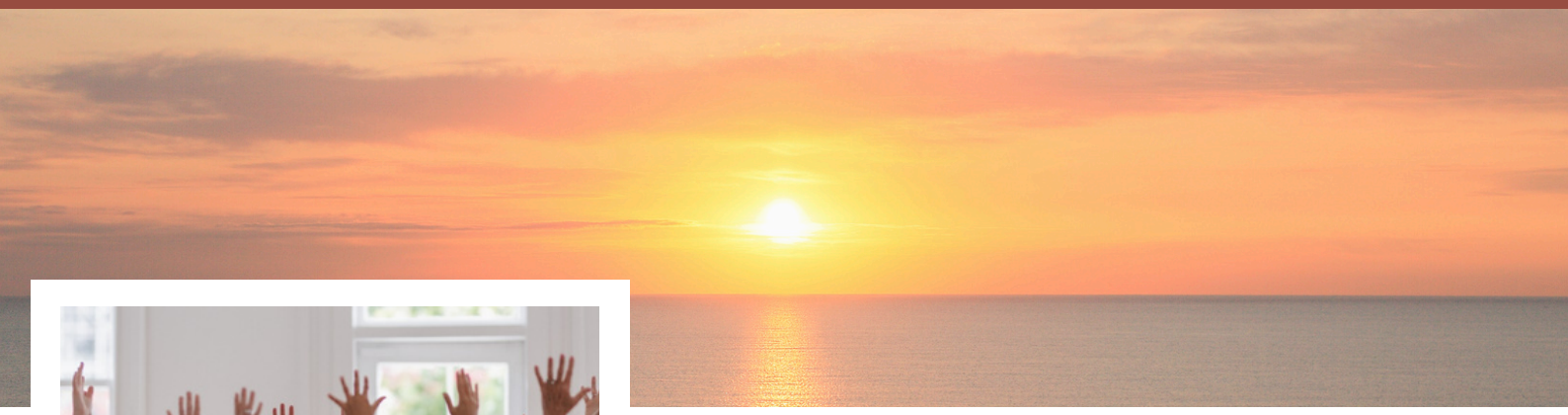
Brighter Life
HOLISTIC THERAPIES

Tools For Transforming Trauma



ACC SCS FUNDED

Day Retreats

Our Auckland based day retreats invite women living with the aftermath of trauma to embark on a day of healing, empowerment and self-discovery. Drawing from Trauma-Sensitive Yoga and Creative Arts Therapy, along with mindfulness-based psycho-education, clients will come away with tangible and sustainable tools that can seamlessly be integrated into daily life in helpful and practical ways.

FOR MORE INFO

jessica.dziwulska@nelsonclinic.nz
amy.benjamin@nelsonclinic.nz

Our Facilitators

Jessica Dziwulska Jessica leads our yoga sessions and has been practicing and teaching yoga, somatics, and therapeutic movement for nearly 3 decades. She is trained in Trauma Center Trauma Sensitive Yoga (TCTSY), Art Therapy, Somatic Therapy, Dance Movement Therapy, and Restorative Movement Psychotherapy for survivors of trauma. She recently completed a Master of Dance Movement Therapy, focusing her thesis on body-based/somatic approaches to working with trauma, PTSD and Complex Trauma. Jessica has been working with trauma survivors for the past 7 years, both 1:1 and in group settings. She is passionate about creating and facilitating in trauma-informed spaces where diversity, choice, and agency are held in the highest esteem.

Amy Benjamin (NZAC) is a Counsellor and ACC-registered Group Clinician in private practice. She has extensive experience supporting a wide range of clients in both individual and group settings, with a strong focus on relational, trauma-informed, and client-centred care. Amy works closely with referring clinicians and clients from first contact to support safety, clarity, and informed participation. Her triage process includes a structured client questionnaire exploring emotional experience, regulation, body awareness, relational capacity, and overall wellbeing to assess readiness for group participation.
Throughout our groups and retreats, Amy remains actively involved, offering consistent clinical oversight, emotional containment, and therapeutic support to enhance cohesion and psychological safety. She maintains communication with referrers regarding engagement and any emerging clinical considerations, supporting continuity of care and integrated treatment planning.

Our day retreats support clients to connect to their body in reparative ways. We explore mindful movement, safe social connection, therapeutic creativity, and how to develop healthy coping strategies. Participants will come away with a range of practices they can take into daily life.

We've drawn from a combined skillset of evidence-based modalities to address the impacts of trauma, and maintain a commitment to trauma-informed principles, fostering an environment of safety, trust, and empowerment.

We believe every person deserves access to holistic, integrated, and empowering avenues for trauma recovery; our retreats offer a compassionate, evidence-based roadmap toward integration and healing.

DATES: TERM FOUR 2026

Saturday Nov 14th 10:30am - 4:30pm - Rothesay Bay, AKL - WOMEN ONLY
Saturday, Dec 12th - 10:30am-4:30pm - Rothesay Bay, AKL - WOMEN ONLY

Clients may attend one or more day retreats per term,
each day retreat is a stand-alone experience. Age 18+

Dates & Process For Lead Providers

PROCESS FOR LEAD PROVIDERS

1. Purchase Order Request

To arrange approval for a client to attend a group, please contact the client's recovery partner as soon as possible. You will need to provide a rationale and request the following codes be approved:

- **SCSGTT** x1 - (For triage)
- **SCSGT** x 7 (1 x 6 hour session + packdown/setup) - Transforming Trauma day retreat
- **Time frames:** 01/10/26 - 20/12/26
- **Vendor ID:** VAH127 (The Nelson Clinic)

Group Facilitator Information:
Name: Jessica Dziwulska
Role: Yoga Specialist
ACC ID: PVT0423JD

Name: Amy Benjamin
Role: ACC Registered Counsellor
ACC ID: PAS256

The deadline for Purchase Orders is one week before your chosen group starts. Please copy The Nelson Clinic and our ACC therapost, Amy, into your ACC PO requestl groups@nelsonclinic.nz and amy.benjamin@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. **NB: WE CANNOT REGISTER YOUR CLIENT WITHOUT A PURCHASE ORDER**, please apply for this as soon as possible.

3. Triage

Once we have received a PO and a completed registration form, one of our TSY facilitators 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.