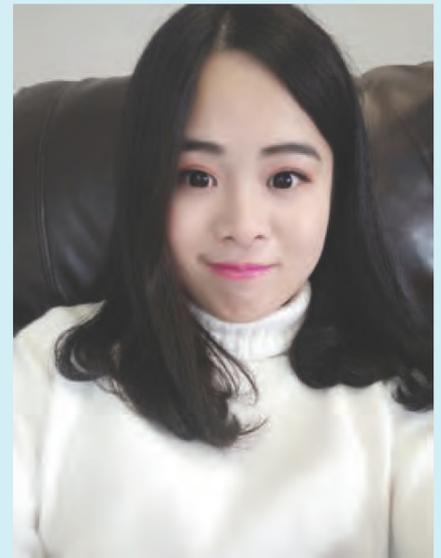




Free Counselling Service in Mandarin or English

Conversation with Linglin Shi 施玲琳

*Practicum Counsellor
in the Master of Counselling programme
University of Waikato*



My name is Linglin Shi. I'm from Yiwu, Zhejiang province, China. I used to be a medical doctor in a local public hospital in Yiwu, China. I trained as a doctor for 5 years and worked as a physician for 5 years.

I decided to change my career into counselling because I realized that it's also important to nourishing people's spirit instead of just curing people's body. The counselling program offered by University of Waikato is based on narrative therapy. There is a motto in narrative therapy says, "The person is not the problem, the problem is the problem". It resonates with my value. Then I started my master's degree in University of Waikato for my learning to be a counsellor.

I can offer counselling sessions in English and Chinese. Please feel free to contact me.

Contact Diversity Counselling
New Zealand for Linglin's
counselling Service

Phone: 021 0262 5587
Email: contact@dcnz.net

What to expect when you come to meet with me?

At our first meeting, I will be interested in getting to know you a little and we can talk about the things that concern you and what dreams and hopes you have for your future.

My hope is that I can further help you find some ideas or directions that fit with you.

Who else will know about my counselling?

As part of my practice, I will talk with supervisors about my counselling in order to provide you with the best possible service. I may discuss what you say with my supervisor Gayle Chell, who is a member of NZ Association of Counselling. In situations where there are concerns about safety, I will be guided by my supervisor and consult the counselling staff at DCNZ in taking any necessary actions.

Since I am student, I will discuss my counselling work with my lecturers and colleagues in the programme. I shall also from time to time write about my counselling work so that my supervisors can see whether my work is of a good standard. I will do so in a way that protects your privacy. I will report back to you any thoughts or suggestions I receive from others that may be of use to you. However, if for any reason you have any concerns about this process and do not want me to do this, please discuss this with me. Please tell me if you have any questions or concerns.

Will you be taping the sessions or taping notes?

It is part of my practice and learning to make recordings of my counselling sessions from time to time so that I can review

my work, at times I shall show this to my supervisors or teachers. I will ask for written permission. Such recordings will be treated with care for confidentiality and your privacy. These recordings will be erased after their purpose has been fulfilled. You are free not to agree to this, and you can ask me to stop recording at any time if you wish without this having an effect on the counselling.

The notes I write down from my conversations with you are available for you to see. If I make a recording, we can listen to it together if you wish.

What about confidentiality?

The service I provide will be confidential. However, according to NZAC Code of Ethics, confidentiality has its limitations when there is risk of serious harm to you or others, I will consult my supervisor and counselling staff at DCNZ.

What can you do if you experience some difficulties in counselling session?

If you experience some difficulties with my way of counselling, please let me know. We can discuss it or I can refer you to another counsellor.

If you have questions about my practice, please speak to me, or Kou Kunishige.

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