



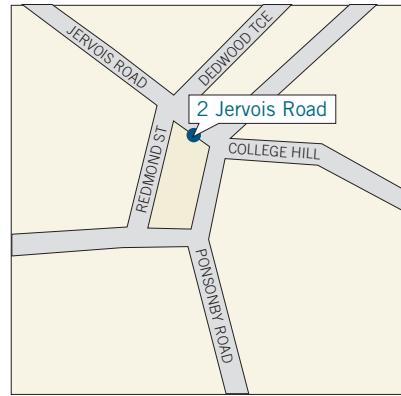
Malcolm Idoine

MHSc Hons, Grad Dip Psych Soc, BSc

Psychotherapist

My training is in psychodynamic psychotherapy. I have completed the specialist training from AUT here in Auckland. This is a rigorous four year postgraduate programme and confers a masters degree. This is the premier therapy training in New Zealand.

I abide by the code of ethics of the New Zealand Association of Psychotherapy. I have particular interests in depression, anxiety, relationship issues, identity, sexuality, and men's issues.



Location

Three Lamps Counselling and Psychotherapy Centre,
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(by appointment only)

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Most people know when their life is not working well. While life is always changing, a mosaic of joys and sorrows, sometimes things become stuck. Normal unhappiness can become depression, normal worries and fears become anxiety, normal relational tensions become estrangement or ongoing conflict. Sometimes it is those closest to us that let us know that something is wrong, even though this news may be quite unwelcome to us. For others the pressures of life become distressing or overwhelming and they seek help to support them through a difficult time in their life.

The symptom is a message that life is somehow not working. This may be for serious concerns, a general sense of unease or a desire for self development.

Seeking help for emotionally distressing issues can in itself be difficult. Counselling or psychotherapy is an effective treatment option for a wide range of emotional, relational and communication difficulties.

Psychodynamic approach

For some people the very thought of psychotherapy is scary. This is often based on the rather outdated images from television and movies of the mysterious and distant Freudian psychoanalyst. Indeed contemporary psychotherapy is practiced in a warm and friendly way.

I use a psychodynamic approach to medium or long term work. This approach holds that much of the mind's activity goes on below the level of conscious awareness. This unconscious activity profoundly influences our lives. These influences include much of our day-to-day behaviour, speech, relationships, dreams, and even our physical health and certainly our emotional well-being.

Psychodynamic therapy places emphasis on understanding the dynamics (movement) of memories, thoughts and feelings in and out of conscious awareness. Contemporary understandings place a particular emphasis on how these dynamics are played out in our relationships.

This is practised holistically, in an open and affirming way, recognising the complex relationships between body, mind and spirit while respectful of individual cultural, spiritual and religious values and beliefs.

Options

Every client and every therapist is different. Yet it is important for both client and therapist to gain a shared understanding of the issue or issues to be addressed and the general approach to be undertaken. It is useful to distinguish three general approaches so both therapist and client at the outset have a shared understanding of the depth and length of their work together. There is normally one session per week.

Brief counselling

A limited number of sessions (less than six sessions) to address an acute event or major transition. The therapy is not directed at underlying causes but towards offering support and understanding through a difficult period.

Short term psychotherapy

A limited number of session (between six and fifteen) to address a specific life or relational issue. The therapy looks in depth at the selected area. The goal is alleviation of the symptoms through gaining insight into the underlying psychological dynamics.

Open ended psychotherapy

Ongoing work of no fixed duration to address long term symptoms, ingrained character patterns, or in-depth and ongoing self development.

Costs

Normal fees are \$60 to \$120 per session. Discounts or WINZ subsidies may be available for lower income earners – contact me for further details.