



sensing self and safety.

RESILIENT BOUNDARIES

"Boundaries play a crucial role in self-empowerment and relational health. You are warmly invited to join us to explore yours."

Is this for me?

This group is designed to be a compassionate space to explore self-care & develop practical tools for healthier relationships. It is for females who have a current SCS claim. You can expect:

Arts Therapy, Journaling & Reflection: Reflective creative exercises to enhance self-awareness & compassion. (No artistic skills needed)

Embodied Learning: Gentle, practical exercises to develop self awareness

Restorative Trauma Sensitive Movement: Gentle practices to help connection with your body & calm your nervous system

Why Attend?

- Deepen a positive sense of self & personal boundaries
- Increase empowerment & a felt sense of safety in relationships.
- Restore trust & explore healthy boundary setting.
- Reconnection with your body & signals of overextension or withdrawing.
- Develop capacity for embodied decision making
- Move beyond survival & trauma-driven reactions in relationships.
- Develop assertiveness communication



RESILIENT
BOUNDARIES



FROM SELF AWARENESS TO RELATIONAL SKILL...

A trauma sensitive journey to find
calm, explore self and grow resilient
boundaries.

YOUR FACILITATORS

Hester Phillips is an SCS Lead Provider with a first-class clinical Master's degree & 20 years of experience facilitating groups in various mental health & community settings. Hester specialises in somatic approaches to trauma recovery & supervises & trains facilitators of trauma-sensitive groups.



Zoe Lopes is an integrative therapist (BSc Hons Psychology) with experience in university, community & SCS settings. She uses trauma-informed modalities like Brainspotting (one of the few in Nelson), EMDR, & mindfulness. Zoe emphasises a warm, safe relationship to foster client confidence, resilience, & self-identity.



TO JOIN ASK YOUR
THERAPIST WHO
APPLIES TO ACC ON
YOUR BEHALF

Contact?

hester.phillips@nelsonclinic.nz

When?

New start dates every 2 months
or see attached email or
contact:
hester.phillips@nelsonclinic.nz

Where?

Offered in Nelson.
Auckland. Wellington



RESILIENT
BOUNDARIES

Resilient Boundaries is offered as a weekly group (Nelson) or as a 2 day non-residential Retreat (Nelson, Wellington, Auckland & Blenheim)

**Term or Retreat
One: Sensing Self**

**Internal boundary cues *
Developing a sense of self *
Recognising limits & authentic
Yes and No* Somatic practices to
befriend your body * Nervous
system regulation**

**Term or Retreat Two:
Sensing Other**

**Relational boundaries *
Communication & interaction
with others * Non-verbal
communication * Interpersonal
exercises**

**You have the flexibility to choose
to register for Term 1/Retreat 1
Retreat 2/ Term 2, or both.**



**BETTER
BOUNDARIES
FOR
WELLBEING**