



Re-centre

Corporate options for Kiwis
to live their best lives

Re-centre Service Overview

Re-centre is a private mental health clinic based in Parnell, Auckland. The team is made up of psychiatrists, clinical psychologists and clinical nurse specialists.

Through our professional private healthcare services, we can work collaboratively with organisations to build a comprehensive suite of mental health services which are tailored to meet the needs of your people, supporting you to promote mental health in the workplace and for your people to live their best lives.

Some of our services include

1:1 Personal therapy

Engaging in one-to-one personal therapy with one of our clinical psychologists is an opportunity to explore feelings, experiences and behaviours in a secure professional relationship. Providing a more specialist service than a traditional EAP, this service uses evidence based talking therapy approaches for a number of presentations.

Neurostimulation TMS Therapy

Transcranial Magnetic Stimulation (TMS) is a simple, painless, and effective treatment for depression. Currently used to treat thousands of people worldwide, TMS can also be used to treat people who are experiencing anxiety states, obsessive-compulsive disorder (OCD), substance withdrawal, chronic pain, and post-traumatic stress disorder (PTSD).

Substance and behavioural addiction

Addressing substance and behavioural addictions can be very difficult. At Re-centre we have a highly experienced specialist who provides a variety of services such as one-to-one therapy and courses which focuses on learning, relapse prevention and lifestyle management strategies, whilst exploring issues at the root of the addictive behaviour.

Courses, webinars, and workshops

Groups are a collaborative way to develop an individual's resilience to particular mental health issues. Our specialists and clinical psychologists expertly facilitate a variety of evidence-based courses and workshops that are available in clinic for small groups, whilst the webinars are available online for a much larger number of people. Participants will learn skills to manage their own mental health.

Workshops

Our workshops are all stand-alone and are all two-hours in length. Workshops can be open or closed to specific organisations. Our two-hour workshops topics include:

- Understanding Burnout
- Building Resilience
- Re-focus Mindfully
- Quit Smoking
- Sleep Strategies
- Navigating Grief and Loss

Courses

Our courses are longer programmes. Between six to 12 weeks with weekly two-hour sessions, the courses are an economical treatment option and are known to deliver significant benefits. Our courses are:

- Re-think Your Anxiety
- Re-vitalise Your Mood
- Re-cover From Addictions
- Treat Your Insomnia
- Re-ACT For Young People



We are a passionate and caring team offering private mental health services to the Auckland region.



Our services include a variety of traditional and innovative options and treatments.



Our range of services ensures we can find what works best for each person.

Webinars

Re-centre have developed a suite of webinars suitable for organisations. These are all 30-minute stand alone sessions. The suite of webinars is designed to support the mental health of all Kiwis and consists of teaching psychologically based skills in each short session.

Topics:

- Time management
- Burnout
- Mindfulness
- Values
- Empathy
- Cognitions
- Assertiveness
- Understanding stress
- Diffusion techniques
- Acceptance
- Sleep strategies

Recommendations

At Re-centre, we have found that providing whole of team workshops plus the individual one-to-one psychological therapy is a good wrap around mental health support for most organisations. Pricing is all on our website and we welcome the opportunity to discuss a package fee. At Re-centre, we have found that providing whole of team workshops plus the individual one-to-one psychological therapy is a good wrap around mental health support for most organisations. Pricing is all on our website and we welcome the opportunity to discuss a package fee.

We welcome you to contact us and book a time to further discuss the opportunities we can provide your organisation.

Contact

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