

ADOLESCENT GRIEF & TRAUMA

INDIVIDUAL AND GROUP THERAPY SESSION

Description:

Adolescent grief and trauma group therapy sessions for adolescents who have experienced significant loss or trauma, such as the death of a loved one, a traumatic event, or a major life change. For those who may be struggling to cope with their emotions and need support in processing their experiences in a safe and understanding environment.

Objectives:

1. Building coping skills: Teaching adolescents healthy ways to manage and express their grief and trauma.
2. Peer support: Providing a supportive environment where adolescents can share experiences and learn from each other.
3. Emotional regulation: Helping adolescents identify and regulate their emotions in response to grief and trauma triggers.
4. Resilience building: Empowering adolescents to develop resilience and adaptability in the face of adversity.

For more info please, you are
welcome to schedule a call
HERE

