



STEAL it

DON'T ASK PERMISSION
TO TAKE YOUR LIFE BACK
FROM SEXUAL TRAUMA

TEAL Groups Q&A

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What if I'm not in CA or GA?

All good.

Monthly Topics through email are ideal.

**This \$3/mo option starts
Valentine's Day 2024 - a gift for you!**

****Anyone anywhere can do email only***

**The course is coming...
where you can access all
past and present topics!**



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How do I know if the topics fit for me?

The best way is to see
what we talked about
in 2023...

@shrinkitstealit 

2023 TEAL Topics

\$9 eBook

FREE mini- eBook

Webinars + APPLY IT





Is it safe to do trauma work online?

**Even your therapist might give TEAL Groups the side eye.
That is very fair!**

That is the importance of the Good Fit call, pre-group 1:1 session, clear Group Guidelines, and ongoing assessment of a good fit. Also, developing a relationship with Claire/Me/your group therapist. If you have one, your primary therapist can ask any questions prior or along the way! I prefer it!

**Though triggers may not always be avoidable, topics are related to common impacts rather than addressing trauma directly.
We do NOT discuss experiences, only impacts.
This helps reduce triggering, anxiety about talking about details, and matches trust level with people you don't know well yet.**



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What about longer groups?

Yes! And events...

Study Hall actually started in person pre-pandemic. Then, 4 session brief groups during 2021/2022.

**As each community builds,
I listen to the needs/wants of everyone
to create discussions, groups, and events
that naturally surface.**

**Think of it like Patreon/Discord levels,
but on the therapy side.**





Process to Join?

**Call, Email, DM or Text Claire
FREE "Good Fit" Call
1:1 Full Session**

**Members Access Weekly Emails,
Groups/Events,
Monthly Free Webinars, &
Additional Resources**

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