

Rauaroaha - Segar House: Specialist Psychotherapy Service

Treatment Programme

Service users attend weekly individual therapy, in combination with three to five groups a week. This usually means a commitment to attending the programme three or four days a week, dependent upon the stage of treatment and individual needs. The duration of treatment is between 6 and 24 months, with 18 months being the average length of treatment.

Group treatments in the programme include, a brief Orientation Group (4 weeks), a MBT psycho- education introductory group (MBTi), DBT skills group, a twice weekly MBT process group (MBTg), Art Therapy, Mindfulness, and Compassionate Mind. Each client has a treatment plan created collaboratively that identifies which components of the programme are best suited to their individual needs. Service users will usually start in the programme with a combination of core groups, including, MBTi, DBT Skills, and Mindfulness. The programme may vary over time and may include groups other than those above (e.g., Trauma Sensitive Yoga or Trauma and Recovery group). Overarching team and patient management processes, and risk and crisis management, are shaped and guided by a combination DBT and MBT approaches to treatment. Specific individual treatment interventions such as EMDR may also be offered where appropriate. Other elements of the treatment programme include:

- On-call service, evenings, and weekends to provide brief DBT coaching and MBT approaches via phone contact
- regular care plan and progress reviews
- regular psychiatric reviews
- community meetings (Whakapiri), celebration days and graduation ceremonies

Example timetable

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|-------------------------------------|--|--|--|
| 9.30 – 10.00 Whakapiri | 9.30 – 10.00 Whakapiri | 9.30 – 10.00 Whakapiri | | |
| 10.00 – 11.30 Mentalizing Therapy Group | 10:00-11:30 DBT Skills Group | 10.00 – 11.30 Mentalising Therapy Group | 10 - 11:45 Mentalising Introduction Group | 10.00 – 11.30 Compassionate Mind Group |
| Lunch break | Lunch break | Lunch break | Lunch break | Lunch break |
| | 1:00 – 2:00 Mindfulness Group | 2:30 – 4:30 MBT Introduction Group | 1:30 – 3:20 Art Therapy | |
| On Call Skills Coaching 1700 – 2200 and Weekends 0800 - 2200 | | | | |

Examples of Groups Currently in Rauaroaha Programme

MBT - introduction group (MBTi):

The MBTi group is an introduction to mentalising and the MBT approach to treatment - an evidence-based form of psychotherapy, delivered in a group and individual format. Mentalizing

involves the ability to interpret/understand behaviour (one's own as well as that of others) as psychologically motivated in terms of underlying intentions and mental states, such as thoughts, feelings, wishes, and intentions. Mentalization Based Therapy is aimed at helping individuals to become more curious about and to understand what is going on in their own minds as well as that of others, and realise how this is affecting the emotions, thoughts, and behaviour of themselves and others.

The group introduces various aspects of mentalising and information about emotions, attachment styles, personality disorders, depression, and anxiety. The MBTi sessions involve teaching, group discussions and activities, and homework practise tasks between group sessions.

DBT Skills Group:

Dialectical Behavioural Therapy brings cognitive and behavioural therapy approaches together with Eastern philosophy to address emotional problems. Its core tenant is finding a balance between acceptance and change. The group teaches mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness. These skills are taught to help service users 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.

Mindfulness Group:

This group is an extension of the DBT group, with the focus of teaching service users how to notice and become more aware of their body and their mind. Using the breath, the body, imagination, and the 5 senses, service users will learn to focus one-mindfully and non-judgementally on the present moment.

MBT process group (MBT-g):

The MBTg group can be seen as a "training ground" for interpersonal mentalizing with the primary aim of each participant developing their mentalizing abilities. Group members will be encouraged to practise mentalising with each other through focusing on core difficulties and emotionally important events from everyday life. Thoughts, emotions, and understandings are brought to the group to share using a mentalising framework. The 'how' of how group members share and listen to each other is a key aspect of the group, and encouragement towards openness's, curiosity, and support of each other are important elements of this.

Compassionate Mind Group:

In this group service users will practise how to be more compassionate with themselves and others. In day-to-day life many group members may experience high levels of self-criticism and shame. This group supports observing these aspects of oneself and developing practices of turning one's mind towards identifying and meeting needs for self-soothing, kindness and compassion.

Art Therapy Group:

The Art therapy offers a powerful therapeutic media through which group participants may come to a deeper understanding of themselves and others. It can be a particularly helpful way of working therapeutically for those who find it hard to express feelings or thoughts verbally. Group members do not need skills or experience in creating artwork, and it isn't the aim of the therapy sessions to produce skilful or aesthetically pleasing works of art, but to use art as a means of communication and expression. The first part of each session is dedicated to group members producing individual art works concerning their thoughts, feelings, wishes, and memories. In the second part group members and therapists will, using a mentalizing framework, reflect on and discuss the art works that have been produced and their significance to their creator as well as those who are viewing them.