

WHAT TO EXPECT FROM TREATMENT

A guide to our services
and how to get the
most out of them

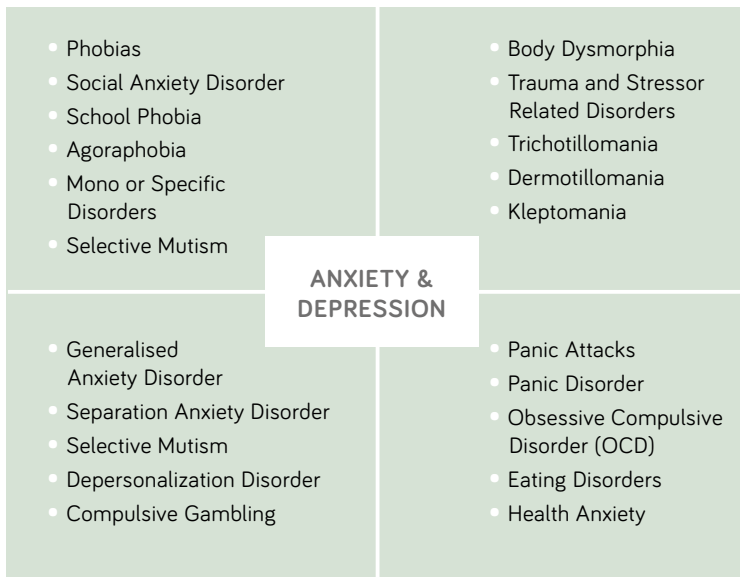


WELCOME TO ANXIETY NEW ZEALAND TRUST

Since 1987 we've been helping the 1 in 4 Kiwis who experience anxiety, depression, panic attacks, OCD and phobias. We'd like to congratulate you on taking the first brave steps in seeking help and beginning your journey of recovery. We provide the following services to help with your recovery:

- One-to-one therapy sessions with qualified clinical psychologists
- A free helpline running 24 hours, 7 days a week
- Free support groups
- Workshops and courses
- Resiliency programmes

WHAT WE TREAT



GETTING THE MOST OUT OF TREATMENT

After your initial 'needs assessment' appointment, and we have created an individualised treatment plan suited to your needs, we ask you to:

- Dedicate yourself to the process of therapy and healing by attending regular appointments as and when recommended
- Ensure you complete the home activities 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 one-to-one 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.

Full funding may apply to low income earners (students, retirees, part time workers, low income etc), international students or through insurance.

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.



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.

However for the majority of our clients and patients, Cognitive Behavioural Therapy (CBT) is the most effective treatment that leads to life-long management of Anxiety Disorders. CBT 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.

TREATMENT OPTIONS

Not everyone is the same however, and we can create a treatment plan which may also include other psychotherapy models listed below. Your clinician can discuss these with you in more detail:

- Acceptance and Commitment Therapy (ACT)
- Dialectical Behavioural Therapy (DBT)
- Interpersonal Therapy (ITP)
- Emotional focused Therapy (EFT)
- Mindfulness and Relaxation therapy
- Schema Therapy (combination of therapies)
- Family therapy
- Exposure therapy
- Structured group therapy
- Interventions
- Workshops, programmes and support groups



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're suffering from anxiety right now, 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.

ADDITIONAL RESOURCES

Please enquire about the free workshops we provide to assist you in addition to therapy. These include:

- Free 'Anxiety Support Group'.
- Free 'Shyness and Social Anxiety support group'
- Resilience workshops for children and youth.

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 or patient. In this case, under our Duty of Care commitment, we would aim to discuss the issue with the client or patient and contact the relevant support services.



SUPPORT, TREATMENT AND EDUCATION FOR ANXIETY AND DEPRESSION

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