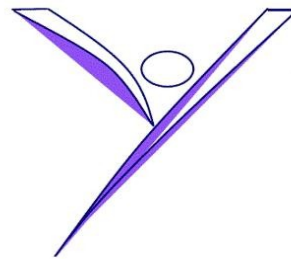
Our first appointment has two purposes:

- ◇ It allows you to meet me and find out whether you feel comfortable working with me. This may seem a little unusual, as one does not usually do this with other medical professionals. However, therapy involves a large commitment of time, money, and energy, so it is important that you select a therapist that is best for you.
- ◇ It allows me to find out more about your needs. Occasionally this process may involve a second or third appointment, where there are particularly complicated issues that need to be assessed.

By the end of the assessment, I will provide you with a summary of how I understand the issue, and what I think would be needed to help you with the issue. This will include an estimate of how many sessions you might need to address a particular issue.



"In every living thing is the spirit to be free"



Neil Micklewood Psychology

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Neil Micklewood Psychology



"You know yourself best, so lets work together to help you find your own answers"



My goal is to work together with you in a safe, supportive and non-judgemental way to find solutions that work for you.

I am professional and ethical in the way I treat my clients. I have experience in mental health and forensic settings specializing with individuals, couples, families, children, groups and organizations.

I am registered with the New Zealand Psychologists Board (NPB) and the Health Professions Council of South Africa as a Clinical Psychologist and always maintain the highest standards of practice based on the New Zealand Psychologists Board's Code of Ethics.

This brochure is designed to provide you with more information around the various treatments available to depending upon your needs.

It also aims to help you decide whether the services I can offer suit your needs.

Tel: 021 078 6434



What is Psychology

Psychology is a science of the mind and behaviour.

It aims to understand and solve challenges in many different spheres of life, including assessing and treating mental health difficulties,

Treatment involves psychological assessment and/or psychological therapy using well-researched techniques to help people work through various challenges in their lives.

Psychology aims to benefit individuals, groups and society.



“The best years of your life are the ones in which you decide your problems are your own [and] you do not blame them on [others]. You realize that you control your own destiny.”

Albert Ellis, American Psychologist

My Services:

Individual Therapy

- Supercharge your productivity
- Achieve goals
- Work through challenges
- Relieve stress
- Change unhelpful life patterns
- Treat unhappiness and depression
- Treat Fear/Panic
- Work through Loss/grieving/bereavement



Couples

- Improve your relationship
- Relationship problems



Family

- Improve your family relationships
- Family problems



Children

- Challenging behaviours
- Anxiety /fear



Assessment

- Intelligence
- School ability
- ACC
- Forensic/Court Work
- Neuropsychology



Groups



- Groups are one of the most powerful and cost effective ways to learn new skills and behaviours and change unhelpful ones.

Organizations

- Needs assessment
- Team functioning
- Increasing human productivity
- Skill building
- Team building
- Changing unhealthy work environments



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