

“HEALING WITHIN”

ACCREDITED EMDR GROUP THERAPY

Tuesdays
from 10.30am to 12.30pm

13 October to
17 November 2026

Bay Yoga,
30 Commercial St,
Takaka 7110

EMDR—“Healing Within” is a gentle six-session, trauma-informed group programme designed for adults with ACC Sensitive Claims who are recovering from the impact of trauma.

Grounded in EMDR’s Adaptive Information Processing (AIP) model and the Group Traumatic Episode Protocol (GTEP), this small group provides a safe, structured, and culturally responsive space to begin trauma reprocessing without requiring verbal disclosure.

Each session incorporates psychoeducation, mindfulness, relational regulation, and EMDR-based resourcing and processing strategies, helping participants build safety, stability, and self-regulation. Outcomes may include reduced PTSD symptoms, improved daily functioning, enhanced coping skills, and greater confidence in self-care and connection with others.

Two experienced facilitators provide guidance and containment throughout, ensuring a safe and supportive group environment. To arrange approval for a client to attend the group, please contact the client’s recovery partner as soon as possible.



Facilitators
Nicola Kim Finlayson
Sabina Wick

You will need to provide a rationale and request the following codes be approved:

SCSGTT x 1 - All Classes

SCSGT x 12 (6 x 2h sessions)- EMDR groups

01/01/2026 - 31/12/2026

Vendor ID: VAH127 (The Nelson Clinic)

This is a simple example of a rationale that could be provided:

“I would like to request approval for this client to attend a group course run by The Nelson Clinic (VAH127), which will commence on DATE. The aim of this is for the client to acquire some additional skills to manage PTSD and depressive symptomatology and promote an opportunity for safe social connection to address current isolation. Could you please let me know if this can be approved for the client? They are motivated to attend this treatment, which aligns well with their current goals as outlined in the wellbeing plan”.

Deadline for purchase orders is Friday before the class begins.

Please copy groups@nelsonclinic.nz into your PO request.

When The Nelson Clinic receives the PO, they will be in contact to get your client registered and advise you of the next steps.