



A 9 WEEK THERAPY GROUP FOR

***PARTNERS OF SURVIVORS
OF CHILDHOOD
SEXUAL ABUSE /ASSAULT***

BEGINNING MARCH 2004

WEDNESDAY EVENINGS FROM 6:30-8:00 PM

**THIS 9 SESSION PSYCHOTHERAPY GROUP
WILL COVER:**

- the after effects of abuse on the couple, with a special focus on the Partner
- understanding of: "triggers, flashbacks, body memories, numbing, dissociation, secondary trauma"
- sexuality and intimacy needs and conflicts
- boundaries, limits and rescuing

The goals of the group are to:

- decrease the Partners sense of isolation
- improve Partners : Distress Tolerance and Emotional Regulation Skills
- improve communication skills
- enhance partners/couples ability to give and receive support

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