

Focused therapy, *meaningful change.*

Clinical psychology in Mt Eden, Auckland, and online across New Zealand.

$240	No referral	Online	Southern Cross
Standard 50-minute session	Patients can book directly	Across NZ, occasional in-person in Mt Eden	Registered provider. I'll check cover before booking

An *efficient* approach

Some of your patients will need ongoing therapy. Often, though, one or a few focused conversations (brief or single-session therapy) are enough to understand what is happening, work through something difficult and decide what to do next. I start with what matters now, and we make changes from today.

01	Summary	By the end of the first session, I give my summary of what I think is going on, and we check together that it fits.
02	Action plan	We co-create a clear, practical plan built on the best available science. I send it in writing.
03	Review	The patient sees whether it makes a difference. Sometimes once is enough. If not, we continue.

Each 50-minute session: a contextual interview to understand the person's life and what matters to them, a functional analysis of the specific problem, and a written action plan with values-informed next steps.

Complex presentations

I am comfortable working with complex presentations, including thoughts of self-harm and self-harm itself, and specialise in helping people in crisis who need practical psychological strategies. Resources for patients, families and health professionals: cbt.co.nz/suicidal-thoughts

Feedback, *your way*

Tell me your preferences. With your patient's permission, I can provide a summary of treatment and ongoing recommendations, or simply confirm attendance.

Patients who do well *with my approach*

Stress and overwhelm	– Work pressures and family interactions feel overwhelming – Critical, unwanted thoughts are affecting work and home
Feeling stuck	– Thoughts and feelings are clouding the future – Past events are interfering with relationships and social life – Lying awake ruminating on mistakes or the day ahead
Wary of "talking therapy"	– Sceptical of therapy, or have put off seeing a psychologist for years – Too busy for weekly sessions, and want a direct, no-fluff approach
In crisis	– Trapped in distress and hopeless, including thoughts of suicide or self-harm

No referral *is required.*

Patients can book or contact me directly. You're also welcome to:

Talk to me first. Recommending a colleague means knowing their work well. Book a 15-minute call to ask about my approach, whether it suits your patients, and get a feel for how I work.

Send clinical background. A brief summary helps me prepare, but it isn't necessary.

Pass on my details. Give your patient my mobile, email or website, or this sheet. Patients can also request a chat on my website and I'll call them back.

EMAIL
aaron@cbt.co.nz

MOBILE
021 432 246

I aim to reply within 1 working day.

About me

I am a New Zealand-registered clinical psychologist with over 30 years' experience in senior clinical and leadership roles in New Zealand and the UK, including a senior clinical lead role in the NHS.

I was clinical lead for the HIP pilot and one of the lead HIP trainers for many years, so I understand primary care well. I've also trained others in brief behavioural change (hear me on the Goodfellow Unit podcast) and led clinical teams.

For over 10 years I've run a private practice based in Mt Eden, which has grown as an online service across New Zealand.

My approach is focused, structured and evidence-informed, drawing mainly on ACT, CBT and Focused ACT (FACT). I keep my caseload small so I can stay responsive and fully present for each patient.