



***Welcome to this ACC funded group therapy programme
Trauma Bonding & Processing
with the support of Ta Moko Services***

We are excited for you to join us on this group programme. Underpinned with learnings from Dialectical Behaviour Therapy (DBT), Cognitive Behavioural Therapy (CBT), and Somatic Therapy, this group is for those experiencing anxiety, depression, isolation and/or grief.

**3, 10, 17 May 2025, 9am – 4pm every Saturday for 3 weeks
St Heliers Community Centre, 100 St Heliers Bay Road, Auckland**

Your programme facilitators are...

**Fiona King, an ACC registered Counsellor and
Tracey Swanberg, an ACC registered Social Worker**

This group programme for women incorporates bonding / trauma / education / trust, through connection and processing. Each group session will follow a set structure including:-

- Setting the tone - creating a safe environment in a group setting
- Education and experience in Somatic exercises / Vagus nerve stimulation
- Anger management
- Boundary setting / consent
- Coping mechanisms
- Identifying triggers and de-escalation of triggers
- Shared stories to deepen trust within our group
- Education on self-compassion and its everyday applications
- Close of group – checking in to ensure you are feeling safe and well supported

Wear comfy clothes, bring a drink bottle and your lunch.

Please speak with your ACC therapist to discuss whether you are eligible to join this ACC funded group.

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