

TEAL Groups

Options For Members

01.

WEBINAR

Each month a topic is discussed through social media, emails, and events. The webinar is free and open to anyone - members, those interested in TEAL Groups, friends/family/allies and Clinicians. Interaction is through chat only. It is recorded and becomes the monthly video members receive (as well as a new module of the self guided course coming Spring 2024).

02.

STUDY HALL

A place to bring your "healing homework!" Nearly all survivors have resources on the shelf we avoid. This is a monthly time set aside for reading, podcasts, journaling, therapy homework, or research... with others. Very limited interaction. Need ideas? Ask. 1.5 hrs, \$15

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03.

CHAT

This is where we talk about the topic of the month with other members. Everyone is encouraged to attend for connection and building relationships. The topic may not always resonate at first, but hearing from others may spark even 1 important take away. If you're looking for an ongoing, more involved experience, come to all groups for your own consistency.

1 hour, \$25, no ongoing commitment, ask questions, connect, build trust

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04.

5th TUESDAY SHARE

When there is a month with 5 Tuesdays (when groups typically meet), we have SHARE. This is a free time of sharing videos, memes, quotes, resources, personal creations, celebrating wins, and overall hanging out. Play, laughter, and sharing are glue to any relationship and that includes group therapy. 1hr, \$15

05.

SHORT GROUPS

When 6 members are interested in a longer group, one will be scheduled for 4-8 weeks. This is an open topic process group. 1.5 hours, weekly or biweekly, \$75 each
*If a closed ongoing group is requested one will be considered as communities build.

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Options For Non-Members

06.

NON-MEMBER EMAIL LIST & COURSE

Membership is held for those in GA and CA since the process, boundaries, therapist skill level, and interventions fall in the therapy space.

ANYONE ANYWHERE can follow along with monthly topic related emails and social media posts for a self-guided experience. The 2023 eBook of topics will also become a living course where updates will be made each month.

*Request the FREE mini-eBook or the \$9 complete eBook.



Claire Horner, LPC, LPCC | she/they
Shrink It & TEAL Trauma Groups
404.277.6631 | healing@shrinkitstealit.com