

Healing from Trauma

GROUP THERAPY

This is a 6-week group that follows the triphasic approach to trauma treatment.

In this first level of **Safety & Stabilization**, participants will learn somatic resourcing techniques, learn teachings about the impacts of trauma, & be guided through group EMDR to find healing.

DATE	Oct 12 - Nov 16
TIME	Thursdays 6 - 8 pm
LOCATION	#100B, 8230 105 street
COST	\$130/ 2-hour session

Who is this group for?

- Adults who have experienced trauma
- Looking to learn strategies, tools, and techniques for healing trauma
- Those wanting to learn and be supported in a group setting

What happens in this group?

- Sessions will be 120-minutes with a blend psychoeducation, group sharing, and time to practice skills and techniques learned
- We will co-create a group where you can show up in your wholeness

**this group can be covered by NIHB and by most insurance companies

Please join Sarah van Kuppeveld, R. Psych and Wanda Chevrette,
R. Psych for this 6-evening Healing From Trauma group.

Email info@rediscoverpsych.com
or call 780-540-4099
to register.

Trauma Healing Tricks

Jaime Wishstone



Trauma Healing Tricks:

Trauma Healing Tricks Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Trauma Healing Tricks**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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