



 Re-centre

Proven mind
health pathways

Expert psychological medicine, as a partnership with your General Practice

Re-centre is an innovative private psychological medicine clinic in central Auckland, presenting comprehensive assessment, diagnostic reporting, and personalised care.

Re-centre provides expert-facilitated Courses (group programmes) and 1:1 personal therapies to clients and their carers. Proven clinical treatment options and supportive therapies, from novel evidence bases in medication to TMS neuro-stimulation, are available now.

Our services include the following specialist areas:

Anxiety disorders

Mood and affective disorders

Substance use and behavioural dependencies

Trauma and stress – coping and managing

ACC-affiliated services

Child and adolescent development

Older age care

Psychotic disorders

Neurodevelopmental disorders

Brain injury

Medico-legal reporting

We are currently building further specialty services. Please see our website for the latest information.

Taking care pathways

Expert consultation and assessments

Trusted and professional care commences with an initial Re-centre specialist psychiatrist or psychologist consultation, establishing all the clinical services found at Re-centre. From a better understanding of that person's needs and wishes, their personal choices around care options and treatment decisions are shared and supported.

Courses

Courses provide collaborative pathways to your patient's emotional objectives. Recommended by our psychiatrist and specialist team, these Cognitive-Behavioural Therapy (CBT)-informed courses are co-facilitated by clinical psychologists. Courses vary between two hour workshops, to half- or whole-day programmes over two to several weeks.

1:1 personal therapy

Engaging in one-on-one personal therapy with a Re-centre psychiatrist, psychologist or clinical nurse specialist is an opportunity for people to explore their feelings, clarify experiences and understand behaviour, within a secure professional relationship. An array of therapy modalities, durations and practitioner choices are available.

Neurostimulation TMS therapy

Transcranial Magnetic Stimulation (TMS) is a simple, painless and effective treatment for depression currently used to treat thousands of people worldwide. It may also be used in anxiety states, obsessive-compulsive disorder (OCD), substance withdrawal, chronic pain and post-traumatic stress disorder (PTSD).

Complementary therapies

Alongside conventional services, Re-centre offers additional physical and behavioural lifestyle therapies: dietary therapeutics, yoga practice, mindfulness-informed meditation, sensory modulation, and art therapy. These form part of our Courses, or may be added to individual therapy plans.

Our Specialists

Re-centre specialists are qualified professionals in the disciplines of psychiatric medicine, psychology, nursing practice and the psychotherapies. Their conventional skills and expertise are accredited in professional body-membership, and enhanced across broad sub-specialty interests.

Our Specialists

Find out more at
re-centre.co.nz/specialists



Dr Zelda Strydom
Medical Doctor

MBChB 1997

Dr Zelda Strydom is a medical doctor who offers assessments and provides treatment options for patients struggling with their use of opioids, benzodiazepines, alcohol and other substances, providing assessments to patients with chronic pain and managing their opioid use.



Dr Campbell Emmerton
Consultant Psychiatrist

FRANZCP 2009, MBChB (Otago) 1992

Dr Campbell Emmerton offers care in the field of adult psychiatry and has broad experience treating anxiety states, mood and psychosis, psychosomatic conditions, trauma, dependency states and neurodevelopmental brain disorders.



Dr Jasminka Milosevic
Consultant Psychiatrist

FRANZCP, Certificate in Adult Psychiatry 2015, Doctor of Medicine (Zagreb, Croatia) 1989, PG Cert in Health Sci (Child mental health) (Otago) 1999, Dip Art (Psychology) (Massey) 2001, PG Dip in CBT (Massey) 2016

Dr Jasminka Milosevic is a locally trained psychiatrist who offers expert care in the field of adult psychiatry. Jasminka has a keen interest in perinatal and women's mental health, mood disorders (anxiety, depression and bipolar disorder), psychosis, transcultural psychiatry, trauma and resilience building.



Dr Jannes Bornman
Consultant Psychiatrist

FRANZCP

Dr Jannes Bornman is an experienced adult psychiatrist with a particular interest in evolutionary psychiatry and psychology as an explanatory model for mental health difficulties. Jannes is also interested in neuropsychiatry and recovery-oriented practices.

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Dr David Tan
Consultant Psychiatrist

MBChB, FRACP (Paediatrics and Child Health), RANZCP (Cert. Child Adol. Psych.)

Dr David Tan is a child and adolescent psychiatrist and paediatrician. With an extensive understanding of the paediatric and mental health issues of children and young people, David's interests include the assessment of neurodevelopmental disorders including the assessment for Autistic Spectrum Disorder, and assessment and treatment for ADHD, as well as mood and anxiety disorders.



Avril Scott
Clinical Nurse Specialist

Diploma of Nursing, Bachelor of Nursing, BSc (Hons) Evidence-based approaches in severe mental illness.

Avril Scott has over 20 years of experience working as a mental health nurse, both in the UK and New Zealand. Avril has worked in in-patient and community-based facilities with clients of all ages, experiencing a range of mental health challenges. She has additional qualifications in treatment of adults and children with trauma (EMDR) and with depression and anxiety using CBT.



Jessica Hardley
Senior Clinical Psychologist

BA, BSc(Hons), MSc, PgDipClinPsych

Jessica Hardley is an experienced Clinical Psychologist who has worked with children, adolescents and adults. Responsible for running group and individual therapy sessions, Jessica has specialist experience in anxiety, depression, self-harm, PTSD, OCD, stressful life events, self-worth, and developing self-identity.



Kahn Higgs
Consultant Clinical Psychologist

Bachelor of Psychology (NWU – South Africa), Master of Social Science in Clinical Psychology (NWU – South Africa)

Kahn Higgs specialises in working with children, adolescents and adults who might find coping with everyday life challenging with a focus on depression, anxiety, loss & grief, relationships and adjustment.

How to refer to Re-centre

You can refer patients through *Healthlink* and *Specialists & Referrals* systems. Further referral options can be found on our website, or contact us to discuss.

For prompt response to enquiries, our clinical staff are available during work hours to talk with you directly.

Contact us on our GP Hotline:

0800 854 905

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Parnell, Auckland 1010
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