

TRAUMA PROCESSING GROUPS



Day: TBD
Time: TBD
Duration: 11-15 Weeks
Cost: \$40-60/session

GROUP DESCRIPTION

The purpose of this group is to reduce your symptoms of PTSD and reduce feelings of shame by share your story in a safe space with other survivors. We run groups separately for adult survivors of: Rape, Domestic or Intimate Partner Violence, Childhood Sexual Abuse, Childhood Physical & Emotional Abuse. This group is meant for clients who have had at least 3 months of individual therapy and are actively attending at the time of the group. The group will meet for 60 minutes weekly for 11-15 weeks depending on whether there are 4, 5, or 6 clients in a group. There is a rigorous screening process for this group to ensure clients are ready for this step and that the environment is safe and supportive.

REQUIREMENTS

- Clients must be in individual therapy for at least 3 months when starting group
- Client must sign release for group therapist to speak to individual therapist
- A free 15-min screening with our clinical director to determine if group is a good fit
- A 60-minute intake with group leader
- Attendance at all sessions (barring true emergency)
- Willingness to participate in group and practice skills during the week

FORMAT

Each week group will start with a 5-minute mindfulness practice. In the initial 2 sessions, we will make group introductions, engage in ice breakers, decide on guidelines for the group and the group leader will share psychoeducation on trauma effects. In the 3rd, 5th, 7th, 9th, 11th, 13th group sessions, one participants will share their story with the group. After the storyteller has completed their story, group members will provide empathy, validation, and how they can relate to what the group member has shared. In the 4th, 6th, 8th, 10th, 12th, and 14th group sessions, we will discuss how participants processed the information from the prior week, any symptoms that came up, and the group leader will provide psychoeducation and skills practice. In the last session, we will engage in a shared art project of which each client will take a piece home.

ROOTS & BRANCHES THERAPY

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Free Digital
DBT
Workbook