Connections
A Group for Women Desiring to Live a More Authentic Life

New groups starting Monday, March 5th, 2012

In this 12 week group, participants will be able to:
- Define, recognize and understand shame
- Define resilience
- Practice empathy towards self and others
- Explore what authenticity means to each participant

Details:
- Group is offered Mondays from 6:30-8:00pm
- Will need to purchase book "I Thought It Was Just Me" by Brené Brown
- Group is limited to 10 people
- Cost $300 ($25 per session) Some insurances will cover the cost.
- Location: 7365 Kirkwood Court, 3rd Floor Conf. Room, Maple Grove
- Facilitator: Kelly Tousignant, MA, LMFT

Weekly Outline:
Week 1: Welcome Week-Introduction
Week 2: Overview of Curriculum and Defining Shame
Week 3: Big Webs and Small Boxes
Week 4: Defining Resilience – Practicing Empathy
Week 5: Practicing Empathy
Week 6: Recognizing Shame
Week 7: Exploring Triggers and Vulnerabilities
Week 8: Understanding Our Shame Screens
Week 9: Practicing Critical Awareness
Week 10: Reaching Out
Week 11: Speaking Shame
Week 12: Authenticity and Shame Resilience

If you are interested in more detailed information please call Kelly at 763.424.9591 or visit our website www.reimanncounselingclinic.com

Curriculum from "Connections: A 12-Session Psychoeducational Shame-Resilience Curriculum" created by Brené Brown, Ph.D., LMSW