

expression. Membership of the group normally lasts for approximately a year (one 2 hour session per week).

* *These groups are divided into four terms which coincide with primary school terms, new group members normally enter at the beginning of each term. Please see Segar House Outpatient Schedule for dates and times groups are run.*

New Intakes

In most instances group intakes coincide with the beginning of school terms. (See group schedule for specific dates)

Referral

If you wish to be referred to an outpatient group please discuss this with your key worker or therapist. They will need to send us a written referral, which covers:

- * presenting problems
- * a brief history
- * previous therapy
- * current support
- * your goals

If a client meets our entry criteria they will gain automatic entry to the Skills Group (the usual entry point) – no direct assessment is required. This is providing they continue under the ongoing care of their referrer.

Clients will be contacted with an appointment for an orientation meeting (Skills group) or an assessment (direct entry to other groups) after the referral has been screened. The assessment process may occasionally involve a contracting phase.

Criteria for Acceptance

Segar House – Rauaroha is a small tertiary service and unfortunately cannot accept self

referrals, GP referrals or other primary healthcare sector referrals.

To be referred to the programme you must:

- * be aged 20 years or over
- * be able to see problems in psychological terms
- * be motivated to make changes in your life
- * be living in the community and have some social support
- * reside in the Central (ADHB), North or West (WDHB) districts of Auckland

Exclusions

We do not accept referrals for:

- * people who are currently in a crisis or experiencing severe psychotic symptoms
- * people who currently abuse alcohol or drugs (as defined by Segar House)
- * people awaiting Court sentencing.
- * personal growth in the absence of psychological difficulties
- * family/couple difficulties as the fore-most problem
- * people who are unable to make a commitment to avoid harmful behaviour towards self or others.

Segar House - Rauaroha
Specialist Psychotherapy Service

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SEGAR HOUSE-RAUAROHA

Specialist Psychotherapy

Outpatient Programme

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PROGRAMME DESCRIPTION

The outpatient programme is based on a combination of group and individual psychotherapy. There are six distinct types of therapy group available:

- ❖ DBT Skills Group
- ❖ Explicit Mentalization Group
- ❖ Compassionate Mindfulness Group
- ❖ Interpersonal Therapy Group
- ❖ Trauma & Recovery Group
- ❖ Art Therapy Group

Clients may progress from one group to another; normally they will start by attending the DBT Skills Group. However, depending on individual client need, there may be direct entry to one of the other groups. There are usually 8 to 10 people in each group, both male and female.

Combined Group and Individual Therapy

Due to the effectiveness of combined group and individual therapy we prefer that each group-therapy client also receives individual therapy whilst they attend a group. This may occur by the continuation of individual therapy with the client's referrer or, where this is unavailable, be provided by Segar House staff where possible (note: we have very limited resources for 1:1). The therapy programme for each client will be guided by specific goals negotiated with the client and their referrer.

❖ *DBT Skills Group*

This group teaches mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness. These skills are taught in order to help individuals develop new and productive ways of thinking and behaving, and to change unhelpful, pre-existing

behaviours or thought patterns that have led to problems in living and caused distress. The format of each session includes a teaching section and an in-depth review of the previous week's homework. Participants will be expected to practice skills they have learned in all areas of their lives. The group is based on Dialectical Behaviour Therapy (DBT) approach to therapy and last for 12 weeks (one 2½ hour session per week).

❖ *Explicit Mentalization Group*

This group explores and makes explicit internal psychological processes i.e. seeing yourself from the outside and others from the inside. This group aims to help you get better at identifying your feelings, thoughts, motivations, attitudes and expressing them appropriately. This will increase your sense of self and your ability to interact more effectively with others. Membership of the group is for 12 weeks (one 1½ hour session per week).

❖ *Compassionate Mindfulness Group*

This group provides compassionate focus therapy for people with high levels of shame and self-criticism, who can have enormous difficulty in being kind to themselves, feeling self-warmth or being self-compassionate. Compassionate mindfulness training helps people develop and work with experiences of inner warmth, safety and soothing, via compassion to self and others. Membership of the group is for a 6 to 12 month period (one 2 hour session per week).

❖ *Interpersonal Therapy Group**

This group helps group members to explore thoughts and feelings about themselves, their relationships and their world, and the psychological and emotional difficulties that they struggle with. Group members are helped

to identify destructive and unhelpful patterns in their lives, to develop new ways of thinking and feeling about themselves, and to try new behaviours and ways of relating to others. The main approach used in the group involves the sharing of each group members concerns, and reflection, discussion, and feedback regarding those concerns. Membership of the group normally lasts for approximately a year (one 2 ¾ hour session per week).

❖ *Trauma & Recovery Group**

This group has a focus on clients' individual histories and how they have negatively influenced, and continue to influence, their relationships and lives. A variety of therapeutic approaches are used including- group discussion and exploration, psycho education, trauma processing, and the use of creative therapies. Group members will normally have successfully completed previous group therapy and be motivated to focus on challenging and entrenched ways of being, and to make lasting changes in their everyday lives. Membership of the group normally lasts for approximately a year (one 3 hour session per week).

❖ *Art Therapy Group**

Art therapy offers powerful but gentle therapeutic media to work in and can help individuals to come to a deeper understanding of themselves and their lives. It can prove a particularly helpful way of working therapeutically for those who find it hard to express feelings or thoughts verbally. Group members need not have previous experience of producing artwork (as it is not the primary aim of the group to create skilful or aesthetically impressive works of art). The main function of the group is to help facilitate meaningful and lasting psychological change through the use of art as a means of communication and