



Rising and Thriving Together

A Sexual Abuse, sexual assault, and rape female survivor's group

Who would benefit: This group will benefit women that have survived an incident, or several, of childhood sexual abuse, rape, or sexual assault. This group is designed for women that are feeling confused, experiencing guilt/shame, anger, sadness, or nothing at all. Preferably, these women have received or are receiving individual therapy and can tolerate, not necessarily like, to talk about “what happened.”

Who would not benefit: This group is not best suited for women that are experiencing active hallucinations; have a dissociative disorder; have active suicidal ideations; *is not “ready” to talk about “what happened”* or hear others about their experiences; and have a current substance use that is impairing their daily living.

Overall goals: To create a safe and supportive environment and to provide effective coping skills in order to assist in the process of healing sexual-related traumas. To promote collaboration and peer support in order to feel “heard” and not alone in the healing journey.

Objectives: Rising and Thriving Together is a semi-structured group therapy that focuses in: (1) promoting healing from sexual-related traumas through providing education about these traumas and its consequences in the body, mind and spirit; (2) teaching and practicing healthy coping and relaxation skills that integrate the body, mind and spirit; (3) promoting healthy relationship skills; (4) exploring and implementing assertive communication skills and reaching out to others when needed; (5) creating a supportive safe environment free of judgment in order to promote sharing thoughts and feelings related to the trauma.

Description: This group will have between 7-8 female adults that have survived a sexual-related trauma; for example: child sexual abuse, sexual assault, rape. The group will meet for 9 sessions weekly for 80 minutes. Each session will have an overall topic that includes completing an activity and then having a discussion about it. The group meeting time will be Thursdays at 6:15-7:35pm. The group is expected to start mid-November. Dr. Garcia will integrate some art modalities to some of the group sessions. The group will create some online support (probably zoom meetings) and there will be some online contact during the holidays, if needed, in order to assist in the usual difficult holiday's family-time.

Attendance: It is important that the group participants *commit to attend every session*. In case of emergency/sickness or other reasons that would impede the participant to attend, the participant will communicate with the group facilitator at least 24hrs in advance. If the participant cannot continue the group, due to unforeseen reasons, the participant will communicate that to the group facilitator and to the other group participants, when possible.

Cost: The group sessions cost is \$70 per session. The payment will be collected electronically (through Stripe); this program will deduct the payment automatically at midnight after each session. If the participant does not show up or cancel with less than 24 hrs, there will be a late cancel fee of the total amount of the session \$70.

Insurance reimbursement: If the participant has Out-Of-Network benefits and would like to receive a Superbill, she will let the group facilitator know before signing up for the group, and at the termination of treatment, the facilitator will provide the Superbill. It is important to note that this does not guarantee that the participant will receive the reimbursement, as it depends on her medical insurance benefit. In addition, this will require Dr. Garcia to provide a diagnoses, and depending on the diagnoses, the insurance might cover or not.

Screening potential participants: Each participant will complete an intake session with Dr. Garcia. This intake session will have the cost of \$200 and will be for 1 hour; it will include overall assessment of current symptoms/functioning, and about the sexual-related trauma. In this session, Dr. Garcia will determine whether the potential client fits the criteria for the group.

Location: 10801 National Blvd. Suite 435 Los Angeles, CA 90066. There is street parking on National Blvd and nearby. Also, the building has a paid parking garage.