



BODY IMAGE RECOVERY GROUP

A SAFE SPACE FOR HEALING AND GROWTH

Do you have a Sensitive Claims client struggling with body image concerns?

Our Body Image Recovery Groups are here to help them to heal and build a healthier relationship with their body in a compassionate, supportive, and empowering environment.



WHAT IS THE BODY IMAGE RECOVERY GROUP?

This 8-week online therapy program is designed specifically for women aged 18+ who have experienced trauma and struggle with body image issues.

By joining, they'll gain:

- A safe, non-judgmental space to explore body image concerns
- Practical tools for challenging negative body image and fostering self-compassion
- Skills to manage body-related distress and build resilience
- Support and connection from others who understand your journey



WHAT TO EXPECT

Each session is 90 minutes long, combining psychoeducation, mindfulness activities, and group sharing. Topics include:

- Understanding body dissatisfaction
- Cultivating body neutrality
- Managing body-related thoughts and beliefs
- Developing healthy coping strategies

WHO CAN JOIN?

Women aged 18+ who have experienced trauma and are seeking support for body image recovery. Participants must be able to attend weekly sessions online and engage in group activities.

WHO RUNS THIS PROGRAM?

Nicole Gaviria

Nicole is a Registered Counsellor specializing in body image recovery and trauma. With a Master's in Counselling and training in CBT and ACT, she creates a supportive, evidence-based space for participants to explore their experiences and build self-compassion.

Angela Martin

Angela is a Social Worker with expertise in trauma and eating disorders. She brings a warm, empathetic approach to group therapy, helping participants feel safe and supported as they work through body image challenges with mindfulness and compassion.

HOW TO APPLY

Key Details:

Duration: 8 weeks, 60-75 minutes per session

Format: Online group sessions

Facilitators: Nicole Gaviria (Registered Counsellor) and Angela Martin (Social Worker)

Group Size: Up to 12 participants

Location: Accepting referrals nationwide

Dates 2026 (*subject to change*):

- February 9th- March 30th (9am or 6pm cohort)
- April 13th- June 8th (9am)
- September 14th-9th November (9am)

Additional evening 6pm cohorts added if we have enough enrolments.

Referral Process:

- Discuss the group with your client and assess their suitability for group therapy.
- Obtain ACC funding for the group (if applicable).
- Email us with your client's details (name, contact info) and confirmation of funding approval.
- We will contact your client directly to confirm their place in the group and arrange a brief triage.

Participant Eligibility

Participants must:

- Have an accepted ACC sensitive claim or mental injury claim
- Be in ongoing individual therapy with an ACC provider
- Have the emotional stability and readiness for group work
- Be comfortable participating in an online group setting

How to Apply for a Purchase Order (PO)

For ACC funding approval, please request a PO from ACC using the following details:

Supplier Name: South Coast Psychology Ltd (G09884)

Providers Name: Nicole Gaviria (PAR499), Angela Martin (PAS151)

Hours Requested: 17 hours for SCSGW and 1 hour for SCSGT

Once approved, please forward us your PO along with your client's details to Nicole at hello@nicolegaviriatherapy.co.nz .

Clients will be accepted in order of PO arrival and suitability- we will also hold a waitlist and are looking into adding additional dates if there is enough demand.