

Trauma Therapy Group



Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light. ~Brene Brown

All of you is welcome here. Living with traumatic experiences often makes us feel like we have to hide a part of ourselves because of our own shame or because we don't believe the world will understand or support us. Many who have experienced trauma live with depression, isolation, anxiety, addictions, or other issues. Engaging in group therapy may sound scary, but it has been my experience that healing occurs most profoundly when we can experience human connection while being with the events and parts of us with which we felt the most alone and unsafe. You don't have to handle difficult things on your own.

Utilizing the latest research in treating trauma, this group draws upon the work somatic psychotherapy, experiential psychotherapy, attachment, mindfulness practices, interpersonal relationship, Acceptance and Commitment Therapy (ACT), DBT self regulation and distress tolerance skills, EMDR, ecotherapy, and Internal Family Systems.

Format

This weekly group is open to all genders and will provide a safe, supportive space that teaches mindfulness, grounding, and resourcing skills and developing strength and resilience as a foundation. Moving beyond skills, participants will discuss and support each other in managing current life triggers. As safety and trust deepen and when the time



is right, there will be opportunities for each member to be able to process and do therapeutic work around their trauma in a group format. Harnessing the power of a safe supportive group container, people can feel even more held and safe to process events and receive support from a community of understanding people.

Consent is key, and sometimes healing in and of itself. Learning how to say yes when you mean yes and no when you mean no is a part of every group. You will be empowered to participate or not participate to whatever level you are ready and wanting.

The group meets weekly and is ongoing every Thursday evening. In order to establish safety, rapport, and trust in the group, each person is asked to make at least an 8 week commitment to the group. Many will stay on beyond the minimum to continue building trust, healthy healing relationships, and being able to work through challenges slowly and safely. The group will have at least 4 and at most 8 members.

To enroll

Contact Chuck (chuck@innerlifeadventures.com or 970.829.0478) to setup a free 30 minute group screening and consultation. If it seems like a good fit, you will be able to start as soon as the group feels it is ready for a new member. It is highly recommended that you have an individual therapist as well, but exceptions may be made depending on your situation.

Cost

\$50 per group. Some insurance accepted. Call your insurance company and ask about coverage for group therapy.

Still not sure?

Articles for further reading on trauma specific therapy groups

<https://psychcentral.com/blog/4-things-i-learned-in-trauma-group-therapy/>

<https://www.verywellmind.com/the-benefits-of-group-therapy-for-ptsd-2797656>



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