**A SHARED UNDERSTANDING OF THE COMPLEXITIES OF TRAUMA**

The complex trauma recovery program includes three phases of therapeutic groups. Each person’s time in the group is determined by individual progress rather than pre-set times. Recovery from complex trauma is individualized. All phases are offered access to a therapeutic movement group provided twice weekly. A licensed clinical social worker, psychiatrist, and movement specialist offers this. Group can be attended in-person or online, as it is delivered using a hybrid/synchronous model. Clients are encouraged to have their own therapist, but this is not required. The cost of the group is $120 per month (including therapy groups twice weekly and therapeutic movement groups twice weekly).

**Phase one** focuses on regulation and stabilization and meets twice a week for 60 min.

What can I expect?

* + Focus on emotional regulation skills
  + Coping skills specific to the impact of trauma on the brain
  + Developing awareness and ability to determine distress levels
  + Developing goals

**Phase two** focuses on modulated distress exposure and self-compassion practices and meets once per week for 90 min.

What can I expect?

* + Developing a self-compassion practice
  + Eye movement desensitization reprocessing targeted towards distress with exposure activities.
  + Actively pursuing change and challenges in support of group members.

**Phase three** is on maintenance and meets once per month for 90 min.

What can I expect?

* Continued support from group members who are each maintaining attention towards trauma recovery and integrating this into life