

Somatic Attachment Process Group

How do we stay connected to ourselves as we navigate our relationships?

Using Somatic Experiencing practices in this psychotherapy group, we can learn to pay more attention to our bodies' cues about what we need to feel safer and more satisfied in connection with others.



In this weekly in-person process group you will:

- Become more attuned to your body and nervous system
- Improve how you regulate your emotions through both self-soothing and co-regulation with others
- Practice skills from Somatic Experiencing
- Work with your own attachment patterns with others so you can cultivate healthier relationships

Dates, Time, and Additional Information

Wednesday evenings

6:00pm - 7:30pm CST

Located in Central Austin (near downtown)

\$85 per weekly session

Co-led by Max Elliott, LCSW, SEP www.maxelliottcounseling.com
& Rebecca Pollard, LPC, SEP www.austinbodymind.com

For more information, please contact Max or Rebecca.