

REGISTERED CLINICAL PSYCHOLOGISTS IN WAIKATO

Please note, some clinicians operate a small practice without an administrator, so you may have to leave a voice message

PSYCHOLOGIST	LOCATION	EMAIL	PHONE	SPECIALTY
BELLA, Kirsty	Wise Mind Centre - Taurikura 8/9 Lynden Ct, Chartwell HAMILTON	kirstyannabella21@gmail.com	027 738 5717	Clientele 12 years-old and upwards, males, females and LGBT. Psychological assessment and treatment for general mental health issues (anxiety, depression, etc), trauma, grief, sexual abuse, pain management, forensic assessments, Oranga Tamariki. ACC Registered. Therapeutic modalities, including Cognitive Behavioural Therapy, Mindfulness, EMDR, Dialectical Behaviour Therapy, Acceptance Commitment Therapy, and cultural models.
BOYLAND, Sheila	HAMILTON		021 178 3703	Behaviour specialist/clinical psychologist. Previously worked with children and adults with intellectual disability, and children and adolescents, at Infant Child and Adolescent Mental Health Service. Specialist areas: ACC, adolescent development, anxiety, Asperger's syndrome, depression, eating disorders, emotion regulation, mental health, mental illness, mood disorders, sexual abuse, trauma. Treatment approaches: Cognitive Behavioural Therapy, Dialectical Behaviour Therapy, Acceptance Commitment Therapy, Family-based Therapy for eating disorders.
BRASSINGTON, Jan	83 Comries Rd, Chartwell HAMILTON	office@psychologyconsultants.co.nz	07 855 8135	Life coaching, employee assistance, debriefing, counselling, assessments, relationships, Cognitive Behaviour Therapy.
BREEN, Tanya	15 Cattanach St, St Andrews HAMILTON www.tanyabreen.co.nz	admin@tanyabreen.co.nz	07 849 4240	I work with neurodiverse people and their family/whanau and friends, undertaking diagnostic assessments (autism, ADHD, intellectual disability etc) and providing psychological and neurodiversity-affirming therapy. My practice extends to legal settings, when people suspected or known to be neurodiverse are subject to legal orders or involved in the criminal justice system as complainants, witnesses or defendants. Committed to helping my psychology colleagues develop skills in neurodiversity, I offer training and professional supervision.
CHALK, Matty	Diversity-Matters 1 Gibraltar Cr, Parnell AUCKLAND	neurodiversitymatters2023@gmail.com drmattychalk@gmail.com	021 0844 2304	Consultant Psychologist with over 16 years of experience of working within public sector services and independently within the UK and New Zealand, leading services in relation to neurodevelopmental disorders. I am currently accepting referrals for ADHD and ASD assessments in my private clinic based in Parnell. I can offer responsive, effective, and reliable international gold standard assessments for children and adults in relation to Intellectual Disability and Autism Spectrum Disorders, and also for children and young people in relation to ADHD (6-18 years).
CLARKSON, Jo	StressBox 91e Kahikatea Dr HAMILTON www.stressbox.co.nz	jo@stressbox.co.nz	021 535 430	Youth and adults anxiety, stress and mood problems.

COLLINS, Tracey	Pathlight Psychology ONLINE www.pathlightpsychology.nz	contact@pathlightpsychology.nz	020 408 3459	I have worked with adolescents and children for 18 months at Oranga Tamariki, although now am more focused on working with adults, but still available for this age group. I am working online only at this time, so clients would need to be ok with that. I find it works well for adolescents as they are used to the technology and it provides a barrier that decreases vulnerability and therefore they often find it easier to open up. I mostly seem to work with trauma but prefer not to box myself into any specialty area. I've worked with individuals, and couples, and all ages. Mostly using CBT, ACT, compassion and strengths focused, narrative....I mix it up intuitively. I do not do ACC work.
COETSEE, Elize	Orange Tree Grove 4 Claudelands Rd, Hamilton East HAMILTON	info@elizetherapy.co.nz	027 777 0081	Adults from 23 years. Therapeutic approaches: ACT, CBT, Logo, Psychodynamic, Systems, Gestalt, Somatic, NLP. Areas of expertise: general adult mental health, complicated bereavement, traumatic loss, PTSD, anxiety, depression, developmental psychology, existential crises.
CURRIE, Jane	Pacific Psychology 6 Claudelands Rd, Hamilton East HAMILTON	jane@pacificpsychology.co.nz	021 373 150	Clients over 16 years of age, male, female and the LGBT community. Jane is an NZ graduated Registered Clinical Psychologist, specialising in assisting others in healing from the outcomes of physical, emotional, and sexual trauma and loss. Jane has experience with assisting clients with a wide variety of symptoms such as low mood, anxiety, panic, grief, pain, somatic complaints, difficulties with adjustment and symptoms relating to PTSD and Complex Trauma. She also has clinical experience in dealing with life-threatening illnesses (cancer), palliative care, and maternal mental health. She utilizes a variety of modalities, including Acceptance and Commitment Therapy, Compassion Focused Therapy, Mindfulness Cognitive Behavioural Therapy, Somatic Therapy, and Internal Family Systems Therapy (IFS), an integrative approach to individual psychotherapy. She also uses cultural models. She currently holds a Sensitive Claims contract with ACC and has private clients.
De VISSER, Maria-Rosa	542b Grey St HAMILTON 160 Mahoe St TE AWAMUTU	mariarosa.psychology@gmail.com	021 0830 0605	Speciality: Adults, trauma, EMDR, ACC
DOUGLASS, Dr Heidi	WAIKATO AND ONLINE https://drheididouglass.co.nz/	drheididouglass@gmail.com	022 012 3781	I am an American trained, doctorate level, registered Clinical Psychologist with several decades of experience. I am kind, empathetic and non-judgey. Safe for all races and our LGBTQ+ whanau. Clients with an EAP managed by ClearHead may be able to see me for free as can clients under 26 if eligible via Gumboot Friday. I offer treatment services for adults and teens: Cognitive Behavioural Therapy (CBT) along with skills from other evidence-based therapeutic approaches depending on the needs of the person. Experience treating a wide range of problems including obesity and weight management, binge eating, anxiety disorders, depression and work or parenting stress. Full details on my website drheididouglass.co.nz

DUNCAN, James	Simplify Psychology Ltd 77-79 Duke St CAMBRIDGE	james@simplifypsych.co.nz	027 455 4100	I work mainly with adult clients, but happy to see youth 16+ and occasionally 14+, families and couples. Typically, general mental health. I have a lot of experience with addressing problem/antisocial behaviours, substance abuse and offending. Mainly CBT, mindfulness and schema therapy focus.
EDGHILL, Richard	HAMILTON	richardedghill@icloud.com	027 230 1142	I am a specialist psychologist who only works with people with an intellectual disability.
EMBER, Dr Adrienna	Online practice only HAMILTON	adrienna.psychologist@gmail.com	021 206 9744	I work with adult population (18 or older) and offer online sessions only. I don't do ACC contract work. Various mood & anxiety/panic related problems, procrastination, stress, obsessive/compulsive disorders, insomnia, grief, trauma, burnout, relationship problems, transitioning between life stages/jobs/roles, personal development, relationship with money/wealth and related problems. Supervision for a wide range of health & mental health professionals, community support workers, and managers. Treatment modalities used: EMDR, CBT, ACT, MI, Schema, Mindfulness, Hypnosis, Energy/Body work therapies
ENGELBRECHT, Ashley	UNSURE IF AVAILABLE	ashley.psychology1@gmail.com	021 421 181	I work primarily with children and adolescents. Areas of expertise include eating disorders, mood disorders, working with families. Therapy models include CBT, FBT, ACT. I also provide supervision for psychologists.
FENG, Qiu Yue	Mandarin + English HAMILTON	qiuyuewoods@gmail.com	021 250 3646	CBT, ACT, Schema therapy, and DBT to support adult clients with inadequate interpersonal relationships & constructive communication, persistent low mood (dysthymia), depression, anxiety, (sexual) trauma-related mental health conditions, and other disturbing mental health related symptoms. Private and ACC psychology assessments for children (young persons) and adults. I speak Mandarin and understand Asian culture so I can work with clients of Asian (can speak English) and Chinese (can speak English or Mandarin) ethnicities. I provide clinical interview for psychological assessment via the Internet. For this option, you need to have a support person(s) to help you manage risk to the lowest level (online assessment sessions are not practical for children and young persons). I provide treatment sessions via the Internet after a relatively strong therapeutic alliance has already been established. This is to continue treatment sessions, reduce the cost of distant travel and to cope with the inconvenience due to the client's physical conditions, rather than to foster the client's social withdrawal. Virtual face-to-face (assessment) sessions available on weekends and after hours for non-suicidal (adult) clients.
FERNANDEZ, Sandhya	32 Killarney Rd, Frankton HAMILTON	sandhya@phoenixpsychology.co.nz	022 199 8650	Clientele: Adults, trauma, pain management, supervision. Therapeutic approaches: (Schema Therapy, EMDR, ACT. CBT, SFBT). Areas of expertise: (adult mental health).
GAUTHERN, Dean	InSight Therapy Services 169 London St, Suite 2.11 HAMILTON	deangauthern@gmail.com	021 332 639	Clientele: Adults. Therapeutic approaches: ACT, CBT, Mentalisation-based Therapy. Areas of expertise: Trauma, sensitive claims, and general adult psychopathology.

GRiffin, Cushla	67 Claude St, Fairfield HAMILTON	cushla@griffinspsychology.net	027 215 8840	Clientele: Adults. Anxiety, PTSD, depression, chronic pain, concussion, grief, physical health, anger, adjustment difficulties, ACC Sensitive Claims.
HARPER, Emma	Cambridge Educational Psychology Services CAMBRIDGE	emma@ceps.co.nz	0800 730 700 021 730 700	Cognitive and educational assessment, tailored therapy, practical strategies. I work with children aged 6-16 years of age.
ISLER-BEZK, Dr Veronika	CBT Plus Psychological Services 100 Clarence St HAMILTON	veronika@isler-bezek.co.nz	07 823 8190 021 457 944	Psychological assessment and evidence based treatment for individuals experiencing a wide range of mental health issues, including stress, self-esteem, depression, relationships, anger, grief. Individuals. Trauma work. ACC registered provider. www.isler.co.nz and www.cbtplus.co.nz
JOHNSTON, Marnie	9a St Olpherts Ave, Ham East HAMILTON	marnie@marniejohnston.co.nz	021 779 402	Child and adolescent mental health. Pain management. Cognitive and educational assessments for the Ministry of Education, CYF, and private clients. Uses CBT, ACT, Trauma Focussed Therapy. Assessment and treatment to people with a range of mental health difficulties.
KHATOEV, Giorgi	Cambridge Psychologists Taylor Made Community Space 22a Taylor St CAMBRIDGE www.cambridgepsychologists.co.nz	giorgi@actrix.co.nz	021 992 856	Clientele: Adults. Therapeutic approaches: CBT, ACT. Areas of expertise: depression, anxiety, trauma, life stress and transitions, pain & physical health issues.
LEIDIG, Rebecca	Silk Tree Psychology Health on Mahoe 160 Mahoe St TE AWAMUTU	silktreepsychology@gmail.com	028 471 6354	Adult clients (18 plus) with a wide variety of difficulties including depression, anxiety, relationship problems, low self-esteem, concussion, eating problems, ADHD difficulties, emotional dysregulation, trauma-related problems. My experience is 5 years with Te Whatu Ora, 2.5 years in adult mental health and 2.5 years in the Specialist Eating Disorder Service. I am trained in and practice CBT, ACT, DBT, Schema Therapy, and therapies for eating disorders including SSCM, CBT-E, MANTRA and CBT-T.
LENNY, Megan	inSIGHT Therapy Services 169 London St HAMILTON	nzmlenny@gmail.com	021 0830 8127	Client Types Adolescents, adults, children, refugees, migrants. Specialist areas: Abuse, ACC, Adolescent development, Anxiety, Attachment, Depression, Emotion regulation, Identity difficulties, Mental health, Mental illness, Personality disorder, Post traumatic stress disorder, Self-esteem & self development, Trauma.
McCRACKEN, Chrissy	67 Claude St, Fairfield HAMILTON	chrissy.mcc@hotmail.com	027 302 4444	Anxiety and depression, eating disorders and relationship issues.
MICKLEWOOD, Neil	32 Killarney Rd, Frankton HAMILTON www.neilmicklewood.com	info@neilmicklewood.com	07 855 8413 021 078 6434	Treatment of depression, anxiety, chronic pain, unhelpful life patterns using Schema theory, ACT, MiCBT & Psychodynamics. ACC mental injury and sensitive claims assessments (no ACC treatment). Adult clients.

MOLTZEN, Natasha	Cambridge Psychologists Taylor Made Community Space 22a Taylor St CAMBRIDGE www.cambridgepsychologists.co.nz	natashamoltzen@gmail.com	027 485 6992	Clientele: children, adolescents, adults & families. Therapeutic approaches: CBT, ACT. Areas of expertise: anxiety (OCD, social anxiety, health anxiety, panic disorder, GAD, phobias), body dysmorphic disorder, adjustment to separation, parenting concerns.
PAULEY, Gerard	4 Claudelands Rd, Ham East HAMILTON 160 Mahoe St TE AWAMUTU gerardthepsychologist.weebly.com	gerardthepsychologist@hotmail.com	022 047 7924	I typically see adults but can also work with adolescents over the age of 16. I mainly work with mental health disorders like depression and anxiety as well as having experience with OCD. Although I use CBT, I also specialise in Compassion Focussed Therapy and Mindfulness approaches as well. Dr Gerard Pauley is a Clinical Psychologist with twenty years clinical experience working in Australia, England and New Zealand. Gerard has trained in a range of psychological therapies and uses this broad range of training in his work with people to meet their individual needs.
PETERS, Danny	Simplify Psychology Ltd 77-79 Duke St CAMBRIDGE	danny@simplifypsch.co.nz	027 455 4100	I work mainly with adult clients, but happy to see youth 16+ and occasionally 14+, families and couples. Typically general mental health. I have a lot of experience with addressing problem/antisocial behaviours, substance abuse and offending. Mainly CBT, mindfulness and schema therapy focus.
PEVREAL, Dr Jenny	Cambridge Psychologists Taylor Made Community Space 22a Taylor St CAMBRIDGE www.cambridgepsychologists.co.nz	psyclinz@gmail.com	022 153 2191	Adults, older adults and their families, first responders. Therapeutic approaches - CBT, Brief Solution-Focused Therapy, Mindfulness, ACT, EMDR, Trauma-focused therapy, Neuro & Biofeedback techniques, Emotional Freedom Technique (EFT), cultural models. Areas of expertise - general adult mental health including anxiety, panic, OCD, depression & other mood disorders, trauma (PTSD) & other stress disorders, grief, anger management, sleep problems, adjustment disorders. Expertise in recovery from cult membership / involvement for individuals/families. Health Psychology - weight management, pain & fatigue management, the psychological sequelae of neurodegenerative disorders, e.g., dementia education & support for families, neuropsychological & cognitive rehabilitation, e.g., for stroke, memory & attention problems, brain injury (TBI), Parkinsonian disorders, etc.
POPE, James	Hannett Silvester Psychology 592 Victoria St HAMILTON	james@hsp.co.nz	021 040 8461	I provide therapy for individuals and couples. I have been practicing since 2010. For individuals I have experience working with teenagers and adults, usually helping with anxiety, OCD and depression type problems. I use a variety of therapy approaches in my work. I have experience in general mental health, teaching and supervision and working with emergency services staff. I have recently completed training in couples therapy and have been really enjoying working with couples on relationship issues.
PROSSER, Jan	Psychology Worx 32 Killarney Rd HAMILTON www.psychologyworx.co.nz	jan.prosser@psychologyworx.co.nz	021 173 8212 07 949 8908	Assessment and treatment of anxiety (panic, phobias, general), health and social anxiety, persistent and chronic pain, low self esteem and confidence problems, bereavement, grief and loss, adjustment issues, coping with medical conditions, and health-related problems (including: HIV, cancer, diabetes), post-traumatic stress disorder (PTSD), sleep problems, stress/work related stress.

ROBERTS, Kathrine	Psychological Assessment & Treatment Centre 169 London St, Suite 1.17 HAMILTON	karpsychologist@gmail.com	022 467 0956	I work in both the public and private sectors. I provide assessment and treatment of a range of mental health and neurodevelopmental conditions (ASD; ADHD; ID) for clients aged 6 years and above. The therapy modalities I use include: CBT, ACT, Trauma Focussed Therapy, EMDR and Family Therapy.
ROBERTSON, Jean	Robertson Psychological Services	drjean@xtra.co.nz	021 459 982	Expertise, teaching and research in neuropsychology, dyslexia and specific learning difficulties in children and adults. Neuropsychologist specialising in the identification and rehabilitation of Traumatic Brain Injury in children and adults. Expert witness in neuropsychology within the New Zealand legal system and has worked provided specialist assessments within the prison service. Worked for the Ministry of Education in the Severe Behaviour Service supporting both parents and teachers facing the challenge of working with students with entrenched behaviour difficulties. Current practice includes – Psychological assessment of children and adults (including those to identify Specific Learning Difficulties). - Neuropsychological assessments. - Assessment of higher order executive function abilities (relating to behaviour work). - Supervision of other clinicians, an area in which I have undertaken further recent training. - Behaviour and parenting support. - Specialist report writer in the Family Court.
SMAL, MICHELLE	Michelle Smal Psychology	michellesmalpsychology@gmail.com	022 658 3570	I work with adult clients (age 18 and older). My focus is on individual treatment and couples therapy. I use an integrated therapy approach (Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Schema Therapy, Gestalt, Mindful and Somatic Approaches, Solution-Focused Therapy, etc.) to best meet the needs of my clients, thus offering short-term therapy as well as long-term therapy. I have worked in a range of settings (including specialist psychiatric hospitals, general hospitals and clinics, prisons, private practice). I also offer telehealth sessions (Zoom or phone-call).
SWAIN, Kerry	Empowered Life 9 Boundary Rd HAMILTON	kerryswainpsych@outlook.com	021 238 8857	Clientele 15 years-old and upwards, males, females, and LGBT. Psychological Assessment and treatment for general mental health issues (anxiety, depression, etc), trauma, grief, sexual abuse. ACC Registered. Therapeutic modalities, including Cognitive Behavioural Therapy, Mindfulness, Dialectical Behaviour Therapy, Acceptance Commitment Therapy.
TAPARA, Ann	TE AWAMUTU (Tues) HAMILTON (Thur) Online also available	ann.tapara@outlook.com	021 161 7306	I provide specialist and function assessment for ACC sensitive claims, and mental injury assessments for ACC psychological services. I offer a gentle, client-centered process and am happy to travel to the town where they receive therapy to reduce stress. Adult assessments only.
TROON, Claire	Ember Psychology	ember.psychology@outlook.com		I am only doing ACC supported assessments at this time.
TROY, Dr Juliette	4 Claudelands Rd HAMILTON www.juliettetroynz	juliettetroynz@gmail.com	022 458 0567	I work with adults and couples in Hamilton (Tues-Thurs) or online (Mondays and Fridays). Particular interest in working with OCD and anxiety disorders (using ERP, ACT and I-CBT, chronic issues and trauma (using schema therapy and EMDR), and sex therapy.

TUCK, Wendy	67 Claude St HAMILTON	wendy@tuckpsych.nz	027 278 9807	Adults. Special interest in mindfulness-based approaches.
VETTISE, Dom	Vettise Psychology 131 Cobham Dr HAMILTON	vettisepsychology@gmail.com	027 424 7281	Ages 16 +. Main areas of focus, depression and anxiety, as well as sports performance.
VORSTER, Christine	100 Clarence St HAMILTON	christine@petamus.co.nz	07 853 2457	Individual therapy, family therapy, children and adolescents.
WOOD, Dr Miriam	Miriam Wood Psychology Cambridge & Zoom based www.miriamwoodpsychology.com www.cambridgespecialists.co.nz	miriam@miriamwoodpsychology.com	020 4126 0902 07 444 4600	Adults - Health Psychology: including pain and fatigue management and adjustment to physical health changes. Stress, anxiety, depression and grief. CBT and ACT focus.
Updated Feb 2026	Abbreviations:			Disclaimer:
	<i>ACT (Acceptance and commitment therapy)</i> <i>CBT (Cognitive behavioural therapy)</i> <i>EMDR (Eye movement desensitisation and reprocessing)</i> <i>GAD (Generalised anxiety disorder)</i> <i>OCD (Obsessive compulsive disorder)</i> <i>SFBT (Solution focused brief therapy)</i> <i>MI (Motivational interviewing)</i> <i>ISSC (ACC Sensitive Claims)</i> <i>IFS (Internal family systems therapy)</i>		<p><i>The information provided in this list is for general informational purposes only. It has been supplied by the psychologists listed and is published in good faith. The Psychology Centre makes no warranty or representation of any kind, express or implied, regarding the accuracy, reliability, suitability, adequacy, validity, availability or completeness of any of the information in the list. The Centre may change, delete, add to or otherwise amend the information without notice. The information is made available strictly on the basis that The Psychology Centre is not responsible or liable for loss or damage or other costs of any kind whether direct or indirect arising out of any use of or reliance, in part or in full, upon the contents for any purpose whatsoever.</i></p>	