

**The mission:**

- Needed to write the website content to reflect Claire's distinctive 'to-the-point' professional approach – key to her success – but with friendly approachability.
- Title and Description meta tags contain search keywords to rank page highly in Google, plus a quick snippet of Claire's key points of difference to attract people right from the Google search results page...

# Home

Meta tags:

<i>Title</i>	<i>Accessible to-the-point counselling services in Auckland</i>
<i>Description</i>	<i>Accessible counsellor getting to the point and finding solutions to empower you: drug and alcohol, family, relationships, etc - counselling services in Auckland - Claire Thompson</i>
<i>Keywords</i>	<i>accessible, counsellor, getting to the point, finding solutions, empower you, drug and alcohol, family, relationships, counselling services, Auckland, Claire Thompson</i>

## Offering keys to release your potential

### Accessible friendly ‘to-the-point’ counselling services in Auckland

Welcome. Life can be tough when you’re struggling with personal, relational, or work issues. We all need to be heard and understood by someone we can trust, and a professional counsellor can be a vital catalyst to help.

#### Getting to the point – we’ll find solutions to empower you for a more successful life

Together we’ll get to the heart of issues you face so you can go away with answers and strategies, so you won’t have to keep coming back!

- **Marriage** counselling and **couples/ relationship** counselling – if you’re in trouble, needing a turn-around to restore that spark, or you’re about to commit to someone... [more](#)
- **Depression, grief, trauma**, and other personal issues – to break through to a better life... [more](#)
- **Family** counselling – to overcome conflicts and grow into a happy team... [more](#)
- **Drug and alcohol** counselling and addictions treatment – to overcome dependencies and reach a more productive life... [more](#)
- **Mediation and dispute resolution** - to bring constructive outcomes
- **Onsite training and support** – to get you back on top

If you’re looking for **free marriage or relationship counselling** through the **Family Court**, I can help you.

#### Easy and quick access – after hours and weekends

You’ll be seen as soon as possible. After-hours appointments are available weekdays till 8pm or weekends – at one of my convenient locations providing easy access (especially for couples and parents).

Enquiries and bookings can be made by text, email, or phone.

Find the particular [service you’re looking for](#) or find out more [about my credentials](#) as a counsellor.

## Services Offered

<i>Title</i>	<i>Services: counselling, mediation, drug and alcohol, onsite/ training</i>
<i>Description</i>	<i>Services offered: couples counselling/ family/ marriage/ depression/ grief/ drug and alcohol/ addictions/ etc, plus dispute resolution, mediation, and onsite support</i>
<i>Keywords</i>	<i>Services offered, couples counselling, family, marriage, depression, grief, drug and alcohol, addictions, dispute resolution, mediation, onsite support</i>

A wide range of professional services are offered including Counselling, Mediation, Drug and Alcohol, and Onsite/ Training in the central/ east/ south Auckland area.

### **Counselling Services**

Counselling appointments are available weekdays, evenings (to 8pm), and weekends. You can find out more about what to expect with counselling

### **Couples/ relationship counselling – saving and enriching relationships**

For relationships troubled or on the brink, I can help get the communication and vitality flowing again. Help is also available to prepare couples for upcoming relationship commitments to ensure you start on a good footing for a long happy future together. Areas include:

- Marriage, relationship, and pre-relationship counselling
- Separation counselling – to attain the best possible outcomes
- Mediation for disputes in relationship property, separation, or care of children
- Gay/ Lesbian/ other

**Free and confidential counselling** is available through the **Family Court** - for relationship problems, separation, or reaching agreement on care of children, etc. (Up to three counselling sessions free for each 12-month period). More

### **Individuals – breaking through tough issues to reach a better life**

Things can hit us in life which cut deep – leading to troubled or crippled emotions and behaviour. Let me ease the pain, worry, and struggle. We'll look together at underlying issues and find keys to resolve them and move on to more confident fruitful living. We can also build personal growth and maturity enabling you to reach greater heights in your life. Areas include:

<p><b>Emotional</b></p> <ul style="list-style-type: none"> <li>• Depression</li> <li>• Anger management</li> <li>• Anxiety and panic attacks</li> <li>• Stress, trauma, and crisis</li> <li>• Grief and loss including pets</li> <li>• Burnout prevention &amp; recovery</li> </ul> <p><b>Living with Illness</b></p> <ul style="list-style-type: none"> <li>• Breast cancer</li> <li>• Chronic disease</li> </ul>	<p><b>Personal Development</b></p> <ul style="list-style-type: none"> <li>• Self-esteem</li> <li>• Careers</li> <li>• Professional mentoring</li> <li>• Life skills</li> <li>• Confidence</li> </ul> <p><b>Workplace</b></p> <ul style="list-style-type: none"> <li>• Bullying - more »</li> <li>• Conflict resolution</li> <li>• Employer-subsidised counselling (EAP)</li> </ul>
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Please note I **don't work with sexual abuse** cases.

### **Companies/ Organisations – releasing your full potential**

If you're a manager or director, I can work with you to resolve difficulties with staff relations that impede your organisation's performance. Let me enable your team to reach its full capability with tools, strategies, and solutions to enable you to achieve your goals through people. Areas include:

- Dysfunctional work teams
- Unresolved workplace conflict or stress
- Employee Assistance Programmes (EAPs)

### **Family counselling – overcoming conflicts to become a happy team**

Family relationships can be complex. After hearing everyone's point of view, I'll identify key issues for each person and offer solutions so you can together reach better communication, peace, and family enjoyment. I can work with family lawyers as required. Areas include:

- Family violence
- Worry about children
- Adolescent issues
- Parenting skills
- Mediation for disputes

### **Mediation and Dispute resolution services - to bring constructive outcomes**

I'm available to meet on your premises to undertake an objective assessment to help resolve intractable disagreements, arguments, and stalemates - whatever your situation. We'll work together to reach solutions so everyone can move on productively. Areas include:

- Mediation
- Dispute resolution consultation
- Conflict management
- Team building and training

## **Drug and Alcohol Counselling - and Addictions Treatment**

Effective help isn't easy to find for crippling addictions that can ruin people's lives and relationships. I help people to overcome dependency to restore order and fruitfulness in their lives.

- Drug and Alcohol counselling - more »
- Smoking and Quit-for-Life service - more »
- Food
- Gambling

## **Onsite training and support services – to get you back on top**

I can give support to your organisation or individuals to overcome difficult, adverse, or crisis situations, and bring positive outcomes. Areas include:

- Trauma and critical incident response (CISM)
- Workplace onsite support
- Onsite group counselling
- Training

## About Claire

<i>Title</i>	<i>Claire Thompson - accessible, friendly, to-the-point counsellor</i>
<i>Description</i>	<i>Easily accessible, friendly, and 'to-the-point' counsellor - offering keys and solutions to release your potential - Claire Thompson qualified and experienced in Auckland</i>
<i>Keywords</i>	<i>Easily accessible, friendly, to-the-point, counsellor, keys, solutions, release potential, Claire Thompson, qualified experienced, Auckland</i>

Helping improve people's lives through counselling is a rewarding privilege. It's very fulfilling to have saved a few lives and marriages, and turning people around to a more successful future.

I aim to be as accessible as possible by working from local clinics near to my clients and working after hours.

My approach is easy, friendly, and honest – getting straight to the root of problems to find workable solutions to empower clients. My counselling training and credentials are as follows...

### Qualifications

- Bachelor of Biosciences and Health (Hons) from Leeds Metropolitan University.
- Post-graduate Diploma in Counselling from the University of Auckland.
- Post-graduate Diploma in Health Promotion and Health Education from the University of Liverpool.

### 18 Years professional counselling experience in healthcare

This includes the UK and NZ, having worked at Auckland, Counties Manakau, and Waitamata District Health Boards. Additionally in private addictions practice and non-governmental organisations - primarily with drug, alcohol, smoking, and gambling problems.

### Counselling accreditations

#### General Counselling

- Full member of the New Zealand Association of Counsellors.
- Registered Family Court-contracted counsellor, specialising in relationship and family issues.
- Registered Victim Support Counsellor.
- Volunteer counsellor for Eastern Women's Refuge.

#### Drug and Alcohol Counselling

- Registered Drug and Alcohol practitioner under the Drug and Alcohol Practitioners Association of Aotearoa NZ (DAPAANZ).
- DAPAANZ-accredited clinical supervisor.

#### Mediation and Dispute Resolution

- LEADR accredited mediator (the dispute resolution professional organisation with the largest membership in Asia-Pacific).
- Affiliate membership of the Arbitrators and Mediators Association of NZ.

Find out about counselling and other services I provide.

## What to Expect

<i>Title</i>	<i>What to expect with Claire Thompson counselling</i>
<i>Description</i>	<i>Here's the process for counselling services with Claire Thompson in Auckland</i>
<i>Keywords</i>	<i>What to expect, process, Claire Thompson, counselling, services, Auckland</i>

Counselling is for any individual, couple, or family who wish to talk through an issue, concern, or conflict that is causing distress or emotional challenges. Here's what will happen:

- It is **normal for new clients to be a little nervous** coming to counselling for the first time, being an unknown.
- You won't be asked to do role-plays or **anything you aren't comfortable with**.
- We start by talking through **what you would like to get out of counselling**.
- Each appointment is **one hour**.
- Sessions are **normally weekly** but appointments can be made at intervals that suit you e.g. fortnightly.
- You will receive a **reminder** text the day before your appointment. If you are unable to attend, please notify me as soon as possible.
- A **cancellation fee** is payable if an appointment is cancelled in **less than 24 hours**.
- **Confidentiality** is maintained apart from exceptional circumstances where someone is at risk of harm.
- In all situations the **welfare and interests of children and young persons are the first and paramount consideration**, as outlined in the Children, Young Persons and their Families Act (1989).

If you have any questions or want to get counselling, please [contact me](#).

## Free Relationship Counselling

<i>Title</i>	<i>Free relationship counselling through the Family Court</i>
<i>Description</i>	<i>Free relationship and parenting counselling through the Family Court for marriages, civil unions, and de-facto relationships</i>
<i>Keywords</i>	<i>Free, relationship, parenting, counselling, Family Court, marriages, civil unions, de-facto</i>

The Family Court arranges **free** and **confidential** counselling for couples who are having problems:

- To help resolve issues to stay in their relationship, or deal with separation.
- To help parents (separated or not) or guardians reach agreement on issues concerning children.

Counselling is for couples in:

- Marriages
- Civil unions
- De facto relationships - heterosexual or same-sex

The Court will pay for **up to three counselling sessions per 12-month period**.

Please [contact me](#) for an appointment.

## Workplace Bullying

<i>Title</i>	<i>Workplace bullying counselling and support</i>
<i>Description</i>	<i>What is workplace bullying – the bully and victim</i>
<i>Keywords</i>	<i>workplace bullying, bully, victim</i>

### Definitions

The Workplace Bullying and Trauma Institute (WBTI) defines the phenomenon of **workplace bullying or psychological violence at work**:

- Is the repeated, health-endangering mistreatment of a person (the victim) by a cruel perpetrator (the bully).
- Is best understood through the bully's behaviours - acts of commission (hostile verbal or non-verbal communication and interfering actions) and omission (the withholding of resources - time, information, training, support, equipment - that guarantee failure), which are all driven by the bully's need to control the victim.
- Involves the bully alone at first deciding who is targeted, when, where, and how psychological violence will be inflicted. Later others may be coerced to participate in the assaults.
- Is not "tough" management; it is illegitimate behaviour, unrelated to accomplishing productive work, so outrageous as to be the antithesis of what a good employer values and encourages.
- Escalates from one-to-one harassment after bullying is reported and the employer responds inappropriately and inadequately to engulfing an entire work unit in chaos, pitting co-workers, management, and management's allies against the victim.'

**A bully is** someone who knowingly abuses the rights of others to gain control of the situation and the individuals involved. Bullies deliberately and personally use intimidation and manipulation to get their way. The key words here are knowingly, deliberately, and persistently.

...Sam Horn – author of 'Take the Bully by the Horns' 2002

**A Victim is** an individual who by accident has the desirable qualities of competence, networking, and emotional intelligence. This individual is selected as an object towards which the workplace bully can direct an unrelenting stream of harm - mainly subtle and sometimes obvious - in order to reduce the victim's performance and self-esteem while increasing the bully's own view of her/his importance. For the workplace bully, the victim is perceived as a threat.

If you have any questions or want to get counselling, please [contact me](#).

## Workplace Bullying Victim Questionnaire

<i>Title</i>	<i>Workplace bullying victim questionnaire</i>
<i>Description</i>	<i>See if you are really a workplace bullying victim, and get counselling and support</i>
<i>Keywords</i>	<i>workplace bullying, victim, counselling, support</i>

This questionnaire is to help you think through the behaviours you may have been subjected to at work. The list is quite comprehensive, but not exhaustive, and has been extrapolated from the behaviours of a workplace bully identified by Tim Field.

Rate yourself from 1-5 for each question.

1 = seldom

3 = often

5 = almost always

### **Are you:**

- Constantly criticised; subjected to nit-picking and trivial fault-finding?
- Asked for explanations and proof of achievement, which are then ridiculed, overruled, dismissed, or ignored?
- Undermined, especially in front of others?
- Having false concerns raised over your performance?
- Isolated and excluded from what's happening, e.g. not invited to important meetings?
- Treated differently from the rest of your colleagues?
- Subjected to disparaging remarks about your work or personal life?
- Humiliated - especially in front of others?
- Taunted where the intention is to embarrass and humiliate?
- Set unrealistic goals, which are changed without notice or reason?
- Denied information or resources necessary for doing work and achieving objectives?
- Denied support by your manager and finding yourself working in a management vacuum?
- Overloaded with work making it harder to achieve targets?
- Finding much of your work taken away, and replaced with inappropriate menial jobs?
- Finding your responsibility increased but authority removed?
- Having work plagiarised intentionally?
- Given the silent treatment - refused communication and eye contact avoided?
- Blamed unfairly?
- Receiving instructions only via email, memos, or post-it notes?
- Subjected to excessive monitoring or micro-management?

### **Are your scores:**

#### **Primarily 1's and 2's?**

You are possibly being subjected to some basic workplace bully behaviour. While you are cautioned to be on guard, there is nothing major - yet!

**Primarily 2's to 4's?**

Workplace bullying is significant and small incidents will be more frequent. You should start journaling (documenting) the content and nature of the interactions between you and the person. You may not notice a pattern of behaviour till later, but don't wait for hindsight - determine now if a pattern of behaviour is emerging. If it does, then you are very likely being workplace-bullied. Begin to protect yourself.

**Over half are 4's and 5's?**

It is highly likely you are the victim of a chronic workplace bully. If senior management do not address the bullying, then it may be best to think of an alternative workplace. Talk to a counsellor who specialises in this area to get clarification and help. Or call a mediator or lawyer - one who specialises in this area. Ensure you write down all the incidents that are happening and any colleagues who may be witness to the bully's behaviour.

Bullying in the workplace is described well by Tim Field in his book '*Bully In Sight. Success Unlimited*'. Oxfordshire, 1996,

His web site [www.bullyonline.org](http://www.bullyonline.org) provides descriptions of all types of bullying including information on how bullies select their targets, psychological profiles of the serial bully, strategies to address the bully, and much more.

Please contact me if you have any questions about my services or to arrange a counselling appointment.

## Drug and Alcohol

<i>Title</i>	<i>Specialist drug and alcohol counselling and addictions support</i>
<i>Description</i>	<i>Drug and alcohol counselling and addictions: including smoking, food, gambling, sexual</i>
<i>Keywords</i>	<i>Drug and alcohol, counselling, addictions, smoking, food, gambling, sexual</i>

Drug, alcohol, and other addictions can be very debilitating for an individual and damaging to their surrounding family, friends, or workmates. Effective help is not always easy to find.

I specialise in private assessment and treatment for individuals with drug and alcohol problems - to enable them to overcome dependency and restore personal order to attain a more fruitful life.

### **Expert assessment for workplace drug and alcohol issues**

I can help with employees using drugs or those positively tested in the workplace. This includes counselling and safety assessment for return to work.

This can be of particular value to smaller companies that don't have formal schemes but need expert help for management and staff.

### **Helping troubled families**

Drug and alcohol abuse is not just an individual issue, but can wreak havoc for surrounding people. I offer support and understanding to help family members overcome alcohol or drug problems, to restore productive lives.

### **Dealing with multiple addictions**

I work with individuals struggling with multiple addictions - on top of drugs and alcohol - such as smoking, gambling, and gaming addictions.

### **Clinical supervision for drug and alcohol practitioners**

I am qualified and available to provide clinical supervision to any counsellors requiring this in the Auckland area.

### **Qualifications and credentials**

- Studied at the University of Auckland and worked with addictions in health care for 18 years.
- Registered Drug and Alcohol Practitioner and full member of The Drug and Alcohol Practitioners Association of Aotearoa New Zealand - NZ's drug and alcohol professional body.
- DAPAANZ Accredited clinical supervisor.

Please contact me if you have any questions or would like to make an appointment.

End