

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

Carmen Richardson



Trauma Healing Tricks:

Whispering the Strategies of Language: An Emotional Quest through **Trauma Healing Tricks**

In a digitally-driven earth where screens reign supreme and quick transmission drowns out the subtleties of language, the profound strategies and mental nuances concealed within words often move unheard. However, nestled within the pages of **Trauma Healing Tricks** a captivating literary treasure blinking with raw emotions, lies an extraordinary quest waiting to be undertaken. Published by an experienced wordsmith, that wonderful opus invites visitors on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within ab muscles material of each and every word. Within the psychological depths of this poignant evaluation, we will embark upon a sincere exploration of the book is key themes, dissect their interesting publishing type, and fail to the powerful resonance it evokes strong within the recesses of readers hearts.

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