

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 is 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.

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.
- Psychologists 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

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

Web: www.dayspring.com.au/index.php/ministries/renew-prayer-ministry.html

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

Web: <http://www.solutionschatswood.com.au/practitioners.html>

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

Australian Psychological Association page for Juanita Lowe: <http://bit.ly/1LbylUa>

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.seaforthcounselling.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 themselves 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