



SOMATIC TOOLS YOU CAN USE



HOLISTIC TRAUMA RECOVERY GROUP

Forming in October
Limit of 12

Join me in an 8 week in-person holistic trauma recovery group. It will help you :

- Feel safer in your body
- Reconnect with yourself
- Gain somatic tools to ground yourself
- Map your nervous system state
- Develop mindfulness and self-compassion
- Understand how trauma changes your brain
- And more...

Group Discussions
Breathwork
Guided Meditations
Guided imagery
Breath Body Mind routines



Led by Betsy Campisi

- Ph.D. anthropology
- Certified trauma recovery coach

Affordable

\$35 per week;
8 week commitment
required

Visit my website:

Drbetsycampisi.com

Contact Betsy at: admin@joyrecoveryproject.com