

Who we are

Segar House- Rauaroa is a publicly funded service which provides an intensive psychotherapy day-programme and a range of outpatient therapy groups for clients in the Central & North/West Auckland districts (Waitemata and Auckland District Health Boards).

Intensive Day-Programme

The Intensive Day Programme is intended for people who are experiencing significant psychological & emotional difficulties and for whom neither acute hospital or outpatient treatment are the most useful alternatives at this point in their lives. Clients attend a therapy programme Monday to Thursday for up to a maximum of 18 months. Clients are taught skills to overcome difficulties that they are experiencing. It is expected that they will return to their referrer to continue the therapy they have begun.

Is this programme for you?

The programme is for people who are experiencing:

- Self-harm and chronic suicidality.
- Difficulties in interpersonal relationships.
- Overwhelming feelings that get out of control.
- Longstanding depression.
- Early painful life experiences that may include: traumatic loss, neglect, emotional, physical, or sexual abuse.

You have probably had therapy in the past and may have found it difficult to sustain due to the overwhelming nature of your issues.

What We Offer

The programme consists of both individual and group therapy. Each client has individual therapy once a week, working with his or her therapist on goals that have been set together prior to entry. You will be at Segar House each morning at 9.30am and be finished most days in the early afternoon.

The Therapy Programme

Two mornings a week there is a therapy group. The focus of this group is on the relationships in the group and gaining support from others with current difficulties. One morning per week there is a DBT skills group. The focus of this group is to teach you skills that will help you to live a 'life worth living'. Some of the content includes:

- Interpersonal effectiveness skills. In other words, learning skills to have relationships that really work for you.
- Skills useful for managing your distress when you can't change the situation.
- Ways to deal with your emotions in a more effective way.

Other groups include mentalization, mindfulness meditation, art therapy (optional) and specialist sessions.

By having a balance between both individual and group work we hope that you can:

- Develop a sense of belonging.
- Discover others have similar issues to you.
- Get feedback about how others see you.
- Have an opportunity to learn to express yourself in a safe environment.
- The opportunity to try out relating in new ways to people.
- Rediscover good things about yourself.
- Learn to 'ride the waves' of emotions.

In other words, the programme is designed to encourage you to learn new skills to deal with old problems so that you can be responsible for living your life in a positive way.

Our Approach

This programme is based primarily on Dialectical Behaviour Therapy (DBT). This approach is particularly useful for people whose primary

difficulties are self-destructive behaviour, emotional instability, troubled interpersonal relationships, and serious problems of living. DBT is a treatment that emphasises a balance between acceptance of who we are and the need for change.

Our staff is highly trained and very experienced and they integrate other approaches to therapy into the programme.

Our task is to provide you with a safe, supportive environment where you can learn skills to have a more effective life. We aim to encourage you to work at a pace that best suits you whilst you work towards change.

Whilst we acknowledge that many of the difficulties that you experience now are a product of early trauma, this will not be the primary focus of the programme.

We hope that by focussing more on the present and how the past might be affecting you now, we can help you develop more understanding of yourself and skills to improve your life and, if necessary, complete your work with a therapist in the community.

Venue

Segar House - Rauaroa is located in an commercial building in Grafton. We have made every effort to make it a comfortable environment. It is conveniently located close to public transport and limited parking is available. There is a café located downstairs in the same building.

Contacting Us

If you think this service may be what you are looking for, or you want to find out more, please discuss this with your current key worker or therapist. We are happy for you to make an appointment to come and visit us alone or with your key worker to talk about the programme and your specific needs.

Referrals & Assessment

If you wish to be referred to the programme your key worker or therapist will need to complete one of our referral forms and send this to us at the address below. If you do not have a key worker or a therapist, you will need a referral to a Community Mental Health Centre for assessment and referral.

Providing the referral is suitable you will be contacted with an assessment appointment. Subsequent to the assessment (which is usually held over two or more sessions), and if you and the therapy team agree the programme will be helpful to you, you will be offered the opportunity to start 'contracting.'

Contracting Phase

During this time, prior to full admission to the day programme, you will meet weekly with a therapist to:

- Inform you of what is involved in the programme and what will be expected of you.
- Ensure that you are fully committed to the hard work ahead
- Further clarify your goals, if necessary
- Ensure you have met all the entry requirements

This phase usually takes 4 - 8 weeks, but may take longer if necessary. Only on successful completion of the contracting phase will you be admitted to the programme (or placed on a waiting list for admission until the next place becomes available).

Criteria for Acceptance of Referral

To be referred to the programme you must:

- Be aged 20 years or over (we may take clients 18 – 20 on a case by case basis)
- Be able to see problems in psychological terms.
- Be motivated to make changes in your life
- If you have an addiction history you will need to be 3 months substance free prior to admission.

- Not be in an acute crisis currently, or experiencing psychotic symptoms at present (but can be referred after the crisis has settled)

Exclusions

We do not accept referrals for:

- Personal growth in the absence of psychological difficulties.
- Family/couple difficulties as the fore-most problem.
- People with psychotic symptoms as their primary problem.
- People awaiting Court sentencing.
- People who are unable to make a commitment to work on eliminating harmful behaviour towards self or others.

Team Members

Therapists

Stephanie Forde
Anoushka Mohammed
Yulia Krivoshchekova
Stefan Nagler
Susan Dunster
Wayne Frecklington
(All part-time)

Psychiatrist

Dr Joy Hodgson

Clinical Director

Michael Hamilton

Segar House - Rauaroaha
Specialist Psychotherapy Service
Ph: (09) 377.2602
Fax: (09) 375.9878

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Postal address:

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Symonds Street, Auckland



SEGAR HOUSE-RAUAROHA

Specialist Psychotherapy

***Intensive
Day Programme***

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