

YOUTH SERVICE WHAKAHURANGA DISCOVERY™ GROUP THERAPY



INFORMATION FOR YOUNG PEOPLE

Welcome to Safe Network's Whakahuranga Discovery™ 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
- Manage your emotions and cope with tough times
- Communicate with others in a positive way
- Handle differences of opinions with other people

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 young people are part of a group for about six 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.

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 long with a 10 to 15-minute break in the middle.

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:

Emotional Expression & Management

You will learn about how your emotions influence your behaviours, become more aware of your needs and work on developing skills to cope with different emotions and manage these.

Healthy Sexual Relationships

You will learn to be more comfortable talking about sex, and find out more about consent, pornography and the impacts of harmful sexual behaviour.

Getting Along with Others

You will learn about communicating with other people, how to see things from their perspective and how to solve problems. You will also learn about how you can end relationships in a healthy 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 Whakahuranga Discovery™ Programme or group therapy, please discuss them with your clinician, or email info@safenetwork.org.nz.