

the body & the mind

a group for survivors of
interpersonal trauma

thursdays

3:30- 4:45pm

Trauma is an experience of emotional and psychological overwhelm; when our minds cannot understand or process experiences, they often stay with us in our bodies. Movement, breathwork, and mindfulness-based practices can provide treatment beyond talk therapy helping to alleviate the body's experience of trauma. This is an 8-week group providing mindfulness skills, movement, and a space for survivors of interpersonal violence to explore the ways trauma manifests in the body. Participants will learn mindfulness techniques to work with anxiety, post-traumatic symptoms, and depression-- observing experiences in the body, and noticing them as they change. Each week will include a short practice of movement, meditation, and/or breathwork, as well as time for processing together as a group. Students of any gender and ability level are encouraged to join. The group is free of charge, and will run for 8 weeks during the Spring 2019 semester.

Interested individuals can contact
wgac@colostate.edu for more information.



**WOMEN AND GENDER
ADVOCACY CENTER**
COLORADO STATE UNIVERSITY