

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.



Skill Building for Trauma Recovery

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

12 Week Group

Skill Building for Trauma Recovery

COST: \$40/2 hour group session
Or one payment of \$450 (\$30.00 savings)

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



**BROOKSWOOD
COUNSELLING**

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

www.brookswoodcounselling.com

12 Week Group

Fridays 1:30 - 3:30 pm

Starts: October 14, 2011

Ends: January 14, 2012

***For future therapeutic groups
check out our website:***

www.brookswoodcounselling.com

Facilitators

Lead: Marion Fallding holds a Master's Degree in Counselling Psychology and is a member of the British Columbia Association of Clinical Counsellors. She has worked with trauma survivors the entire 25 years she has been a therapist. She has been the eating disorder therapist at Chilliwack Mental Health for 18 years. She is passionate about the value of group work in breaking the isolation of those who have suffered trauma. She has training in EMDR (Eye Movement Desensitization and Reprocessing) which she uses extensively in her practice. She also offers a full range of individual, couple and family counselling.

Assistant: Chelsea Conron is a Clinical Counsellor with Lifestyle Health Centre, a holistic treatment clinic in Langley. She is completing her MA in Counselling Psychology from Trinity Western University. Chelsea specializes in working with victims of trauma, and trauma-related disorders. She has gained experience in this area through internships under the supervision of Becky Stewart, M.A., and Dr. Richard Bradshaw, Ph.D. She is also conducting research in the area of Dissociative Identity Disorder (DID). The goal of this work is to advocate for a better understanding of DID, to better equip clinicians and spread public awareness. She is certified in Observed and Experiential Integration (OEI), an empirically supported trauma processing therapy, which she integrates into her practice with great success. Chelsea is passionate about group work.



Skill Building for Trauma Recovery

The following topics will be discussed, along with exercises and homework to build skills in these areas.

- ◆ Understanding your difficulties and symptoms - Post Traumatic Stress Disorder, Dissociation, Anxiety, Depression, Insomnia, Perfectionism, Poor Relationship Choices, Substance Misuse
- ◆ Learning to be present
- ◆ Overcoming the phobia of inner experience
- ◆ Learning to reflect about yourself and others
- ◆ Developing an 'Inner Sense of Safety'
- ◆ Improving daily life
- ◆ Understanding traumatic memories and triggers
- ◆ The 'Window of Tolerance:' Learning to regulate your emotions
- ◆ 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

Materials

Topics will draw heavily from the following book:

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

Suzette Boon is the former president of the European Society for the Study of Trauma & Dissociation (ESTD), Kathy Steele is the former president of the International Society for the Study of Trauma & Dissociation (ISSTD) and Onno van der Hart is the former president of the International Society for Traumatic Stress Studies (ISTSS).

Other helpful books for trauma recovery can be found on our website:

www.brookswoodcounselling.com

These include:

Herman, J. L. (1997). *Trauma & recovery*. NY: Basic Books.

Hughes, D. A. (2009). *Attachment-focused parenting*. NY: W.W. Norton.

Scaer, R. (2005). *The trauma spectrum: Hidden wounds and human resiliency*. NY: W.W. Norton.

van der Kolk, B. A., McFarlane, A. C. & Weisaeth, L. (2007). *Traumatic stress: The effects of overwhelming experience on mind, body and society*. NY: Guilford.

Also recommended: www.trauma-pages.com