

# Skills Group for Adult Survivors of Childhood Trauma

**Tuesdays or Thursdays**

**Mill Valley**

**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](http://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).