This 8-session therapy support group will help you to gain clarity and provide an opportunity to share and express feelings and thoughts about the impact of trauma and sexual abuse on you, your life, and your relationships.

To register for this group and schedule an initial intake session, contact Ms. Gould at 216-401-7433 or amy@amygould.com. Once a group is formed, it will meet every other Saturday afternoon.
RECLAIMING HEART, HOPE & SOUL

Amy Gould, LPCC-S is an expert in trauma and abuse recovery with specific understanding of those growing up in the Catholic faith. She will lead this group at The Cornerstone of Hope in Brecksville, Ohio.

Find support and connection while learning about core issues and the ongoing impact of trauma over the lifespan.

- Learn about the shock effects and of other concepts of trauma
- Discuss the effects of shame and counter-shame reactions to trauma
- Proactively address the costs of trauma in every day experiences
- Gain deeper knowledge of the effects of trauma on the body, mind and soul
- Identify your core issues of trauma and the impact on your health
- Develop strategies and goals that will help you reclaim your life and mitigate the effects of trauma on your future

Sponsored and supported by the Catholic Diocese of Cleveland as part of the Long Journey Home initiative.