Finding A Christian Therapist
Counsellors, Psychologists & Psychiatrists

This resource has been compiled by Ruach Ministries to assist our members in Sydney’s Northern Beaches and Hornsby districts who wish to find a Christian counsellor, psychologist or psychiatrist.

It is not by any means an exhaustive list of Christian therapists. The list only includes practices and practitioners we know of from our own experience, or have been recommended to us by trusted friends and colleagues.

Note too, that in producing this list we are not implying that a Christian therapist in necessarily the best or only choice for Christians seeking therapy. There are many excellent counsellors, psychologists, psychiatrists and other health professionals who are not Christians (or do not identify as such in their professional work) who may in fact be the best service provider for particular people or issues. This list is simply offered as a resource for those who wish to be confident that their therapist will offer advice and therapies that align with a Christian worldview and faith perspective.

Typically there is no fee required to receive prayer ministry, except where it is offered as part of a course. However, qualified Counsellors, Psychologists & Psychiatrists are professionals, charging anywhere from $60 to $300 for a single session. Some of this may be covered under Medicare and you should check with the practitioner’s office or your GP. Ruach may be able to subsidise those who are experiencing financial difficulty.

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If you have any feedback on regarding this list, please let us know. For example:

- Other Christian practices or practitioners who could be included on list
- Updated details
- Practices or practitioners who should be removed from the list

Email: ruachnc@gmail.com
What Type of Therapist Is Best For Your Need?
_Counsellors, Psychologists & Psychiatrists_

You will first need to consider what sort of therapist you are looking for:

**Prayer Counsellor**
Prayer counselling or specific prayer ministry practitioners focus on facilitating the direct ministry of the Holy Spirit to an individual. There are many different types of people and ministries offering prayer based counseling/ministry, and their training and styles vary considerably.

**Counsellor &/or Psychotherapist**
Counsellors aim to work cooperatively with people to help them better cope with difficult life circumstances such as grief and loss, communication and relationships, work and career, stress, anxiety and depression, life transitions, parenting, self-esteem, spirituality and difficulties caused by addictions, trauma and abuse.

There are many different sorts of counsellors and psychotherapists, and their training and approach will vary considerably. Recognised training in counselling will often be in the form of an Advanced Diploma or Graduate Diploma.

We consider a “Christian Counsellor” to be a skilled practitioner with a Christian faith and worldview, who is properly trained in the therapeutic application of counselling theory, using methods consistent with the integration of faith and practice.

The Psychotherapy and Counselling Federation of Australia Inc (PACFA) is an umbrella association for psychotherapy and counselling bodies in Australia. The Christian Counsellors Association of Australia is a Constituent Member Association of PACFA.

**Psychologist &/or Clinical Psychologist**
Psychologists are specialists in human behaviour, development and functioning. Common therapies offered by psychologists include Cognitive Behaviour Therapy, Psychotherapy, Interpersonal Therapy, Counselling and Narrative Therapy.

Becoming a registered psychologist requires undergraduate study, followed by either 2 years of supervised experience or completion of a postgraduate degree in clinical psychology.

Psychologists must be registered with their state Psychologist Registration Board. The Australian Psychological Society (APS) is the national professional body for psychologists.

**Psychiatrist**
Psychiatrists are specialist medical doctors who diagnose and treat mental illness and mental disorder. Psychiatrists require a medical degree and a minimum of 5 years’ postgraduate specialisation in psychiatry. Psychiatrists must be registered with the Royal Australian and New Zealand College of Psychiatrists. A letter of referral by a general practitioner is normally required to visit a psychiatrist.

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**Key differences between Psychologists and Psychiatrists**

Psychologists and psychiatrists both work in the area of mental health, and often work together. However, there are some significant differences between the two professions in the following areas:

- A psychiatrist is required to complete a medical degree prior to specialising in mental health.
- A psychiatrist can prescribe medication; a psychologist cannot.
- Psychologists have specialist training in non-medical interventions but will work closely with general practitioners or psychiatrists.
- Psychiatrists help both people with emotional and psychological difficulties as well as helping people who don’t have these difficulties but wish to enhance their psychological wellbeing and functioning.

Source: [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)
Finding a Prayer Counsellor

It is recommended that before you undertake any sort of prayer counselling or prayer ministry you understand the philosophy, biblical basis, and style of the practitioner and/or ministry, as well as the experience and ministry oversight of those who will be praying for you.

Within your local church community: Speak to a pastor or elder about prayer ministry available in your church context.

Set Free (Northridge Vineyard Church)
The Set Free weekend is an intensive spiritual clean-up designed to identify and break bondages in our lives, so that we’re better equipped to serve the Lord. This weekend happens quarterly, and includes teaching, worship and prayer ministry. Individuals are required to register for the weekend and there is a cost for the course. Contact the Northridge Vineyard church office for more details.

Location: Thornleigh
Phone: 8407 9941
Email: office@northridge.org.au
Web: www.northridge.org.au/ministries/prayer

Renew Prayer Ministry (Dayspring Church):
Renew specializes in inner or deep-level healing that frees people from the emotional and spiritual “baggage” we accumulate as we go through life. Each ministry session is facilitated by a trained RENEW ministry team. It is a gentle and empowering process focused on facilitating an encounter with God.

Location: Castle Hill
Phone: 9894 8844
Email: renew@dayspring.com.au

Healing Rooms
Primary focus is prayer for physical healing, but also anything else the Lord reveals.

Location: Various centres, including Manly and Chatswood.
Web: www.healingrooms.com.au

Ellel Ministries:
Ministry based on Luke 9:11, where Jesus ‘welcomed the people, taught them about the Kingdom of God and healed those in need.’ Ellel offers healing services, day & weekend ministry events & courses, training – all of which include a personal ministry time.

Location: “Gilbulla”, Menangle
Phone: 4633 8102
Web: ellel.org/au

Elijah House
Elijah House Ministries Australia focus and mandate is as a teaching and empowering ministry rather than providing prayer ministry to individuals.
Ministry Centre: A number of prayer ministry centres offer prayer ministry based on Elijah House principles. A list of these centres can be downloaded from www.elijahhouse.com.au/prayer-ministry-centres. These centres have no formal relationship with Elijah House and the provision of their details should be taken as a referral only, as Elijah House Ministries cannot accept responsibility for services offered by them.

Web: www.elijahhouse.com.au
Finding a Christian Counsellor

Members of Christian Counsellors Association of Australia (CCAA)
Use the search function on website to find counselling centres and individual counsellor’s details.
Web: www.ccaa.net.au

Local Christian Counselling Centres

The Cottage Counselling Centre
*Personal and relationship counselling (CCAA member)*
Details of counselling team members are listed on the website.
Locations: Belrose, Manly, Dee Why, Narrabeen, Lindfield
Phone: 9972 0141
Email: info@cottagecounselling.org.au
Web: http://cottagecounselling.org.au

Eden Therapy Services
*Couple and family therapy, individual issues, domestic violence intervention, childhood traumas and adult traumas*
The Practice is accredited for Victims Services, including Specialist accreditation, Medicare as well as private consultation.
Details of team members are listed on the website.
Location: Office 1, 318 Sydney Road, Balgowlah
Phone: 9907 0044
Email: info@edencounselling.com.au
Web: www.edencounselling.com.au

Solutions Chatswood
*Personal and relationship counselling, career counselling (CCAA member)*
Details of practitioners (psychologists and counsellors) are listed on the website. All practitioners listed on the website are Christians.
Location: Suite 2, 104 Victoria Ave (cnr Penshurst St), Chatswood
Phone: Individual practitioner details on website
Email: enquiry@solutionschatswood.com.au
Web: www.solutionschatswood.com.au

Christian Counsellors known to Ruach through personal recommendation

Listed in alphabetical order

**Susan Bennett**
*Master of Couple and Family Therapy, Grad. Dip. Couple & Family Therapy., B.Sc.(App).*
Individual, family, couple (specializing in couples)
Location: Dee Why
Phone: 0408 264053
Email: susan.embark@gmail.com
Web: www.embarkcounselling.com.au
Rebecca Braid
Ph.D., M.S.W., Grad. Dip. C. & F.T., B.S.W
Location: Eden Therapy Services, Balgowlah (see above)
Phone: 9907 0044
Email: info@edencounselling.com.au
Web: www.edencounselling.com.au/content/rebecca-braid

Kelly Bronsveld
Masters in Counselling and Applied Psychotherapy, Bachelor Social Science, Provisional Clinical Member PACFA
Individual, Couples and Family Counselling
Children and Adolescents (Play therapy and Sand-tray therapy offered as appropriate)
Location: Narrabeen
Phone: 0425 240 433
Email: kelly@kellybronsveld.com.au
Web: www.kellybronsveld.com.au

Linda Lessing
GradDipArtTherapy. AdDipFamilyTherapy, ThA. Provisional clinical member CAPA.
Individual & relationship therapist, art therapist.
Location: Manly
Phone: 0417 298 585
Email: lindalessing@gmail.com

Allan Matthews
M.Couns, BA, Dip Couns, Dip Rel Couns, Dip Theol, ACA
Couples & family issues, men’s issues, retrenchment, individual issues.
Location: Seaforth
Phone: 0411 050 225
Email: allan@laybing.com.au
Web: http://www.seaforthcounselling.com.au

Diane Porter
MCouns, BMin, GMCCAA
Couples & individuals, personal and relationship issues
Location: Solutions Chatswood (see above)
Phone: 0402 944 020
Email: diane@solutionschatswood.com.au

Tony Wroe
BTD, Grad DipC
General counselling, men’s issues
Location: Balgowlah
Phone: 0424 274 909
Web: https://restcounselling.net
Finding a Christian Psychologist

Local Practices that include Christian Psychologists

The Mind Space
Psychologists:
- Dr Cliff Powell
- Mr Greg Powell
- Mrs Leisa Aitken
- Mr Justin Court

Location: Mona Vale
Phone: 8208 5958
E-mail: info@themindspace.com.au
Web: www.themindspace.com.au

Solutions Chatswood
Details of practitioners (psychologists and counsellors) are listed on the website. All practitioners listed on the website are Christians.

Location: Suite 2, 104 Victoria Ave (cnr Penshurst St), Chatswood
Phone: Individual practitioner, details on website
Email: enquiry@solutionschatswood.com.au
Web: www.solutionschatswood.com.au

Christian Psychologists known to Ruach through personal recommendation

Listed in alphabetical order

Colleen Hirst
Family Psychologist
Merrylands Counselling – Colleen Hirst & Associates
Phone: (02) 9760 1110
Email: admin@merrylandscounselling.com.au
Web: http://merrylandscounselling.com.au

Juanita Lowe
Child Psychologist
Location: Gordon, Beecroft
Phone: 0412 880 665
Email: juanitalowepsych@gmail.com

Kate McMaugh
Registered Psychologist
BA (Hons) Psychology; Post Grad Dip Health Promotion; M Health Science; Post Grad Cert Prof Psych Assoc. Member Australian Psychological Society. Member International Society for the Study of Trauma and Dissociation (ISSTD)
Children, adolescents, adults, couples.
Counselling for trauma (including complex trauma), depression, anxiety, stress management, sleep problems. Vocational assessment and counselling, health & lifestyle coaching/counselling, parenting support. Medicare and ATAPS rebates available.

Location: Seaforth
Phone: 0405 902486
Email: katemcmaughpsychology@gmail.com
Web: www.seafortncounselling.com.au

Dr Catherine Udy
Clinical Psychologist
B. Psych(Hons), D. Psych(Clin), MAPS

Children, adolescents, adults

Location: Thornleigh, Chatswood
Phone: 0468 349 964
Finding a Christian Psychiatrist

Due to the nature of the speciality and where and how psychiatrists practice, it is unlikely you would find someone who markets themself as a “Christian Psychiatrist”. However, there are Psychiatrists who are Christians. You will need to ask your doctor to refer you to the specific practitioner you wish to see.

Christian Psychiatrists known to Ruach through personal recommendation

Listed in alphabetical order

Daniel Gibson
Psychiatrist
The Sydney Clinic, Bronte
Phone: 9387 3621

Sylvia Lim-Gibson
Psychiatrist
Specialist Medical Randwick (Prince of Wales Private Hospital)
Phone: 9650 4988
The Sydney Clinic, Bronte
Phone: 9389 8888

Kam Wong
Child & Adolescent Psychiatrist
Metta Clinic, Gordon
Phone: 9488 7911