

Twizel

Recommending someone? *Here's how I work.*

Clinical psychology in Mt Eden, Auckland, and online across New Zealand. No GP referral needed.

Quick, practical *and no fluff.*

Some people may need ongoing psychological therapy. But many need short-term, focused work: one or a few conversations to understand what's happening, work through something difficult, and then take action on what to do next.

I want our first meeting to be genuinely useful, not a warm-up or a long list of assessment questions. By the end of it, the person has my summary of what's going on and a clear, practical plan, sent to them in writing.

It's simple. *Sometimes a single session is enough.*

01	Book a time	Online across New Zealand, or in person in Mt Eden.
02	Sharp questions	Aimed at working out what's actually keeping them stuck.
03	A summary and a plan	To take away and give a go.
04	See if it makes a difference	Many people see me for one to three sessions.

Practical details

COST	$240 · standard 50-minute session. Payment is usually due within 7 days by bank transfer. If instalments would suit better, just ask.
REFERRAL	No GP referral is needed.
SOUTHERN CROSS	Registered provider. Some policies cover part or all of the cost. Email the policy number before booking and I'll check.
WHERE	Most sessions are online across New Zealand, with occasional in-person appointments in Mount Eden, Auckland.

A good fit for people who *want to get on with it*

Everyday life feels harder	– Emotional, stressed and overwhelmed at work – Critical, unwanted thoughts affecting work and home
Stuck and unclear	– Thoughts and feelings clouding their view of the future – Issues from the past interfering with relationships and social life
Want a different kind of therapy	– An approach that gets to the point, not weekly sessions to "talk it over" – A real action plan, built on the best science – Sound clinical thinking without the psychobabble
Put it off for years	– Have had a problem for a long time and kept putting off seeing a psychologist – Don't feel like opening up and talking about their feelings

I also work with people having thoughts of suicide or self-harm, and provide crisis support. Guidance for the person and those around them, a check-in and a safety plan: cbt.co.nz/suicidal-thoughts

Start with *a conversation.*

If they know they'd like an appointment, they can book directly. If they're unsure whether this is the right fit, they're welcome to have a chat with me first.

Book an appointment. Scan the code or book online at cbt.co.nz.

Request a chat. Use the form on my website and I'll call back.

Pass this on. Share this sheet so they can decide in their own time.

In crisis? I provide crisis support. Please book the next available appointment.

EMAIL
aaron@cbt.co.nz

I aim to reply within 1 working day.

Who you'll see

I've worked in mental health for more than 30 years in New Zealand and the UK, as a clinical psychologist, leader, trainer and consultant. My approach is focused, structured and evidence-informed, drawing particularly on Acceptance and Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT) and Focused ACT (FACT).