

Trauma Bond Support Circle

Full Breakdown

Trauma bond recovery is a complex process that needs patience, support, connection, & holistic regulation. Trauma Bond Support Circle offers just that.

This 13 Session Program has been designed to facilitate your trauma bond healing in the safest, most supportive & optimal way. Using guidance & tools backed by *research* as well as *experience*, this group is hosted by Sasha Blossom Anthony, holistic counsellor & trauma bond specialist & survivor.

Sessions will last between 1-2 hours each. There will be a maximum of 16 members per session - the same group of us throughout.

How are the sessions structured?

These circles are *semi-structured*, meaning each session has a combination of:

1. A **structured** presentation with information & insight on the topic of the week (see topics below).
2. An **unstructured**, open group discussion on the topic & a general community check-in. Group discussions can include personal shares & updates, constructive conversations & questions for the group or for the presenter. These conversations will be guided & facilitated to remain constructive & respectful.

What can I expect from each week?

Week 1: Introductions & Group Connection - Meet the Circle

Week 2: Explained: Trauma Bonding, The Nervous System & Navigating Emotions

Week 3: Conversations About No-Contact & Low-Contact

Week 4: Coping With Withdrawal, Limerence & other stages of healing

Week 5: Holistic Nervous System Regulation & Cortisol Balancing post-breakup

Week 6: Understanding Attachment & Complex-PTSD

Week 7: A Non-Linear Journey: What If I Relapse?

Week 8: Meeting Your Inner Child

Week 9: Meeting Your Authentic Self

Week 10: Let's Talk About Boredom & Healthy Love

Week 11: Intrusive thoughts, Triggers, Letting Go

Week 12: Navigating Narcissism & Empathy

Week 13: Final Check-In & Closing Notes

[Content & order in which these are presented may be subject to change]

What's Included in the Rate?

- **13 Semi-structured Trauma Bond Support Circles** via **Zoom**, up to **2 hrs each** (as outlined above).
- **A WhatsApp group chat** on which you will receive weekly reminders, prompts & recommendations to guide your healing journey (optional).
- **All worksheets, articles & other materials** used in the sessions relating to each topic listed above (for example, trauma bond healing guidelines, nervous system toolkit etc.)
- **A private group forum** in which to communicate with the community even outside of sessions - ask questions, seek support, connect. *This will remain accessible even after the 13 Week Program is over, mediated by Sasha & a co-mediator.*

Pricing Options:

Standard Rate: \$888 total for everything listed above. Or *monthly instalments at \$296/month*

Reduced Rate (limited slots): \$555 total for all of the above. Or *monthly instalments at \$185/month*

[If paying in smaller instalments works better for you, this is also an option. Let me know.
The 2 free slots on offer have now been filled]

International & local (RSA), secure payment options (such as PayPal & Yoco) are available.

Anything Else? Yep:

Trauma Bond Support Circles are for:

- Anyone who has previously been in a trauma bonded relationship & feels ready to commit to healing (*whether it's been weeks, months or years since the breakup*).
- Those who are no longer actively participating in a trauma bonded relationship. This group is for healing post break-up (NOTE: if you co-parent, or if contact is a requirement for some other reason, you can still register. Not if you are still actively in a relationship with the person)
- Those aged 20 years & up
- Individuals who are willing to go no-contact (or low contact in the case of co-parenting or similar)
- People committed to cultivating a safe, respectful & supportive environment for themselves & one another
- People willing to respect the privacy & anonymity of the group & its members
- People who are ready & willing to invite change

Not suitable for:

- People who have not experienced trauma bonding
- Anyone still actively dating/married to a trauma bonded partner
- Anyone in active addiction
- Anyone experiencing severe mental health complications that require more specific, intensive support
- Anyone under 20 years old
- Anyone unwilling to respect the anonymity of the group

Please do not pre-register if you do not align with the criteria above. Feel free to get in contact via the pre-registration form, should you have any questions!

Once pre-registrations have been processed, all dates & times will be confirmed. Scheduling options are outlined on the pre-registration form.

The first support circle will commence some time between the end of August-start of September, then consistently thereafter for 13 sessions. Keep an eye on your inbox once you've pre-registered.

To preregister, fill in the form on my website, below this. Or [click here](#).

Looking forward to connecting & nurturing this community, together.