

Family and friends who are bereaved by homicide often face intense emotions as the pain, anger, grief and other feelings are frequently too overwhelming and beyond description. More so, the difficult circumstances of attending hearings, trials, facing police and media can make life challenging at that time.

Supporting grieving families and friends in this situation, Victim Support will discuss counselling and try to find a counsellor that best fits their needs.

In this edition; we will introduce three different counselling therapies for your reference. If you feel it is the right time for you to engage with a counsellor, please feel free to make contact with your local Victim Support office or call 0800 VICTIM for more information.

## Equine Therapy

*Kathy Marx and Carol Drew*

Horses can enrich your life in a powerful and positive way, helping you to recognize and understand empowerment and disempowerment, often mirroring and acting out various behaviours and patterns. Horses live in the present moment – not focusing on what happened yesterday, that has already passed and not focusing on what might happen tomorrow as it hasn't yet begun.

They live in the present.... Now, and are waiting to teach you awareness within the present moment.

Through the Eponaquest programmes, the counsellor will guide you on an experiential learning pathway. The programmes welcome Individuals, Families, and Groups to work with the horses through trauma, abuse, extremely stressful incidences, and to relieve negative situations. The counsellors will design programmes to suit your requirements.

## COUNSELLING

### *The Magic of Horses*

Horses can guide you on an experiential learning pathway to connection, trust, respect, communication, leadership, commitment, reflection and transformation.



Horses  
will leave  
hoofprints  
on your heart  
and give you  
HOPE  
for your future

#### *Key elements:*

- Use emotion as valuable information
- Learn to access your intuition
- Access a more authentic, creative presence
- Develop essential skills for building Authentic community
- Recognize and move beyond conditioned behaviours and patterns
- Set boundaries to set clear and consistent personal space
- Body scan Use the body as a sensing device
- Let our horses guide you to a deeper heartfelt connection
- Authentic Leadership and communication



**Arts Therapy can help a person:**

- express feelings that may be difficult to verbalize
  - explore their imagination and creativity
  - develop healthy coping skills
  - improve self-esteem and confidence
  - identify and clarify issues and concerns
  - share in a safe nurturing environment.
- (Excerpt from the ANZATA – Australia New Zealand Arts Therapy Association – website.  
[www.anzata.org/about-arts-therapy/](http://www.anzata.org/about-arts-therapy/))

**Arts Therapy is** for children and adults**Arts Therapy is about experiences**

so it makes it difficult to really describe with words. The best way to see what it's all about is to try it. A qualified art therapist makes sure the experience is safe, supportive and gentle. You take your own time, deciding what you wish to discuss or reveal through the marks on the page as you are ready.

*The art expression is a unique and deep way to explore problems that are preventing us from finding the joy in our lives.*

**ART**  
heals

[www.foxboroarttherapy.com](http://www.foxboroarttherapy.com)

**Arts Therapy**

Jennie Halliday



**The most important thing to know about art therapy is that you don't have to be "good at art" to try it. It is not an art class and the goal is not to make art works.**

**What do we do then?**

It is different with every person. Each person comes with a unique experience, a different history and individual preferences about all sorts of things. Some people don't wish to talk about the difficulty they are experiencing, others prefer talking; some people are eager to try something different and others feel nervous. No matter who we are or what our preferences are, art therapy offers a way to begin healing and releasing the things that trouble us through being creative.

"In art therapy the client tries to give form to what seems inexpressible or unspeakable through the process of making." (Case & Dalley, The Handbook of Art Therapy).

For most of us childhood is the last time we used art materials unless a person was thought to be "good at art" We are all creative – picking up a paintbrush and painting or drawing a line of colour is a creative act and being creative gives us pleasure. Remembering how it feels to experience pleasure is an important part of healing.

In art therapy there is opportunity to experiment with a variety of art materials in a safe and supportive environment as a way of expressing feelings that are hard to manage and difficult to talk about. People who have experienced traumatic events can feel as though things are out of control. Having the experience of controlling something, even something simple like a piece of paper and paints, or shaping a piece of clay can be a healing experience and a great reminder that change is possible and that the power to make the change lies within us. When this experience happens over and over in each art therapy session a trust in the change builds up and the ability to trust the environment and those around us increases. We feel better, sleep better, and hope for a better future returns. We discover inner strengths.

Being creative is the opposite of being destructive. Try to include creative acts in your day to day life.





## Sandplay Therapy

Jackie Calder

I have been a practicing counsellor for 12 years and I did my placement while training at a Primary School. This is when I was first introduced to Sandplay Therapy. My Supervisor was a very profound and experienced Sandplay Therapist so I had the best teacher I could possibly have to guide me through understanding the powerful dynamics and healing of Sandplay. I am today, still in awe of the amazing healing power the sand and figurine's hold, combined with the presence of a caring counsellor who holds the clients safety and trust with the upmost respect, becoming a silent witness as the clients inner and outer worlds unfold.

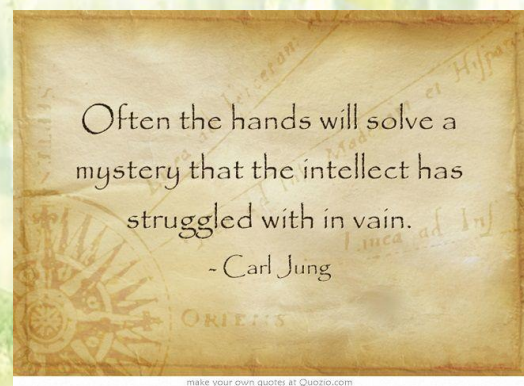
I believe in the unique healing quality of Sandplay Therapy. It is powerful, gentle, healing and non-intrusive. It works well for both adults and especially children who do not always have the language to make sense of what has happened for them. Sandplay helps to guide the client to what may lay within the unconscious, bringing it to awareness, enabling insight, healing and integration.

"The power of Sandplay has to do with the potential of working with actual sand, water and miniatures (figurines) within the freedom to do whatever one wants with this media while feeling protected by a non-intruding therapist (counsellor) whom one trusts. It seems so simple - a combination of sand, water, shelves of miniatures, freedom and protection. But this combination holds the potential for both healing and transformation. "(Bradway.K&McCoard 1999)".

I have witnessed how this works well with clients who have experienced trauma in their lives. Because trauma is so traumatic for the client they cannot always talk about it or even find the right words so the sand will do the work without the client having to find words for what has happened for them. As Sandplay is an integral tool, it brings together body, feelings and mind allowing the client to express the inexpressible.

**Sandplay helps empower** the client by allowing movement from the position of feeling powerless to feeling empowered. With trauma your world can feel like everything is out of control, you can experience anxiety, guilt fear and anger. Sandplay can start to make sense of what has happened. All the feelings and physical symptoms of trauma can be processed gently in the sand. Within the tray the client can feel more in control of their world finding their own strengths and gaining confidence in moving forward in their lives.

**Play** is a natural part of being a child therefore children are drawn to Sandplay. The sand is a safe place for children to explore their feelings within the containment of the tray. It works so gently and well for children who have experienced trauma in their lives. It is a powerful and wondrous thing to witness as a counsellor, the healing abilities and difference that the Sandtray can make in a client's



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## How Victim Support Can Help



### The Road to Resilience

**Make connections.** Good relationships with close family members, friends or others are important. Accepting help and support from those who care about you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

**Avoid seeing crises as insurmountable problems.** You can't change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

**Accept that change is a part of living.** Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

**Move toward your goals.** Develop some realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

Victim Support administers Homicide Counselling Grants on behalf of the Ministry of Justice to assist people who are affected by homicide. **Please contact our local offices or call 0800 VICTIM for details.**

### Who can apply?

- Families
- Close friends of Homicide victims
- Witnesses
- People first on the scene

### Can I see any counsellor?

This funding allows you to see any counsellor who is registered with Victim Support.

### How many sessions can I have?

Up to 30 sessions in 10 session blocks would be fully funded for victims of homicide.

### Travel to counselling:

Victim Support may also assist in covering the cost of travel to and from counselling.

We would appreciate your feedback regarding our newsletter. Feedback can be sent to [homnews@victimsupport.org.nz](mailto:homnews@victimsupport.org.nz)



### *The Road to Resilience .... Continued*

**Take decisive actions.** Act on adverse situations as much as you can. Take decisive action, rather than detaching completely from problems and stressors and wishing they would just go away.

**Look for opportunities for self-discovery.** People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

**Nurture a positive view of yourself.** Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

**Keep things in perspective.** Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

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**Maintain a hopeful outlook.** An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

**Take care of yourself.** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind and body primed to deal with situations that require resilience.

**Additional ways of strengthening resilience may be helpful.** For example, some people write about their deepest thoughts and feelings related to trauma or other stressful events in their life. Meditation and spiritual practices help some people build connections and restore hope.

*American Psychological Association*

## *Legislative Update – Victims of Crime*

A number of legislative amendments, formerly part of the Victims of Crime Reform Bill, took effect on 6<sup>th</sup> December 2014. For further details of the Reform Bill please visit

[www.parliament.nz/en-nz/pb/legislation/bills/](http://www.parliament.nz/en-nz/pb/legislation/bills/)

***The Children, Young Persons and Their Families Act 1989*** is amended to ensure victims' rights in the adult criminal jurisdiction also apply in the youth justice jurisdiction.

***The Parole Act 2002*** is amended to give victims more information about Parole Board hearings, to let victims attend an interview with a member of the Parole panel before a hearing, and have a support person with them at that interview.

***The Sentencing Act 2002*** is amended with a view to increasing victims' access to restorative justice. Courts will now be required (in certain circumstances) to adjourn proceedings to determine whether a restorative justice process is appropriate.

***The Victims' Right Act 2002*** is amended to strengthen the application of general rights for victims and to increase the rights of victims of serious offences.