



**Media Release: 11 July 2017**

### **Age Concern Counties Manukau Inc Counselling Service**



After developing Age Concern Counties Manukau's unique Counselling service for older adults 4 years ago Denise is moving on at the end of July. Denise will have time for some relaxation with her family before she starts her new role at Totara Hospice in September. It's great we still have her in the sector and in the region.

We are really delighted to have recruited Nicole to replace Denise and she will carry on the great service we've been offering in South Auckland to older adults.

Nicole is an experienced qualified counsellor and full member of NZAC. She has a passion for the elderly. Many years ago she was a live in caregiver for an elderly woman in England, and the experience had a positive and lasting experience on her. Nicole has worked voluntary for Presbyterian Support Services as a companion for a few Elderly people. She has worked in a residential home for Bupa NZ as a rehabilitation coach with brain injured people and was a self-employed counsellor. Nicole has previously been a clinical counsellor 4 days a week at a residential shelter for men who are homeless, awaiting trial or have been bailed from either the courts or remand. Her experience also includes working as a counsellor at the Papakura Marae and she maintains strong links with the Marae.



Nicole says, my counselling theory is one of empathy, and close understanding with my clients. Not just from a learned approach, but also an intuitive one.

I am a person-centred counsellor, and I believe we are all worthy of, and deserve dignity. As a person-centred counsellor, the foundation I work from is the high intimacy of the client/therapist relationship, and the sincere dialogue between two human beings. Always safe, always ethical.

I have an integrative theoretical approach in my practice and I will generally apply theoretical strategies, which helps my client to slowly increase their “basket of knowledge”. Each story is compelling. In terms of therapeutic technique and strategy, one size definitely does not fit all. I tailor my theoretical method to match the client in the moment.

What makes counselling so stimulating and challenging is the fact that every client is unique. I truly am passionate about sharing all I’ve learned, to better equip my clients to make sound decision making in their lives. I go into each and every relationship with expectation that my client’s quality of life will improve. All I ask from them is their honesty and commitment as they most definitely have mine.

It is my role as a culturally sensitive counsellor to have understanding of the history of the founding document, the Treaty of Waitangi, and the impact it has on Maori today. I am mindful of Tikanga and the principles of Te Tiriti O Waitangi. This awareness of cultural safety and Maori uniqueness guides me as we walk the two worlds together.

You can contact Nicole from the 24th of July on [counsellor@accm.org.nz](mailto:counsellor@accm.org.nz) or 2794331 ext 809

Visit our website for more information [www.accm.org.nz](http://www.accm.org.nz)

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