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## What is counselling?

Counselling is to help you explore your difficulties and concerns. To help you develop more satisfying and resourceful ways of living.

This can include...

- Exploring why you feel, think and act the way you do
- Understanding yourself better, what your values are and what motivates you.
- Goal setting and how to get there
- Relating better to others
- Understanding and managing stress
- Developing self-esteem and esteem for others
- Exploring your spirituality
- Implementing change



## Who are the clients?

I am committed to offer counselling to any person, couple, adolescent or family who wishes to talk through issues or problems that they are finding distressing and is affecting them emotionally or is of concern to them.

## Choosing a counsellor

It is very important that you find a counsellor you can be comfortable working with. The first session will enable you to decide if you wish to continue.

## How long is a session?

Usually about 60 minutes

## Fee:

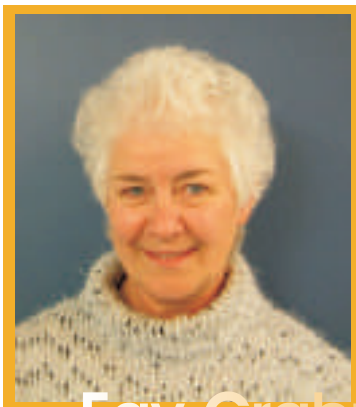
By negotiation with my client.

## Professional Ethics

- As a Counsellor I have professional training
- I have regular supervision of my work by a senior Counsellor
- I aim to provide a confidential and professional counselling service for my clients
- I aim to be sensitive to cultural diversity and to treat people with respect
- I maintain professional standards of practice as described by the N.Z. Christian Counsellor's Association

## What can I offer help with?

- Personal issues: self-esteem and confidence
  - Depression, worries and fears, abuse, stress management, grief and loss
  - Relationship/Marital/Family issues
  - Personal Growth/Self awareness
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Fay Crabtree

## Fay Crabtree

I am married with an adult family and have attended Elim Christian Centre for many years.

I have been involved with counselling at Elim Christian Centre for several years.

I have particular interest in working with people in the areas of family issues, marital issues, relationships, self-esteem, personal growth, depression, anxiety, grief, spirituality and self-awareness.

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## Training

Bible College of N.Z. Diploma of Counselling Course (N.Z.Q.A. accredited)  
Dip.Couns.

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"My overall aim is to provide a safe, caring and supportive environment where people will be empowered and strengthened to bring wholeness and healing".

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I am a caring, supportive person, who will have respect for you and your rights.

I aim to provide a confidential and professional counselling service for adolescents, adults, couples and families.

I work from a Christian ethic having trained at Bible College of N.Z.

I aim to help you clarify what you would like to change in your life and support you through the process of personal growth and development.

I maintain professional standards of practice as described by the N.Z. Christian Counsellors Association.

For appointments or more information phone Fay Crabtree on 376 3344 or 027 61 22 224



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## Christian Counselling Service

## Fay Crabtree

Elim Christian Centre  
159 Botany Road  
Howick

