

## Talking Matters. For You. For Me. For Us.

So let's talk...

If you are reading this, chances are you're looking to make a change. Congratulations on taking the first step. Sometimes it is hard to even know what needs to change, we just know that something is not right.

**Talking Matters** is a small counselling practice based in Central Auckland. We specialise in short-term counselling and longer-term therapy to support and enhance client wellness. Throughout the therapeutic relationship, I assist my clients to navigate the often difficult path of identifying and initiating change in their lives.

Counselling provides a safe therapeutic space for clients to explore the way they function in interpersonal relationships and how their interpersonal experiences affect their thoughts and feelings.

Talking Matters.

## Funded health & wellbeing support for business owners & leaders: First Steps

Offer for business owners, leaders and managers. Auckland businesses have been hit hard by Covid-19. Support may be needed to overcome this challenging situation. Every conversation can make a difference. That difference may be subtle or life-changing and to be able to find some stability again.

We offer one to one 60 minute counselling sessions with your personal counsellor to navigate through the impact of Covid.

We offer a 30-minute phone chat session to start the conversation and get to know who you are and the challenges you are/have experienced.

Counselling sessions cost \$120.00 per hour and this can be funded through First Steps. [www.firststeps.co.nz](http://www.firststeps.co.nz). We can assist you with this process.

[mark.mcgoram@talkingmatters.co.nz](mailto:mark.mcgoram@talkingmatters.co.nz) or call 021 747 567

## Talking Matters.

### My Approach.

I believe that talking does matter. I believe that talking within a therapeutic relationship offers opportunities for a new understanding of ourselves and access to experiences that can be talked about confidentially in a safe space.

I offer an accepting, curious, and non-judgemental environment.

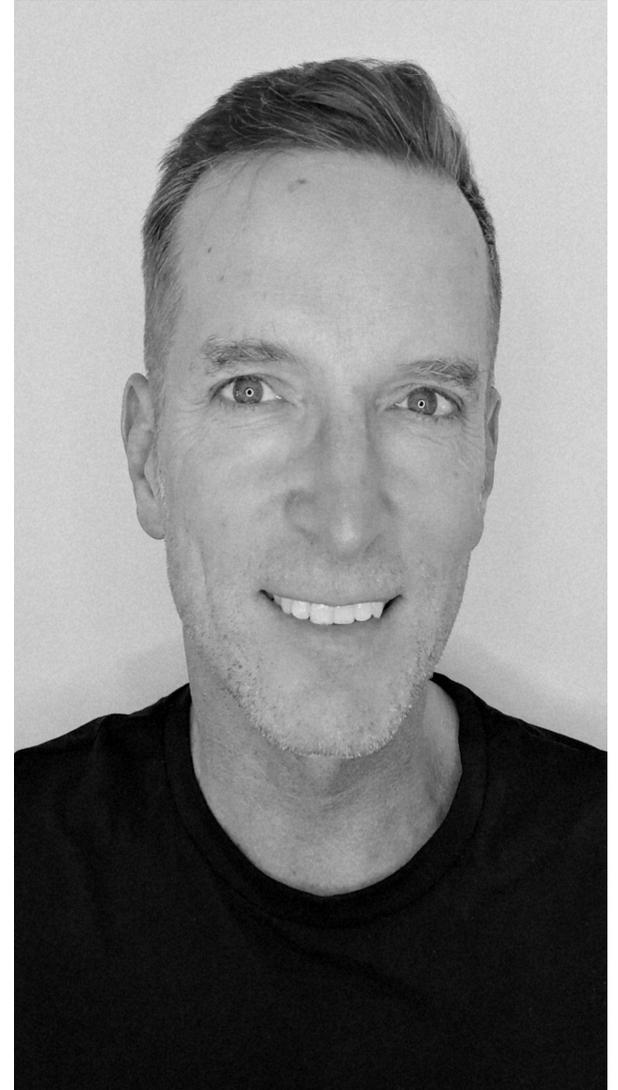
I believe the goal of talking therapy is to facilitate self-exploration for my clients in an attempt to heal and make sense of difficult situations, emotional states and relationships.

I feel strongly connected to a humanistic approach to counselling where the therapeutic relationship is client-centred, where I can sit alongside my client and be present. Each individual is uniquely different, so I draw from a variety of methods to suit their counselling needs. Working from a person-centred foundation I utilise the following:

- Acceptance and Commitment Therapy (ACT)
- Cognitive Behaviour Therapy (CBT)
- Transactional Analysis
- Narrative Therapy
- Psychodynamic Therapy
- Mindfulness

## Talking Matters. About Me.

As a gay man who has been out and proud for the last 30 years, I feel I have a history and depth of experience to understand the different challenges faced by LGBTGI+ people, as well as other societal minorities groups. I believe in supporting all people who have experienced forms of exploitation by a patriarchal lead society that operates with limiting cultural and gender stereotypes. I feel strongly about supporting the empowerment of women and working with female clients in ways that strengthen them in areas of communication, relationships and self-esteem. It is my desire to create an environment of care and support for male clients who struggle with the notion that they too can express their own vulnerability, sensitivity, and empathy. For the past three years, I have been working with LGBTQI clients and people living with HIV, who struggle with issues of identity, coming out, isolation, shame and stigma. I wish to create an environment of trust, openness and mutual respect that promotes and encourages success and a positive outcome in the lives of my clients. As a Provisional Member of the NZ Association of Counsellors (NZAC), I have ongoing supervision and training for my work and I adhere to and uphold the NZAC Code of Ethics.



# Talking Matters. Counselling Services.

I am experienced in treating a wide range of psychological issues including:

- gender/sexual identity
- relationship issues
- grief & loss
- isolation & loneliness
- life transitions
- depression & anxiety
- experience of trauma
- lack of intimacy
- masculinity
- sexuality
- shame & stigma

## 1:1 Sessions

### DESCRIPTION

My practice is intentionally flexible. Some people find a standard weekly session useful. For others, a long series of sessions, less often, is best. We can discuss this together. I am open to the fluidity of change. I will work with your needs and offer my advice on how we can work together.

### RATE

1:1 fees are based on a sliding scale of \$100 – \$130 per session, depending on your financial situation.

Please allow for one hour per session unless we decide otherwise.

Talking Matters.

## Contact Me.

I offer counselling from rooms in Parnell, Auckland central.

I also offer online counselling, via video call.

For more information, or to make an appointment, email me at: [mark.mcgoram@talkingmatters.co.nz](mailto:mark.mcgoram@talkingmatters.co.nz)  
or call 021 747 567

### BOOK AN APPOINTMENT

For an appointment please fill out the booking form.

Name\*

Email\*

Subject\*

Message\*

### SEND ENQUIRY

