

14-week psycho-educational support group

# Sexual Abuse Survivors' Support Group For Women

~ for anyone who defines themselves as a woman ~

Wednesdays, 430-545pm (waiting list) | A second group is starting in early 2019: TBD



Share, support and hold space with others who “just understand”, who don’t blame and don’t judge your own healing journey

Everyone’s process is respected and supported

Non-judgmental, confidential, sex-positive supportive group

Anti-racist, socially-conscious, intersectional feminist, queer-affirming and sex-positive space

## Meet with like-minded sexual abuse survivors to share healing stories\*, successes, strengths, and challenges

- Increase connection and reduce isolation
- Define what your healing journey looks like for you
- Why self-care and self-love is directly related to healing
- Moving from Victim to Survivor to Thriver
- Impacts of trauma on survivors’ bodies and minds
- Discuss how the intersections of oppression, injustice, inequity, rape culture, and hetero-patriarchy create violence and impede healing
- Trauma reactions of Fight, Flee, Freeze (and Face)
- Assess your PTSD symptoms and progress
- Manage triggers, nightmares, flashbacks, body memories

- Strategies to manage anxiety, depression, anger, self-blame, guilt, shame, grief and fear
- Identify unhealthy coping strategies and increase healthy coping strategies
- Healthy boundaries in relationships, caretaking vs. caring for; how to say “no” and say “yes” when that is your honest answer
- Self-care, wellness and personal empowerment skills
- Impacts of abuse on our sexuality
- Consent and sexual boundaries
- Body image
- Family of origin issues as they relate to the abuse
- Joy, gratitude and positivity as personal strength-builders towards healing

**Meeting time:** Wednesdays, 430-6pm; Waiting List | Another group will start Early 2019: Date/time: TBD – email for info

**Format:** A mix of topic discussion, sharing, strategies, handouts, worksheets, resources and homework.

**Structure:** Meet weekly for 75 minutes and for 14 consecutive weeks (except holidays). This is not a drop-in group.

- It is preferable that prospective support group members are simultaneously in individual therapy and sign a *Release of Information Form*.
- In these psycho-educational abuse survivor healing support groups we will not be processing specific abuse or trauma memories or doing the deeper emotional therapy-related processing work related to trauma healing.

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

**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](mailto:irene@irenegreene.com) to schedule the free 30-minute phone or in-person intake appointment.**

**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. 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 training 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 adult childhood trauma and conflict.

**Irene 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. All of the groups that Irene facilitates are anti-racist, intersectional feminist spaces that are affirming and inclusive of the fluidity and variety of sexuality, sexual and gender expressions and relationships.**

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