

Thriving in Challenging Times Workshop.



Rathie is an accredited Mental Health Clinician, experienced in providing clinical based psychotherapy to build awareness, knowledge, and skills for clients to support and improve their mental health.



Sahba is a health promotion and community development practitioner supporting the building of healthy and resilient communities.

Trauma informed psychoeducation and self-care skills.

Workshop Elements

- greater understanding of how anxiety and trauma works
- strategies to help manage anxiety and trauma
- grounding meditation and yoga exercises
- diagrams, discussions, pre & post evaluation
- take home tools and resources, and confidence in knowing how to find ongoing support if needed
- minimum 3 hours - all day, 10-20 participants
- locality and culturally relevant content

Testimonials

"the teams favourite elements were the [section on] trauma, yoga, grounding meditation and diagrams of trauma/the brain".

"participants felt a sense of safety with the content and facilitators".

Contact Us

Contact Rathie at Thrive Counselling & Psychotherapy Services to book, find out more, and tailor to your needs.

Email rathie@thrivepsychotherapy.com.au or call 0493 464 088

