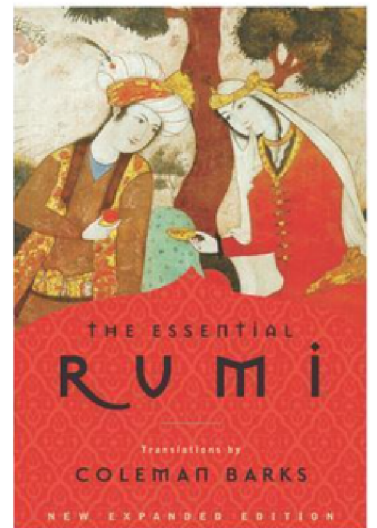




Duckpond by Millencolin



The Guest House by Rumi

POETRY AND LYRICS THAT MOVE YOU

VIRTUAL PROCESS GROUP
FOR ADULTS AGES 18-45

STARTING THURSDAY
NOVEMBER 16TH
(15 WEEKS)

THURSDAYS @ 12pm PST-1:30pm
(90 minute group)

<https://www.mindfultherapypractice.com/group-interest-form>

**THIS GROUP IS FOR YOU IF YOU EXPERIENCE
ANY AND/OR ALL OF THE FOLLOWING :**

- Complex Trauma (CPTSD)
- Have an internal system
- Experience Social Anxiety
- Worry about others judging you(s)
- Constantly feel self-/selves doubtful,
worrying you(s) will say something "stupid"
- Feel isolated
- Struggle to trust others

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PART OF HEALING FROM COMPLEX TRAUMA ENTAILS:

- **Practicing newly learned social skills**
- **More experiences of being authentically you(s)**
- **Practicing taking up space**
- **Practicing using your voice(s)**
- **Adding more positive social experiences to your system's memory network**
- **Experiencing community and true belonging**



OUR FIRST GROUP SESSION

Will be largely Psychoeducational

1

I will start us off with a welcome to present day self/selves and all of the selves we have ever been. I will invite you, if it resonates with you, to place a hand on your heart to acknowledge all of the yous.

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OUR FIRST GROUP SESSION CONTINUED

2

I will invite all of us and internal systems to take a glance at the monitor and acknowledge all participants and backgrounds if this feels comfortable, so that your whole system can explore the environment and gauge for safety.

We could collaborate together in the chat or out loud to explore and collaborate the safest way to do this.

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OUR FIRST GROUP SESSION CONTINUED

3

I will then invite everyone to turn off their camera and do an internal check-in with your system to explore comfort and ask which parts/selves want to observe and which parts/selves want to come forward.

While you're checking in with your internal system, perhaps you could also ask how you all as an internal system would like to participate today?

HERE ARE SOME OPTIONS:

- through chat
- verbally out-loud
- writing responses/thoughts/feelings on a piece of paper and sharing it on-screen

LET'S WELCOME MENTALIZATION

4

I will share my internal thought process of my experience out loud to you all, such as: "I'm feeling nervous too. One of my parts is telling me I'm not good enough"

WHY I DO THIS...

- To share my humanity with you
- To model how to notice the activity of my parts while also being and staying present with you, not latching on to what is not present right now...

PLEASE KNOW: it is not your job to take care of me or other members



I INVITE YOU(S) TO...

5

Give others the benefit of the doubt that they are resilient, have resources, and are practicing to sit with discomfort. Others do not need you to rescue them. They are capable of rescuing/supporting themselves.

I do invite you to share the urge you may have to ...

- Rescue
- Escape
- Avoid

You are welcome to...

- be mindful of your window of tolerance
- turn off the video when you need just a moment to tolerate something uncomfortable



**REMEMBER, WE HAVE 15 WEEKS
TOGETHER**

I am approaching our group with kindness and compassion.

I am expecting that we(s) will all have some difficulties tolerating being uncomfortable and dipping our toes into allowing ourselves to be vulnerable.



I am mindful that...

- We are Stepping into trusting ourselves/our system and progress will not happen overnight
- Allowing ourselves to be vulnerable will not happen in 1, 2, 3, 4, or even 5 or 6 or 7 sessions
- We are building internal muscles
- We are actively rewiring our brains
- We are developing new narratives
- We are building internal self-trust
- We are creating opportunities for corrective emotional experiences

If any of the above captivates you(s),
resonates with you(s), Please reach out by:
Completing A GROUP INTEREST FORM with
the FOLLOWING LINK:

:

<https://www.mindfultherapypractice.com/group-interest-form>

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www.mindfultherapypractice.com

LOGISTICS

- Virtual through zoom
- Every Thursday at 12pm PST-1:30pm PST
- All Genders Welcome
- Maximum of 8 members
- Members must reside in the states of California or Virginia due to Clinician being licensed in only these two states.
- 15 week commitment
- \$50 per week

DATES:

- **November 16th**
- **November 30th**
- **December 7th**
- **December 14th**
- **December 21st**
- **December 28th**
- **January 4th**
- **January 11th**
- **January 18th**
- **January 25th**
- **February 1st**
- **February 8th**
- **February 15th**
- **February 22nd**
- **February 29th**