

Skills Group for Adult Survivors of Childhood Trauma



**LOMI PSYCHOTHERAPY
CLINIC**

534 B Street
Santa Rosa, CA 95401

Tuesdays 6-8 PM

A 6-week group

Rolling enrollment

(707) 579-0465 x270

Myron Walters, MA CMT

Marriage and Family Therapist
Registered Intern IMF49662
Supervised by Kitty Chelton, MFT (MFC30322)



myronwalters.com



A 6-week skills group for men and women who are living with the after-effects of childhood trauma (neglect, physical, emotional and/or sexual abuse), **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 kindness 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.