

Joyful Life Institute, Inc.

Discover Your Joy for Life!™

Now Enrolling!

Wednesdays 6 pm

Hope

Starting soon!

Trauma Education

IN THE TRAUMA PSYCHOEDUCATION GROUP

YOU WILL LEARN TO:

- define the types of trauma.
- understand the human response to trauma.
- identify the symptoms that can result from trauma.
- practice strategies for coping with symptoms of trauma.
- provide emotional support for the traumatized person.
- exhibit appropriate self-care as a survivor or while supporting survivors of trauma.

WHO WILL BENEFIT?

- Survivors of a trauma.
- Families and loved ones of the trauma survivors.
- Professionals who work with the traumatized.

Examples of trauma include:

Incest, Rape, Emotional & Physical Abuse, Disaster, Violence, Crime, Accidents .

PREREQUISITE OR CONCURRENT REQUIREMENT FOR:

- *Thriving After Trauma* group
- *Trauma Recovery and Empowerment* group

Location:
105 Kathryn Drive Suite 400
Lewisville TX 75067

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Fax: 972-906-5608
Contact: Dr Michelle Richards
joyfullifeinstitute.com/groups.aspx

Main St., Lewisville near the KFC.

