



B.P.R. Therapy, Mediation & Coaching Services

Trauma Support Group

I. Type of Group

This will be a psychotherapy support group for individuals who self-identify as dealing with the aftereffects of being traumatized. Individuals who can identify their trauma as well as challenges they face in their recovery process such as fight, flight, or freeze responses and need a safe space to process with others are welcome. This will be an ongoing open group meaning anyone can join or leave at any time.

II. Objectives

The objectives for the group are:

1. to provide a safe and constructive place for individuals to discuss recent events on their life and receive feedback and support.
2. to provide a safe place for processing and catharsis.
3. to learn from others and their experiences.

III. Rights and Expectations of Group Members

Group members have rights as well as responsibilities. It is expected that group members will work to establish and maintain the integrity of the group. This will include such things as arriving on time, not speaking when another member is speaking, respectfully disagreeing with another group member etc. Should the integrity of the group face the risk of being compromised, the group therapist will redirect and facilitate as necessary.

IV. Group Leader

Bryan Range, LMFT, CCTP, CFTP

Bryan has experience with facilitating and co-facilitating several different groups; domestic violence, substance abuse (adult and youth), and sex offenders (adult and youth). Bryan has been in private practice as a marriage and family therapist since 2013.

V. Group Rules

Rules are as follows:

1. Things that are said in group stays in group meaning that participants will reframe from discussing sensitive information about others in the group outside of group.
2. Participants will respect one another and may respectfully disagree with one another.

3. Participants are free to take a break at any time with respect to what is occurring in the group.
4. Participants should extend every courtesy to be respectful, kind, and courteous to one another to insure group as safe for themselves and everyone else.

VI. Structure of Sessions

Sessions will last for about one hour. It will be open discussion format. The group therapist will facilitate conversation.