

WHAT WE DO

A guide to Anxiety NZ Trust,
what we treat, our services
and workshops.

June 2022



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WELCOME

OUR VISION

Our vision is to help New Zealanders who experience anxiety, depression, phobias and OCD make the journey of recovery and wellbeing by providing them with the best possible treatment, support and understanding.

OUR MISSION

We are here to help grow the mental health and wellbeing of people in Aotearoa New Zealand, and to provide support, education and treatment for kids (tamariki), young people (rangatahi), adults (pakeke) and families (whanau) living with anxiety and other mental health experiences.

OUR KAUPAPA:

Ko ngā tāngata, te mātua mahi. Putting people at the heart of all we do.

WHAT WE PROVIDE

- Therapeutic interventions
- A free 24 hour Anxiety Helpline
- Free support groups
- Workshops
- Resiliency programs
- Community collaboration
- Community education

ANXIETY NEW ZEALAND TRUST HISTORY

The Phobic Trust of New Zealand Inc. was first conceptualised by Marcia Read QSO and the late Mr David Ludbrook. Marcia went on to form the Phobic Trust in 1980. A 24/7 Helpline was established in 1983 with Volunteers and from this a trial clinic started in Parnell, with the main St Luke's clinic being created soon afterwards. It was officially incorporated in 1987 and is now called Anxiety New Zealand Trust. Since then the Trust has evolved to become a crucial organisation in the support and treatment of mental health conditions in New Zealand.

Check out our website: <https://www.anxiety.org.nz/>

Social Media Links: <https://linktr.ee/AnxietyNZ>



**UP TO 1 IN 4 PEOPLE
WILL EXPERIENCE AN
ANXIETY DISORDER IN
THEIR LIFETIME**



WHAT WE TREAT

We work with people primarily on help reach their goals around experiencing anxiety, depression, OCD and phobias and improving health and wellbeing. However, we also work with other associated conditions related to anxiety. Below is a guide to the broader range of associated conditions and a brief explanation of each can be found on the following pages. A formal diagnosis isn't needed to engage in support with us.

We do support autistic people or people with a diagnosis of ADHD who are experiencing anxiety. We are not able to assist with an ADHD or Autism diagnosis (or ADHD medication).



ANXIETY

Moderate to severe anxiety disorders are the most common mental health conditions affecting children, teens and adults. Feeling anxious to some degree is normal for everyone. Anxiety and fear are adaptive and helpful emotions which allows us to notice danger, keeps us safe and helps us adapt to our environment. However sometimes anxiety levels can become severe or longstanding and beyond our abilities to cope, which can pose a risk to our mental and physical health. It can also cause significant distress or impair your ability to function in important areas of life such as work, school, or relationships. We work with people based on their goals.

DEPRESSION

Depression is a condition in which a person feels discouraged, sad, hopeless, unmotivated, or disinterested in life in general for more than two weeks and when the feelings interfere with daily activities. Major depression is a treatable illness that affects the way a person thinks, feels, behaves, and functions.

PANIC ATTACKS

The abrupt onset of intense fear or discomfort that reaches a peak within minutes and includes at least four of the following symptoms: Palpitations, pounding heart, or accelerated heart rate. Sweating. Trembling or shaking. Sensations of shortness of breath or smothering.

PANIC DISORDER

Characterised by reoccurring unexpected panic attacks. Panic attacks are sudden periods of intense fear that may include palpitations, sweating, shaking, shortness of breath, numbness, or a feeling that something really bad is going to happen.

OBSESSIVE COMPULSIVE DISORDER (OCD)

Repeated and persistent thoughts ("obsessions") that typically cause distress and that an individual attempts to alleviate by repeatedly performing specific actions ("compulsions").



AGORAPHOBIA

Excessive fear related to being in (or anticipating) situations where escape might be difficult or help may not be available if panic attack (or panic-like symptoms) occur i.e. bridges, motorways, flying, lifts, etc.

SEPARATION ANXIETY DISORDER

Excessive anxiety concerning separation from home or major attachment figures that is beyond what would be expected for one's developmental level. This can occur in children, adolescents, or adults, but is more commonly found in children.

SOCIAL ANXIETY DISORDER

(Social Phobia)

Excessive fear of becoming embarrassed or humiliated in social situations, which often leads to significant avoidance behaviours.

SCHOOL PHOBIA

The sudden aversion to or fear of attending school.

MONO OR SPECIFIC DISORDERS

Persistent and excessive fear of a specific object or situation, such as flying, heights, animals, toilets, or seeing blood. Fear is cued by the presence or anticipation of the object/situation and exposure to the phobic stimulus results in an immediate fear response or panic attack.

HEALTH ANXIETY OR HYPOCHONDRIASIS

A fear of having, or belief that one has a serious health issue or disease.

GENERALISED ANXIETY DISORDER

An anxiety disorder characterised by chronic anxiety, exaggerated worry and tension, even when there is little or nothing to provoke it.



DEPERSONALISATION DISORDER

An experience of feeling detached from and as if one is an outside observer of one's mental processes or body.

BODY DYSMORPHIC DISORDER

A preoccupation with an imagined defect in appearance, often co-morbid with depression and/or social phobia.

EATING DISORDERS

An eating disorder is a compulsion to eat, excessive control of eating or to avoid eating that negatively affects both one's physical and mental health.

PANIC DISORDER

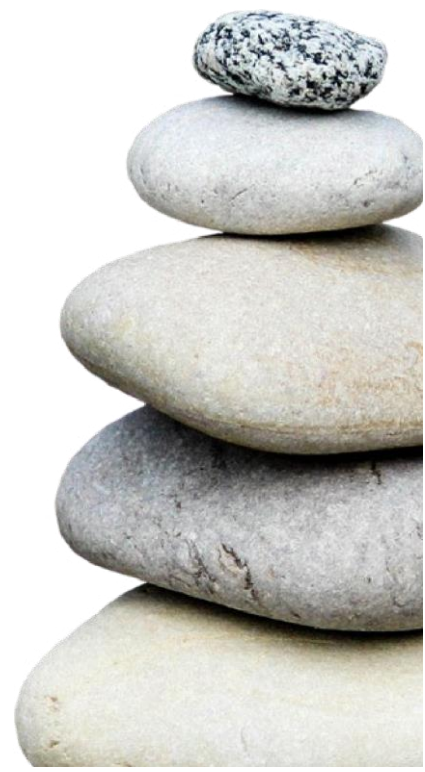
Recurring panic attacks in combination with significant behavioural change or ongoing worry about having other attacks.

KLEPTOMANIA

A complex disorder characterised by repeated, unsuccessful attempts to stop stealing.

TRICHOTILLOMANIA

The inability or difficulty to resist the urge to pluck one's own hair, resulting in noticeable hair loss.



DERMOTILLOMANIA

Repetitive skin picking of one's own skin that may result in lesions. Many individuals will experience shame about the behaviour and/or attempt to conceal the resulting lesions with clothing or makeup.

COMPULSIVE GAMBLING

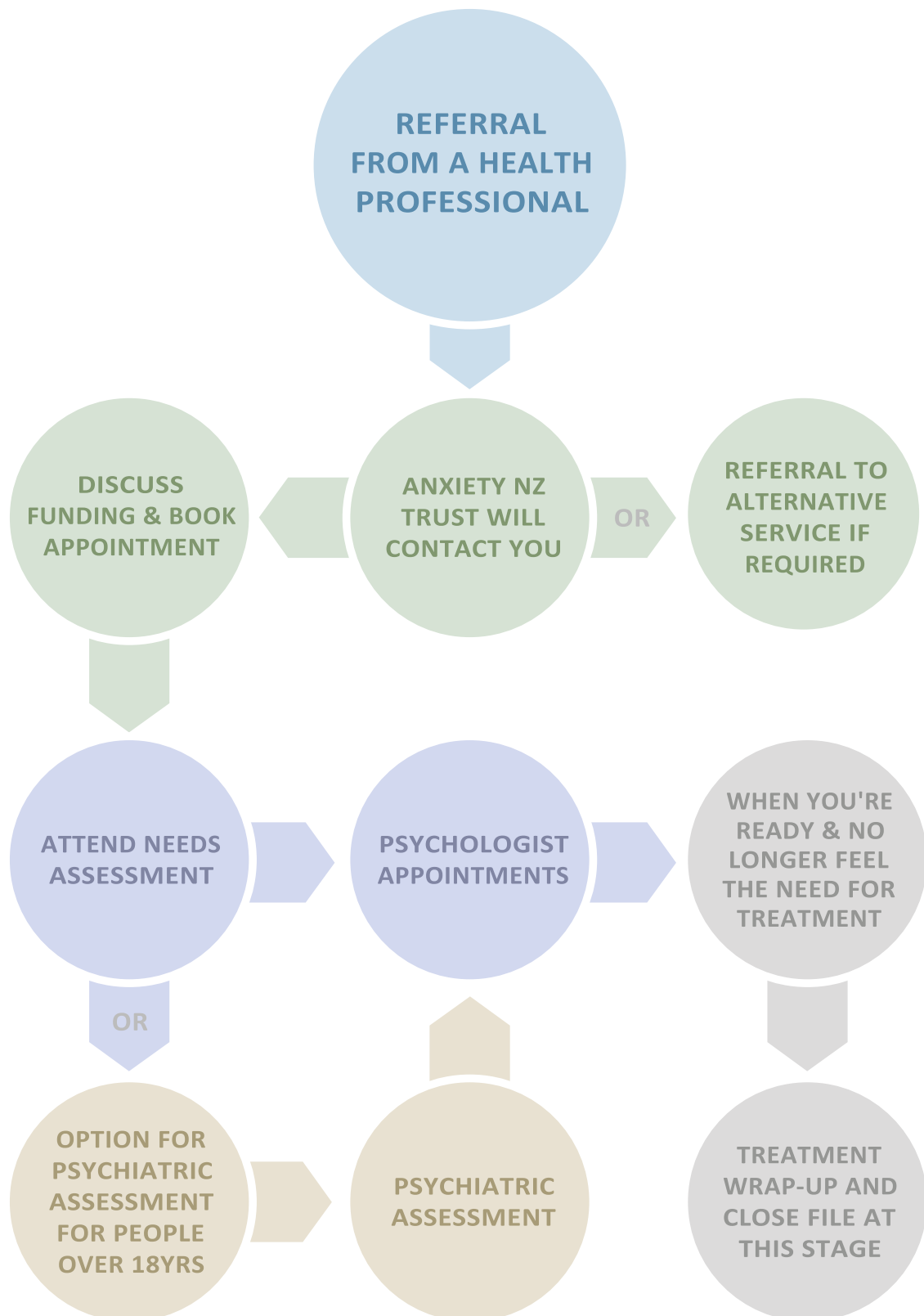
Frequent preoccupation with gambling or having money to gamble.

TRAUMA AND STRESSOR RELATED DISORDERS

Disorders that are related to the experience of a trauma (e.g., unexpected death of a loved one, a car accident, combat, or a violent incident) or stressor (e.g., divorce, beginning University, moving).



JOURNEYS TO SUPPORT



JUST GETTING IN TOUCH CAN FEEL LIKE THE FIRST POSITIVE STAGE TO RECOVERY



HOW TO ACCESS HELP

INITIAL CONTACT

We first need a referral from your GP, mental health practitioner, counsellor, nurse, or other mental health specialist. Please talk to us if you have any problems with getting a referral as we may be able to start or progress with a self-referral or family referral.

You may be able to call your GP's reception and ask for a referral without making an appointment. In some cases, your health professional may ask to see you first before they write one. We may accept an existing and recent mental health referral if a copy is sent to us.

Referrals can be faxed to 09 849 2375, photographed or scanned and emailed to **reception@anxiety.org.nz**, posted, submitted via HealthLink (most GP practices can do this) or dropped off in person. A referral form for professionals can be found on our website **www.anxiety.org.nz** or contact us about a self-referral.

Once your referral has been received and viewed by a clinician we will aim to contact you within a week to discuss next steps. Occasionally it may take longer depending on when the referral has been sent in i.e. over the weekend or public holidays.

Appointments are available from Mondays to Saturday including late nights Tues - Thurs.

Clinic hours

Monday	10:00am – 6:00pm
Tuesday	9:00am – 8:30pm
Wednesday	9:00am – 8:30pm
Thursday	10:00am – 7:00pm
Friday	9:00am – 5:00pm
Saturday	9:00am – 5:00pm

*Please check the Contact Us page on our website to see which clinicians are working on a particular day as this is subject to change.

HOW TO ACCESS HELP

NEEDS ASSESSMENT

Initial appointment

The first appointment is for a Needs Assessment. We encourage families/whanāu or people close to you to come to this appointment with you. The therapist will listen to your goals, provide education for you and your family/whanāu/friends and help you decide whether or not treatment is required. Therapy is explained and treatment costs and other matters are also discussed.

Please arrive about 15 minutes early to complete some forms unless you've done these online. All information you give us remains confidential and may help us with your treatment and in some cases diagnosis. With your permission only, clinical information may be shared with your GP or other health provider, or some information may be used for statistical or research purposes.

We also emphasise that we will do our best to match you with a clinician based on their skills, expertise and one that is suited to you. However, we understand that sometimes a change in clinician may be required and we will do our best to make a change with minimal disruption to your treatment.

THE NEXT STEP

Psychiatric Assessment / Medication Review

An appointment can be made with Dr Henry Plant MOSS Psychiatry (a special kind of GP doctor who is licensed to prescribe medication). A joint decision will be made with you as to the best steps forward, if any tests are needed and to review or consider medications.

Treatment options

If therapy is likely to be helpful, an appointment can be offered with a suitable psychologist from our multi-disciplinary team. They are specialists in many areas and all our team are experienced with anxiety. We can provide care from a range of clinical, counselling, health and general psychologists supported by a specialist mental health GP.

SUPPORT GROUPS

We also run free support groups to supplement your treatment programme

- FREE fortnightly peer-led support groups which are held on Thursdays and Saturdays.

TREATMENT

WHAT TO EXPECT

How to get the most out of therapy

To give yourself the best opportunity to heal and get the most out of our services, commit yourself to following a few simple principles.

- Dedicate yourself to the process of therapy and healing by attending regular appointments as and when recommended
- Ensure you complete the home activities that your clinician and you agree on
- Take any medication as and when instructed by your doctor
- Be realistic and patient about your progress – recovery takes time.

How long and how often?

Each treatment session is 50 minutes long. As part of your treatment plan, your clinician will discuss with you how regularly and for how long you will need to attend.

Your responsibilities

We kindly ask that you pay for your session at each visit. It is your responsibility to arrange funding if applying for financial assistance from Work and Income, health insurance or other funders.

Please let us know if you are unable to attend your appointment as any cancellations must be done with a minimum of 24 hours' notice or a **late calculation fee of \$80** may apply. Giving good notice of a cancellation helps other people to get the help they need.

What treatment will work for you?

There is a range of treatment options and your clinician will work with you to create an effective individualised treatment plan.

CBT is one of main treatment modalities and is a structured, short-term form of therapy, encouraging patients to challenge distorted thinking and destructive patterns of behaviour by modifying dysfunctional emotions, behaviours, and thoughts. Many of our team also work with ACT (acceptance commitment therapy) or mindfulness based therapies.

HOW WE TREAT

Not everyone is the same, and we can create a personalised treatment plan for you which may also include other methods outlined below.

Psychiatric Assessment with a GP

An initial assessment of the nature and severity of the problem and the risk, mental health history and identity and the formulation of an initial management plan – in some cases with the purpose of making a diagnosis.

Medication Monitoring

Follow up appointments which may include prescribing repeats, review of medicine, diagnosis or management plans.

Acceptance and Commitment Therapy (ACT)

Pronounced 'act', this is an active therapy focused on developing skills to understand and manage uncomfortable or painful thoughts and feelings effectively.

Dialectical Behavioural Therapy (DBT)

DBT works towards helping people increase their emotional and cognitive regulation by learning about the triggers that lead to reactive stages and helping to develop coping skills.

Interpersonal Therapy (ITP)

IPT is a form of psychotherapy that focuses on interpersonal issues, which are understood to be a factor in the development and maintenance of psychological distress. The targets of IPT are symptom resolution, improved interpersonal functioning and increased social support.

Emotional Focused Therapy (EFT)

EFT looks at emotions that are connected to an essential need for attachment. It helps to identify unmet attachment needs and work with them in the present to make a change.

Schema Therapy

Schema Therapy combines theory and techniques from previously described therapies. The goal is to help clients learn how to heal by reducing the intensity of emotional memories and by changing the cognitive patterns connected to the schema. Poorly adjusted coping responses are replaced with adaptive patterns of behaviour.

ADDITIONAL THERAPY APPROACHES

We may also include the following therapies outlined below in your treatment programme.



Family therapy

Therapy where your whole family or some members of your family are involved in your sessions.

Exposure therapy

Learning to face your fears in a controlled and safe way.

Structured group therapy

Grow and heal by sharing your fears and experiences with others who are experiencing similar anxiety conditions.

Interventions

These are designed to work with children, adults and families where direct action is required to enable a person experiencing anxiety to acknowledge their condition and seek help.

Workshops, programmes and support groups

We provide a range of interactive workshops, programmes and support groups of those experiencing anxiety and to support family members living with a person experiencing anxiety. To see the full range, please get in touch via email or phone.



DEFINITION OF 'PSYCHOLOGIST' AND 'SPECIALIST MENTAL HEALTH GP'

Our psychologists are trained in a variety of treatment techniques and at Anxiety NZ specialise in anxiety. They can assess, diagnose and treat individuals experiencing psychological distress and mental illness. They also perform psychotherapy and develop treatment plans. A registered psychologist is not a doctor, however will have spent a minimum of seven years in scientific study and is registered under a professional body.

A Specialist mental health GP or psychiatrist are licensed medical doctors and specialise in identifying the symptoms of, and diagnosing and treating, mental health concerns or illnesses.

Confidentiality

We assure complete confidentiality to all of our clients. Exceptions can apply if there is a safety or legal issue posed to a client. In this case, under our Duty of Care commitment, we would aim to discuss the issue with the client where safe or practical and contact the relevant support services.

As well as one-to-one therapy sessions with our qualified registered psychologists, we also provide a range of services and resources for clients or their family members detailed on the following pages. These include:

- A free 24 hour a day, seven days a week 0800 Anxiety Helpline.
- Free Peer Support groups.
- Workshops teaching self-help techniques.
- Resilience Workshops for children and youth.
- Online education and resources including social media content, blogs and eNewsletters.

You can find out more here: <https://www.anxiety.org.nz/>



24/7 ANXIETY HELPLINE 0800 269 4389 (0800 ANXIETY)

See the following page for more
information about our helpline.



24/7 ANXIETY HELPLINE

If you're feeling anxious and would like to talk to someone about anxiety relief - you can phone our free 24-hour Helpline wherever you are in New Zealand:

0800 269 4389 (0800 ANXIETY)

Our Helpline gives vital support to hundreds of people each month who experience all forms of anxiety, including Panic Attacks, Phobias and Obsessive Compulsive Disorders. If you experience anxiety, or have an anxious relative or friend you'd like to help, please call us for support and information about anxiety and anxiety management strategies. This service is completely confidential and free of charge. It is the only service of its type in New Zealand. **Who can ring the helpline?**

- Anyone who is struggling with ongoing stress, Anxiety, Panic Attacks, Obsessive Compulsive Disorders, Phobias, and associated issues.
- Concerned family members, loved ones, and supporters of anyone in an anxiety-related crisis.

What do we provide?

- We will listen and support you with empathy and unconditioned acceptance.
- We can take you through breathing and relaxation exercises that are really effective in minimising feelings of anxiety and panic.
- We can discuss practical strategies you can learn and apply whenever anxiety and panic starts to feel overwhelming.

We will offer encouragement, education, and advice for anyone who is supporting someone struggling with anxiety.

Who will I be talking to?

Our Helpline is staffed by specially trained and understanding volunteers.

If you are experiencing anxiety or panic and don't know what to do, our helpline staff are well equipped to walk and talk you through the experience.

Is this really a 24/7 service?

Yes it is! We operate all hours, every day of the year, including public holidays. However, please keep in mind that 12am-8am is reserved for severe anxiety situations only. Whatever the hour, if the line is temporarily busy when you call, please try again a few minutes later and one of our volunteers will be available to take your call.

Please remember to call 111 if you are worried about your or someone else's safety. Visit here for urgent help: <https://mentalhealth.org.nz/help>

YOU MAY BE ELIGIBLE TO GET FUNDING FOR OUR SERVICES

(SEE PAGE 22)



COSTS

WHAT DO OUR SERVICES COST?

We are not automatically government funded, so we rely on clients paying fees responsibly for one-to-one therapy (many of our other services are free). Payment must be made at each session, unless payment is being made by Work and Income, your employer or another provider. We accept cash, EFTPOS, cheques, Visa and MasterCard.

Funding may apply for children and low income earners (including students, retirees, part time workers etc), **International Students**, or **through Health Insurance**.

Session costs (as of 1st May 2018)		
Needs Assessment	50 min	\$185 per session
Psychologist Appointment	50 min	\$185 per session
Couples / Family Therapy	75 min	\$250 per session
Psychiatric Assessment (Dr)	50 min	\$250 per session
Psychiatric Follow-up (Dr)	30 min	\$185 per session
Prescription fee + fax & post	–	\$29
Under 48 hour cancellation fee or Did not attend fee	–	\$92.50
Peer Support Groups	90 min	Free
0800 ANXIETY Helpline (0800 269 4389)	-	Free
Printed resources	-	Free

FUNDING FOR OUR SERVICES

FUNDING CRITERIA

You may be eligible to receive funding for our services. This is called a Disability Allowance and is up to **\$70.04 a week** towards the cost of therapy. Below and on the following pages is a guide to who can receive funding and what criteria you will need to meet. An income threshold guide for low earners can be found below.

Getting Work and Income or Studylink Assistance

Please make sure you tell us that you need Work and Income or Studylink funding. You will need some signed paperwork from us which you will need to take into Work and Income or Studylink, or upload it to their portal. Any amount outstanding that isn't funded by Studylink or WINZ for services at Anxiety NZ, will still be payable personally.

Work and Income

You may receive funding if you are a low income earner (or caregiver of a child).

- Part time or a low income earner (see the earnings threshold chart over).
- Have no income.
- On a benefit.
- Retirees on a pension or superannuation.

Earnings thresholds at 1st April 2022*

Categories	Weekly income limits
Single 16-17 years	\$588.98
Single 18+ years	\$733.72
Married, civil union or de facto couple (with or without children)	\$1,092.55
Sole parent 1 child	\$821.43
Sole parent 2+ children	\$865.46
*You may be eligible to receive funding if you earn less than these amounts before tax.	



FUNDING CRITERIA CONTINUED

Disability Allowance (DA)

Disability Allowance does not necessarily mean you have to be physically disabled to receive funding - if your mental health condition is stopping you doing the things you want to do, may qualify to receive funding if you are:

- 18 years or older (it doesn't matter if you live with your parents) then if you are a low income earner you may be able to get funding for therapy.
- 16 to 17 years old and living independently or with a partner you may access funding if you are a low income earner.
- Under 18 and living with a caregiver then your caregiver may access funding for your treatment if your caregiver is a low income earner (Child Disability Allowance).
- Below the weekly income limit.
- Normally live in New Zealand and intend to stay here.
- Are not using the maximum DA of \$70.04 per week for other health needs, and have not had more than 30 funded counselling appointments, either here or elsewhere.

StudyLink Assistance for students

Students can also have access funding via StudyLink for New Zealand citizens or via health insurance for international students. You must be: - A full-time tertiary student.

International students

In most cases are fully funded through their pre-arranged travel insurance cover. The process is straight forward and we will help. Insurance is often paid as part of their AUT / University fee and many students are unaware they can access treatment they require at no cost. Pre-existing conditions will be excluded.

Insurance Companies

You will need to check you are funded before seeing us. Depending on your insurance cover you may be funded, although not all insurance contracts cover the cost of doctors OR psychologists. Southern Cross may need you to see our Clinical Psychologist (instead of our general or health psychologists). Please make sure you tell us if you have insurance.



SUPPORTIVE RELATIONSHIPS, HEALTHY FOOD & REGULAR EXERCISE CAN SUPPORT WELL BEING



PEER SUPPORT GROUPS

Our Peer Support Groups are a non-clinical intervention for people experiencing mental distress (or other condition or issue) and based on a formal therapeutic relationship between peers (people who have experienced similar adversity). Our peer support group are regular gatherings of people with lived experience of anxiety.

One or two trained peer support specialists, who may be psychologists, help to facilitate and all groups are generally held every two weeks. Group members share with one another about their experiences, struggles and challenges. The support group may act as an anchor as people focus developing skills to live well. A peer support group can help to free people from self-stigma and normalise the range of feelings and challenges that people experience, in a safe, supported and hope-focused environment.

The group is open to people who are eligible to access healthcare services in NZ (a NZ resident, citizen etc.) and have a primary diagnosis of an anxiety disorder. You can ask your GP or other health professional for a referral to the Peer Support Group. They can refer on our website, by email, fax or through Medtech or Healthlink.

You can read more here: <https://www.anxiety.org.nz/peer-support>

FREE 'BALANCE SUPPORT GROUP'

A safe space for women with anxiety to meet and have meaningful conversations in a confidential and supportive environment. Components of the meetings include psychoeducation, sharing experiences, practical strategies and resources. Facilitated by a registered psychologist and support worker

When:

Every second Thursday 6.00pm - 8.00 pm

Where: Currently via ZOOM online. When safe to do so at Anxiety NZ Trust 77 Morningside Drive, St Lukes, Auckland

Booking:

Referral is essential to join this group. Contact Anxiety New Zealand on: **09 846 9776** or email clinic@anxiety.org.nz

PEER SUPPORT GROUPS

FREE 'ANXIETY SUPPORT GROUP' - THURSDAYS

Fun, friendship, sharing and understanding in a safe and supportive environment.

Facilitated by a registered psychologist and support worker

When:

Every second Thursday 6.00pm - 8.00 pm

Where: Currently via ZOOM online. When safe to do so at Anxiety NZ Trust 77 Morningside Drive, St Lukes, Auckland

Booking:

Referral is essential to join this group. Contact Anxiety New Zealand on: **09 846 9776** or email clinic@anxiety.org.nz

FREE 'SOCIAL ANXIETY SUPPORT GROUP'-SATURDAYS

A small and safe group of between 7 – 10 people, supporting those who experience social anxiety or social phobia. Facilitated by a registered psychologist. An excellent opportunity to learn and practice new skills in a supported space.

When:

Every second Saturday 3.30pm - 5.00pm

Where: Currently via ZOOM online. When safe to do so at Anxiety NZ Trust 77 Morningside Drive, St Lukes, Auckland

Booking:

Referral is essential to join this group. Contact Anxiety New Zealand on: **09 846 9776** or email clinic@anxiety.org.nz

YOU ARE NOT ALONE

Experiencing anxiety or mental distress is normal.

It's ok not to feel ok.

It's courageous to ask for help.

There's heaps we can do every day to
improve our mental health and wellbeing.



BREATHING AND RELAXATION TOOLS CAN GREATLY REDUCE ANXIETY



ADDITIONAL RESOURCES

RELAXATION TECHNIQUE

Relaxation is the opposite of anxiety. It is very important to learn ways of relieving anxiety, particularly at the beginning of psychotherapy when it is possible that you will be asked to recall anxious and anxiety-provoking memories. The following is a suggested method for reducing anxiety and bringing on a state of inner calm.

1. Environment

Do this exercise in a place where you feel comfortable and where you will not be disturbed. You will need about an hour. Take the phone off the hook and turn off your mobile phone.

2. Music

Put on music that is conducive to relaxation, preferably with no distracting lyrics. There are certain sounds and tones and frequencies that are particularly relaxing to the mind and this tape uses only such sounds. A piece of classical music might start off very soothing but then a clash of cymbals can wake you up abruptly and destroy all the peaceful state of mind that you have got into.

3. Breathing

Preferably lie on your back with your head supported on a pillow. Try and think about nothing but your breathing. Use your abdominal (stomach) muscles rather than your chest. Breathe in deeply and then breathe out evenly and slowly. In relaxation it is the out-breath that is most important. Make sure the out-breath is long and even. As you breathe out say a word that reflects calmness such as “peace”. Say the same word every time you breathe out. This will help to induce a state of self-hypnosis. Alternatively you can use a mantra such as “owoom”. Use whatever word suits you, but do not staccato it (say each sound sharply and detached). It should sound like “peeeeeeeeeeece” or “awooooooooooooom” and take up most, if not all, of the out-breath.

4. Visualisation

Visualise a relaxing scene. This should be somewhere that you feel comfortable for example beside a lake or by the sea or a tranquil place in the mountains. If you feel uncomfortable outdoors you can imagine yourself in a cosy lounge by a fireplace. Imagine yourself at the top of a flight of steps looking down on the scene. Slowly walk down the steps and say to yourself “every time I take a step I will feel more relaxed.” Stay at each step for about a minute and continue to attend to your breathing but periodically stop to look at the view. If you do this exercise regularly you can train yourself to become relaxed according to where you are on the flight of steps. If you are at the middle of the steps you may feel quite relaxed but feel quite sleepy when you get to the bottom. In other words you can learn to control how relaxed you are feeling by your position on the flight of steps.

ADDITIONAL RESOURCES

BRIEF INTERVENTIONS FOR ANXIOUS CHILDREN

Bubble-breathing

Fill a glass to halfway with water or your child's favourite drink (we always encourage a healthy sugar free drink of water or milk). Place a straw in the glass and ask your child to take a deep belly breath (see Belly Breathing exercise for how to do this) and hold for 3 seconds, then blow into the straw slowly through their mouth. Repeat this 5 – 10 times (or as many as your child needs to feel less anxious).

Belly Breathing

Place one of your child's hands on their chest and one on their belly. Breathe in through the nose for half their age in seconds, hold for half their age in seconds and breathe out for their full age in seconds.

This method works well up to age 8. The structure would be: – 4 seconds breathing in, hold for 4s and out for 8.

If your child or young person is over 8, use the following: – 4 seconds breath in, hold for 5 and breathe out for 8.

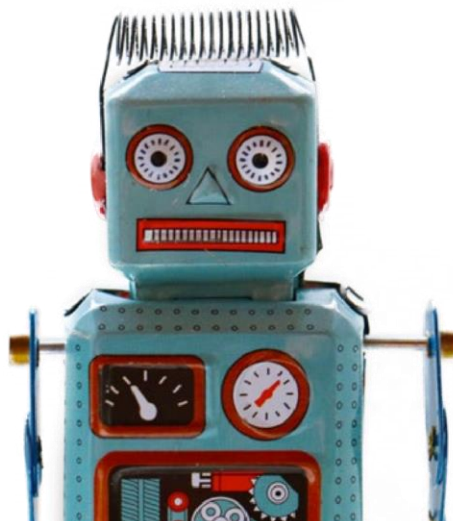
(adjust this as per the needs of the child or young person).

Robots, Jellyfish and Towers

The aim of this game is to practice progressive muscle relaxation. You call out each of these names and your child mimics the behaviour of each one:

- Robots, who are stiff and robotic in their movements.
- Jellyfish, who are floppy and relaxed.
- Towers, which are strong and stretch up high into the sky.

The game begins with each person cycling through the actions a couple times. Try to keep mixing the order of the names up and ensuring there's a jellyfish movement after the tense movements.



MEET SOME OF OUR PSYCHOLOGY TEAM

Dr Henry Plant - MOSS Psychiatry (GP)

Dr. Plant Joined the Anxiety New Zealand Trust in December 1997. He has been in the field of psychiatry for the twenty years and takes a holistic view of mental distress. In addition to addressing the biological aspects of anxiety, phobias and depression he emphasises the importance of staying emotionally and physically healthy. Dr. Plant's particular interest is in helping people to understand how feelings related to grief, sadness, anger and conflict can underpin anxiety, and therapy is much enhanced if they can learn to be comfortable with those feelings.

Lyn Birrell – Registered Psychologist

Lyn is a registered psychologist and member of the NZ Psychological Society. Her passion is helping people reduce their levels of distress and overcome the damaging effects of anxiety, fear, panic, phobias and compulsive disorders. In individual therapy she uses the most appropriate, evidence-based therapy such as CBT (Cognitive Behavioural Therapy) and Solution Focussed Therapy. Lyn also uses applied relaxation training and mindfulness to counteract the negative effects of stress, worry and anxiety and restore a sense of wellbeing. She employs techniques from other modalities such as DBT (Dialectical Behavioural Therapy) and is enthusiastic about working with people as they learn to better manage their anxiety enabling them to go on and create a life to be excited about.

Roger Phillipson – Registered Psychologist

Roger is a registered psychologist in New Zealand and a Chartered psychologist in the United Kingdom. He is also a registered counsellor and member of the New Zealand Association of Counsellors (NZAC). He uses a range of modalities, such as Cognitive Behavioural Therapy (CBT), client centred and narrative therapy and recently completed his studies as a neuroscientist at Victoria University. He has vast experience working predominantly with adults and young people for many years.

He specialises in complex psychological trauma and suicide prevention and has spent a large part of his career working with young people who have severe and challenging behaviours. Most importantly, he has a warm and client centred psychological approach and he ensures that work with clients will be individually tailored to meet their needs.

MEET SOME OF OUR PSYCHOLOGY TEAM

Vikki Baird – Registered Counselling Psychologist



Vikki is a registered Counselling Psychologist, specialising in the areas of anxiety, depression, self-esteem, relationship issues, existential concerns, and career and life path choices. Vikki uses an integrative and collaborative approach to therapy which can include modalities such as CBT, ACT, Psychodynamic approaches, or creative therapies.

Her previous experience has involved working with adults and youth in a wide range of settings, including her own private practice setting, Youthline face-to-face counselling team, and a community based adult mental health setting. Vikki also has a number of years' experience facilitating mindfulness based groups for adults and adolescents.

James Evans-McLeod - Registered Psychologist



James has over twelve years' experience in child, adolescent, family, and school-based anxiety services.

After graduating with First Class Honours from The University of Waikato (2008) he continued education in Australia at Central Queensland University (2009) before completing his internship with 'Bushkids' child development centre in the remote Australian town of Mt Isa (2010-2012). He then joined the Department of Education and Early Childhood Development in Melbourne overseeing student wellbeing across 6 state schools (2012-2015), before moving on to a prep to final year private school of 1300 students in the Gold Coast (2015-2021)

Across these roles, anxiety concerns were a consistent referral base and encompassed practice across broad age ranges and presentations, inclusive of stakeholder engagement and psychoeducation.

He has completed extensive development with anxiety disorders, incorporating multiple frames work (cognitive behaviour therapy, acceptance and commitment therapy, motivational interviewing) including ongoing one-on-one supervision with Dr Louise Hayes and Dr Stan Steindl.

MEET SOME OF OUR PSYCHOLOGY TEAM

Kelly Ty - Registered Counselling Psychologist



Kelly is a registered counselling psychologist and has recently completed her PGDip in Counselling Psychology at the Auckland University of Technology. Kelly grew up in New Zealand with a Vietnamese background.

Kelly utilises evidence based approaches to support clients reach their therapy goals. She has mainly trained in Acceptance and Commitment Therapy and integrates strategies from Cognitive Behaviour Therapy and Compassion Focused Therapy into her practice.

Kelly is passionate about supporting her clients with a warm, non-judgmental, and collaborative approach. Her areas of interest are anxiety, depression, Asian mental health, and trauma.

Anastasia Dailianis – Registered Psychologist

Anastasia is a registered psychologist practicing in the counselling psychology scope. She practices predominantly from the Acceptance and Commitment Therapy (ACT) approach integrating techniques from mindfulness and meditation, self-compassion, Compassion Focussed Therapy (CFT), and Cognitive Behavioural Therapy (CBT). She also has a strong interest in eco-anxiety as the growing climate crisis causes more and more people to become worried about the future.

Anastasia's warmth and genuine compassion underpins her work as she seeks to connect with people of all ages and cultural backgrounds, supporting them to overcome their challenges and flourish in their daily lives.

She has a family with two children aged 13 and 10 years old, and has a varied background working in theatre, major events and the public sector, before completing her training as a psychologist.



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