

**Holistic Health Training Ltd**



[www.hht.co.nz](http://www.hht.co.nz)

# Holistic Pulsing ~

a two-year part time practitioner course in Mind-Body Therapy.  
NZQA-approved,  
Level 5, 40 credits, 400 hours.

# PROSPECTUS.

# Holistic Pulsing Prospectus

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## Welcome.

Thank you for your interest in Holistic Pulsing. We are delighted to be leading the way with an approved National Certificate training in Holistic Pulsing in New Zealand, and hope you decide to join us on this journey into the fascinating world of Mind-Body Medicine.

If you have any questions after looking through this material, or if you just want to chat about it, please ring Lynda, the Principle Tutor, on 03 5432268, email [lynda@hht.co.nz](mailto:lynda@hht.co.nz), or contact any of the tutors in the Prospectus.

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## Holistic Pulsing ~the gentle art of mind-body therapy.

Holistic Pulsing is a system of hands-on healing that creates a very special therapeutic relationship between client and practitioner.

In a Holistic Pulsing session, the clothed client lies on a therapy table. The therapist generates movement through the client's body by applying a series of "rocking" or "pulsing" techniques. As the ripples spread through the fluids in the body, right down to cellular level, muscles and other tissues "let go." On a physical level, this letting go can lead to a state of deep relaxation, with results similar to meditation. As body processes like heart and breathing rate slow down, the brain and internal organs get a bath of oxygen-rich blood, and the Nervous System gets time-out. Wound and tissue repair are enhanced as circulation of blood and lymph are gently stimulated.

The attention of the therapist remains with the client in a "being with" way, bringing qualities of gentleness, softness, lightness and freedom to the session. The emphasis is on the triggering and support of internal healing systems, with the therapist acting as a facilitator rather than a "fixer". At all times, the therapist trusts the inner wisdom of the client, just as the client trusts the skills, knowledge and intent of the therapist. It's a shared journey into the vast potential of self-healing that much "modern" medicine leaves untapped.

At deeper levels, the letting go can move to emotional processes. Body and mind are intimately connected. Letting go of a muscular tension or stress pattern, such as a clenched jaw, or hunched shoulders, can bring an emotional holding to the surface - into conscious awareness.

Therapists facilitate these releases in a non-judgemental, non-fixing way. They may use pulsing techniques, body movements, imagery or other verbal tools to invite, support and affirm these processes. Additional qualities may enter the therapeutic relationship, such as enquiry, active listening and intuition.

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The model used for Holistic Pulsing sessions is based on Hakomi principles. This provides a safe, grounded framework for client and therapist. Trust and rapport within the relationship isn't incidental to the process. It's a vital part of it.

Holistic Pulsing is client-centred therapy. A healthy healing relationship between client and practitioner is at the core of the work. Holistic Pulsing therapists train not only in physical techniques, but also learn vital interpersonal, communication and practitioner skills that are an essential part of the process.

There is also a strong element of personal growth and awareness in Holistic Pulsing training. Modelling - practicing what you preach - is important. In attending to the emotional health of the therapist, and acknowledging mana and charisma as important healing tools, we are looking back at millennia of wisdom across all cultures where the healing relationship played a vital role of helping to generate wellness.

But we also look forward to the cutting edge of mind-body research and neuro-biology, using new information not available to our forebears to help us understand what mechanisms are at work in healing. Gathering evidence to support this growing body of research is an important task for holistic mind-body practitioners, and we are proud to be part of this "new wave."

If you are already working with holistic healing via another modality, HP may well be the "add-on" you are looking for. Beyond your existing practitioner skills lies the brave new frontier of Mind-Body. Explore how neuro-science embraces holistic healing. We'll teach you to develop qualities of 'therapist presence' and safe therapeutic process. HP training will enhance and empower your client-centred skills, help to grow your sensitivity as a therapist and open your mind/ heart. These skills will underpin all your prior learning and will be a valuable addition to your practice.

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## Holistic Pulsing Practitioner Training-a bit of history and beyond.

### Aims and Outcomes.

This integrated training programme leads to a recognised practitioner qualification in Holistic Pulsing, the first in New Zealand. Previously, training was a series of workshops run by the Holistic Pulsing Guild of New Zealand Inc (HPGNZ), with two colleges teaching a Unit Standard in “Applied Holistic Pulsing” within the massage domain.

HHT’s new course offers exciting developments; overall structure, pathways into further training, exit points, clear standards and accountability, and a formal qualification. It will put HP “on the map” as a serious Mind-Body healing modality.

The course is divided into **three Modules** which provide a **two-year part-time training programme**. Two years is a realistic time-frame, with self-directed practice and study spread between workshops. This allows learning to be absorbed and built on. It also makes fees much more manageable. You can be in charge of a major part of time-frames and costs by completing requirements outside workshops when you can fit them in, and afford them. **All requirements must be completed within a three-year period.**

Completion of all three Modules in sequence is required to meet Annual Practitioner Certificate standards set by the HPGNZ.

However, if you wish to add some HP techniques to other work, have a “taster”, or come along for personal development reasons, there is no requirement to undertake assessment; each Module provides an Exit Point.

Module 1 = 3 credits (30 hours).

Module 2 = 15 credits (150 hours).

Module 3 (Certificate) = 22 credits (220 hours).

### **Module One IS ASSESSED VIA WRITTEN ASSIGNMENT.**

If you want to use Holistic Pulsing with non-paying clients, family and friends, or add techniques to other modalities you already practice, you can stop after Module One. A Certificate is issued providing all components are completed. **Module One completion is a pre-requisite for attendance at Module Two.** Recognition of Prior Learning may be granted in some cases - please see p 18.

### **Module Two IS ASSESSED VIA WRITTEN AND TECHNICAL METHODS (tutorials, written assignment, personal sessions and Case Studies).**

A Certificate is issued providing all components are completed. **Module Two completion is a pre-requisite for attendance at Module Three.** Recognition of Prior Learning may be granted in some cases - please see p 18.

### **Module Three IS ASSESSED VIA WRITTEN AND TECHNICAL METHODS (tutorials, written assignment, personal sessions, Case Studies and supervision/mentoring).**

Completion of all the requirements for Module Three leads to the awarding of a Certificate acknowledging **Practitioner Training in Holistic Pulsing.** On completion of the Practitioner Training, you will be able to begin practice (under supervision) as a Holistic Pulsing practitioner, working with paying clients.

## **Graduate Profile.**

This Holistic Pulsing Practitioner Programme will produce graduates with the knowledge and skills necessary to work with clients as beginner-practitioners in a professional or semi-professional way, under a formal supervision arrangement with an experienced practitioner/mentor, or clinical supervisor, and networked with other practitioners through the New Zealand Holistic Pulsing Guild.

The graduate of this course will understand these aspects of Holistic Pulsing, in addition to the technical competencies necessary to work as an HP practitioner.

- \* Overview of the method in the New Zealand/international CAM care context.
- \* Indications and contraindications.
- \* Safe limits of competence for practise as an HP practitioner in accordance with HPGNZ,,s requirements for Annual Practising Certification.
- \* Use in relation to other modalities, both bio-medical and other CAM interventions.
- \* The vital importance of the relationship between therapist and client.
- \* The need for on-going self-reflection and self-evaluation as a mind-body practitioner.
- \* Skilful use of techniques, including dialogue, to facilitate well-being in the client.
- \* Ethical and legal responsibilities of health-care providers.

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## Entry Requirements.

Entry to the course is open to people meeting the following criteria.

\* You must be **20+ years of age**.

\* You must **complete all sections** of the Pre-Enrolment form.

\* If English is your second language, you must have a minimum **IELTS score of 5.5**. We may also request an **interview with you** to ensure that your level of fluency is appropriate in a context-specific way.

\* You must read and agree to abide by the **Code of Behaviour** in this Prospectus.

\* HHT Ltd reserves the right to **request an interview** with you prior to your acceptance onto the course. This may be done by phone, at our expense.

\* With your pre-enrolment form, you must submit the name and contact details of a person of good character who knows you well, and who is not related to you, who is prepared to **testify to your suitability for the course**. You must ask permission from this person before you provide us with his/her details.

\* If there are more applicants than places on the course (18 per centre), your name will be **wait-listed** in the order in which applications are received.

\* Once we have your Pre-enrolment form, we will let you know as soon as humanly possible whether or not you have been accepted onto the course. If your application is accepted, a **\$100.00 non-refundable deposit** is payable.

\* The pre-enrolment form is included with this Information Package. If you want to join the programme, please **return it to us as soon as possible**. Do not send any money at this point.

\* If you have any **questions**, please ring or email.

Holistic Health Training Ltd, 33 School Rd, Mahana, R.D.1 Upper Moutere, Nelson, 7173. [www.hht.co.nz](http://www.hht.co.nz) 03 5432268, 027 222 1491, or email

[lynda@hht.co.nz](mailto:lynda@hht.co.nz)

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## Course Structure - broad outline.

### Module One. 30 hours (3 credits).

**1. 16 hour workshop** (typically a weekend).

**2. 14 hours total self-directed study** comprising;

- 4 x practice sessions; these are usually done as swaps with other workshop participants.

- 2 x written Case Studies and self-evaluations;

- completion of Written Assignment;

2 personal sessions received (may be from peers/fellow trainees).

Completion of self-directed components is attested by the student to the tutor in a written form.

Certificate of Attendance and Completion issued providing all components are completed and attestation submitted.

*Pre-requisite for Module Two = Certificate of Attendance and Completion of all Module One components.*

### Module Two. 150 hours (15 credits).

**1. 20 hour workshop** (typically a weekend plus Friday evening).

**2. 130 hours self-directed study** comprising;

- 15 practise sessions @1.5 hours each = 22.5 hours.

- 5 tutorial sessions with an approved tutor (2 may be in a group tutorial situation), @ 1.5 hours each =7.5 hours.

- 5 personal sessions received (3 from an approved practitioner.)

- 2 mentoring sessions received.

- 15 Case Studies, Written Assignment, research and evaluations. 90 hours.

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Certificate of Competence hours awarded once all components have been completed to the Performance Criteria.)

*Pre-requisite for Module Three = Certificate of Competence and Completion of Module Two components.*

**Module Three. 220 hours** (22 credits plus Modules 1 & 2 = 40 credits).

- 1. 4 day residential workshop (typically Thursday evening – Tuesday 96 hours.**
- 2.** 124 hours self-directed study comprising the following;
  - 15 practise sessions (plus appropriate evaluations/case studies).
  - Completion of Written Evaluations/Analysis based on Case Studies @ 48 hours (approximately 3 hours per Case Study).
  - 4 formal supervision/mentoring sessions.
  - 16 hours (minimum) Interpersonal, Communication, Practitioner or Counseling Skills training. Appropriate trainings must be negotiated with the Course Director.
  - 5 tutorial sessions with an approved tutor.
  - 4 personal sessions with an approved practitioner.
  - 4 hours assessment.

**Exit Point - Course Certificate issued.**

400 hours, Level 5.

Note; hours are approximate values only, as complete “sessions” under different circumstances can vary greatly in length; Evaluations and Analysis are unable to be accurately assessed for hourly values.

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## **Module One Outcomes (assessed).**

*It is expected that students completing Module One will achieve these Learning Outcomes. Students must complete all components and submit a written Attestation to receive the Certificate of Attendance and Completion. Successful completion of this Module is required for entry to Module Two.*

1. Demonstrate an understanding of the history and place of Holistic Pulsing in the context of Mind-Body medicine.
2. Demonstrate an awareness of the significance of the relationship between therapist and client in the provision of this type of health-care.
3. Prove a clear understanding around the safe limits of competence for working with others at this level of training, and demonstrate an awareness of the role of therapist as facilitator rather than fixer. This includes awareness of working with the Essentials and Principles.
4. Deliver a range of Holistic Pulsing techniques to facilitate relaxation in the client for a 30 - 40 minute session, which may include supine, prone or side-lying pulses.
5. Be able to explain the importance of creating a therapeutic space which is physically, emotionally and culturally safe for the client and therapist.
6. Demonstrate an understanding of some of the main physical indications and all of the potential contraindications to Holistic Pulsing.
7. Demonstrate an understanding of the importance of clear contracting between therapist and client prior to the commencement of hands-on therapy, with regard to the following elements;
  - \* the techniques to be offered
  - \* client needs and expectations
  - \* therapist level of skill and competence
  - \* the duration of the session
  - \* whether any payment is expected and what that is to be.
8. Show an understanding, and demonstrate the use of systems in place to act professionally, even with non-paying clients, regarding confidentiality, record-keeping and referral.

### **Learning Outcomes ~ Module Two.**

*It is expected that students completing Module Two will achieve these Learning Outcomes. Students must complete all components to receive the Certificate of Attendance and Completion. Successful completion of this Module is required for entry to Module Three.*

1. Demonstrate an understanding of the theoretical model of the Therapeutic Cycle, apply it to a session of Holistic Pulsing and to wider contexts. Show an ability to evaluate and record sessions in the context of the model, identifying stages of the model for client and therapist.
2. Deliver one hour sessions of Holistic Pulsing to clients, using a range of techniques which demonstrate an ability to work within the Essentials and Principles.
3. Use Holistic Pulsing techniques to facilitate physical release in clients with reference to particular presentations which may be physical or somato-emotional.
4. Demonstrate an understanding of the theory of Mind-Body medicine as applied to hands-on therapies such as Holistic Pulsing.
5. Demonstrate an awareness of, and an ability to apply techniques to, presentations that appear as “blocks.” Show an awareness of types of facilitator intervention, and choose which may be appropriate in certain contexts.
6. Show a commitment to personal and professional development by using self- evaluation and analysis skills before and after sessions to monitor awareness.
7. Demonstrate an ability to keep clear records that contribute to Evidence-Based Practise Research, maintaining client confidentiality.
8. Engage in their own learning by contracting clearly for tutorial sessions that identify growing edges and undeveloped competencies, and addressing these in tutorial and mentoring sessions.

### **Learning Outcomes ~ Module Three (Practitioner).**

*It is expected that students completing Module Three will achieve these Learning Outcomes. Successful completion of this Module is required to receive the Certificate of Attendance and Completion for the Holistic Pulsing Practitioner Training course.*

1. Describe the main features (physiological, somato-emotional and therapeutic) that underlie principles of mind-body healthcare, including Holistic Pulsing.
2. Explain how mind-body healthcare and conventional bio-medical healthcare interventions complement each other in the New Zealand setting, and have appropriate systems and mechanisms for referral to and communication with other health-providers.
3. Describe the development of Holistic Pulsing in the context of mind-body health-care world-wide, and demonstrate an understanding of the significance of Evidence-Based Practice record-keeping (case studies) in the development of mind-body research. Show a commitment to participation in research by maintaining accurate research records (case studies) according to a template.
4. Demonstrate an ability, and have tools available, to reflect upon the role of the therapist in mind-body healthcare, and evaluate and assess their personal process in developing skills and techniques to take up that role in a supervised, semi-professional or professional capacity. This may include developing skills in receiving supervision and participating in peer review and peer supervision processes, and practitioner competencies in interpersonal and communication skills such as facilitative dialogue.
5. Deliver Holistic Pulsing techniques in a supervised practice situation to clients in an effective manner, using a holistic model (framework) to ensure safety and efficacy. Techniques used will be presentation-based rather than protocol-based, within Principles and Essentials, and may demonstrate spontaneity and creativity.
6. Describe the indications and contraindications to Holistic Pulsing, and demonstrate this knowledge in a health-screen process. This may include emotional as well as physical considerations.

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7. Describe the elements required for CAM (Complementary and Alternative Medicine) practice in New Zealand, and demonstrate their use as part of a Holistic Pulsing practice, with regard to the following;

- law, ethics, supervision, professional association.
- the requirements of the Health and Disability Commission.
- record keeping, research (evidence-based practice), business practices.
- the requirements for physical, cultural, emotional and environmental safety. This includes developing skills to understand interpersonal issues in delivery of health-care such as projections and transferences.

8. Demonstrate an ability to use Holistic Pulsing techniques in a mind-body CAM practice, as a stand-alone modality or in association with other techniques, under the supervision of a mentor or under formal supervision.

### **Programme Regulations and Expected Standards and Code of Behaviour.**

*Because of the nature of the therapy, a holistic health relationship is an intimate exchange. Therapists, like all other health providers, are in positions of trust. Their clients must trust that the therapist will behave in certain acceptable ways, and not in others. Participants attending training run by HHT Ltd are required to follow the Regulations and Code of Behaviour, outlined below. When you send your Deposit and Registration form to us, we enter a contract whereby you agree to abide by these Regulations and this Code. Failure to abide by it may result in your removal from the training.*

1. Participants have a right to be treated with courtesy and respect at all times.
2. All participants will remain mindful of the rights of others to dignity and modesty.
3. Even though this is a training workshop, therapists will pay attention to the needs of the “client”. Clients (receivers) have the right to refuse any particular technique.
4. Participants will not make remarks about other people with regard to appearance.
5. Honest feedback is a valuable learning tool and is encouraged.
6. Students are invited to behave in ways at all times that model the outcomes we are hoping to achieve - a positive outcome for the client, and a positive learning experience for the student.
7. No student will make any remark or innuendo that could be construed as sexual, nor engage in any touch other than therapeutic.
8. All students will remain mindful of, and respect the right of others, to confidentiality for all elements, events, verbal and non-verbal, that may occur during training, sessions, tutorials and assessments unless there is a breach in ethics, or compromise to safety in which case the student will immediately advise the Course tutor, director or mentor.

## Fees.

**Workshops; (all locations) 2014 - 2015 (unless circumstances require changes).**

**Module One; (Assessed, 30 hours) \$395.00.**

**Module Two; (Assessed, 150 hours) \$435.00.**

**Module Three; (Assessed, 220 hours) \$535.00.**

**Assessment fees; all locations.**

Assessment of Module 3 (Practitioner level) is a 4-hour process. The fee is standardised at **\$280.00.**

**There will be additional costs associated with self-directed components such as tutorial, session and supervision fees, and also costs associated with travel, accommodation etc. Accommodation and travel costs are not included with the Module Three fee. These will vary from region to region. For an indication for your region check the HPGNZ website, [www.holisticpulsing.org.nz](http://www.holisticpulsing.org.nz)**

You can off-set some costs by charging a “trainee fee” for some of your practice sessions after completion of the Module Two workshop.

## **Missed Sessions - fees.**

Should you not attend any sessions of workshop training at any level for valid reasons, negotiated with the tutor (accident, illness etc), those sessions must be completed via tutorial. You won't pay more fees, but any additional costs such as tutor travel, expenses etc, will be your responsibility.

If the reason is deemed to be invalid, the missed sessions must be completed via tutorial, and you will be required to pay the approved tutor contracted to complete the component/s at that tutor's hourly rate. You will also incur any extra costs associated with tutor travel, expenses etc.

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## **Re-Assessment.**

**Module One;** Assessment is by written assignment, assessed against a standard Master. An 80% pass is required for Achievement. If you need to be re-assessed, a \$10.00 fee applies.

**Module Two;** Assessment is by written assignment. There is no fee for the Module Two assessment except the re-assessment fee for the written assignment should you not reach the benchmark. The assignment is assessed against a standard Master. An 80% pass is required for Achievement. If you need to be re-assessed, a \$10.00 fee applies.

The tutorial process will assist you to define and work with your growing edges, and move you towards Module Three.

**Module Three;** Assessment is by two tools.

1) Case Studies, Session and Self-Evaluation templates. These are assessed formatively as part of your tutorial/mentoring process, and there are no objective pass/fail criteria.

2). A “hands-on” technical competency assessment where you deliver a session to both a peer, while being observed, and then to a tutor in client role. The tutorial, mentoring and supervision processes will assist you to define and work with your growing edges, so it is likely that you will meet the Performance Criteria for the Assessment. These criteria are transparent.

Should you require a second hands-on assessment, you will not pay any further fee, but any additional peripheral costs associated with tutor travel, expenses etc, will be your responsibility.

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### **Tutors and Support People - who are they?**

Teachers contracted by HHT Ltd are experienced Holistic Pulsing practitioners and also have teaching qualifications. All have completed Holistic Pulsing training under the historic Guild format to Diploma level.

#### **Principle Tutor;**

**Lynda Mabin**, (Nelson). Contact [lynda@hht.co.nz](mailto:lynda@hht.co.nz)

MA (Hons), Dip. Tchng, Dip. H.P. Course director, HHT Ltd. Lynda has been involved in Holistic Pulsing for 15 years, and has served as Guild secretary and Teacher Accreditor. She has facilitated workshops in Holistic Pulsing, Massage Therapy, Communication and Practitioner Skills, Supervision and Groupwork, Sexuality Issues for Women, and Anatomy and Physiology.

**Natalie Grace** (Auckland). Contact [natalie@gracewaves.co.nz](mailto:natalie@gracewaves.co.nz)

**Barbara Gibb** (Wellington). Contact [barb.gibb@clear.net.nz](mailto:barb.gibb@clear.net.nz)

**Assistants** may be contracted for large workshops.

**Honoured Guests** (experienced pulsing practitioners) may also join workshops.

A list of approved tutors and mentors for tutorials, sessions and mentoring in each centre will be available at Module Two.

Trainee teachers and guest facilitators may join workshops from time to time to gain facilitation experience.

Moderators may join workshops from time to time to ensure consistency and standards of delivery across multiple sites.

### **Recognition of Prior Learning (RPL).**

If you have completed some training in Holistic Pulsing through either a Guild-run workshop, or through a private college or tutor, you can apply to HHT Ltd for RPL for some components of the course. This is done on a case-by-case basis.

If you have completed the HPGNZ Diploma, you can apply for RPL for all components up to but not including Module 3 Assessment. You will need to do the assessment, but may apply for RPL for some other components eg/ Case Studies and tutorials.

If you cannot meet the criteria for all components, those elements that need attention may be addressed through a tutorial process with an approved tutor.

All applications for RPL must be discussed in the first instance with the Course Director, Lynda Mabin. Phone 03 5432268 or email [info@hht.co.nz](mailto:info@hht.co.nz), or go via the website, [www.hht.co.nz](http://www.hht.co.nz).

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## Resources.

**Module One;** Included with workshop fee;

- 60+page Student Manual with photographs covering all theory and techniques.
- All other paperwork requirements, for example, templates for Case Studies.
- DVD presentation of techniques. \$45.00.

**Module Two;** Included with workshop fee;

- 80+ page Student Manual covering all aspects of theory.
- All other paperwork requirements, for example, templates for Case Studies.

**Module Three;** Included with workshop fee;

- All paperwork requirements, for example, templates for Case Studies, Evaluations, Research, Supervision/Mentoring.

**Not included but required;**

Text; McIntosh, Nina, The Educated Heart; Professional Boundaries for Massage Therapists, Bodyworkers, and Movement Teachers. LWW 2005. This is available through the NZ distributors, Akasha Books at Paraparaumu, [www.akashabooks.co.nz](http://www.akashabooks.co.nz)

It is strongly recommended that students commence an approved Anatomy and Physiology course during the programme.

HHT's A&P course, and a comprehensive Interpersonal Skills course, are available by Distance Learning. Please ask if you would like brochures for these courses.

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### **How to proceed!**

If, having digested this great lump of information, you decide that you would like to pre-enrol for Holistic Pulsing training, please notify us and we will send you a Pre-Enrolment form.

Applications will be assessed and places allocated in the order in which they are received.

You will receive notification as soon as possible (within three weeks at the outside).

Should we decide that we would like to interview you, we will contact you to arrange how/when that might happen. Interviews can be done by phone, and are at our expense.

Please don't send deposits with this form.

Send your pre-enrolment form to;  
Holistic Health Training Ltd, 33 School Rd, Mahana,  
RD1 Upper Moutere, Nelson, 7173.