

Seeking Safety

A group designed for healing people with PTSD.

Learn how to live a more fulfilling life and have a better relationship with yourself and others.

Who:

- *People who have symptoms of PTSD and have a hard time understanding how their unhealthy behaviors (substance, relationships, anger, isolation) are linked to their PTSD
- *People who want to learn more about their PTSD and how to manage uncomfortable symptoms when they come up
- *People who want to strengthen their relationships with others and themselves
- *People who are ready to COMMIT to new actions and changes

What:

- *Education on how your behaviors are linked to your trauma
- *Improve ability to accept the present and be in the current moment
- *Increase tolerance of negative emotions, rather than trying to escape from them
- *Manage and cope with intense emotions that cause problems
- *Communicate in a way that is healthy, maintains self-respect, and strengthens relationships
- *Create new behaviors and patterns for a new way of life
- *Weekly homework with assignments for accountability
- *Discussions about the present and a hopeful future
- *Does not focus on the trauma itself and is not the topic of discussion in group
- *All group materials provided (spiral notebooks with group topics)

When and Where: Every Saturday 5:00-6:30 pm, March 9th-April 27th

1845 S. Dobson Rd. Ste. 101, Mesa, AZ 85202

To register or for more information please contact Maria Wildey, LMSW at 480-955-1125 or maria@eastvalleyptsdcounseling.com

Investment: 90-minute sessions, 1x per week for 8 weeks

Sessions covered by AETNA Private Pay: \$55 per session

Please note *this is a closed 8 week group. Participants who are interested should plan to attend all 8 sessions.*

