

Mental Health Practitioner Support Group

Hurricane Harvey was an immense and unpredictable natural phenomenon that occurred outside of our control. Our nervous system moved into survival mode: fight, flight or freeze. All of our energies were mobilized towards survival in the days before, during and after the hurricane. All of our nervous systems moved in this way regardless of how much loss each of us suffered. As we move towards normalcy, those of us in the mental health profession are mobilizing as volunteers for the city or for friends and families. We are very good at taking care of others.

Self-care is crucial in times like these. In order to be healthy and grounded containers for our clients, we have to be healthy and grounded. This is a closed end, 8-week process group specifically for mental health care practitioners to process through our own traumas as well as secondary traumas from helping others.

This group will be lead by Xue Yang, LCSW, SEP, a trauma specialist in private practice in Houston, TX. The group will utilize the supportive container of the group as well as Somatic Experiencing (SE) to help us process through and find resiliency within our nervous system so that we can continue to help our community recover. We have a long road ahead of us.

Place: 5252 Westchester St. Ste. 105

Time: 11:00 AM – 12:30 PM

When: Wednesdays, starting Sept. 20 – Nov. 8

Participants: 8

Cost: free

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