

Aaron O'Connell Clinical Psychologist

www.cbt.co.nz



Online Therapy Services

Focused & Efficient Psychological Change

Welcome to www.cbt.co.nz. I appreciate your interest and the opportunity to introduce myself and the professional clinical psychology services I offer. With nearly 30 years of experience as a clinical psychologist, I have recently returned to full-time private practice. If you would like to learn more about my background and expertise, feel free to review my clinical experience on LinkedIn or reach out via email with any specific questions. I am always available for direct contact via phone or email. Please don't hesitate to call and discuss your circumstances directly, to determine if I am the right fit for you.

What to Expect in Therapy:

As an experienced and highly trained clinical psychologist, specializing in modern forms of focused therapy such as Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Focused Acceptance and Commitment therapy (FACT), my ultimate goal is to provide you with an understanding of the key psychological processes that may be keeping you stuck, and to develop an active and clear plan for enhancing your well-being. At the conclusion of each session, you can expect a written summary and plan to be provided via email.

If you are considering psychological therapy, I am here to give you a brief overview of how the process works, what to anticipate, and how to make the most of your sessions. Take some time to review the information and don't hesitate to ask any questions you may have.

CBT and ACT are modern, well-structured, and time-limited therapy approaches. The first session typically follows a structured process, where I ask a series of questions to gain a comprehensive understanding of the key psychological processes that may be contributing to your distress. At the end of this session, I often provide a verbal summary to ensure that it resonates with you. My aim is to facilitate progress and gains within the initial sessions, and it is not uncommon to have a written plan by the end of the first session. For a more in-depth exploration of these approaches, I invite you to listen to my podcast on www.cbt.co.nz.

In order to derive the greatest benefit from therapy, it is recommended that we have regular contact sessions. These sessions typically occur on a weekly to monthly basis and last for approximately 50 minutes. The evidence-base for the effectiveness of CBT suggests that consistent attendance over a course of therapy leads to optimal outcomes. It is important to note that therapy extends beyond the sessions themselves, as CBT is an active form of therapy that often involves completing self-help tasks at home.

Online Therapy Service

All of the sessions are conducted through Zoom, a platform that I have received specialised training in. I truly believe that this form of therapy is not only effective but also convenient and flexible for your busy schedule.

I understand that life can get hectic, so we offer therapy sessions on most weekdays during work hours, with the occasional availability for afterhours clinics as well. **To book an appointment**, simply arrange it through our user-friendly online booking system. If you can't find a date and time that works for you, don't worry - Contact me via www.cbt.co.nz, and we'll work together to find a more suitable option. Please keep in mind that I don't offer emergency or crisis services, and I am not available for phone contact after hours. I generally respond to emails within 72 hours.

Let's go over a few other important details. My primary area of expertise and focus is professional psychological therapy, specifically time-limited brief therapies. Please understand that I do not provide medical reports or legal correspondence, as my main focus is engaging with you in therapy. However, if you would like a brief summary of your progress to share with your GP, I'll be more than happy to provide that.

Confidentiality and privacy are vital aspects of our therapeutic relationship. Rest assured that any personal and sensitive information you share during our sessions will be treated with the utmost confidentiality, in compliance with the New Zealand privacy laws and the professional standards of clinical psychology. Before we begin therapy, we'll discuss any exceptions to confidentiality, ensuring that you have a clear understanding of how we handle your information. To safeguard your personal information, I always maintains secure systems and protocols. I will also ask for your preferences regarding clinical summaries and treatment plans, whether you prefer receiving them by email or through other means.

The **standard fee** for a 50-minute consultation is \$210. We kindly request payment by bank transfer within 7 days after your appointment, unless we've agreed upon alternative arrangements. If you have Southern Cross Health insurance cover, please inform me in advance, as I can organise direct invoicing and payment through the insurance company to make the process smoother for you.

I understand that unforeseen circumstances may arise, requiring you to make changes or cancel your appointment. I do ask for a minimum of 24 hours' notice for any changes. In the event of a missed appointment or a late cancellation (less than 24 hours' notice), a fee may be charged, unless there are exceptional circumstances. I value your time, and this approach helps me ensure that we can accommodate as many clients as possible.

As a **Registered Clinical Psychologist** under the HPCA New Zealand legislation, I adhere to the highest standards of professionalism, empathy, and respect. The Psychologists Board governs our profession and is committed to protecting the health and safety of the public. Should any concerns arise about my competence or fitness to practice, they will be addressed accordingly. I also engage in regular clinical supervision with a clinical psychologist to ensure the quality of my work.

We genuinely appreciate your **feedback**, as it plays a vital role in helping us improve our services. If you have any concerns or suggestions, please don't hesitate to communicate them at your earliest opportunity. Your satisfaction and well-being are our top priorities, and I am here to support you with psychological change.