



counselling

introducing...

Hi, I'm Brett Codlin and I am trained in different modalities so that I can match your style and comfort with the right technique for optimal results. I find as a male, I am able to offer a listening ear with understanding and emotional balance, to both men and women.

I use an eclectic style of counselling incorporating modalities such as person centred counselling, cognitive behavioural therapy, neuro linguistic programming and narrative therapy.



I have adult children and live on a lifestyle block with a few animals. In my spare time I enjoy golf, tennis, tramping and some gardening.

I have a Bachelor of Counselling and a Bachelor of Agricultural Commerce.

personal ethic...

I adhere to the NZ Association of Counsellors Code of Ethics and to the provision of confidentiality under the Privacy Act 1995.

I will undertake to;

- ∞ treat you with respect and confidentiality
- ∞ not be judgemental
- ∞ listen to you, hearing and understanding you
- ∞ support you through the process of growth

Brett Codlin

B.Couns. B.Ag.Com. Member of NZAC (provisional)

M: 021 022 99339 | E: bcodlin@slingshot.co.nz

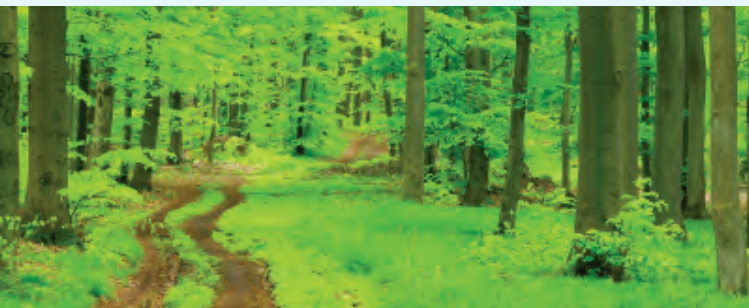


counselling

what happens in counselling...

You are listened to and helped to explore the difficulties or concerns you have and are encouraged to make changes towards healing and wholeness. This may include;

- ∞ depression
- ∞ death
- ∞ divorce
- ∞ stress
- ∞ parenting
- ∞ relationships
- ∞ goal setting
- ∞ addiction
- ∞ decision making
- ∞ emotional trauma
- ∞ separation from parents
- ∞ anxiety, esteem & confidence
- ∞ problem solving
- ∞ migrants settling in
- ∞ grief, loss and trauma
- ∞ phobias



what to expect...

Each session is about an hour. The number of sessions will vary from person to person and will be negotiated with you. You have the right to stop at any time. In the first session we will determine whether I can be of assistance to you.

To make an appointment, for further information or to discuss fees, please contact me.

Brett Codlin

B.Couns. B.Ag.Com. Member of NZAC (provisional)

M: 021 022 99339 | E: bcodlin@slingshot.co.nz