



TRAUMA RECOVERY FOR WOMEN

Mondays
11am-12:30pm
Ongoing

\$60 per group

Pre-registration and screening is required.

This is a group for women, who have experienced trauma related situations and who want or are needing a support group. We will examine relationships in the here and now.

We will learn some helpful coping tools, such as breath work and meditation, to incorporate in your daily life to create healthy relationships outside of group.

**For more information, please contact Kim Asher at:
(404) 610-8625 or kimasher@comcast.net**



KIM ASHER, LPC

Kim Asher is a licensed professional counselor treating adolescents and adults in individual and group therapies. She has been licensed since 1999 and has experience working with rape crisis, childhood abuse and trauma, as well as PTSD, anxiety and depression.

Specializing in trauma work, Kim uses an eclectic style of therapy. She has incorporated what she finds to be most helpful from years of training in many types of psychotherapy.

Kim is trained in Brainspotting, EMDR and trauma informed hypnotherapy, which are powerful focused treatment methods that work by identifying, processing and releasing emotional/body pain and trauma.

Kim believes our inner experience is directly related to our external one. Psychotherapy is an excellent way to bring change to both for the better.



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