

From Victimization to Resiliency: Men Daring to Confront Childhood Trauma



Facilitators:

Sara Warren, MACP, RP - Associate Therapist at
CTSACT

&

Ashkan Rahmani, MSc. BSc.-
BSW Intern at CTSACT



This group is intended for men who have survived childhood trauma and are looking for group support, as well as a way to process and share their story. The group is divided into a four phases which includes: establishing a safe place, breaking the silence, working through, and reintegration and termination. This group will cover coping skills, as well as provide education surrounding the impacts trauma can have on one's mind, body and spirit. This group will use a mixture of Narrative Therapy, Dialectical Behaviour Therapy, and Mindfulness techniques to help individuals address and process their traumatic memories, as well as provide a safe place for survivors to share their story.



Thursday Evenings from 6:00pm to 8:00pm.
From: March 29th to June 28th, 2018



265 Carling Avenue, Suite 403
Ottawa, Ontario K1S 2E1



Fee: \$490 for 14 weeks
(Limited Subsidized spots available)



For more information please contact:
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Centre for Treatment
of Sexual Abuse and Childhood Trauma

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Are you a man who have survived childhood trauma?

Are you ready to break the silence?

Are you looking for group support?

Have you been looking for healthier ways to cope?



“You can recognize survivors of abuse by their courage. When silence is so very inviting, they step forward and share their truth so others know they aren't alone.”

— *Jeanne McElvaney, Healing Insights: Effects of Abuse for Adults Abused as Children*

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Further, this group has been adapted from a structured protocol with session by session agendas containing worksheets, practices and handouts integrating a trauma-focused treatment model. This group is intended to not only provided support and awareness for those who have survived childhood trauma, but also to help individuals find their own path of healing. Ultimately, the group aims to support survivors in learning to connect with stories, emotions and thoughts as a form of healing.

For more information and sign-up please contact:

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Weekly Group Topics

Week 1 through 4: Establishing Safety

Week 1: Introduction

Week 2: Emotional Regulation

Week 3: Sleep Hygiene

Week 4: Grounding, Exercise and physical safety and somatic issues

Week 5 through 10: Working to break the silence and processing

Week 5: Approaching memory, blocked memory, false memories

Week 6: Making sense of the story and power dynamics

Week 7: How we tell our stories

Week 8: Processing

Week 9: Processing

Week 10: Processing

Week 11 to 14: Reintegration and termination

Week 11: Telling our stories to others

Week 12: Interpersonal difficulties (taking back our power)

Week 13: Healing

Week 14: Closure of group