



The Real Deal on the Aftermath of Trauma

Reclaiming Heart, Hope & Soul

by All Heart Counseling® in Beachwood, Ohio

**Tuesday Evenings
7:00 PM to 8:15 PM**

This 8-session, mixed-gender, group will help you to gain clarity and provide an opportunity to share and express feelings and thoughts about the impact of trauma & childhood abuse (i.e., physical, sexual, emotional) on your life.

Amy L. Gould, LPCC-S is a counselor and expert in trauma and abuse recovery with specific understanding of spirituality and faith-based concerns.

The non-refundable fee to register for this group is \$450 and includes the initial intake, 8 group sessions, and one 60-minute follow-up session.

To register for the initial intake, contact Ms. Gould at 216-401-7433 (you may leave a confidential voicemail message).

**Find Support and Connection
while learning about core issues
and the ongoing impact of trauma.**



- Learn about the Shock Effect, Death Imprint, and other concepts of Trauma.
- Discuss the effects of Shame and Countershame reactions to trauma.
- Proactively address the costs of trauma in everyday experiences.
- Deepen your knowledge of the effects of trauma on the mind and body.
- Learn to identify your core issues of trauma and the impact on your health.
- Develop strategies and goals that will help reclaim Heart, Hope & Soul to mitigate the impact of trauma.

All Heart Counseling®

What can you do next after completing
Reclaiming Heart, Hope & Soul?

Meet with me privately to discuss joining the
open, ongoing Trauma & Abuse Recovery
group or to find out more about other
available services.



www.allheartcounseling.com

Email: amy@amygould.com

216-401-7433