



## HEALING THE WOUNDED CHILD

### A Group of Recovery From Childhood Trauma

Childhood Trauma is defined as not “good enough” parenting: from overt trauma like sexual and physical abuse to covert trauma like neglect and lack of safety or validation around feelings. Our childhood experiences continue to run us as adults. Awareness of this does not seem to change this early programming. I have developed a step-by-step process with concrete tools and exercises that allow the deeper change and reprogramming to occur.

#### GOALS OF THE GROUP

1. Grieve the loss of a normal childhood
  - \* genograms- a three generational look at the family of origin
  - \* experiential therapy-to allow the inner child to have his/her day in court (to speak the truth and feel the feelings)
  - \* ragework-to express anger and rage safely though hitting a punching bag or throwing dishes
  - \* beliefwork- to change negative core beliefs to one’s that are chosen through the work
  
2. Teaching how to re-parent the inner child
  - dialoguing- a tool to reprogram the brain and separate the adult part from the child part
  - learning about what healthy parenting is
  - roleplay- to practice parenting (being two parts: child and adult)
  - 28-day programs- concrete programs of behavioral change and new coping strategies
  - experiencing healthy parenting from the leader
  
3. Learning about and practicing intimacy in relationship
  - Learning the 1-2-3 Relationship Recovery Process: a three-step process to resolve Interpersonal conflict
  
  - Focus groups: how to give and receive feedback
  - Learn and experience the different stages of long-term relationship
  - Experience being part of a healthy support system and a safe place to practice
  - Break the rules and conditioned patterns of behavior from childhood

**About the Groups:** Each group usually consists of 8 men and women who meet for 90-minute sessions once a week. This group is for people who want support and practical help in changing deeply entrenched beliefs, coping strategies and patterns of behavior that do not serve them anymore. It is for people who want to find a safe place to join with others to heal.

**Why a Group?** Group therapy is not only less expensive than individual therapy but it can sometimes be more effective. Your first group was your family. The inner child believes all groups will be similar to how their original family was. It is very healing to experience a good enough group that is different from your family: to see men who are different than Dad and women who are different from Mom. This work is difficult and often not supported or understood. It is critical to have a community of people who can walk together and support each other in this process. Many people feel alone or very independent. Having a “chosen family” is part of the healing. Group work can diminish the isolation that people often feel in dealing with their issues. It also helps to learn that others share similar struggles. We have observed a positive peer accountability in a group setting, where participants support each other in “doing the work” and this motivates action and helps achieve results.

**Fees:** \$75 for each session

**Contact Information:** For more information, call Amanda Curtin at (617) 491-5859.

**About the Cambridge Center for Change:** The Cambridge Center for Change is the private practice of the husband-and-wife team of Amanda Curtin, LICSW and Dr. Richard Curtin, PsyD. Since 1988, the Center for Change has offered individual, couples, and group psychotherapy for adults seeking to improve the quality of their lives and relationships. We specialize in problems in relationships and intimacy, and recovery from childhood trauma and addiction. Much of the work is done in combination of individual and group sessions, maximizing the power of peer support and community building in the healing process. We give our clients specific and practical tools, employing a holistic, mind/body perspective in an atmosphere of acceptance, warmth, and compassion.

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