



Wounded Heart Therapy Group

For Women Survivors of Childhood Sexual Abuse

Facilitated by:

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Many women who were sexually abused at an early age discover that the self-protective measures that got them through childhood cause great problems for them as adults. Abuse affects what we believe about people, ourselves and about God. **Wounded Heart** is designed to help women who were sexually abused as children examine these issues in a small confidential setting.

The **Wounded Heart** Therapy group is a window of opportunity to explore and better understand the stages of abuse, adaptive and unhealthy coping mechanisms, styles of relating and attachment trauma, the difficult feelings of shame, contempt, powerlessness, ambivalence and betrayal, and the challenges of repentance and learning how to love boldly. In this group, women learn what abuse has caused in their lives as well as how they can experience freedom from the wounds of their past.

This group is offered twice per year, beginning once in January and again in August, and will meet weekly on Tuesday evenings, 6:30pm to 8:00pm, for 18 weeks at \$50 per session. We will work through the book and workbook, *The Wounded Heart*, by Dan Allender, as well as an additional intensive curriculum.

The group will be limited in number to six women, and after the first group meeting, will be closed to new members in order to facilitate emotional safety, cohesion and confidentiality. Group therapy not only offers counseling at a lesser fee than individual therapy, but provides the additional support of other women who may share similar struggles and can empathize, validate and encourage during the healing process. It can make a meaningful difference doing this type of work with the safety and authenticity of other women hungry for healing. **Preregistration (an initial intake appointment) is required.**

For more information or to register for the Wounded Heart Therapy Group, contact:
Julie Trosin, LMFT at **(408) 718-7405** or email jctrosin@hotmail.com

Visit me at [**www.julietrosinmft.com**](http://www.julietrosinmft.com)

ACCEPTING NEW MEMBERS UNTIL GROUP IS FULL!