

14 Week Psycho-Educational Support, Life-Work Balance & Wellness Groups for Socially Conscious Helpers, Healers & Advocates

Two possible groups offered: Mondays, 430pm-545pm OR Tuesdays, 815am-945am



Experience mutual support,
skill-building, learning, sharing, connection,
and understanding
in the company of other progressive and
socially conscious humans
in the helping professions

For Adults who work, study or volunteer in
mental health, social service, medical, social
justice and related fields

Anti-racist, queer-affirming, sex-positive space

Share your experiences, stories, challenges and successes with others who also work, study and volunteer in the helping professions. Assess your own levels of burnout, compassion fatigue, vicarious trauma against your personal and professional selfcare. Gain information and support towards life, work, health and wellness balance.

Issues commonly addressed:

- Burnout, compassion fatigue, vicarious trauma
- Assess your degree of resiliency, burnout and fatigue
- Impact of our personal trauma history when working with trauma
- Sustainable self-care and life-work balance in this political and social climate
- Helping others with trauma when we have experienced similar traumas
- Helping with the trauma and suffering in our own communities
- Managing our own grief and loss
- Interpersonal and relationship skills
- Oppression Fatigue and Political Trauma Stress
- How our brain and body respond to stress and threat - in the moment, over time, and multi-generationally
- Boundaries, personal advocacy and assertiveness skills
- Personal empowerment and self-confidence vs. second-guessing and self-doubt
- Perfectionism, "imposter syndrome," worry, overwhelm and anxiety
- Communication and conflict-resolution skills
- Holistic self-care and wellness
- Develop your own personal and professional wellness plans
- Clarify personal, life and work goals
- Privilege, equity, justice and intersectional feminism
- Toxic masculinity
- Joy, gratitude and positivity as personal strength-builders

Meeting time: Free intakes now. Start early 2019: Two groups offered: Mondays, 430pm-545pm OR Tuesdays, 815am-945am

Format: Groups include a mix of discussion, mini-lecture, sharing, skill-building, handouts, worksheets, resources, and homework.

Structure of the groups: Meet weekly for 75 minutes and for 14 consecutive weeks (except holidays). It is not a drop-in group.

Up to 8 members | Confidential | At the conclusion of the first 14 weeks, members have the option of re-upping for another 14 weeks.

The groups are anti-racist, intersectional feminist spaces

that are affirming and inclusive of the fluidity and variety of sexuality, sexual and gender expressions and relationships.

Fee: The intake appointment is free. The meetings are \$50/a session. Some sliding fee slots are available.

If you are interested, next steps: A phone or in-person intake appointment is required to ensure that the group will meet the needs of the prospective group member and visa-versa. Email irene@irenegreene.com to schedule the free 30-minute phone intake appointment.

Facilitator: Irene Greene adheres to a fundamental consciousness for how the layers of cultural and systematic oppression and trauma influence our personal and inter-personal wellness and wellbeing. Irene has 29+ years as a therapist, wellness and relationship coach, activist, and educator. She has designed and facilitated dozens of support and therapy groups. Irene is the chair of the MN LGBTQ+ Therapists Network, a member of MN Women in Psychology, and a psychological first aid trainer for street medics. She has certification training in compassion fatigue and trauma.

Irene Greene MSED - Greene Growth & Training LLC / *Enhancing Personal, Relationship, Professional and Community Change for the Socially Conscious*
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