

Keryn is a qualified Social Worker and Teacher with specialist training in the Te Tumu Waiora primary mental health model. Her professional journey includes extensive experience as a Health Social Work Team Leader, including supporting students, leading the Hospital Social Work Emergency Response Team and working with individuals managing addiction, grief & loss and mental health challenges.

The role of a Health Improvement Practitioner (HIP) focuses on help and support towards behavioral change when stress/ life problems start to impact on health and well-being. Keryn uses Focused Acceptance and Commitment Therapy to assist individuals in dealing with concerns and facilitates meaningful change.

As part of the General Practice team, Keryn is accessible to people of all ages and life stages. Collaboratively a plan will be developed aligning with personal values and goals.

The HIP consultation takes 30minutes and follow up appointments can be made. There is no cost to the patient for the HIP service. The role is designed to provide support and guidance for individuals seeking improvement in their overall health and well-being.

When not at work, Keryn enjoys spending time with family, relaxing with a good book and enjoying the country life.

Keryn's work schedule is Monday, Wednesday and Friday from 8.30am to 5.00pm