

The purpose of this group is to provide clients with practical skills to manage and reduce the symptoms caused by traumatic experiences (past and present/recent). Clients will learn skills from a variety of "maps" for working with trauma and trauma related symptoms including Sensorimotor Psychotherapy, IFS, EMDR, Structural Dissociation, DBT. This is primarily a symptom management and containment group (Phase One) rather than a heavy focus on processing trauma, it supports clients to manage the symptoms and disruptions trauma causes in their daily lives. This is an 12 week group, which includes process, practice, psycho-education and homework assignments.

Clients who are appropriate for the group will identify as having experienced trauma, either recently or in their past, and struggle with the subsequent disruptions caused by the traumatic events. They may have diagnoses of PTSD, Dissociative Identity Disorder and other Dissociative Disorders, Acute Stress Disorder, Borderline Personality Disorders, Bipolar, anxiety or depression, or otherwise identify a history of trauma. Clients may have experienced abuse (physical, sexual, emotional), neglect, domestic violence, sexual trauma (rape, victims of prostitution or sex trafficking/industry), attachment trauma or significant life threatening events such as torture, war or natural disasters. This group is for adults. Currently Chrysalis has a women's group and will be adding a men's skills group this summer (2015).

Clients need to work with an individual therapist (either at the clinic or elsewhere). We take most every insurance or private pay. Clients interested in the group can call Chrysalis Intake at [612-870-2426](tel:612-870-2426) to schedule a group intake or if seeking both group and individual therapy, to schedule accordingly. Clients may also contact facilitators directly with questions: Birgit Olsen Kelly, MSW LICSW : [612-870-2442](tel:612-870-2442) or Susan Malouf, PsyD, LP at [612-870-2411](tel:612-870-2411)