

# Resourcing & Connection Day Retreat (for those who identify as female)

## Rationale for Running the Group

A significant component for supporting the process of healing PTSD is to have ISSC clients resourced so they can feel empowered and confident to manage challenging situations and to support their wellbeing and growth. This retreat will offer a deeper understanding of the autonomic nervous system through polyvagal theory. The retreat will support connection and offer exploration of various tools/resources to support the management of PTSD concerns.

## About this Group

The format of the retreat will be based on scientific research that focuses on the autonomic nervous system which Stephen Porges has developed and calls the polyvagal theory. Polyvagal theory offers insight on how the nervous system develops and responds to environmental, person to person and internal cues and offers understanding on how to support self when experiencing PTSD symptoms.

The intention is that participants will have a deeper understanding of the interconnectedness of the body and mind and how together they influence our states. Psychoeducation will be shared about this theory and then experiential exercises will follow. This will lead into participants exploring various internal and external resources to support their own personal journey on managing PTSD symptoms.

At the completion of the retreat participants will have their own kete of resources (which they have chosen) to support them in maintaining their wellbeing.

The workshop will be based on Stephen Porges work and in particular Deb Dana and Arielle Schwartz who translate his work into practical therapeutic tools both of whom are specialists in the trauma field and acknowledged by Stephen Porges.

Dana, D (2020) *Polyvagal Exercises for Safety and Connection*. New York. WW Norton & Company.  
Porges, S. (2018) *Clinical Applications of the Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies*. New York: WW Norton.  
Schwartz, A (2022) *Therapeutic Yoga for Trauma Recovery*. USA. PESI Publishing, Inc.

## Hours to Request

- 1 hour – SCGT2 - In-person triage for Group-based Therapy
- 9 hours – SCGW - Group-based Therapy in-person sessions

Please advise [referrals@southcoastpsychology.co.nz](mailto:referrals@southcoastpsychology.co.nz) if you are requesting hours so we can hold your client on a waitlist.

## Facilitators

- Andrea Greer has her master's focusing on trauma and has run many educational days for teachers exploring trauma informed practices and polyvagal theory.
- Katrina Collie is an approved group work provider under South Coast Psychology's ISSC contract with ACC and has experience in facilitating therapeutic groups. She currently facilitates the trauma informed yoga group and iRest meditation group.

## Retreat Information

**Location:** Southland Women's Club,  
194 Esk Street, Invercargill

**Date:** 23 March 2024

**Time:** 10:00 am – 4:00 pm

**For further information please contact either Andrea or Katrina**  
*(not both which causes double handling)*

**Andrea Greer**  
021 230 7182  
[andregreer28@gmail.com](mailto:andregreer28@gmail.com)

or

**Katrina Collie**  
027 419 6525  
[kate@welcomechange.co.nz](mailto:kate@welcomechange.co.nz)

## **South Coast Psychology**

95 Turner Street, Edendale 9893  
[admin@southcoastpsychology.co.nz](mailto:admin@southcoastpsychology.co.nz)  
[www.southcoastpsychology.co.nz](http://www.southcoastpsychology.co.nz)



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