

## *Appendix 9 Contact people/addresses of organisations involved in psychological therapy*

The following organisations listed may be contacted by a General Practitioner who is considering making a referral for psychological therapy. These people will be able to advise the GP of who are appropriate mental health workers in their region.

### **NZ College of Clinical Psychologists**

PO Box 16-033  
Wellington South  
Ph. 04 389 5605

### **NZ Association of Psychotherapists**

Regional Supervisor Co-ordinators

- Auckland Colleen Davison, 13 Elsted Place, Goodward Heights, Manukau, Auckland
- Wellington Margie Barr-Brown, 41 Roy St, Wellington 2
- Christchurch Charlotte Daellenbach, 8a Macmillan Ave, Christchurch
- Dunedin Marianne Quinn, Otago University, PO Box 56, Dunedin

**Note:** not all members of the following three organisations would be trained and competent to provide psychological therapy for people with depressive disorders.

### **NZ Psychological Society**

General Practitioners wishing to make a referral to a psychologist can either contact their local mental health centre/ psychiatric outpatient centre, or alternatively, contact the National Office of the New Zealand Psychological Society (NZPS)

The NZ Psychological Society  
PO Box 4092  
Wellington  
Ph. 04 801 5414

The NZPS has recently compiled a list of its members who are able to treat depression. GPs can get copies of this list by contacting the secretary at the National Office.

### **NZ Association of Social Workers**

The NZ Association of Social Workers does not have available listings of regional contact people. People wanting to make a referral to a social worker for psychological therapy for depression should contact their local mental health services for advice.

### **NZ Association of Counsellors**

The NZAC has a National Executive Officer who maintains an updated list of national office holders and regional chairpersons who can act as resource people for information about suitably trained counsellors who can offer psychological therapy. The address is:

Jim Shepherd  
National Executive Officer  
New Zealand Association of Counsellors  
PO Box 165  
Hamilton  
Ph. 07 847 8974