



SURVIVORS OF SEXUAL ASSAULT AND RAPE SUPPORT GROUP

A 12 Week Psychoeducation Peer Support Group for female survivors. Members will be able to share their stories in a supportive environment and learn coping skills to help foster resilience.



Group Topics

- ✓ Post-Traumatic Stress Disorder (PTSD)
- ✓ Self-Blame
- ✓ Self-Regulation Skills
- ✓ Building Healthy Relationships
- ✓ Body's Response to Trauma

Closed Group

Group meets in person, once a week, for 1.5 hours

LOCATION: VMR Therapy, Inc. Chula Vista and Bonita, CA

For Additional Information:

619-636-0909, drv@vmrtherapy.com

www.vmrtherapy.com

Georgie Knoop, MFT Trainee

Supervised by Dr. Vanessa Rodriguez, LMFT #51145

Georgie is passionate about creating a safe space for women to feel empowered and heard. The twelve topics covered in this support group will be: PTSD, self-blame, emotion skills, cognitive skills, the body's response to trauma, self-regulation skills, increase positive feelings, building healthy relationships, making meaning after trauma, loss, forgiveness, and self-advocacy.

