

"Owning our story can be hard, but not nearly as difficult as spending our lives running from it." -Brene Brown

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# SHAME RESILIENCE VIRTUAL PROCESS GROUP

**Tuesdays 5-6:15p**

**Connect with us. Beginning March 2024.**

\$50/session,  
or in-network with  
Cigna/Evernorth

*\*initial commitment  
of 4 weeks*

As human beings, we're hardwired to **connect**, **belong**, be a part of. **Shame** is the intensely powerful feeling that preys on this core need. And it all happens "in the dark," as shame keeps us from reaching out and connecting with others - the exact antidote to shame. This group offers an opportunity to **reach out**, **connect**, and move through shame in community and connection with others.

Shame Resiliency is part **psychoeducation**, part **shame process group** for adults struggling with shame in its various forms (e.g., depression, anxiety, loneliness/disconnection, perfectionism, self-defeating narratives, feeling "stuck," anger and emotional dysregulation, difficulty in relationships).

Together, we will work to understand our shame triggers, recognize our shame screens, and move through shame to build **resiliency** and **cultivate connections** that reflect our fundamental human need to belong.

**Rose Beach Family Therapy**

**Connect. Relate. Thrive.**

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