



Trauma Training and Personal Healing Groups For Therapists

About the group leader: Amanda Curtin, L.I.C.S.W., has spent over 28 years developing a model for treating childhood trauma and relationship problems. She has lead 5-7 groups at a time. This model includes many specific treatments and tools, which can be used in individual, couples, and group psychotherapy. This group offers a unique opportunity for therapists to do their own family of origin healing in a safe and confidential setting while learning how to use this model in their own practice. In my experience, the best way to truly understand and use these tools is through personal experience.

The training will include information about the following group models:

- 3 ½ year group for childhood trauma recovery
- 12-week couples group to learn the Relationship Recovery Process
- 12-month couples group focusing on deeper healing
- Applications of the models in individual or couples psychotherapy

Specific tools and treatments will include:

- How to work with denial
- Genograms
- Dialoguing
- Experiential therapy exercises
- The three-step Relationship Recovery Process
- Rage work including bag work and breaking dishes
- Gift-giving
- 28-day programs for behavioral change
- Re-parenting skills
- roleplays
- Saying goodbye

11 Bellis Circle
Cambridge MA
617-491-5859
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When: The group will meet for 2 hours once a week (or every other week) for twelve months.

Where: Cambridge Center for Change, 11 Bellis Circle, Cambridge, MA; parking is available.

Fees: \$75 for each session

Contact Information: For more information, call Amanda Curtin at (617) 491-5859 or email at acurtin@comcast.net