

Zahra Howell - Psychologist

I am a New Zealand registered counselling psychologist, providing therapy for adults in Mount Eden, at Practice 92. I provide therapy for individuals dealing with a wide range of challenges and concerns such as feeling low/depressed, self-esteem/self-confidence difficulties, stress or burnout, anxiety, fear and worry, trauma, difficulties with relationships, managing emotions, sleep issues, life transitions and adjustments and other difficulties. I believe everyone is unique and I tailor the way I work to each client and their specific needs and situations.



My aim is to help you improve your awareness, insight, skills and knowledge to manage your challenges and difficult thoughts and feelings and go towards a rich and meaningful life. Providing a safe, non-judgmental and inclusive space is a priority and I work from a client-centered perspective, making sure that you feel heard, understood and respected.

The therapy I offer is holistic and draws on a wide range of evidence-based methods including Mindfulness, Acceptance and Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT), trauma informed therapies and Eye Movement Desensitization and Reprocessing (EMDR).

Areas of expertise:

- Adults 18+ individuals only
- Stress
- Depression
- Anxiety/Worry
- Self Esteem
- Sleep Issues
- Trauma
- Work burnout
- Life transitions/Adjustment
- Communication and relationships
- ACC Registered

Methodology

- ACT Acceptance and Commitment therapy
- CBT Cognitive Behavioural therapy
- EMDR Eye Movement Desensitisation and Reprocessing