

Skills Group for Adult Survivors of Childhood Trauma

**Mondays or
Wednesdays**

in Cotati

A 6-week group

**Each group limited
to 6 participants**

Call

(415) 686-3445

Myron Walters,

MA CMT SEP

Licensed Marriage and Family
Therapist MFC48872



myronwalters.com



A 6-week skills group for men and women who are living with the after-effects of childhood trauma and who are committed to finding more satisfying ways to be in life.

As a participant, you will have an opportunity to begin to:

- Decrease effects of past trauma in your personal & professional life
- Orient to your resources, rather than to your wounds
- “Turn down” your fear
- Decrease your reactivity
- Increase your joy in life

Myron works in ways that are gentle and respectful of people. He approaches sensitive material with gentleness and a concern for the individual’s emotional safety. Myron works holistically, using a somatic (body-oriented) and transpersonal (spiritual) approach. He works primarily with adults with severe childhood abuse, complex PTSD and dissociation (including Dissociative Identity Disorder).