



TEAL

Groups for Sexual Trauma Healing

WHAT IS TEAL?

Short-term virtual group therapy services best for those starting out, needing a supplement to current sexual trauma (S-Trauma) work, OR as an accountability partner to maintain healing.

ABOUT THE THERAPIST

Claire Horner, LPC/LPCC is a specialist, group leader, and advocate for S-Trauma healing.

Bringing victims and survivors together to "Claim our value, shake off shame, reconnect to our nervous systems, and in all ways heal. We want to live powerfully equipped!"



UPDATES

All Communities

*10 spots, Open Now 01/24

TEAL Specialist Network
3rd Fridays

The F O F Podcast
starts Season 3!



THE BASICS

GEORGIA & CALIFORNIA

3 Communities:

Female, AFAB (active)

Male, AMAB (building)

Genderqueer (building)

Good Fit TEAL consultation + 1:1 session

Client decides what is best for their level of need, finances, and time.



TEALGroups

for Sexual Trauma Healing

CHAT

1 SESSION, \$25
REPEATABLE MONTHLY

This is a 1 session monthly virtual group discussion.

Topics on the impacts of S-trauma: nervous system always on alert, body stuff, triggers, holidays, relationships, trust, etc. Suggestions welcome.

Group type discussions, but with no ongoing commitment. Try out the group experience.

**** Only trauma impacts, not experiences, discussed ****



STUDY HALL

1 SESSION, \$15
REPEATABLE MONTHLY

Bring your book, journal, podcast, or other "healing homework" you may have been putting off.

Maybe your therapist encouraged you to read a book. You bought it, had every intention, and it sits.

Or, a friend suggested a podcast that "was so great, it really helped me" but you read the title and it was an IMMEDIATE no.

Consider being in a space with others who understand the roller coaster, triggers, and ALSO want to keep moving toward healing.