

What happens in counselling?

In counselling you are listened to and helped to explore the difficulties or concerns that you have, and you are encouraged to make changes orientated towards healing and wholeness.

I may be able to assist you in areas such as;

- Problem solving
- Decision making
- Emotional trauma, death
- Financial difficulties
- Divorce
- Separation from parents
- Anxiety, esteem and confidence
- Stress
- Parenting
- Migrants settling in
- Spirituality

Counselling sessions

These normally last for one 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.

Confidentiality Professional Ethics

I adhere to a professional code of Ethics and to the provision of confidentiality under the Privacy Act 1993. I maintain the professional standards of practice described by the New Zealand Counselling Association, NZCA and from a Christian Ethic trained by Laidlaw College, New Zealand.

Fee

By negotiation.

Privacy

It is normal practice in counselling for a counsellor to have a supervisor who can monitor their work and provide advice. I may discuss some of the issues you raise with my supervisor without compromising your privacy.

*For appointments or more
information text, phone or
email:*

Lilian Moss Dip.Couns

Phone: 09 538 1079

Mobile: 021 022 92107

Email: lilianmoss2010@gmail.com



Who am I?

I am a qualified Counsellor with a Diploma in Counselling(N.Z.Q.A) from Laidlaw College and a Provisional Member of New Zealand Counsellors Association, NZCA.

I have adult children and three grandchildren, My particular interests are helping new immigrants settle in NZ and find their place in community. Helping abused men and women, marital and family issues, grief and loss, personal growth, financial difficulties and spirituality.

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Counselling Service

Lilian Moss

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