

## **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](mailto: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](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](mailto:office@northridge.org.au)

Web: [www.northridge.org.au/ministries/prayer](http://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](mailto:renew@dayspring.com.au)

Web: [www.dayspring.com.au/index.php/ministries/renew-prayer-ministry.html](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](mailto:info@edencounselling.com.au)

Web: [www.edencounselling.com.au](http://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](mailto:enquiry@solutionschatswood.com.au)

Web: [www.solutionschatswood.com.au](http://www.solutionschatswood.com.au)

### Christian Counsellors known to Ruach through personal recommendation

*Listed in alphabetical order*

#### **Susan Bennett**

*M.C.F.T., Grad. Dip. C. & F.T., B.Sc.(App), Adv. Dip. CSW*

Location: Eden Therapy Services, Balgowlah (see above)

Phone: 9907 0044

Email: [info@edencounselling.com.au](mailto:info@edencounselling.com.au)

Web: [www.edencounselling.com.au/content/susan-bennett](http://www.edencounselling.com.au/content/susan-bennett)

#### **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](mailto:info@edencounselling.com.au)  
Web: [www.edencounselling.com.au/content/rebecca-braid](http://www.edencounselling.com.au/content/rebecca-braid)

**Linda Lessing**

*GradDipArtTherapy. AdDipFamilyTherapy, ThA. Provisional clinical member CAPA.*

Individual & relationship therapist, art therapist.

Location: Manly  
Phone: 0417 298 585  
Email: [lindalessing@gmail.com](mailto: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](mailto: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](mailto:diane@solutionschatswood.com.au)  
Web: <http://www.solutionschatswood.com.au/practitioners.html>

## Finding a Christian Psychologist

### Local Practices that include Christian Psychologists

#### **Eden Therapy Services**

- Mathew Horne, Clinical Psychologist

The Practice is accredited for Victims Services, including Specialist accreditation, Medicare as well as private consultation.

Location: Office 1, 318 Sydney Road, Balgowlah

Phone: 9907 0044

Email: [info@edencounselling.com.au](mailto:info@edencounselling.com.au)

Web: [www.edencounselling.com.au](http://www.edencounselling.com.au)

#### **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](mailto:info@themindspace.com.au)

Web: [www.themindspace.com.au](http://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](mailto:enquiry@solutionschatswood.com.au)

Web: [www.solutionschatswood.com.au](http://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](mailto:admin@merrylandscounselling.com.au)

Web: <http://merrylandscounselling.com.au>

#### **Juanita Lowe**

*Child Psychologist*

Location: Gordon, Beecroft

Phone: 0412 880 665

Email: [juanitalowepsych@gmail.com](mailto: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](mailto:katemcmaughpsychology@gmail.com)

Web: [www.seaforthcounselling.com.au](http://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