



THRIVE

Holistic Therapy for Nervous
System Health & Wellbeing

Trauma-Sensitive Yoga Group Work

ACC SCS FUNDED

An evidence based, clinically proven intervention designed for individuals grappling with complex trauma or enduring post-traumatic stress disorder.



Potential Benefits Of TSY

Body Reconnection

Develop trust in
your body.
Explore self
compassion and
enhanced
wellbeing

Reduction of Symptoms

Calm your
nervous
system, reduce
symptoms of
anxiety, coping
& hyperarousal

Self- Regulation

Develop
regulation and
resourcing tools
to balance body,
mind and
emotions

Empowerment and Choice

Make choices in
your practice,
learn to regain a
sense of agency
and self-
compassion



In TSY, the focus isn't on perfecting the yoga shapes but on the participant's experience. This approach empowers individuals and invites the body's sensations to guide choices, helping restore mind-body connection, agency, and sense of self, which are often lost to trauma.

- ✓ No yoga experience necessary
- ✓ Options for; women only, LGBTQ+ & mixed gender
- ✓ Everything is optional, go at your own pace
- ✓ Online & In-person courses, PLUS day retreats

WANT TO KNOW MORE? ➡

amy.benjamin@nelsonclinic.nz

jessica.dziwulska@nelsonclinic.nz

Meet 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(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.

Amy Benjamin



DATES - Term THREE 2026:

Weekly TSY Groups

Online - MONDAYS 10-11am from Aug 10th (8 weeks) - ALL GENDERS WELCOME

In-Person - TUESDAYS (2 options available) from Aug 4th (8 weeks) - Grey Lynn, AKL

Group 1: 10:45-12:15pm- FEMALE ONLY. Group 2: 12:45-2:15pm - LGBTQ+ ALL GENDERS

Online - WEDNESDAYS 6:45-7:45pm from Aug 5th (8 weeks) - ALL GENDERS WELCOME

In-Person - THURSDAYS 11-12:30pm from Aug 6th (8 weeks) - Rothesay Bay, AKL - FEMALE ONLY

Tools For Transforming Trauma Day Retreats

Saturday August 29th 10:30am-4:30pm - Rothesay Bay, Auckland - FEMALE ONLY

Saturday September 26th 10:30am-4:30pm - Rothesay Bay, Auckland - FEMALE ONLY

*Clients can attend one or more day retreats per term; each day retreat is a stand-alone experience. *All our groups are age 18+

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 - All Groups (triage)
- **SCSGT** x 12 (8 x 1h sessions + prep) - all ONLINE weekly sessions
- **SCSGT** x 16 (8 x 1.5h sessions + setup/packdown) - For IN-PERSON weekly sessions
- **SCSGT** x 7 (1 x 6 hour session + setup/packdown) - Tools for Transforming Trauma day retreat
- **Time frames:** 01/08/26 - 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 therapist, 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.

