

Women's Trauma & Complicated Grief Group

Education, Support, Expression & Healing for Women-Identified Clients



**Held in Columbia, Mo., at
The Counseling Palette**

GROUP DETAILS:

- **8 Weekly Meetings, May to June**
- **Date and time will be determined based on participants**
- **Total Cost is \$300 (may be made in two installments)**

Group Content Will Include:

- *Education about trauma, PTSD, and complicated grief**
- *Cognitive therapy elements (to learn to think in healing ways)**
- *Creative expression (easy activities you may choose to do)**
- *Mindfulness practices for relaxation and healing**
- *Body awareness and easy movement and expression options**

This can supplement your current therapy (although you don't need to be in therapy to participate)

Contact Jennie to register, or with questions. Call/text 573/291-7315, email jennie@thecounselingpalette.com

ABOUT JENNIE

The group will be facilitated by Jennie Lannette Bedsworth, MSW, LCSW, Therapist and Owner at The Counseling Palette.



That's Claude with her who loves most things but hates being picked up for pictures.

Jennie is a registered Trauma-Focused Cognitive Behavioral Therapist, with additional experience and training in Cognitive Processing Therapy for Trauma, Interplay (a mind-body expression and awareness program), PE Therapy for Trauma, The Trauma Recovery and Empowerment Model and related trauma healing and expressive therapies. The group will have a structured and interactive format, and will be adjusted based on the needs and interests of the group members



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