



**Morgan Brooks**  
**Addictions Therapist/Life Coach/Supervisor**

*Morgan's Therapy 4 U*  
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**Qualifications/Experience**

I am a registered AOD (alcohol and other drug) clinician and supervisor with DAPAANZ (Drug and Alcohol practitioners association Aotearoa New Zealand). I have a Master of Arts in Psychology as well as a post graduate certificate in addictions. I have worked in area of mental health and addiction for over 15 years.

**Areas of special interest**

Supporting people with all aspects/levels of addictive behaviours, as well as those effected by someone else's substance use/addictive behaviours, low mood/depression, anxiety, self-esteem, relationship difficulties, gender diversity, sexuality, sexual identity, emotional dysregulation, neurodiversity, supporting change, personal development/growth, and lifestyle balance.

**Supervision**

I have been a supervisor with DAPAANZ since 2020. I am passionate about supporting other therapists to provide exemplar therapeutic interventions for the clients that they work with. Furthermore, I love supporting people to be the best possible therapist they can be, ultimately supporting the growth and efficacy of this industry. I tend to practise within the reflective model of supervision as I find this generally is the most effective supervision model. I am open to working with fully and provisionally registered therapists.

**Client types**

Young people/Adolescence and Adults

**Therapy type and services**

The therapeutic modalities I use are an eclectic blend (Motivational Interviewing, Harm reduction/relapse prevention, Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Acceptance Commitment Therapy, Trauma informed and Solution Focused approaches) depending on your presenting needs.

I primarily provide individual one on one therapy, in person or via video conferencing (zoom). Also facilitate workshops and groups from time to time.

Appointments are generally limited to evenings and Saturdays for now.

**I am happy to take referrals via email ([morgans.therapy4u@gmail.com](mailto:morgans.therapy4u@gmail.com)) or phone 02108531582.**