

Additional Resources

Life Centered Therapy
Waltham/Watertown, MA
781-891-7448

Equine Animal Assisted Therapy
Olde Grove Farm
Plympton, MA
mindbodyspirit@sarahdionnelicsw.org

Beacon Behavioral Health
Medication Management
Buzzards Bay, MA (virtual available)
(508) 743-5542

Behavioral Health Help Line
833-773-2445 (call/text)

National Suicide & Crisis Lifeline
dial 988



Sarah Dionne

*specializes in the treatment of
complex trauma, complex
post traumatic stress, and
dissociative disorders.*

Sarah has been in the field of mental health for nineteen years. She now sees a small number of clients who are managing complex trauma and dissociative disorders. She applies her extensive experience to supervising clinicians to become effective trauma-informed therapists.

Sarah is also a survivor of complex trauma. This drives her passion to help as many survivors as she can. Through her experience and personal healing, Sarah has come to understand some of the most effective methods of walking alongside profound trauma.

In this group, she offers clients the opportunity to embark on a healing journey like no other. She hopes to meet you there and support you along this path to a fulfilling and peaceful life.

Soulful Circle

*A Group for Women Healing from
Complex Trauma*



Hosted by Life Centered Therapy,
Watertown, MA

Soulful Circle

A Group for Women Healing from Complex Trauma

Soulful Circle is a group that offers a nurturing space where survivors can experience therapeutic support through somatic methods, ancient sound traditions, trauma-informed yoga, and more.

Survivors of complex trauma are confronted every day with the residue of their pasts, making life incredibly hard to manage. They are often misdiagnosed, making many therapies and medications ineffective.

Survivors often feel disconnected from their bodies. This disconnection can impact relationships, contribute to disordered eating, and cause loneliness and isolation.

Most Western therapies focus on the mind; however, this can be limiting and may never lead to the fullness of healing a woman desperately wants.

A focus on the body:

The guide, Sarah Dionne, offers methods for women to access their bodies through LCT-informed techniques, sound, gentle movement, and more. Sarah also brings the Circle into supportive discussion and offers expert guidance to support each woman's journey.

www.dionne-assoc.com/soulful-circle

Why Horses Help

When we engage with our bodies and work with trauma on this deep, fundamental level, it allows our bodies to begin releasing the heavy burdens they have been carrying. The body holds onto the horror of trauma and tells us the story through physical sensations and emotions.

If women engage with this story, the body begins to release everything it has been holding for years. The nervous system begins to calm, the mind begins to clear, we begin to feel more internal safety, and we can discover compassion for ourselves.

Who is eligible

- Women with histories of severe childhood trauma or extended periods of trauma that continue to impact present-day life
- Women diagnosed with C-PTSD or chronic PTSD
- Women with significant experiences of dissociation related to extensive trauma

Assessment:

If you are interested in joining the Circle, you will first need to be assessed to ensure a goodness of fit. This is to protect you from engaging in experiences that may be too triggering or potentially destabilizing.

Some criteria include: no psychiatric hospitalizations within the last year, a history of receiving therapy, and no suicide attempts within the last year.

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Members are also required to have a current trauma-informed therapist. If you do not have one, Sarah can refer you to a compassionate and skilled clinician here at Life Centered Therapy.

Details

Meets once monthly in 4 month cycles

When: Sundays 10AM- 12PM

Where: Life Centered Therapy, 41-43

Mount Auburn Street

Watertown, MA

Insurance not accepted

Interested? Sarah would be glad to hear from you at:

mindbodyspirit@sarahdionnelicsw.org

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More at

www.dionne-assoc.com/soulful-circle