MINDFUL PSYCHOLOGY ASSOCIATES

COPING WITH INTERPERSONAL TRAUMA

Trauma impacts the mind and body both as it occurs and long after the trauma is over. Understanding how trauma can affect us emotionally, physically, and mentally can help to reduce distress and inform how to cope.

However, doing this alone can be challenging!

Drawing on evidence-based research, this supportive skills group aims for participants to explore how relational trauma currently affects them, learn how to manage symptoms, and gain social support.

This group is for adults 18+ who have experienced trauma in a romantic partnership or family relationships. It is also appropriate
for those who would benefit from an additional source of support to complement individual therapy as this supportive skills group addresses the current impacts of trauma rather than processing traumatic experiences.

If you're interested and think you would be a good fit, contact amanda@evanstonpsychologists.com to schedule a brief screening process and learn more about the group.

SUPPORT GROUP

JOIN NOW

Tuesdays WEEKLY

12-16 sessions

Beginning in November

12:00-1:00pm

$30 per session

Self-pay or BCBS PPO

Led by advanced therapy externs, Iman Alhabib, M.A., and Danielle Marasa, M.A. (supervised by Amanda Stagg, Psy.D.)

847.864.0600

636 Church Street, Suite 520
Evanston, IL 60201

evanstonpsychologists.com