

Moving to Heal

A Seven-Week Dance and Movement Therapy Group for Sensitive Claims Clients

Whanganui, 29th April - 17th June 2025




Facilitated by

Julie Crocker (**Dance / Movement and Mindful / Somatic Therapist**)

&

Zoe Deverick (**Clinical Psychologist**)



Join Us for a Journey of Healing, Empowerment, and Connection

Are you seeking a holistic approach to healing from trauma that supports traditional talk therapy? Our upcoming seven-week **Dance Movement Therapy (DMT)** program offers a unique, supportive environment where you can:

- Explore self-expression through movement
- Deepen your body awareness
- Connect with others on a similar journey


This program is designed for women with **approved ACC SCS claims** who are ready to commit to a transformative experience.

Why Movement Therapy?

Trauma can leave lasting impacts on the body and psyche, disrupting emotional responses and everyday functioning. Research highlights how trauma affects the nervous system, often leading to symptoms such as dissociation, disconnection, and heightened stress responses.

Dance Movement Therapy (DMT) and **mindful somatic therapy** use creative movement to help individuals re-inhabit their bodies, engage with emotions, and develop new, healthy mind-body connections. This approach can complement and enhance traditional verbal therapies, offering additional support for those seeking a holistic healing experience.

Practices will include:

- Gentle restorative movement
 - Somatic awareness
 - Mindfulness
 - Journaling
 - Art expression
 - Other embodied self-care practices
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Program Structure

- 📍 Whanganui
 - 🕒 9:30-11:00 AM (Tuesdays), 29th April - 17th June
 - 📍 Quaker Friends Meeting House, Whanganui
 - 👤 Female-only group
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Who Can Participate?

- ✅ Women aged 18+ with an **approved ACC SCS claim** and a **current therapist**
 - ✅ Participants can enroll by **contacting the organizers** or **discussing it with their therapist**
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Participant Commitment

To ensure optimal benefit, participants are encouraged to **commit to attending all sessions**. This commitment supports practice integration and fosters a cohesive, supportive group environment.

Safety and Support

We prioritize the physical, emotional, and cultural safety of all participants through:

- **Pre-group screening interviews** to address individual needs
- Inclusion of **karakia, manaakitanga, and whakawhanaungatanga** in group kaupapa
- **Clear guidelines and boundaries** for participation
- **Trauma-informed care principles**
- **Two qualified facilitators** to provide support and ensure a safe environment
- **Accessible, comfortable venue** with first aid facilities

Meet the Facilitators



Julie Crocker

Julie (she/her) is a registered **Dance / Movement and Mindful / Somatic Therapist** based in Whanganui, running her business **Radiance DMT** part-time. With a passionate, enthusiastic, and caring approach, Julie supports people in moving through emotions often inaccessible through talking therapies alone. She brings **calm, lightness, and creativity** to the process, believing deeply in the transformative power of healing group work.

Meet the Facilitators



Zoe Deverick

Zoe (she/her) is a **clinical psychologist** with extensive experience supporting ACC sensitive claims clients. She brings **warmth, authenticity**, and a deep commitment to creating a **safe and affirming** space for healing. With an evidence-based yet creative approach, Zoe is dedicated to cultivating **connection, self-discovery, and growth**, believing in the profound impact of creativity and relational work in the healing process.

Process for Lead Providers

1. Purchase Order Request

To arrange approval for a client to attend the group, contact the client's recovery partner **as soon as possible**, as it can take up to **3 weeks** for ACC to approve applications. Provide a rationale and request approval for the following codes:

- **SCSGTT x1**
- **SCSGT x 16 – Whanganui: DMT**
- **Timeframes:** 01/04/2025 - 01/07/2025
- **Vendor ID:** VAH127 (The Nelson Clinic)

Example Rationale:

"We request approval for this client to attend a group course run by the Nelson Clinic (VAH127), commencing on **DATE**.

The aim is to provide the client with additional skills in managing **PTSD and depressive symptoms** and foster safe **social connection** to address **current isolation**. This treatment aligns well with their goals outlined in their **wellbeing plan**."



Deadline for Term 2 Purchase Orders: 25/04/2025



Please copy us into your ACC PO request: groups@nelsonclinic.nz

2. Registration

Once **The Nelson Clinic** receives the Purchase Order from **ACC**, we will contact you to register your client and provide next steps.

3. Triage

Once we receive your **registration form**, a facilitator will **contact your client** to provide more information and assess any needs before starting the group. You will be kept informed of any decisions relating to your client.

For more information or to register, please contact:

✉ **Julie Crocker** - julie.radiancedmt@gmail.com

✉ **Zoe Deverick** - zoedeverickpsychologist@gmail.com

We look forward to supporting your journey!