

Emotional Regulation Group



If you often find yourself quick to anger or overwhelmed by racing thoughts, you're not alone... The key to managing them often lies in mindfulness and stress-reduction techniques. Join our Bi-Lateral Stimulation group and experience how to shift your mind to a calmer place, allowing you to escape the chaos and re-center yourself.

Topics include:

- Mindfulness and meditation techniques
- Cognitive-behavioral strategies
- Learning to exercise your brain
- Stress-reduction exercises
- Healthy lifestyle habits
- Seeking professional support
- Developing a positive mindset
- Setting realistic goals and boundaries

****Headphones required for bilateral stimulation****

Online video | Open Group Join anytime,

Reserve your spot today to learn more about this transformative experience: hello@therapyinmotion.care

Contact us with any questions

hello@therapyinmotion.care | 424-866-8466

Disclaimer: This is a coaching group to support people living with a trauma history and optimizing their life moving forward. This is not a therapy group. If you are struggling with PTSD and other mental health conditions please seek out medical or psychological treatment. Payment in advance of the start of sessions is required to ensure a consistent learning and growth experience for all.