



# East Auckland Psychology

Enquiries: [info@eastaucklandpsychology.co.nz](mailto:info@eastaucklandpsychology.co.nz)

Penny Kokot Louw  
021 141 9276

Willem Louw  
021 138 7602

Annie Mordaunt  
021 039 6702

## What We Offer

We consult with adults and adolescents experiencing a wide range of difficulties such as:

- Depression
- Anxiety and stress
- Trauma, grief, loss
- Work or relationship issues
- Psychiatric or medical conditions
- Coping or adjustment difficulties

Our clinical psychologists are highly trained with many years of experience; but above all we value working in a compassionate and collaborative way to promote wellbeing, insight and positive behaviour change.

## How Psychological Therapy Works

Therapy is an intentional interpersonal relationship used by trained practitioners to aid people in addressing mental or emotional difficulties. Psychologists employ a range of evidence-based techniques based on a warm therapeutic relationship, communication and behaviour change. Techniques are designed to improve the wellbeing or relationships of clients and facilitate change leading to symptom reduction, improved functioning, and personality growth.

## Consultations

Currently, the following services are available:

Pakuranga Medical Centre: Tuesday afternoons, Saturday mornings

Highland Park Medical Centre: Thursday afternoons

## Fees

\$150 (inclusive) per 50-minute session. EFTPOS facilities are available.

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Highland Park Medical Centre  
14 Highland Park Drive

Pakuranga Medical Centre  
17 William Roberts Drive

# About Us

## **Penny Kokot Louw, Clinical Psychologist**



MA (Clin Psy)(Unisa) MNZCCP

Penny has experience working in private practice, educational, academic and mental health settings. She specialises in working with adults and adolescents, families, and couples with a wide range of difficulties and draws strongly on solution-focused, cognitive-behavioural, positive psychology and systemic approaches. She also offers professional supervision to mental health professionals.

## **Willem Louw, Clinical Psychologist**



BA (Human Movement Sci), HED, MA (Clin Psy)(Unisa)

Willem has extensive experience working in mental health, forensic and academic settings. He consults with adults and adolescents with a wide range of difficulties. He has a particular interest in depression and anxiety disorders (such as panic, phobias, OCD and PTSD) using CBT, systemic and solution-focused techniques. He also integrates mindfulness and Buddhist principles into his therapeutic work.

## **Anneline Mordaunt, Clinical Psychologist**



MA (Clin Psy)(UJ) NZPsS

Annie has experience working in mental health and private practice, using cognitive-behavioural therapy (CBT), dialectical behavioural therapy (DBT), systemic therapy, mindfulness, psychodynamic and existential therapy. She has an interest in working with couples and adults with anxiety, depression, life stage and adjustment difficulties, grief and loss. Annie is also qualified to offer Christian-based counselling.

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