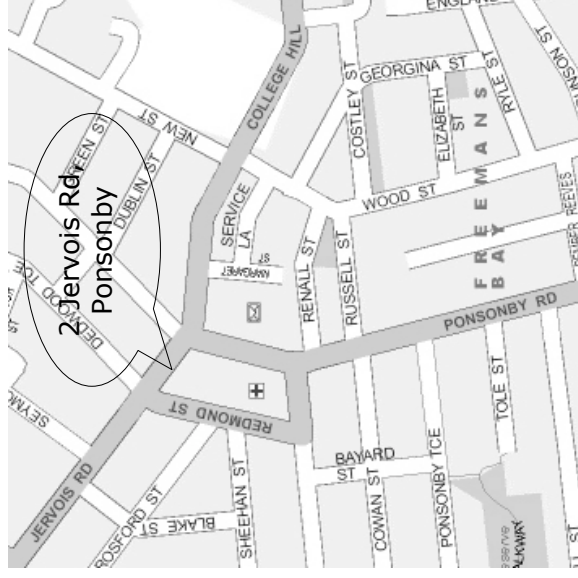


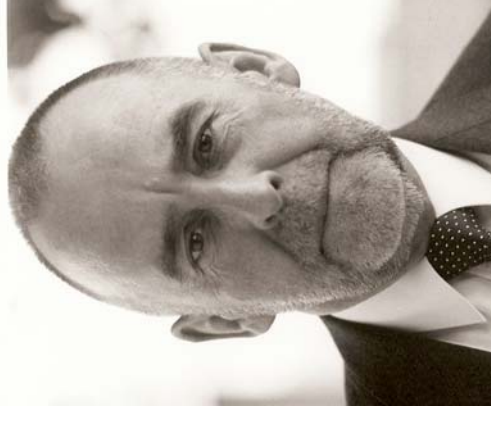
# The issues I work with regularly include -

- Relationship problems
- Depression
- Identity issues
- Grief and loss
- Anxiety and stress
- Emotional problems
- Effects of sexual abuse
- Problems with sexual orientation
- Gay issues
- Low self esteem and lack of self worth
- Adoption issues
- Career changes
- Immigration issues

Map of Location



# Psychotherapy & Counselling



## David Thomson

MSc, Dip. Teaching  
Dip. Psychotherapy  
Cert. Therapeutic Supervision  
MNZAP  
ACC Registered

Three Lamps Counselling and Psychotherapy  
2 Jervois Rd, Ponsonby Auckland  
Tel 021-0275-6051  
davidthomson@xtra.co.nz

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# What can psychotherapy do for you?

- Help you explore difficulties and issues which prevent you reaching your goals.
- Help you face and heal both past hurts and unresolved issues.
- Help you accept what can be changed and what cannot be changed.
- Help you develop self-awareness and self understanding.

## Referrals

I welcome self-referrals, ACC clients, referrals by general practitioners or psychiatrists, referrals by family or friends ... but always provided the client agrees to the referral.

I see individuals or couples or family groups.

## My Background

My life experience has been working with people. Initially this was as a teacher, but in the second half of life I undertook training in psychotherapy. I did this because I was seeking to be able to continue working usefully with people without having to experience the hurly-burly of life in a classroom. I trained for psychotherapy at AUT.

## My Approach

I have a commitment to ongoing training.

I prefer to work in a psychodynamic modality, meaning -

- I see psychotherapy as a two-person interaction in which the key healing factor is the quality of the therapeutic alliance.
- I believe past experience affects present behaviour.
- I encourage clients to talk: I listen and seek to make sense of their stories.
- I endeavour to accept people as they are, without judgement or criticism.

## My Philosophy

**As a human being** I have a passionate commitment to human rights and social justice.

**As a man** I wish to help men attain their potential as caring, loving and responsible human beings.

**As a psychotherapist -**

- I offer a close, caring, professional relationship.
- I encourage clients to take responsibility for their own actions.
- I encourage clients to become future oriented.

## My Ethics

All work is confidential.

I undertake regular professional supervision.

I adhere to the Codes of Ethics of the New Zealand Association of Psychotherapists

## Charges

Being in private practice I need to charge a fee. This is based on an income related sliding scale, currently ranging from \$60 to \$120 per session. WINZ or ACC subsidies may apply in some circumstances. I am happy to discuss these with you.