

COPING WITH TRAUMA GROUP

ARE YOU SOMEONE WHO

has experienced a violent traumatic event or is a caregiver of someone exposed to community violence?

Struggles with intrusive memories of the trauma or experiences anxiety or difficulties with mood related to the trauma?

Wish to develop skills to cope with trauma responses in your life?

THIS GROUP IS FOR YOU! WE FOCUS ON

- Skills to cope with anxiety and depression associated with trauma.
- Emotional Awareness
- Emotion Regulation
- Reducing unhelpful coping
- Mindfulness
- Values and Goal Setting

WHEN

Wednesdays from 6.00 to 7.00 pm, starting December 7th, 2022.

WHERE

Remotely via zoom

HOW DO I SIGN UP?

Ask your provider to send a referral to the contact information provided or contact us directly.



THE UNIVERSITY OF
CHICAGO
MEDICINE

ELIGIBILITY

Female caregivers of trauma exposed individuals. Call us if you are not sure about eligibility.

WHO LEADS THE GROUP?

Devi Jayan, PhD
Araba Kuofie, PhD
Shona Vas, PhD, ABPP

IS THERE A COST?

We will verify your insurance benefits to cover the cost of group. There may be a co-pay, depending on your insurance plan.

CONTACT US

Email

djayan@bsd.uchicago.edu
Araba.Kuofie@uchicagomedicine.org

Phone

Dr. Jayan : 708-998-2474
Dr. Kuofie : 773-702-3977