

WHAT WE DO

A guide to Anxiety NZ Trust,
what we treat, our services
and workshops.

Sept 2018



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WELCOME

OUR VISION

Our vision is to help New Zealanders who experience anxiety, depression, phobias and OCD make the journey of recovery and wellbeing by providing them with the best possible treatment, support and understanding.

OUR MISSION

Anxiety New Zealand aims to improve the recognition of anxiety disorders in New Zealand, provide treatment and support to people with anxiety related conditions and their families. We do this through the provision of high quality clinical services, utilising the lived experience of our team, and the dedication and support of volunteer staff. Anxiety New Zealand will advocate for funding and support research into the determinants and treatment of anxiety disorders.

WE PROVIDE:

- Therapeutic interventions
- A free 24 hour helpline
- Free support groups
- Workshops
- Resiliency programs
- Community collaboration
- Community education

ANXIETY NEW ZEALAND TRUST HISTORY

The Phobic Trust of New Zealand Inc. was first conceptualised by Marcia Read QSO and the late Mr David Ludbrook. Marcia went on to form the Phobic Trust in 1980. A 24 Hour voluntary phone line was established in 1983 and from this a trial clinic started in Parnell, with the main St Luke's clinic being created soon afterwards. It was officially incorporated in 1987 and is now called Anxiety New Zealand Trust. Since then the Trust has evolved to become a crucial organisation in the support and treatment of mental health conditions in New Zealand.



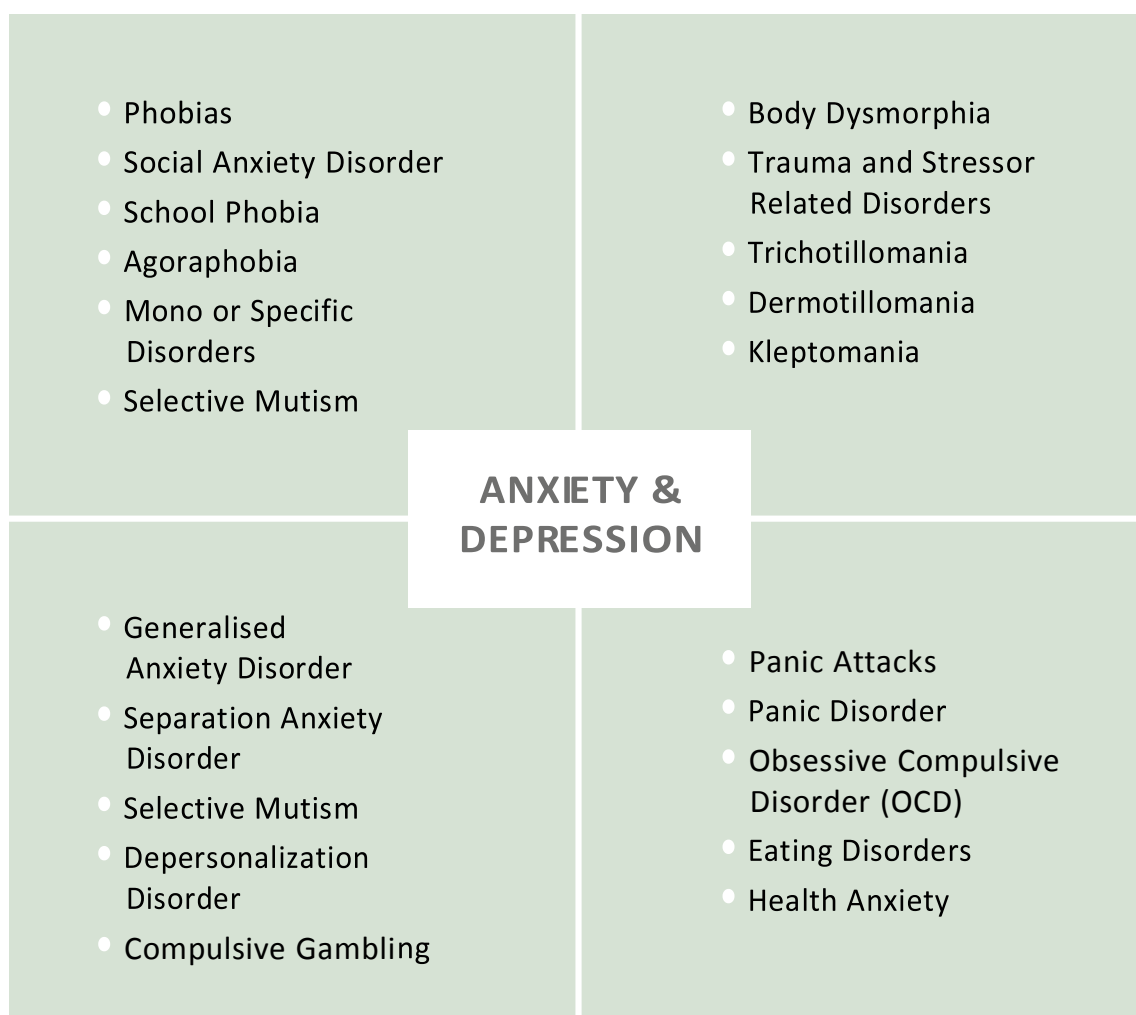
**UP TO 1 IN 4 ADULTS
WILL EXPERIENCE AN
ANXIETY DISORDER IN
THEIR LIFETIME**



WHAT WE TREAT

We focus primarily on anxiety, depression, OCD and phobias, however we treat other associated conditions related to anxiety. Below is a guide to the broader range of associated conditions and a brief explanation of each can be found on the following pages.

Your experience of anxiety, panic attacks and phobia may or may not be included here, however you can contact us today in total confidence if you would like more information on your specific issue.



ANXIETY

Moderate to severe anxiety disorders are the most common psychiatric illnesses affecting children and adults. Feeling anxious to some degree is normal for everyone. Anxiety and fear are adaptive and helpful emotions which allows us to notice danger, keeps us safe and helps us adapt to our environment. However sometimes anxiety levels can become severe or longstanding and beyond our abilities to cope, which can pose a risk to our mental and physical health. It can also cause significant distress or impair your ability to function in important areas of life such as work, school, or relationships.

DEPRESSION

Depression is a condition in which a person feels discouraged, sad, hopeless, unmotivated, or disinterested in life in general for more than two weeks and when the feelings interfere with daily activities. Major depression is a treatable illness that affects the way a person thinks, feels, behaves, and functions.

PANIC ATTACKS

The abrupt onset of intense fear or discomfort that reaches a peak within minutes and includes at least four of the following symptoms: Palpitations, pounding heart, or accelerated heart rate. Sweating. Trembling or shaking. Sensations of shortness of breath or smothering.

PANIC DISORDER

Characterised by reoccurring unexpected panic attacks. Panic attacks are sudden periods of intense fear that may include palpitations, sweating, shaking, shortness of breath, numbness, or a feeling that something really bad is going to happen.

OBSESSIVE COMPULSIVE DISORDER (OCD)

Repeated and persistent thoughts ("obsessions") that typically cause distress and that an individual attempts to alleviate by repeatedly performing specific actions ("compulsions").



AGORAPHOBIA

Excessive fear related to being in (or anticipating) situations where escape might be difficult or help may not be available if panic attack (or panic-like symptoms) occur i.e. bridges, motorways, flying, lifts, etc.

SEPARATION ANXIETY DISORDER

Excessive anxiety concerning separation from home or major attachment figures that is beyond what would be expected for one's developmental level. This can occur in children, adolescents, or adults, but is more commonly found in children.

SELECTIVE MUTISM

A rare disorder characterised by a persistent failure to speak in certain social situations (e.g., with playmates or in the classroom), despite engagement in speaking in other situations.

SOCIAL ANXIETY DISORDER

(Social Phobia)

Excessive fear of becoming embarrassed or humiliated in social situations, which often leads to significant avoidance behaviours.

SCHOOL PHOBIA

The sudden aversion to or fear of attending school.

MONO OR SPECIFIC DISORDERS

Persistent and excessive fear of a specific object or situation, such as flying, heights, animals, toilets, or seeing blood. Fear is cued by the presence or anticipation of the object/situation and exposure to the phobic stimulus results in an immediate fear response or panic attack.



HEALTH ANXIETY OR HYPOCHONDRIASIS

A fear of having, or belief that one has a serious health issue or disease.

GENERALISED ANXIETY DISORDER

An anxiety disorder characterised by chronic anxiety, exaggerated worry and tension, even when there is little or nothing to provoke it.

DEPERSONALISATION DISORDER

An experience of feeling detached from and as if one is an outside observer of one's mental processes or body.

BODY DYSMORPHIC DISORDER

A preoccupation with an imagined defect in appearance, often co-morbid with depression and/or social phobia.

EATING DISORDERS

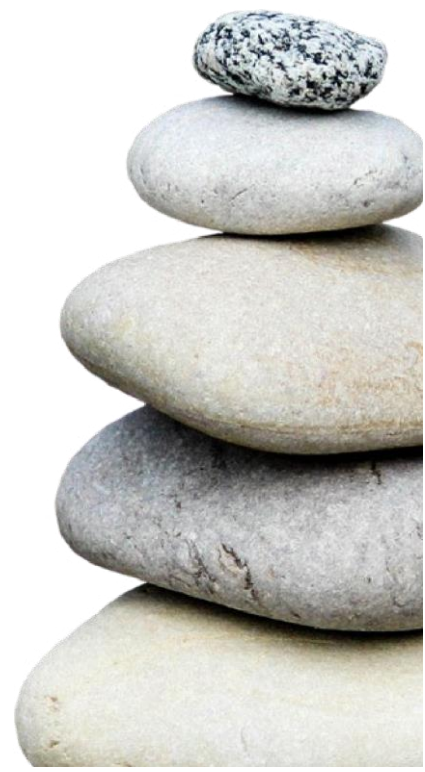
An eating disorder is a compulsion to eat, excessive control of eating or to avoid eating that negatively affects both one's physical and mental health.

PANIC DISORDER

Recurring panic attacks in combination with significant behavioural change or ongoing worry about having other attacks.

KLEPTOMANIA

A complex disorder characterised by repeated, unsuccessful attempts to stop stealing.



TRICHOTILLOMANIA

The inability or difficulty to resist the urge to pluck one's own hair, resulting in noticeable hair loss.

DERMOTILLOMANIA

Repetitive skin picking of one's own skin that may result in lesions. Many individuals will experience shame about the behaviour and/or attempt to conceal the resulting lesions with clothing or makeup.

COMPULSIVE GAMBLING

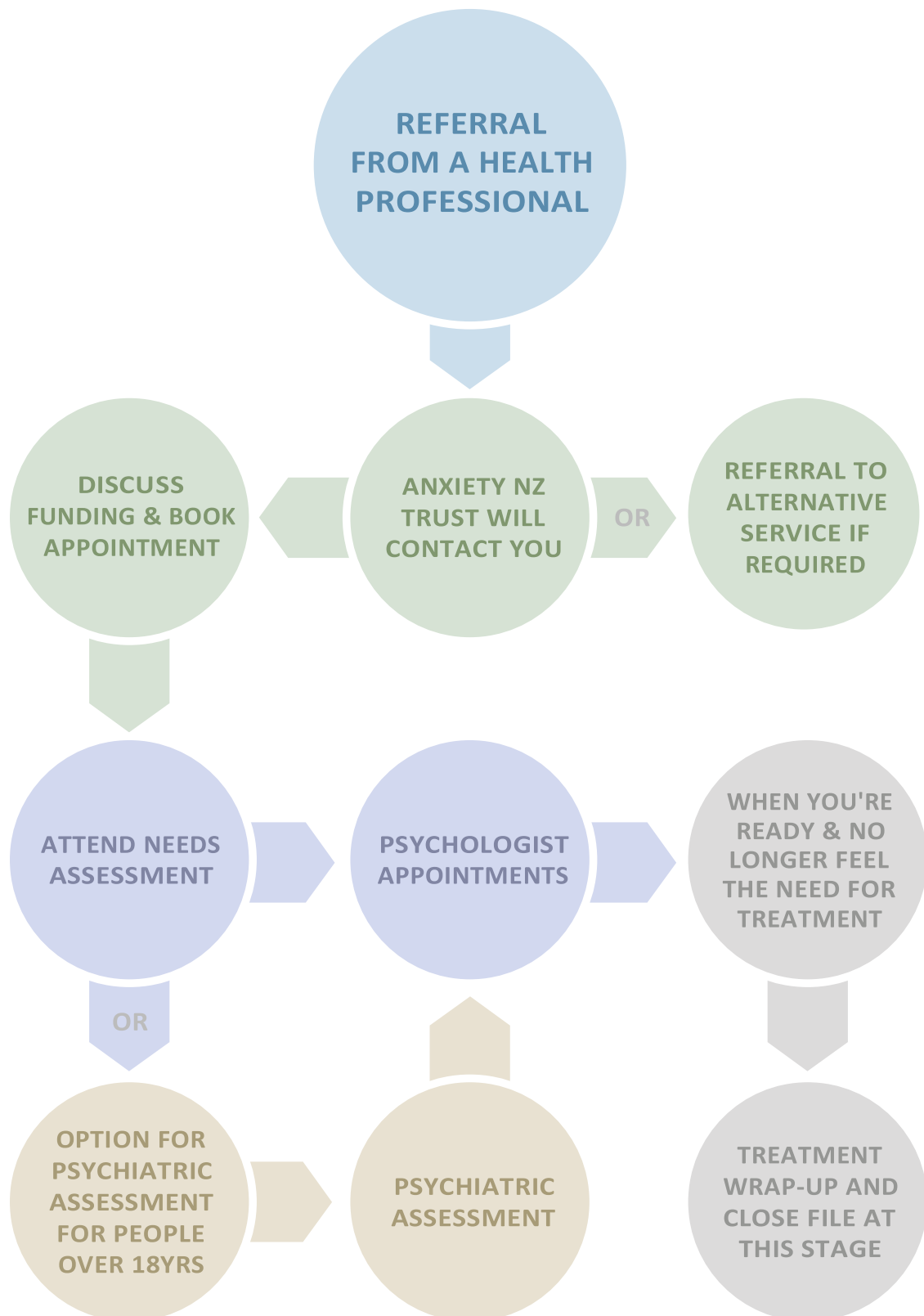
Frequent preoccupation with gambling or having money to gamble.

TRAUMA AND STRESSOR RELATED DISORDERS

Disorders that are related to the experience of a trauma (e.g., unexpected death of a loved one, a car accident, combat, or a violent incident) or stressor (e.g., divorce, beginning University, moving).



YOUR TREATMENT PATHWAY



JUST GETTING IN TOUCH CAN FEEL LIKE THE FIRST POSITIVE STAGE TO RECOVERY



HOW TO ACCESS HELP

INITIAL CONTACT

We first need a referral from your GP, mental health practitioner, counsellor, nurse, or other mental health specialist. Please talk to us if you have any problems with getting a referral as we may be able to accept a self-referral.

You may be able to call your GP's reception and ask for a referral without making an appointment. In some cases your health professional may ask to see you first before they write one. We may accept an existing and recent mental health referral if a copy is sent to us.

Referrals can be faxed to 09 849 2375, photographed or scanned and emailed to **reception@anxiety.org.nz**, posted, submitted via HealthLink (most GP practices can do this) or dropped off in person. A referral form for professionals can be found on our website **www.anxiety.org.nz** or contact us about a self-referral.

Once your referral has been accepted we will aim to contact you within 48 hours. Occasionally it may take longer depending on when the referral has been sent in i.e. over the weekend or public holidays.

Appointments are available from Tuesday to Saturday.
We are open Mondays for enquiries only.

Clinic hours

Monday

available 9-5pm Closed

Email enquiries

Tuesday

8:00am – 8:30pm

Wednesday

8:30am – 8:30pm

Thursday

10:00am – 7:00pm

Friday

8:30am – 5:00pm

Saturday

8:30am – 5:00pm

*Please check the Contact Us page on our website to see which clinicians are working on a particular day as this is subject to change.



HOW TO ACCESS HELP

NEEDS ASSESSMENT

Initial appointment

The first appointment is for a Needs Assessment. We encourage families/whanāu or people close to you to come to this appointment with you. The therapist will listen to your goals, provide education for you and your family/whanāu/friends and help you decide whether or not treatment is required. Therapy is explained and treatment costs and other matters are also discussed.

Please arrive about 15 minutes early to complete some forms. All information you give us remains strictly confidential and may help us with your treatment and in some cases diagnosis. With your permission only, some information may be used for statistical or research purposes.

We also emphasise that we will do our best to match you with a clinician based on their skills, expertise and one that is suited to you. However, we understand that sometimes a change in clinician may be required and we will do our best to make a change with minimal disruption to your treatment.

THE NEXT STEP

Psychiatric assessment

An appointment can be made with Dr Henry Plant MOSS Psychiatry (a special kind of doctor who is licensed to prescribe medication). A joint decision will be made with you as to the best steps forward, and whether or not medication is an option for you.

Treatment options

If therapy is required, an appointment will be made with one of the most suitable psychologist from our multi-disciplinary team. They are specialists in many areas relating to phobias/anxiety/compulsive disorders, including alcohol and substance abuse, gambling addiction, eating disorders, as well as children experiencing fear and anxiety. We can provide care from a range of clinical, counselling, health and general psychologists supported by a specialist mental health GP.

SUPPORT GROUPS

We also run free support groups to supplement your treatment programme

- FREE fortnightly peer-led support groups which are held on Thursdays and Saturdays.
- Mindfulness Training – ask us for more information.

TREATMENT

WHAT TO EXPECT

How to get the most out of therapy

To give yourself the best opportunity to heal and get the most out of our services, commit yourself to following a few simple principles.

- Dedicate yourself to the process of therapy and healing by attending regular appointments as and when recommended
- Ensure you complete the home activities that your clinician and you agree on
- Take any medication as and when instructed by your doctor • Be realistic and patient about your progress – recovery takes time.

How long and how often?

Each treatment session is 50 minutes long. As part of your treatment plan, your clinician will discuss with you how regularly and for how long you will need to attend.

Your responsibilities

We kindly ask that you pay for your session at each visit. It is your responsibility to arrange funding if applying for financial assistance from Work and Income, health insurance or other funders.

Please let us know if you are unable to attend your appointment as any cancellations must be done with a minimum of 24 hours notice or a **late calculation fee of \$80** may apply. Giving good notice of a cancellation helps other people to get the help they need.

What treatment will work for you?

There is a range of treatment options and your clinician will work with you to create an effective individualised treatment plan. However for the majority of our clients, Cognitive Behavioural Therapy (CBT) is the most effective treatment that leads to life-long management of Anxiety Disorders.

CBT is one of main treatment modalities and is a structured, short-term form of therapy, encouraging patients to challenge distorted thinking and destructive patterns of behaviour by modifying dysfunctional emotions, behaviours, and thoughts.

HOW WE TREAT

Not everyone is the same, and we can create a personalised treatment plan for you which may also include other methods outlined below.

Psychiatric Assessment

An initial assessment of the nature and severity of the problem and the risk, mental health history and identity and the formulation of an initial management plan – in some cases with the purpose of making a diagnosis.

Medication Monitoring

Follow up appointments which may include prescribing repeats, review of medicine, diagnosis or management plans.

Acceptance and Commitment Therapy (ACT)

Pronounced 'act', this is an active therapy focused on developing skills to understand and manage uncomfortable or painful thoughts and feelings effectively.

Dialectical Behavioural Therapy (DBT)

DBT works towards helping people increase their emotional and cognitive regulation by learning about the triggers that lead to reactive stages and helping to develop coping skills.

Interpersonal Therapy (ITP)

IPT is a form of psychotherapy that focuses on interpersonal issues, which are understood to be a factor in the development and maintenance of psychological distress. The targets of IPT are symptom resolution, improved interpersonal functioning and increased social support.



Emotional Focused Therapy (EFT)

EFT looks at emotions that are connected to an essential need for attachment. It helps to identify unmet attachment needs and work with them in the present to make a change.

Schema Therapy

Schema Therapy combines theory and techniques from previously described therapies. The goal is to help clients learn how to heal by reducing the intensity of emotional memories and by changing the cognitive patterns connected to them. Poorly adjusted coping responses are replaced with adaptive patterns of behaviour.

ADDITIONAL THERAPY APPROACHES

We may also include the following therapies outlined below in your treatment programme.

Mindfulness and Relaxation therapy

Teaching you new ways to relax and general stress management tools.

Family therapy

Therapy where your whole family or some members of your family are involved in your sessions.

Exposure therapy

Learning to face your fears in a controlled and safe way.

Structured group therapy

Grow and heal by sharing your fears and experiences with others who are experiencing similar anxiety conditions.

Interventions

These are designed to work with children, adults and families where direct action is required to enable a person experiencing anxiety to acknowledge their condition and seek help.

Workshops, programmes and support groups

We provide a range of interactive workshops, programmes and support groups of those experiencing anxiety and to support family members living with a person experiencing anxiety. To see the full range, please get in touch via email or phone. 09 846 9776 | anxiety.org.nz 16



DEFINITION OF 'PSYCHOLOGIST' AND 'SPECIALIST MENTAL HEALTH GP'

Our psychologists are trained in a variety of treatment techniques and at Anxiety NZ specialise in anxiety. They can assess, diagnose and treat individuals experiencing psychological distress and mental illness. They also perform psychotherapy and develop treatment plans. A registered psychologist is not a doctor, however will have spent a minimum of seven years in scientific study and is registered under a professional body.

A Specialist mental health GP or psychiatrist are licensed medical doctors and specialise in identifying the symptoms of, and diagnosing and treating, mental health concerns or illnesses.

Confidentiality

We assure complete confidentiality to all of our clients. Exceptions can apply if there is a safety or legal issue posed to a client or patient. In this case, under our Duty of Care commitment, we would aim to discuss the issue with the client where safe or practical and contact the relevant support services.

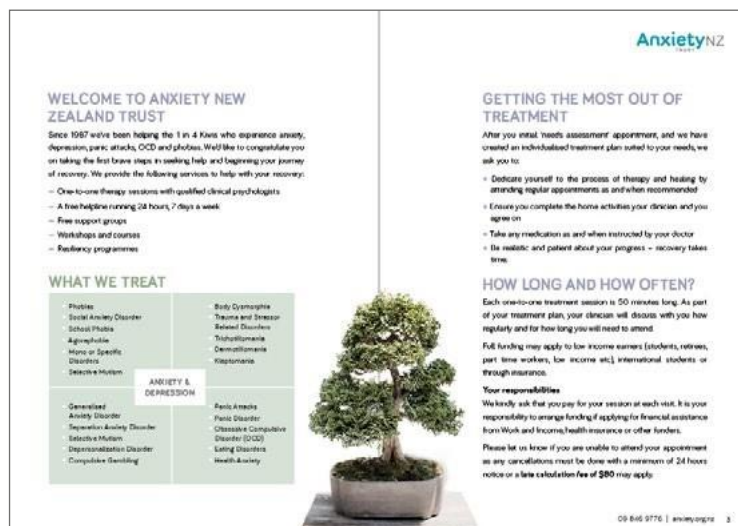


As well as one-to-one therapy sessions with our qualified registered psychologists, we also provide a range of services and resources for patients or their family members detailed on the following pages. These include:

- A free 24 hour a day, seven days a week helpline.
- Support groups.
- Workshops teaching self-help techniques.
- Resilience Workshops for children and youth.
- Breathing technique workshops.

A brief guide to our services

We have a shorter form leaflet outlining the services described in detail in this information booklet. You can download leaflet by visiting the '**Resources**' page on our website [here >](#)



24/7 ANXIETY HELPLINE 0800 269 4389 (0800 ANXIETY)

See the following page for more
information about our helpline.



24/7 ANXIETY HELPLINE

If you're feeling anxious and would like to talk to someone about anxiety relief - you can phone our free 24 hour Helpline wherever you are in New Zealand:

0800 269 4389 (0800 ANXIETY)

Our Helpline gives vital support to hundreds of people each month who experience all forms of anxiety, including Panic Attacks, Phobias and Obsessive Compulsive Disorders. If you experience anxiety, or have an anxious relative or friend you'd like to help, please call us for support and information about anxiety and anxiety management strategies. This service is completely confidential and free of charge. It is the only service of its type in New Zealand. **Who can ring the helpline?**

- Anyone who is struggling with ongoing stress, Anxiety, Panic Attacks, Obsessive Compulsive Disorders, Phobias, and associated issues.
- Concerned family members, loved ones, and supporters of anyone in an anxiety-related crisis.

What do we provide?

- We will listen and support you with empathy and unconditioned acceptance.
- We can take you through breathing and relaxation exercises that are really effective in minimising feelings of anxiety and panic.
- We can discuss practical strategies you can learn and apply whenever anxiety and panic starts to feel overwhelming.

We will offer encouragement, education, and advice for anyone who is

- supporting someone struggling with anxiety.

Who will I be talking to?

Our Helpline is staffed by specially trained and understanding volunteers. If you are experiencing anxiety or panic and don't know what to do, our helpline staff are well equipped to walk and talk you through the experience.

Is this really a 24/7 service?

Yes it is! We operate all hours, every day of the year, including public holidays. However, please keep in mind that 12am-8am is reserved for severe anxiety situations only. Whatever the hour, if the line is temporarily busy when you call, please try again a few minutes later and one of our volunteers will be available to take your call.

Please remember to call 111 in more urgent situations.



YOU MAY BE ELIGIBLE TO GET FUNDING FOR OUR SERVICES

(SEE PAGE 23)



COSTS

WHAT DO OUR SERVICES COST?

We are not automatically government funded, so we rely on clients paying fees responsibly for one-to-one therapy (many of our other services are free). Payment must be made at each session, unless payment is being made by Work and Income, your employer or another provider. We accept cash, EFTPOS, cheques, Visa and MasterCard.

Full funding may apply for children and low income earners (including students, retirees, part time workers etc), **International Students, or though Health Insurance.**

Session costs (as of 1st May 2018)		
Needs Assessment	50 min	\$160 per session
Psychologist Appointment	50 min	\$160 per session
Couples / Family Therapy	75 min	\$239 per session
After hours and weekends	50 min	\$165 per session
Psychiatric Assessment (Dr)	50 min	\$198 per session
Psychiatric Follow-up (Dr)	30 min	\$160 per session
Prescription fee + fax & post	–	\$29
Under 48 hour cancellation fee or Did not attend fee	–	\$80
Social Anxiety Workshop	90 min	\$80 per session
FRIENDS Resiliency Program	12 sessions*	\$690 per course
Mindfulness Workshop (variable costs)	40 min	\$0 to \$29 per session
Peer Support Groups	90 min	Free
0800 Helpline	-	Free
Printed resources	-	Free
*Please note, the FRIENDS program takes place over a 6 to 12 week period with varying duration depending on the how participants respond.		

FUNDING FOR OUR SERVICES

FUNDING CRITERIA

You may be eligible to receive funding for our services. Below and on the following pages is a guide to who can receive funding and what criteria you will need to meet. A income threshold guide for low earners can be found below.

Getting Work and Income or Studylink Assistance

When we phone to make your first appointment, make sure you tell us that you need Work and Income or Studylink funding. You will need some signed paperwork from us which you will need to take into Work and Income or Studylink, or upload it to their portal.

Work and Income

You may receive funding if you are in one of the groups below and earn less than a certain amount per week:

- Part time or a low income earner (see the earnings threshold chart over).
- Have no income.
- On a benefit.
- Retirees on a pension or superannuation.

Earnings thresholds*	
Categories	Weekly income limits
Single 16-17 years	\$531.61
Single 18+ years	\$648.92
Married, civil union or de facto couple (with or without children)	\$963.80
Sole parent 1 child	\$741.41
Sole parent 2+ children	\$781.14
*You may be eligible to receive funding if you earn less than these amounts before tax.	



FUNDING CRITERIA CONTINUED

Disability Allowance

Disability Allowance does not necessarily mean you have to be physically disabled to receive funding - if your mental health condition is stopping you doing the things you want to do, may qualify to receive funding if you are:

- 18 years or older (it doesn't matter if you live with your parents) then if you are a low income earner you may be able to get funding for therapy.
- 16 to 17 years old and living independently or with a partner you may access funding if you are a low income earner.
- Under 18 and living with a caregiver then your caregiver may access funding for your treatment if your caregiver is a low income earner.
- Below the weekly income limit.
- Normally live in New Zealand and intend to stay here.
- Are not using the maximum DA of \$63.22 per week for other health needs, and have not had more than 30 funded counselling appointments, either here or elsewhere.

StudyLink Assistance for students

Students can also have access funding via StudyLink for New Zealand citizens or via health insurance for international students. You must be: - A full-time tertiary student.

International students

In most cases are fully funded through their pre-arranged travel insurance cover. The process is straight forward and we will help. Insurance is often paid as part of their AUT / University fee and many students are unaware they can access treatment they require at no cost. Pre-existing conditions will be excluded.

Insurance Companies

You will need to check you are funded before seeing us. Depending on your insurance cover you may be funded, although not all insurance contracts cover the cost of doctors OR psychologists. Southern Cross may need you to see our Clinical Psychologist (instead of our general or health psychologists). Please make sure you tell us if you have insurance.



SUPPORTIVE RELATIONSHIPS, HEALTHY FOOD & REGULAR EXERCISE CAN SUPPORT WELL BEING



WORKSHOPS

WHĀNAU AND FRIENDS WORKSHOP

This is a two and a half hour education and support workshop for family/whānau and friends who are supporting a loved one with anxiety or related issues. The workshop content is comprised of:

- Anxiety education
- What to look out for
- How you can help your loved one
- Brief Intervention Strategies– How to look after yourself

There are free places for those supporting family members.

We ask that you supply your name and date of birth. This is coded (no names used) and confidential for the Ministry of Health PRIMHD to report on what services are being provided and which organisations are providing the services. This is necessary to access DHB funding for families.

This is a free workshop. They are run as and when enough people would like to participate and currently there are no set dates and times for the next workshop. Please contact us to indicate your interest and we will notify you when the next workshop can be scheduled.

Cost: Free

Booking is essential.

To enquire about future workshop dates, please call: 09 846 9776

Or email: clinic@anxiety.org.nz

Location: Anxiety NZ Trust, 77 Morningside Drive, St Lukes.



SOCIAL PHOBIA THERAPEUTIC WORKSHOP

Held over 12 weeks on Saturdays in a group therapy setting, we provide effective and practical treatment of Social Phobia. This workshop is an excellent opportunity to be part of a support group who all have similar experiences and a great way to boost your confidence and assertiveness.

Cost: \$80 per session and full funding may be available.

When:

Contact us to find out when the next workshop takes place.

Where:

77 Morningside Drive, St Lukes, Auckland

Booking essential:

Contact Anxiety New Zealand on:

09 846 9776 or email clinic@anxiety.org.nz

MINDFULNESS & RELAXATION WORKSHOPS WEEKLY

Learn about mindfulness and relaxation through our 40 minute, weekly guided sessions.

Mindfulness-based meditation is about learning to shift our attention and awareness from the past, and our worries about the future, to the present moment. It helps increase mental resilience and wellbeing and enjoyment of the present moment. It has been shown to improve depression, anxiety and stress. This is a non-religious, non-denominational activity.

Cost: \$29 per session. Or \$120 for 5 sessions.

One FREE session voucher available for first time attendees.

Please email clinic@anxiety.org.nz to receive yours.

When:

Fridays, 10:00 to 10:55am **Where:**

77 Morningside Drive, St Lukes, Auckland

Booking essential:

Contact Anxiety New Zealand on:

09 846 9776 or email clinic@anxiety.org.nz



ABOUT 'MY FRIENDS YOUTH'

'FRIENDS Resilience' are a set of social skills and resilience building programs for children and youth, some of who may already be experiencing anxiety. It has been proven to reduce anxiety and give participants the tools they need to cope in stressful and challenging situations. They also help to develop social skills, an ability to focus, self confidence and the ability to relax and regulate emotions.

Developed by Dr Paula Barrett in Australia, it has been recognised by the World Health Organisation for over 12 years of comprehensive research and as an effective means to prevent anxiety for children and youth.

To help participants of the workshops remember what they have learned, the FRIENDS acronym was developed which stands for:

Feelings (talk about your feelings and care about other people's feelings)

Relax (do "milkshake" breathing, have some quiet time)

I can try! (we can all try our best)

Encourage (step plans to happy home)

Nurture (quality time together doing fun activities)

Don't forget – be brave! (practice skills everyday with friends /family)

FRIENDS for Life empowers participants to cope with their own emotions and those of others by engaging with positive thoughts, emotions, and self-regulation strategies. If you would like to find out more, please visit the FRIENDS Resilience website: www.friendsresilience.org



RESILIENCE WORKSHOPS FOR CHILDREN AND YOUTH

Each FRIENDS workshop is made up of five sessions, with each session taking between 2 and 2.5 hours depending on the activities chosen by the facilitator. The number of sessions may increase depending on how participants respond. The workshops are divided up into four age groups below:

'Fun FRIENDS': 4 to 7 years old.

Guides the social and emotional development of children aged 4 to 7 by using fun, play-based group activities. The workshop nurtures a child's development by teaching them to engage resilience early on, encouraging them to thrive and smoothly transition into school life.

'FRIENDS for Life': 8 to 11 years old.

Provides the tools for 8 to 11 year olds to cope with the concepts of setback and adversity which are often new to their age group. It also improves their social and emotional skills, ability to focus, confidence and the capacity to relax and regulate emotions.

'My FRIENDS Youth': 12 to 15 years old.

Empowers early-teens to deal with stressful situations and to overcome new challenges that are common to their age group. It does this by normalising the state of anxiety and teaching self-regulation by the "Emotion Thermometer" concept. It also develops self-confidence by arming participants with positive and creative strategies to problem solve challenges and setbacks. It has been proven to decrease anxiety and depression in adolescents.

Adults Resilience: 16 - 18+ years old

This program is ideal for students who may be dealing with a dramatic increase in pressure from school (or finishing high school), choosing a career, social lives, and home. This may lead to stress and anxiety about exams, relationships, and body image, among other things, which can lead to further experiences with anxiety or depression and limit their ability to

thrive during this time. The Adult Resilience program equips participants with the skills necessary to rise to and overcome these challenges.

Cost: \$690

Booking is essential.

To enquire about future workshop dates, please

call: 09 846 9776 **or email referencing the age**

group: clinic@anxiety.org.nz

YOU ARE NOT ALONE

Anxiety is increasing amongst New Zealanders. Find friends and share common experiences at one of our free support groups.



SUPPORT GROUPS

FREE 'ANXIETY SUPPORT GROUP'

Fun, friendship, sharing and understanding in a safe and supportive environment.

Facilitated by a registered psychologist

When:

Every second Thursday 6.00pm

- 8.00 pm Every second

Saturday 3.30pm - 5.00pm

Where:

77 Morningside Drive, St Lukes, Auckland

Booking:

Referral is essential to join this group. Contact Anxiety

New Zealand on: **09 846 9776** or email

clinic@anxiety.org.nz

FREE 'SHYNESS AND SOCIAL ANXIETY SUPPORT GROUP'

A small and safe group of between 7 – 10 people, supporting those who experience social anxiety or social phobia.. Facilitated by a registered psychologist

When:

Every second Saturday 3.30pm -

5.00pm **Where:**

77 Morningside Drive, St Lukes, Auckland

Booking:

Referral is essential to join this group. Contact Anxiety

New Zealand on:

09 846 9776 or email **clinic@anxiety.org.nz**

BREATHING AND RELAXATION TOOLS CAN GREATLY REDUCE ANXIETY



ADDITIONAL RESOURCES

RELAXATION TECHNIQUE

Relaxation is the opposite of anxiety. It is very important to learn ways of relieving anxiety, particularly at the beginning of psychotherapy when it is possible that you will be asked to recall anxious and anxiety-provoking memories. The following is a suggested method for reducing anxiety and bringing on a state of inner calm.

1. Environment

Do this exercise in a place where you feel comfortable and where you will not be disturbed. You will need about an hour. Take the phone off the hook and turn off your mobile phone.

2. Music

Put on music that is conducive to relaxation, preferably with no distracting lyrics. There are certain sounds and tones and frequencies that are particularly relaxing to the mind and this tape uses only such sounds. A piece of classical music might start off very soothing but then a clash of cymbals can wake you up abruptly and destroy all the peaceful state of mind that you have got into.

3. Breathing

Preferably lie on your back with your head supported on a pillow. Try and think about nothing but your breathing. Use your abdominal (stomach) muscles rather than your chest. Breathe in deeply and then breathe out evenly and slowly. In relaxation it is the out-breath that is most important. Make sure the out-breath is long and even. As you breathe out say a word that reflects calmness such as “peace”. Say the same word every time you breathe out. This will help to induce a state of self-hypnosis. Alternatively you can use a mantra such as “owoom”. Use whatever word suits you, but do not staccato it (say each sound sharply and detached). It should sound like “peeeeeeeeeeece” or “awooooooooooooom” and take up most, if not all, of the out-breath.

4. Visualisation

Visualise a relaxing scene. This should be somewhere that you feel comfortable for example beside a lake or by the sea or a tranquil place in the mountains. If you feel uncomfortable outdoors you can imagine yourself in a cosy lounge by a fireplace. Imagine yourself at the top of a flight of steps looking down on the scene. Slowly walk down the steps and say to yourself “every time I take a step I will feel more relaxed.” Stay at each step for about a minute and continue to attend to your breathing but periodically stop to look at the view. If you do this exercise regularly you can train yourself to become relaxed according to where you are on the flight of steps. If you are at the middle of the steps you may feel quite relaxed but feel quite sleepy when you get to the bottom. In other words you can learn to control how relaxed you are feeling by your position on the flight of steps.

Extract courtesy of 'Anxiety and Phobia Workbook' by Edmund J. Bourne. This is an excellent and easy to follow account of how to get the most out of relaxation techniques and available to order online.

ADDITIONAL RESOURCE

BRIEF INTERVENTIONS FOR ANXIOUS CHILDREN

Bubble-breathing

Fill a glass to halfway with water or your child's favourite drink (we always encourage a healthy sugar free drink of water or milk). Place a straw in the glass and ask your child to take a deep belly breath (see Belly Breathing exercise for how to do this) and hold for 3 seconds, then blow into the straw slowly through their mouth. Repeat this 5 – 10 times (or as many as your child needs to feel less anxious).

Belly Breathing

Place one of your child's hands on their chest and one on their belly. Breathe in through the nose for half their age in seconds, hold for half their age in seconds and breathe out for their full age in seconds.

This method works well up to age 8. The structure would be: – 4 seconds breathing in, hold for 4s and out for 8.

If your child or young person is over 8, use the following: – 4 seconds breath in, hold for 5 and breathe out for 8.

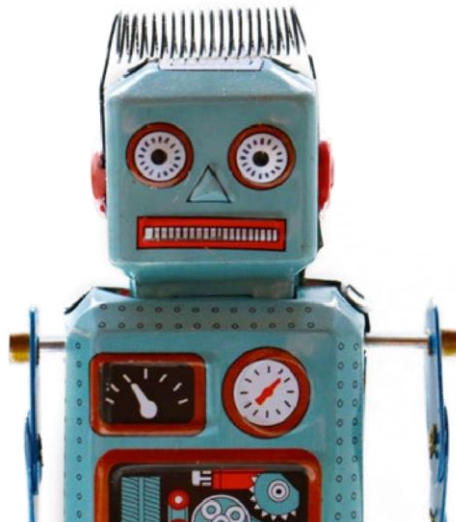
(adjust this as per the needs of the child or young person).

Robots, Jellyfish and Towers

The aim of this game is to practice progressive muscle relaxation. You call out each of these names and your child mimics the behaviour of each one:

- Robots, who are stiff and robotic in their movements.
- Jellyfish, who are floppy and relaxed.
- Towers, which are strong and stretch up high into the sky.

The game begins with each person cycling through the actions a couple times. Try to keep mixing the order of the names up and ensuring there's a jellyfish movement after the tense movements.



MEET SOME OF OUR PSYCHOLOGY TEAM

Dr Henry Plant - MOSS Psychiatry (GP)

Dr. Plant Joined the Anxiety New Zealand Trust in December 1997. He has been in the field of psychiatry for the twenty years and takes a holistic view of mental distress. In addition to addressing the biological aspects of anxiety, phobias and depression he emphasises the importance of staying emotionally and physically healthy. Dr. Plant's particular interest is in helping people to understand how feelings related to grief, sadness, anger and conflict can underpin anxiety, and therapy is much enhanced if they can learn to be comfortable with those feelings.

Shona Harvey (Clinical Lead) - Clinical Psychologist

Shona is a Registered Clinical Psychologist and an experienced senior psychologist with over 15 years of practice experience in a variety of settings. She trained at Auckland University principally in psychological assessment and Cognitive Behavioural Therapy and then went to London for 10 years and trained further in Psychodynamic Psychotherapy and Family Systems Therapy at the renowned Tavistock Centre.

She is a member of both the New Zealand and British Psychological Societies and has worked in a Leadership and Management role and a Practitioner role in a large National Counselling organisation. She has worked across the mental health spectrum and more recently with relationships couples and families and with clients presenting with anxiety, depression and/or trauma both long term and recent events.



Rachael Chalmers - Psychologist

Rachael is a registered psychologist in New Zealand and Australia with several years of experience working with clients presenting with anxiety across all ages including, children, adolescents and adults. In particular, she works with clients of any age who are currently facing challenges with anxiety and anxiety-related disorders, depression and low mood, as well as challenges with daily life. She has a particular interest in working with childhood anxiety disorders, as well as selective mutism, ADHD, and autism. With a bachelor and master degree in psychology, Rachael's warm and client centred psychological approach will be individually tailored to meet your needs and therapeutic goals using practical tools and strategies.



Janelle Kumar – Intern Psychologist

Janelle is a registered intern psychologist currently completing her PGDip in Counselling Psychology through AUT University. Janelle grew up in New Zealand and has spent time abroad, living in both Brisbane and Wellington. Janelle has trained primarily in Cognitive Behavioural approaches, but also utilizes concepts from a range of evidenced-based modalities including compassion-focused therapies, mindfulness and acceptance commitment therapy. She enjoys working with clients from a variety of different cultural backgrounds and ages. Her approach is warm, empathetic and non-judgemental. She focuses on a strengths-based approach for all those who work with her. Janelle believes in looking at the whole person and works to establish a collaborative and supportive therapeutic relationship with all her clients.

Lyn Birrell – Registered Psychologist

Lyn is a registered psychologist and member of the NZ Psychological Society. Her passion is helping people reduce their levels of distress and overcome the damaging effects of anxiety, fear, panic, phobias and compulsive disorders. In individual therapy she uses the most appropriate, evidence-based therapy such as CBT (Cognitive Behavioural Therapy) and Solution Focussed Therapy. Lyn also uses applied relaxation training and

mindfulness to counteract the negative effects of stress, worry and anxiety and restore a sense of wellbeing. She employs techniques from other modalities such as DBT (Dialectical Behavioural Therapy) and is enthusiastic about working with people as they learn to better manage their anxiety enabling them to go on and create a life to be excited about.

Roger Phillipson – Registered Psychologist

Roger is a registered psychologist in New Zealand and a Chartered psychologist in the United Kingdom. He is also a registered counsellor and member of the New Zealand Association of Counsellors (NZAC). He uses a range of modalities, such as Cognitive Behavioural Therapy (CBT), client centred and narrative therapy and recently completed his studies as a neuroscientist at Victoria University. He has vast experience working predominantly with adults and young people for many years.

He specialises in complex psychological trauma and suicide prevention and has spent a large part of his career working with young people who have severe and challenging behaviours. Most importantly, he has a warm and client centred psychological approach and he ensures that work with clients will be individually tailored to meet their needs.

**Vikki Baird – Registered Counselling Psychologist**

Vikki is a registered Counselling Psychologist, specialising in the areas of anxiety, depression, self-esteem, relationship issues, existential concerns, and career and life path choices. Vikki uses an integrative and collaborative approach to therapy which can include modalities such as CBT, ACT, Psychodynamic approaches, or creative therapies.

Her previous experience has involved working with adults and youth in a wide range of settings, including her own private practice setting, Youthline face-to-face counselling team, and a community based adult mental health setting. Vikki also has a number of years' experience facilitating mindfulness based groups for adults and adolescents.

Jessica Andrews-Smith – Registered Psychologist

Jessica is a registered psychologist with an interest in working with a wide range of people experiencing anxiety, depression, stress management and burnout, life transitions, self-esteem and chronic health issues. She enjoys working with clients from a variety of different cultural backgrounds and ages, from young adults to older adults.

Her focus in treatment is client centred and collaborative - to help each individual to reach new understandings and possibilities within themselves and in their lives, while helping to enhance personal strengths, and build confidence to overcome barriers to happiness. Jessica uses concepts from a variety of evidence based therapies including CBT (Cognitive Behavioural Therapy), ACT (Acceptance and Commitment Therapy), Compassion Focused Therapy and different mindfulness processes depending on the individuals need. Jessica works Thursdays and Fridays at Anxiety New Zealand Trust.

Dr Amanda Willetts – Clinical Psychologist

Amanda is a registered senior Clinical Psychologist who has worked in the health sector for many years, including the past 9 years supporting young people and their families in a local mental health service. She has joined Anxiety New Zealand Trust for its contribution to the community and value for people.

Amanda works from various therapy models, including Cognitive Behaviour Therapy and Mindfulness based interventions. The models are also useful for learning coping strategies when applied to overcoming excessive substance use or self-harm. Amanda is intensively trained in Dialectical Behaviour Therapy and Mindfulness Based Stress Reduction, and also offers both Acceptance and Commitment Therapy and Compassion focused approaches. Her goal is to be collaborative, respectful and compassionate and to work towards people's goals.



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HELPING NEW ZEALANDERS EXPERIENCE RESILIENCE AND RECOVERY

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