

WHY AM I LIKE THIS?

Location: Virtual | **Days:** Wednesdays | **Age:** 18+

Time: 1pm - 3pm | Most insurances accepted

Group leader: Julia McAvenue

We all have wounds, whether from trauma, mental distress, or daily stressors, no one gets through life unscathed.

However, when we are shown where to find them, the tools to heal such wounds can be found within ourselves.

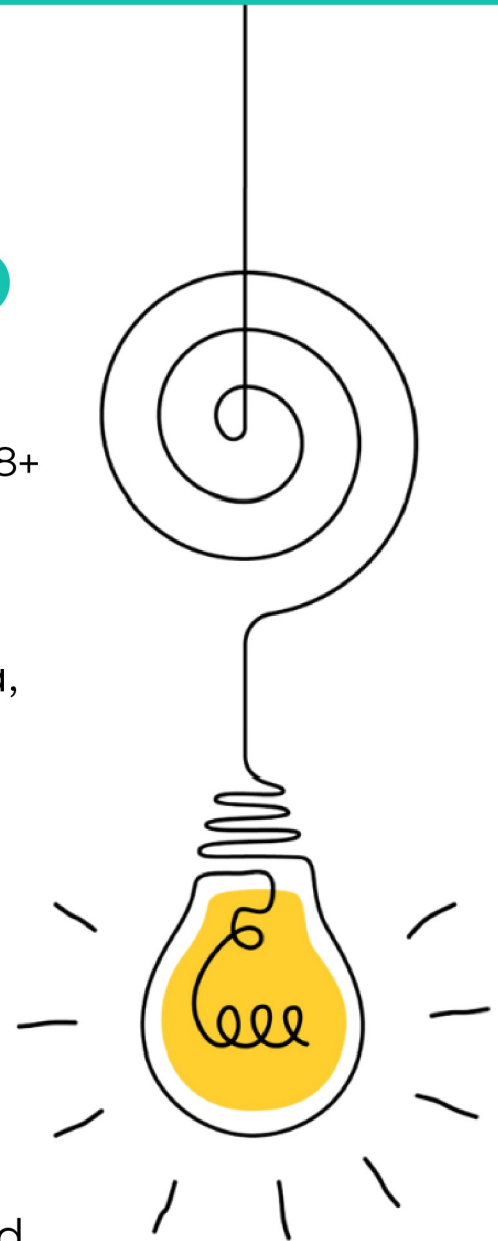
This group will help us find strength and healing through the framework of Internal Family Systems (IFS) therapy.

We will focus on creating a trauma-informed space with room for participants to process what they learn from their parts during mindfulness exercises.

Using a 12-week curriculum based on the book *No Bad Parts* by Richard C Schwartz as a guide, group members will use IFS meditations and exercises to answer the question,

“Why am I like this?”

The group will use a combination of psychoeducation on IFS concepts, mindfulness exercises and activities, and group processing time in order to heal together.



Referrals: E-mail group facilitator with referrals including client name, ID, start date, and insurance type.

Please add client to SUD 8100 program before sending referral.



AllHealth
NETWORK