

# The Psychotherapists Board of Aotearoa New Zealand

*Te Poari o nga Kaihaumanu Hinengaro o Aotearoa*

## *Considering Psychotherapy?*

*A guide for clients and their families*

### **What is a psychotherapist?**

A psychotherapist is a registered health practitioner who helps clients understand and find effective ways to manage their moods, feelings, behaviours and habits, their mental/emotional health concerns and their relationships. Psychotherapists also assist people with understanding their personal histories and patterns, and to address their questions about self and life goals.

Clients may include children, adolescents, adults, couples, whanau/families, groups, and organisations.

A key element of psychotherapy is the therapeutic relationship between the psychotherapist and client. A psychotherapist will take into account the client's social, cultural, physical and spiritual well-being and how a client functions within their life context.

There are various types of psychotherapy, each with its own approach. All psychotherapy approaches are concerned with assisting the client in understanding themselves and their situation.

To find a psychotherapist you can search in the Yellow Pages, or the online public Register of the Psychotherapists Board of Aotearoa NZ (the Board) [www.pbanz.org.nz](http://www.pbanz.org.nz)

## **How are you protected?**

The Board is a statutory authority established under the Health Practitioners Competence Assurance Act 2003 (HPCAA). The purpose of the HPCAA is to protect the health and safety of the public by ensuring that practitioners are competent and fit to practise. The Board sets standards that registered psychotherapists are required to meet.

To legally practise as a psychotherapist, the practitioner must be registered with the Board and hold a current Annual Practising Certificate (APC).

Practising certificates should be displayed in a prominent position.

If a psychotherapist cannot show you their APC and you cannot locate their details on the Register, we recommend that you contact the Board's Registrar.

## **Code of Health and Disability Services Consumers Rights**

The Code sets out the rights you have as a health consumer. It applies to all health and disability support services in New Zealand, whether you have paid for them or they are free of charge. The purpose of the Code is to protect your rights as a health consumer and to help resolve any complaints you may have if you feel those rights have been breached.

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