

# Seeking Safety

A group designed for healing people with PTSD.

Learn how to live a more fulfilling life with 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? Tuesdays, 6:00-7:30 pm, October 1st-November 19th, 2024 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](mailto:maria@eastvalleyptsdcounseling.com)

Investment? 90-minute sessions, 1x per week for 8 weeks, plus a one time materials fee of \$20

Sessions covered by AETNA Private Pay: \$60 per session

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

