



## Regulation Skills

This is a regulation skills group that will focus on developing mindfulness which is necessary in order to stabilize emotional overwhelm and dis-regulated arousal.

This group will incorporate practice, worksheets and psycho education.

This group will facilitate and compliment individual therapy. Price is \$40/hr twice/month for 3 months.



## Trauma Informed Meditation

This group will address the main difficulties that people have when sitting to meditate including racing thoughts, boredom, sleepiness, physical discomfort, lack of time, and difficulty letting go.

The group will also address how to adjust ones' meditation practice if there is a trauma or dis-regulation.

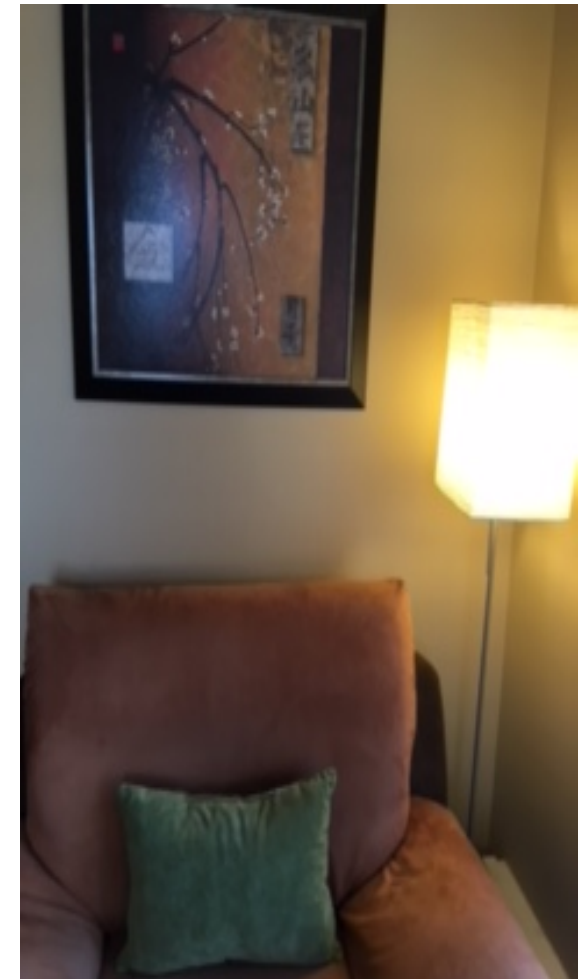
\$40/hr weekly / 3 months

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**Robin Kahler. LMSW**

Individual  
Sessions

**734-645-0580**





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