

## Psychotherapy at Wainui School

Therapy at Wainui School is available for all students. Hannah practices with a psychodynamic approach, incorporating a different number of therapeutic modalities in her work, including art and play therapy, DBT, and CBT. Hannah has specialized training in suicide prevention, grief, and trauma. She is also able to support with issues relating to anxiety, mood issues such as depression, loss, change, and relationship difficulties, such as peer issues. Please note, that some children will require specialist support outside the scope of Hannah's practice, therefore external support may be advised. The number of sessions cannot be suggested and will be advised on a case-by-case basis.

Due to funding restrictions, some students will be seen at cost. At your discretion, please inform Hannah as to whether you can pay for sessions, at a rate of \$80 per session. Funding is available via WINZ, Victim Support, and Aoake Te Ra, for those who meet the criteria. Please note, that there is often a waitlist for sessions.

Upon requesting therapy for your child, you will be contacted to arrange an initial interview. This allows Hannah the opportunity to gather helpful information that will inform the therapy. The initial interview will be at no cost, however all additional caregiver sessions will be at the \$80 rate.

Hannah feels privileged to be part of the amazing community at Wainui School and hopes her work with the students will create a ripple effect, supporting the overall well-being of the school and student body.

To inquire about appointments please contact [hlongley@wainui.school.nz](mailto:hlongley@wainui.school.nz)

This email is for appointment inquiries only, and no therapeutic support will be offered via email.