



SPIRITUAL TRAUMA GROWTH GROUP (STGG)

Experiencing God's presence is possible (again)...

WHAT IS A SPIRITUAL TRAUMA GROWTH GROUP (STGG)?

Colleen Ramser, LPC-S, Certified EMDR

Have you been wounded by someone in spiritual authority? Do you find it difficult to engage in spiritual practices that once brought you peace? It can be confusing knowing what's happening in your soul much less how to move forward. This group is a safe, small, and supportive place for you to learn what's happening in your body, steps to apply, and move forward in healing. STGG meets for 12 weeks, one hour a week (some skipped weeks due to Holidays) over Zoom with others who have been through spiritual trauma/abuse. There will be teaching, time to digest and apply the content, and gain support. The content will cover years of experience working with those wounded by spiritual abuse and will be based on Colleen's upcoming book on recovering from spiritual abuse.

WHAT'S INCLUDED?

12 Group Soul Care Sessions

Content Themes

- Why Can't I Feel My Soul?
- Overcoming Silence: Rebuilding Community When You Lost it All
- What is Spiritual Cynicism and Why It's Normal After Spiritual Trauma
- Understanding Loyalties: Why did I stay?
- New Mercies in Mourning
- Experiencing God's Presence with Daily Breadcrumbs
- Risky Hope and Avoidant Joy: How to Hope Again
- Is that God's Voice?
- Reclaiming God-Designed Agency and Power
- Who is The Keeper of My Soul?
- Safer People and Safer Churches

When? TBD

What STGG Is NOT:

- Therapy
- Although important, this group is not a place to process deeply what's happened to you. There will absolutely be times to feel supported on your journey but it is limited.
- After we've been wounded it's not uncommon to feel the urge to tell everyone but this group is not a place to dominate the hour but rather seek to support each other collectively. There may be times when one person may discuss more and others encourage but ultimately the group dynamic is respected.

What STGG IS:

- Safe, confidential group to learn how to recover from spiritual abuse
- A place to gain valuable tools and information to move forward after spiritual trauma and abuse
- Space to connect with others in similar situations and build community

Investment

Counseling and Coaching or Soul Care can be anywhere from \$100/hr to \$250/hour.

Recognizing that not everyone can pay those costs, this group is \$50/hr per week providing a much more affordable way to learn common milestones.

Research supports better outcomes in a peer/group setting than one one-on-one therapy. So, why do most not do it? Most get nervous with the group setting BUT most who finally attend groups find it's actually more beneficial and the camaraderie proves to be lasting.

- \$50/hr, \$600 total paid in full 2 weeks prior to group start date

Cancellation Policy

Due to the nature of this group, there are no refunds once payment is received and you have attended your first group meeting.

If you have not attended your first group meeting and you find that attending is no longer possible due to unforeseen circumstances please reach out to us to discuss options.

Submit a request at the website:
www.colleenramserlpc.com

Email us at:
admin@colleenramserlpc.com