

MY BODY MY BALANCE

Trauma-Sensitive Movement & Arts Therapy Classes

Led by qualified facilitators and therapists with over 35 years combined experience. My Body My Balance (MBMB) offers a unique program designed to support the process of trauma recovery. Uniquely, this programme offers participants essential psychoeducation to help regulate their autonomic nervous system responses, fostering resilience and balance in daily life. Through their participation, clients are gently guided toward healthy social engagement, cultivating connection and well-being.

WHO IS THIS COURSE FOR?

This program is designed to benefit clients with post-traumatic stress disorder (PTSD), complex post-traumatic stress disorder (CPTSD) and those resistant to traditional treatments.

COURSE OBJECTIVES:

- Deepen understanding of self-care and ANS responses.
- Develop a tool box of embodied healing practices for hyper and hypo-arousal and symptoms of anxiety and depression.
- Strengthen self-soothing and compassionate behaviors.
- Identify and address obstacles to self-care.
- Explore healing practices in a trauma-sensitive environment.
- Safely reconnect with and befriend the body.
- Develop embodied mindfulness and emotional tolerance.
- Build support for managing hyper- and hypo-arousal.
- Develop skills in pausing and relaxation.
- Restore body-mind coherence.
- Increase self-agency through choice-making.
- Reduce feelings of social isolation.

ELIGIBILITY

Anyone with an approved ACC Sensitive Claim Service and is currently engaged in ISSC therapy is eligible. The group would not be suitable for participants with acute psychotic disorders.

TERM 1, 2025
WEEKLY CLASSES
(8 WEEKS)

Feb 10th - Apr 8th

NELSON CENTRAL

Mon: 9:30-11am

Tues: 5:30- 7pm

FACILITATED BY
JADE FERRIERE



dailyalchemy.co.nz

HESTER PHILLIPS,
MA. HONS.



www.hester.com

For more info

dailyalchemy.co.nz/acc-classes



Scan me!

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WHAT PARTICIPANTS SAY

“MBMB legitimately changed my life. I use the skills we learnt every day, and my box of resources is still growing. I have gained confidence in social situations, and now volunteer 3 hours a week, and also have found ways to bring my body peace, and my sleep quality has increased hugely. I would recommend anyone not sure of going to give it a shot, it became the thing I looked forward to most in my week.”

~ MBMB Participant 2024

FACILITATORS



Jade Ferrière is an Integrative Yoga Therapist (IYT) and trauma-sensitive 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, she specialises in blending the therapeutic benefits of yoga, somatics, and conscious movement/dance to support healing. Jade's training encompasses a deep commitment to trauma-informed practices, ensuring that her work is attuned to the unique needs of different clients.



Hester Phillips is an ACC provider, holds a first class clinical Master's degree, is a graduate of the Restorative movement Psychotherapy for trauma survivors programme, is an accredited Open Floor Movement Meditation teacher and specialises in somatic approaches to trauma recovery. With 20 years of experience facilitating groups in various mental health and well-being settings, she now supervises and offers training for those who facilitate trauma-sensitive groups.

As a trauma-informed facilitators both Jade and Hester are dedicated to supporting underserved people including those with limited socio-economic resources.

PROCESS FOR LEAD PROVIDERS

1. Purchase Order Request

SCGT x1

SCGW x 12 (8 x 1.5 hour session)

Nelson: **MBMB**

Time frames:

10/02/25 - 15/04/25

Vendor ID:

VAH127 (The Nelson Clinic)

Please copy us into your ACC PO request so we know to expect it via our groups email groups@nelsonclinic.nz

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.