



Beginning to Share Trauma

An important step to healing trauma is how you share yourself with others.

A 4-hour workshop in which survivors of Post-Traumatic Stress Disorder find safety and comfort in sharing with others. Trauma stems from interpersonal events that damage us intrapersonally. How we translate and integrate this interpersonal injury in our behavior with others is a crucial step in the healing process.

For more information, please contact:

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