

Are you struggling with trauma?

Recovery is possible.

A skills building group can provide a powerful piece of that recovery.

Learning skills alongside others with challenges similar to yours can speed the process. As you view the progress of others, it can help connect you with your own potential.



Directions:

Take the 200th Street Exit off Hwy #1 going South. Turn Left on 40th Avenue. We are located approximately 2 blocks on your left in Belmont Centre (next door to Ocean Park Pizza). There are a few entrances; use the entrance at the end of the building closest to the street. We are in Suite #107.



RECLAIMING BALANCE

A skill-building group for trauma recovery

Are you struggling from childhood trauma: abuse, neglect, abandonment or loss?

12-Week Group

Emotional Regulation Skills Group

COST: \$275 (plus tax)

Early Bird rate: \$225 (plus tax)
If registered by September 9, 2015.

NOTE* Full non-refundable payment due upon registration

Call now to register: 778-278-3411
Space is limited.

We accept: Visa, MasterCard, Debit & Cash



**BROOKSWOOD
COUNSELLING**

#107 20103 40th Avenue
Langley, BC V3A 2W3
Telephone: 778-278-3411

www.brookswoodcounselling.com

12-Week Group

WEDNESDAYS 11am – 1pm

Starts: September 23, 2015

Ends: December 16, 2015

**Please note:*

There will be no group on Wednesday, November 11th, due to Remembrance Day.

Facilitators



JOSSLYN GAREAU is in her final year of the Masters in Counselling Psychology program at the *University of British Columbia*. She began her internship at *Brookwood Counselling* in May 2015. Josslyn is focusing on working with individuals living with the effects of complex trauma. Josslyn is passionate about group work, and has experience co-facilitating groups for people coping with eating disorders and mood disorders. Josslyn completed advanced level group counselling courses throughout her masters program, which included a focus on Therapeutic Enactment, a form of group therapy aimed to facilitate traumatic repair.

STEPHANIE DAVIS is in her final year of the Masters in Counselling Psychology program at the *University of British Columbia*. She began her internship at *Brookwood Counselling* in September 2015. As a high school teacher, Stephanie has plenty of experience facilitating groups. Outside of the classroom, Stephanie has led groups for fellow counsellor trainees as well for teens coping with drug and alcohol abuse. Stephanie completed advanced level group counselling courses throughout her Masters program. Stephanie is passionate about group work and the sharing of experiences as a tool for personal and community growth.



Skill Building for Trauma Recovery

Below are a few of the topics that will be covered in these sessions:

- Understanding the difficulties and symptoms of:
- Post Traumatic Stress Disorder, dissociation, anxiety,
- depression, insomnia, perfectionism, poor relationship
- choices and substance misuse.
- Learning to be present
- Developing an ‘inner sense of safety’
- Improving daily life
- Changing negative core beliefs to positive core beliefs
- Coping with fear
- Coping with shame and guilt
- Improving relationships with others
- Assertiveness training
- Setting healthy personal boundaries

Main resource:
Boon, S., Steele, K. & van der Hart, O. (2011). *Coping with trauma-related dissociation: Skills training for patients and therapists*. NY: W.W. Norton.



“What happens in the group?”

The group is designed to be psycho-educational. Guided by two intern counsellors, members will learn and practice skills. Members will not be asked nor expected to share details about their traumatic experiences.

“Is the group right for me?”

The group is designed for individuals who have experienced childhood trauma, including abuse, neglect, abandonment or loss. Individuals may be experiencing challenges in feeling safe, regulating their emotions, and improving relationships. A specific diagnosis is not required to be part of the group. Attending individual counselling in conjunction with participating in the group is not required.



If you are interested you may call Brookwood Counselling, [778-278-3411](tel:778-278-3411), to set up a free consultation with a group counsellor to mutually determine if the group is a good fit for you and your current needs.