



Healing from Religious Trauma (Group Therapy) 2025 Round (2 Separate Groups Offered!)



What?

If you've experienced distress or confusion stemming from religious practices or communities, you're not alone. Our "Healing from Religious Trauma" therapy group offers a safe, supportive environment to explore these experiences and emotions. We will delve into topics such as sexual shame, the link between religion and attachment style, cognitive dissonance, and purity culture. In the safe space of this group you will discover new coping strategies, share your story, and start rebuilding your spiritual and emotional well-being. Everyone deserves a space where they can heal and grow—let this be yours.

What & Who Is This For?

- 2 groups are being held this time!
- One group is specifically geared towards folks who identify as LGBTQIA+. See the following page for more information on the LGBTQIA+ specific group.
- The “Anyone” Group is the group for anyone and everyone 18+.
- These are closed groups with 7 spots open for sign up in each group (14 spots total).
- These groups are open to those who are 18+.
- These groups are for those who are wanting to learn more and work through their personal religious trauma in a group setting.



**Scan this code or visit our
website for more
information!**

***These groups are held
virtually.**



More Information about The LGBTQIA + Group & The Anyone Group

Tell me more about the two groups differences.

- Both groups, (The LGBTQIA+ group and the Anyone Group) use the same curriculum and are the same length, meaning the topics will be mostly the same.
- They are facilitated by the same facilitator, the Professional Counselor Associate, Alexandra Scott,
- The queer specific group is to create a safe space to unpack religion from a queer lens and gather support from others who may have similar experiences. If you are queer, it is not by any means required that you only join the LGBTQIA+ group. Join which group feels right and has spots open!
- The Anyone Group means just that, anyone 18+ who wants to join and unpack Religious Trauma can join.
- The LGBTQIA+ Group will be Fridays at 7pm.
- The Anyone Group will be Mondays at 7pm.

Testimonial From A Member

"Being a survivor of religious trauma can feel incredibly isolating, especially when our culture reinforces the assumption that we must be religious by default. But being able to speak openly with others who had experiences similar to my own allowed me to better understand the impact religion has had on me and to begin processing the anger I had been holding onto when faced with people who still cling to those beliefs."

- A.



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