SOULFLO
THERAPY

FOR TRAUMA THERAPISTS

Is your client doing trauma work while reeling from a betrayal?

We'll be the bridge.

Finding Steady Ground: Skills After Betrayal, a 6 week DBT skills group at SOULFLO. Because trauma work takes a community.

For clients living with the fallout of infidelity, a broken friendship, family estrangement, or a breach of trust. A skills group, not a space to process the story.

Client stays with you | Weekly skills updates | 6 spots · $40 a session

THE 6 WEEK AGENDA

1. Wise Mind and grounding
2. Surviving the surge (STOP, TIPP)
3. Radical acceptance and grief
4. Anger, shame, and hurt
5. Boundaries and repair
6. Rebuilding trust

Refer a client

Educational skills group, not a replacement for therapy.

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