



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

MOVING PAST DEPRESSION

In this group we will address depressive states of mind and how you can use strategies to manage better during these times. Drawn from a holistic background introduced by Dr Mason Drurie (Te Whare Tapa Wha), your facilitator Crystal Curran will point out ways to strengthen your own support network, be compassionate toward yourself, and avoid losing touch with your loved ones and the community surrounding you.

Within the security of the group, you will be introduced to practical skills drawn from CBT (Cognitive Behaviour Therapy), ACT (Acceptance and Commitment Therapy) and Emotional Regulation approaches. You will have the opportunity to practice these new strategies before integrating these into your daily life. This group will also create a space where new connections can be formed with like-minded people.

LIMITED PLACES

Early enrolment is essential.

- DATE** Every Thursday, 8th August to 26th September
- TIME** 6:00pm - 8:00pm (8 sessions)
- VENUE** HBC Youth Centre,
214D Hibiscus Coast Highway,
Orewa
- COST** \$105

FREE WITH A DOCTOR OR HEALTH PROFESSIONAL'S REFERRAL

(Valid for 1 year for 1 group per term).



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ABOUT CRYSTAL CURRAN

MAAT Hons (Clinical), AThR, ANZACATA, PG Dip Distinction (Counselling), MNZAC

Born in New Zealand, but raised in Austria, Crystal returned to Aotearoa as a young woman – and stayed! She draws on her own life story, other people's learning, and her interest in culture to inspire her personally (all people are valuable) and professionally (all people experience difficult times).

Crystal graduated with a diploma in Fine Arts, a Teaching Diploma, a PG Dip in Counselling, and a Master's Degree with Hons in Clinical Arts Therapy. Working predominantly from a psychotherapeutic background, she also draws from other modalities such as CBT, ACT and REBT to find the "best fit" for her clients' needs, encouraging authenticity, self-respect and an attitude of 'having a go'.



To register contact
Hearts & Minds

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