

MEN'S VIRTUAL SEEKING SAFETY GROUP

OPEN TO ANYONE WHO IDENTIFIES AS MALE

Mondays
9:00 am - 10:30 am

Group begins
January 25, 2021

Seeking Safety is a present-focused 12-week skills group for people with a history of trauma, PTSD, and/or addiction. It honors experiences individuals have survived, and embodies each person's individual strengths. Learn healthy, safe coping, and useful problem solving skills. Facilitated by Brad Ross, LPC and Sadie Harmon, LPC.

The following topics will be covered

- PTSD: Taking back your power
- Grounding
- When substances control you
- Asking for help
- Taking good care of yourself
- Compassion
- Honesty
- Red and green flags
- Recovery thinking
- Commitment
- Setting boundaries in relationships
- Getting others to support your recovery
- Coping with triggers
- Healthy relationships
- Self-nurturing
- Healing from anger
- Other topics

Fees

Private Pay Rate: \$45 per session OR
\$320 (discounted rate, if paid in full prior to 1st session)

CCS Billing for CCS Consumers

Focus is on how to manage moments when triggered, feelings are strong, and/or learning ways to detach from the emotional pain.

We do not share stories. Leave your past behind and never give up!

JOIN US!

Send Completed Registration Form To:

Bryenne Alesch

bryenne@elitecognitionllc.com, fax or USPS mail

HAVE QUESTIONS?

PLEASE CALL, I AM HAPPY TO ANSWER THEM FOR YOU
608-286-1132 x10

*Group is limited to 10 participants

*Each Participant will have a binder of materials to use
(materials are covered in fees)

*Evidence based cognitive, behavioral & interpersonal approaches will be utilized

*Links will be sent out to all participants prior to Group, using HIPPA compliant platform RingCentral



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