

Healing Trauma Psychotherapy Group



**Mondays 11:00 am – 12:30 pm
Starting September 13
Norton Shores/Muskegon**

Connect with other survivors

Discover how to trust the healing wisdom of your body

Examine the neurobiology of trauma, the stages of trauma healing, and the history of trauma therapy

Learn self-hypnosis and other calming techniques

Locate alternative healing resources in the community

Practice multiple approaches used in healing trauma and choose the ones that fit you best

Unlock your creativity and playfulness

To learn more or to register please contact Carolyn Waterstradt, MA, LMSW, RYT-200 at **231-799-4810** or at **CarolynWaterstradt.com**. Space is limited to 15 participants. Most insurance accepted.

Group Structure

Every group will contain a short instructional segment related to trauma, followed by a group therapy activity and discussion. Our topic in September will be trauma-focused yoga with the intent of familiarizing yourself with how it feels to be in your river of tolerance, your symptoms of activation, and regulation back into your river.

Other trauma-informed approaches will include but are not limited to:

Brainspotting

Creative arts therapy

Dream interpretation (Jungian, Gestalt, and Spiritual)

Drumming

Energy therapy

Hypnotherapy

Guided visualization

Sandplay

Sensorimotor Psychotherapy

Sound Therapy

Yoga