

Counselling Service

Bernard Smith Counsellor NZAC

Bernard is an experienced qualified counsellor offering a professional counselling, mediation, facilitation and supervision service from offices in Richmond and Brightwater.

Contact details:

Ph: 542 3107

Mobile: 027 5423107

Email: bernard1759@gmail.com



Diploma in Applied Counselling with Psychotherapeutic Studies 2004
Full member New Zealand Association of Counsellors

Since completing my counselling qualification I have worked in private practice as well as in a range of social service organisations, working with individuals, couples and young people. I also have extensive facilitation experience and skills in working with groups.

I am able to offer counselling and mediation for couples, families or groups as well provide supervision for people working in a social service role or pastoral care capacity.

Having trained in a person-centred approach to counselling, which has as its core qualities: unconditional positive regard, empathy and congruence I utilise Solution Focused and Narrative frameworks in my work with clients. In practice this means I assist clients to understand their problems and then help them to create and implement their own solutions.

I am able to work with clients across a range of areas, including emotional and behavioural issues, relationship dynamics and life challenges or changes. I have significant experience and interest in working with men around the changing nature of the role of men in today's society and men in relationships.

As a practicing Christian I seek to draw on and express God's unconditional love, grace and healing presence while supporting clients on their journey, respecting both the uniqueness of each individual and the context in which they live.

I live in Brightwater and attend St Joseph's church in Wakefield; I have 2 sons, 1 living in Australia and one a teenager who lives at home with me. Between my work and 2 sons I enjoy the company of friends, reading, movies, tramping and the fellowship of the men at the Brightwater Anglican Church Cake Eaters group.

An important part of being an active Christian is serving the Christian community and the wider community. With the support of my church I am able to provide a professional counselling service to Christians in the Nelson and Tasman communities.

Please note - there is no charge for this service to the individual or the church that makes the referral, if clients wish they might make a donation to their church.