TRAUMA CURIOUS

A WEEKLY VIRTUAL SUPPORT GROUP FOR GETTING CURIOUS ABOUT TRAUMA

Hosted by holistic nurse practitioner, hypnotherapist, and trauma specialist, Liz Burkholder

MONDAYS @ 7PM EST

"The wound is the place where the Light enters you."
-Rumi

freerange PSYCHIATRY

ANYTHING CAN BE HEALED

VIRTUAL SUPPORT GROUP

How can we actually define and **understand trauma**?

How does trauma show up in our **bodies**, **beliefs**, **behaviors**, and in our **lives**?

What if we could actually **heal** our trauma and not just "**cope**" with it?

Experiencing trauma is **universal** and a part of **being human**.

You are capable of self-compassion, self-forgiveness, and **self-love**.

Learn to **reconnect** with **yourself** and **integrate** all aspects of the self: physical, mental, emotional, and spiritual.

Join us for this life changing **virtual support group** to become **aware** of trauma, how it presents, and how we can **shift** it.

This group meets **weekly** and is open to **anyone** and **everyone who is interested in learning more about trauma.**

Free Range Psychiatry is a non-profit organization. Our mission is to empower people to connect to their inner wisdom to heal dis-ease and love their authentic selves.