



A Trauma Recovery Group for Adult Survivors of Childhood Trauma

Tuesday Evenings 6:30 p.m. – 8:30 p.m.

beginning

February 21, 2012

**Have you recently undergone a life altering event?
Are you a survivor of a traumatic childhood?
Are you currently experiencing most of the following?**

- Fear and anxiety ♦ Irritability or anger ♦ Emotionally numb ♦ Lack of focus
- ♦ Overwhelming sadness ♦ Easily startled or frightened ♦ Changes in sleeping or eating habits ♦
- Bouts of crying that come easily ♦ Recurrent nightmares or thoughts about the traumatic event(s)

**If you answer yes to any of these questions,
then the Trauma Recovery Group may be of help to you...**

The goal of the Trauma Recovery Group is to help you improve your day-to-day functioning. This group focuses on helping you to live effectively in the present, not on the recovery of repressed memories. The group will help you to stabilize by identifying conflicts and unlearning specific distortions related to the effects of the trauma you have experienced and replace them with new tools learned in the group setting.

This group is based on Dr. Colin Ross's Trauma Model, an internationally recognized and research-based model for effective therapy with survivors of trauma. Through this group experience you will move toward the ultimate healing of interpersonal forgiveness and grief.

- Location:** Cathedral of Christ the King ♦ 2699 Peachtree Road, NE ♦ Atlanta, GA 30305
- Dates:** 9 Sessions: Tuesday nights from February 21 – April 24, 2012
- Time:** 6:30 p.m. – 8:30 p.m.
- Cost:** \$25 per session (partial scholarships available)
- Group Leaders:** Dr. Ann Howe, PhD and Sue Stubbs MS, NCC

Registration Deadline: February 13, 2011

Group is limited to 10 participants

**For more information or an application, please contact Sue Stubbs at
404-920-7554 or sstubbs@archatl.com**

*This group is a service of the Archdiocese of Atlanta Office of Child and Youth Protection Victim Assistance Program
www.archatl.com*