

CALMING AN ANXIOUS MIND

MY BODY MY BALANCE

Retreat

We warmly invite you to our upcoming 2-day retreat, Calming an Anxious Mind. Through restorative movement, expressive art-making and guided relaxation processes, you'll discover new paths to well-being.

TERM 4 2025

18-19 Oct, Nelson (all genders)

1-2 Nov, Auckland (female only)

15-16 Nov, Wellington (female only)

13-14 Dec, Auckland (all genders)

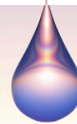
FACILITATED BY



Jade Ferriere



Hester Phillips



IS THIS RETREAT FOR YOU?

This retreat is designed for people who have experienced trauma and are living with symptoms of overwhelm in their daily lives (who have a current SCS Claim). If you're looking for tools and support to manage these symptoms, understand more about trauma, and feel empowered in your healing journey, this group is for you. Calming an Anxious Mind Retreat is designed to be a compassionate space to explore self-care, manage stress, and develop practical tools for emotional balance.

BENEFITS:

- Learn practical tools to calm an anxious mind.
- Develop self-soothing and compassionate habits.
- Overcome obstacles to self-care in a supportive space.
- Reconnect with your body in a gentle way.
- Improve your ability to stay present with difficult emotions.
- Gain techniques for managing stress and anxiety.
- Restore balance between your body and mind.
- Feel more in control of your choices and less isolated.

WHAT TO EXPECT

Trauma-Sensitive Restorative Movement: Gentle, mindful movement practices to help reconnect with your body and calm your nervous system.

Guided Relaxation: Techniques to promote deep relaxation and ease tension.

Arts Therapy, Journaling and Reflection: Reflective creative exercises to enhance self-awareness and compassion. (No artistic skills required)

Embodied Learning: Practical exercises to understand and respond to your autonomic nervous system.

Whether you're new to these practices or looking to deepen your understanding, this retreat is accessible and supportive every "body" is warmly welcome. Move at your own pace, in a nurturing environment.

TO REGISTER:

Please speak with your ACC Lead Provider and ask them to help you fill in the Client Consent & Registration form.

If you have any questions please reach out to us hester.phillips@nelsonclinic.nz

PROCESS FOR LEAD PROVIDERS

1. Purchase Order Request

To arrange approval for a client to attend the group, please contact the client's recovery partner as soon as possible. You will need to provide a rationale and request the following codes be approved:

SCSGT x 1

SCSGT x 16

CAM Retreat Nelson/Wellington/Auckland

Time frames: 02/05/25 - 26/06/25

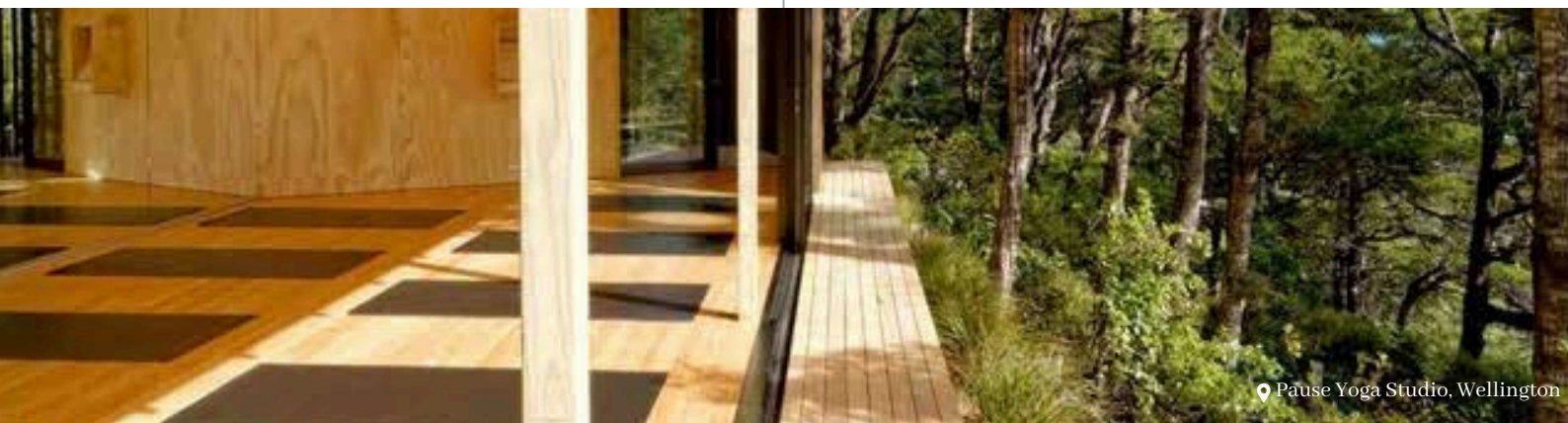
Vendor ID: VAH127 (The Nelson Clinic)

2. Registration

When The Nelson Clinic receives the Purchase Order from ACC we will be in contact to get your client registered and to advise you of the next steps.

3. Triage

Once we have received your registration form, Hester will contact your client to triage for any needs prior to commencing the group. You will be kept informed of any decisions relating to your client.



MEET YOUR FACILITATORS



Jade Ferrière is an Integrative Yoga Therapist (IYT) and trauma-informed movement facilitator with over 20 years of experience in body-mind integration and nervous system well-being. Certified as an Open Floor Movement Meditation Teacher & Clinical Somatic Exercise Instructor, she specialises in blending the therapeutic benefits of yoga, somatics, and conscious movement/dance to support healing.



Hester Phillips is an ACC provider with a first-class clinical Master's degree and 20 years of experience in facilitating groups in mental health and trauma recovery settings. A graduate of the Restorative Movement Psychotherapy program, she specializes in somatic approaches and is an accredited Open Floor Movement Meditation teacher. Hester also supervises and trains facilitators of trauma-informed groups.