

SCP Groupwork Hours 2023

GROUP NAME	LOCATION	DAY & DATES	HOURS TO APPLY FOR	LEAD PROVIDER
Dialectical Behaviour Therapy (DBT)	Invercargill	Tuesday 7 Feb 23 – 7 Nov 23 (new intakes Feb & May)	<ul style="list-style-type: none"> 1x SCGT2 - In-person triage for Group-based Therapy 102x SCGWL - Group-based Therapy (DBT 52-week course) in-person sessions 	Kate McKay katejmckay@gmail.com 027 222 2865
Equine Therapy (General Group)	Edendale	Friday 13 Oct 23 – 24 Nov 23	<ul style="list-style-type: none"> 1x SCGT2 - In-person triage for Group-based Therapy 21x SCGW - Group-based Therapy in-person sessions 	
Trauma Informed Yoga (TIY)	Invercargill	Wednesday 27 Sept 23 – 15 Nov 23	<ul style="list-style-type: none"> 1x SCGT2 - In-person triage for Group-based Therapy 11x SCGW - Group-based Therapy in-person sessions 	Katrina (Kate) Collie kate@welcomechange.co.nz 027 419 6525
iRest Meditation	Invercargill	Wednesday 6 Oct 23 – 24 Nov 23	<ul style="list-style-type: none"> 1x SCGT2 - In-person triage for Group-based Therapy 11x SCGW - Group-based Therapy in-person sessions 	
Resourcing & Connection Day Retreat	Invercargill	Saturday 26 Aug 23	<ul style="list-style-type: none"> 1 hour – SCGT2 - In-person triage for Group-based Therapy 9 hours – SCGW - Group-based Therapy in-person sessions 	
Self-Care Retreat Day	Cromwell	Saturday Ongoing	<ul style="list-style-type: none"> 1 hour – SCGT2 - In-person triage for Group-based Therapy 8 hours – SCGW - Group-based Therapy in-person sessions 	Viki Abercrombie nz101@icloud.com 027 351 5121

South Coast Psychology

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South Coast
PSYCHOLOGY

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GROUP NAME	LOCATION	DAY & DATES	HOURS TO APPLY FOR & LEAD PROVIDER
Yoga Nidra Online	Online	Tuesday 8 Aug 23 – 3 Oct 23 Thursday 10 Aug 23 – 5 Oct 23 Thursday 12 Oct 23 – 7 Dec 23	<ul style="list-style-type: none"> • 1 hour – SCGT2 - In-person triage for Group-based Therapy • 13.5 hours – SCGW - Group-based Therapy in-person sessions <p>Gaye Mallinson gayemallinson@gmail.com 022 357 0010</p>
Level 1 Yoga Online	Online	Wednesday 9 Aug 23 – 4 Oct 23 Wednesday 11 Oct 23 – 6 Dec 23	
Level 2 Yoga Online	Online	Tuesday 10 Oct 23 – 5 Dec 23	
Yoga Nidra	Christchurch	Wednesday 9 Aug 23 – 4 Oct 23 Thursday 10 Aug 23 – 5 Oct 23 Tuesday 10 Oct 23 – 5 Dec 23 Wednesday 11 Oct 23 – 6 Dec 23 Thursday 12 Oct 23 – 7 Dec 23	
Level 1 Yoga	Christchurch	Wednesday 9 Aug 23 – 4 Oct 23 Thursday 10 Aug 23 – 5 Oct 23 Tuesday 10 Oct 23 – 5 Dec 23 Thursday 12 Oct 23 – 7 Dec 23	
Level 2 Yoga	Christchurch	Wednesday 11 Oct 23 – 6 Dec 23	

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