

Embodied Self-care One Day Retreat (General Group)

About this Group

This is a general group to support the development of resiliency, post-traumatic growth, connection, healing and well-being of all participants.

A range of self-care practises will be offered through experientials that support participants to have a somatic based 'felt sense' of the practise within their bodies and not just a learning of information in their minds of 'how to do' the mindfulness, meditation or other activity. An 'embodied' experience allows the participant to connect or re-connect with themselves, their inner landscape and their inner wisdoms in a way that nourishes and strengthens integration of SELF. Trauma can disrupt this connection to self, fracturing one's sense of safety internally in the body and externally in the world. Experiencing how to care for the SELF in ways that feel authentic, safe and deeply nourishing is a vital part of the healing journey.

This workshop/retreat is open to clients who are currently supported by ACC ISSC and are in the Wellbeing stage of their therapy and they meet safety criteria. The workshop/retreat will run over one day for a total of 6 hours with a maximum of 10 participants.

The day will be interactive, bringing together evidence-based modalities including mindfulness, meditation, trauma sensitive yoga & movement, creative, arts and nature therapies.

No previous meditation or yoga experience necessary.

What to bring

Clients are to bring their own lunch. Afternoon tea provided.

Hours to Request

- 1 hour – SCGT2 - In-person triage for Group-based Therapy
- 8 hours – SCGW - Group-based Therapy in-person sessions

Please advise admin@southcoastpsychology.co.nz if you are requesting hours so we can hold your client on a waitlist.

World Health Organisation Guidelines

WHO Guideline on self-care interventions for health and well-being declares that "self-care interventions, if situated in an environment that is safe and supportive, are an opportunity to help in increase people's active participation in their own health".

Engaging with and expanding the range of self-care practises, participants will gain competence and confidence potentially increasing self-esteem and capacity for personal development. With the focus on wellness, sharing these experiences within a safe and confidential group can aid towards reducing shame from past trauma experiences, and help participants to update and define present and future goals for wellness.

Counselling NZ Self-Care Retreats are informed by Integrated Trauma Focused Therapy (Briere), Trauma-Informed Yoga (TCTSY), Arts Therapy (McNiff, Malchiodi), Dialectical Behavioural Therapy (Linehan), Mindfulness Based Stress Reduction (Kabat-Zinn), Acceptance and Commitment Therapy (Hayes), with cultural inclusion of Tikanga Māori (Durie).

Retreat Information

Location:

- 40 Inniscort Street, McNaulty House
Cromwell, Central Otago

Dates:

- May 20
- June 17
- June 24
- July 22

Times:

- 10:15 am – 4:15 pm

For further information please contact:

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