

ADULT SERVICE WAKA WAIORA JOURNEY TO WELLBEING™ GROUP THERAPY



INFORMATION FOR CLIENTS

Welcome to Safe Network's Waka Waiora Journey to Wellbeing™ Programme. This is the start of a new beginning for you as you learn more about yourself and how to make positive choices for yourself and others around you.

Taking part in group therapy is a really important part of your programme at Safe Network, where you will learn to:

- Interact with others and develop positive relationship skills
- Understand how your beliefs and needs impact your behaviours
- Manage your emotions and cope with tough times
- Communicate with others in a positive way
- Handle differences of opinions with other people
- Understand healthy sexuality and how to manage your sexual behaviours.

Being part of a group provides the best opportunity for you to develop and practice these skills. You will be able to learn from other group members and they will be able to learn from you. Your group facilitator will also be able to coach you and help you with feedback. Groups are great for giving you the opportunity to practice what you have learned.

How do groups work?

How long you will be part of a group will depend on the goals for your therapy. Most adult clients are part of a group for between six and twelve months. You may end up in a new group or joining a group that is already running. You will finish with the group when you have completed all the group-based parts of your intervention plan.

"Group work was such a key element of my journey with Safe. The co-facilitators were really knowledgeable and supportive. The other members helped me to realise that I wasn't alone.... I will really miss group."

Each group is led by two Safe Network clinicians, and there are generally 5-8 members in each group. Group sessions include fun activities that help you learn and build new skills. The facilitators make sure everyone in the group is kept safe.

Each group session is 90 minutes (online) 120 minutes long with a 10 to 15-minute break in the middle (in person).

What do we learn in group?

At the start, each group focuses on building **Group Cohesion**. This involves introducing group members to each other, getting people used to being part of a group, explaining the purpose of the group sessions and setting group kawa/rules.

Group therapy sessions then focus on the following key themes:

"I was so nervous to start a group... I just wanted to hide from the world, but this helped me to do the opposite. It was hard at first, but then I met the guys, and the co-facilitators, and soon enough it became my safe place. Group work helped me so much on my journey."

Emotional Expression & Management

You will learn about the influence that your beliefs and emotions have on your behaviour, develop awareness of your needs and work on developing skills to cope with different emotions and manage these.

Getting Along with Others

You will learn about communicating with other people, how to see things from their perspective, handle differences in opinions and how to solve problems.

Healthy Sexual Relationships

You will find out more about consent, boundaries, and safe sex. You will learn more about what sex means for you and how to manage your sexual behaviours in a positive way.

Support and Safety Planning

Using the things you've learned in each of the areas above, you will create your own support and safety plan that identifies what you have learned and how you can keep yourself and others safe in the future.



If you have any questions about Safe Network's Waka Waiora Journey to Wellbeing™ Programme or group therapy, please discuss them with your clinician, or email info@safenetwork.org.nz.