

14-week psycho-educational, skills and coaching group
Sexual Abuse Survivors' Group
~ for anyone identifying as female or non-binary ~



Meet with like-minded survivors of sexual abuse and share healing stories, successes, strengths, and challenges. This group is a mix of skill-building, listening, giving and receiving support, and setting goals for healing.

Share, support, learn, and hold space with others who “just get it”
Everyone’s process is respected and supported.
Non-judgmental skills group. Confidential.
We strive to be an anti-racist, socially conscious, feminist, queer-affirming, and sex-positive space.

Meeting time: Wednesdays, 4:30-6 pm

Fee: The intake appointment is free. The meetings are \$55/a session, and some sliding fee slots are available. Out of pocket pay.

Common Topics and Themes:

- Increase connection and reduce isolation
- Define what your healing journey looks like for you
- **Discuss why self-care and self-love are directly related to healing**
- Moving from *Victim to Survivor to Thriver*
- Identify the impacts of trauma
- **Discuss how the intersections of oppression, injustice, inequity, rape culture, hetero-patriarchy, and White Supremacy impede healing**
- Assess PTSD symptoms and progress
- Identify and address your triggers
- **Explore your trauma reactions of Fight, Flee, Freeze, Fawn, Fade, and the more grounded response of Face**
- Emotional and physical regulation skills
- Strategies to manage anxiety, depression, anger, self-blame, guilt, shame, grief, and fear
- Identify your unhealthy coping strategies, and develop healthier coping strategies
- **Learn healthier boundaries in relationships, co-dependency, “care-taking vs. caring-for”**
- Identify the impacts of your abuse on sexuality, sexual and gender identities
- **Identify the impacts of abuse patterns on romantic and sexual relationships**
- Consent and sexual boundaries
- Explore your relationship with your body, i.e., shame, disgust, trust, body image
- Family of origin issues as they relate to the abuse
- **Joy, gratitude, and celebration**

Format: A mix of topics, lecture, discussion, sharing, strategies, coaching, handouts, worksheets, resources, and homework.

Structure: The group meets weekly on Zoom for 90 minutes, and for 14 consecutive weeks (except holidays). After the first 14 weeks, members have the option of re-upping for another 14 weeks. | Up to 9 members | Confidential | \$55/session (no insurance)
(*In this psycho-educational coaching skills group, we will not be processing specific abuse or trauma memories or doing the deeper emotional therapy-related processing work commonly related to trauma healing.)

Next steps: A Zoom intake appointment is required to ensure that the group will meet the needs of the prospective group member and visa-versa. Irene will also ask you to complete a *Release of Information Form* for your current mental health provider.

Facilitator: Irene Greene, MSED, has 29+ years as a therapist, wellness and relationship coach, activist, and educator. She has designed and facilitated dozens of support and therapy groups, and she has offered this group several times over the past 20+ years. Irene is the chair of the MN LGBTQ+ Therapists Network, a member of MN Women in Psychology, and has certification trainings in compassion fatigue and trauma. She also offers conflict resolution and transition coaching to families and relationships in transition due to “coming out,” separation, co-parenting, and unresolved family of origin issues related to childhood trauma and other issues.

Irene adheres to a fundamental consciousness for how cultural and systemic oppression perpetuate our personal, interpersonal, and community safety, wellness, and well-being. And conversely, how community engagement and support is healing and empowering.