

REDISCOVERING ME

cohort
5.0

"Who am I beyond my trauma?"

(If you've ever asked yourself that question, this group may be for you!)

developed by

**RAE GAELYN
EMERSON**

- **Certified Professional Life Coach**
- **Certified Divorce Recovery Coach**
- **Certified Couples Relationship Coach**
Impact Coaching Academy
(CPLC, CDRC, CCRC)
- **Professional Certified Coach**
International Coach Federation
(PCC)
- **Certified Partner Coach and Supervisor**
Association of Partners of Sex Addicts
Trauma Specialists (CPC-S)
- **Certified Holding Space Practitioner**
The Centre for Holding Space

with guest coach

ESTHER ELMER

- **Certified Professional Coach**
Institute for Professional Excellence
in Coaching (CPC)
- **Associate Certified Coach**
International Coach Federation (ACC)
- **Certified Peer Facilitator**
A Door of Hope
- **Certified Partner Coach-Candidate**
Association of Partners of Sex Addicts
Trauma Specialists (CPC-c)
- **Master Certified Enneagram Coach**
Your Enneagram Coach

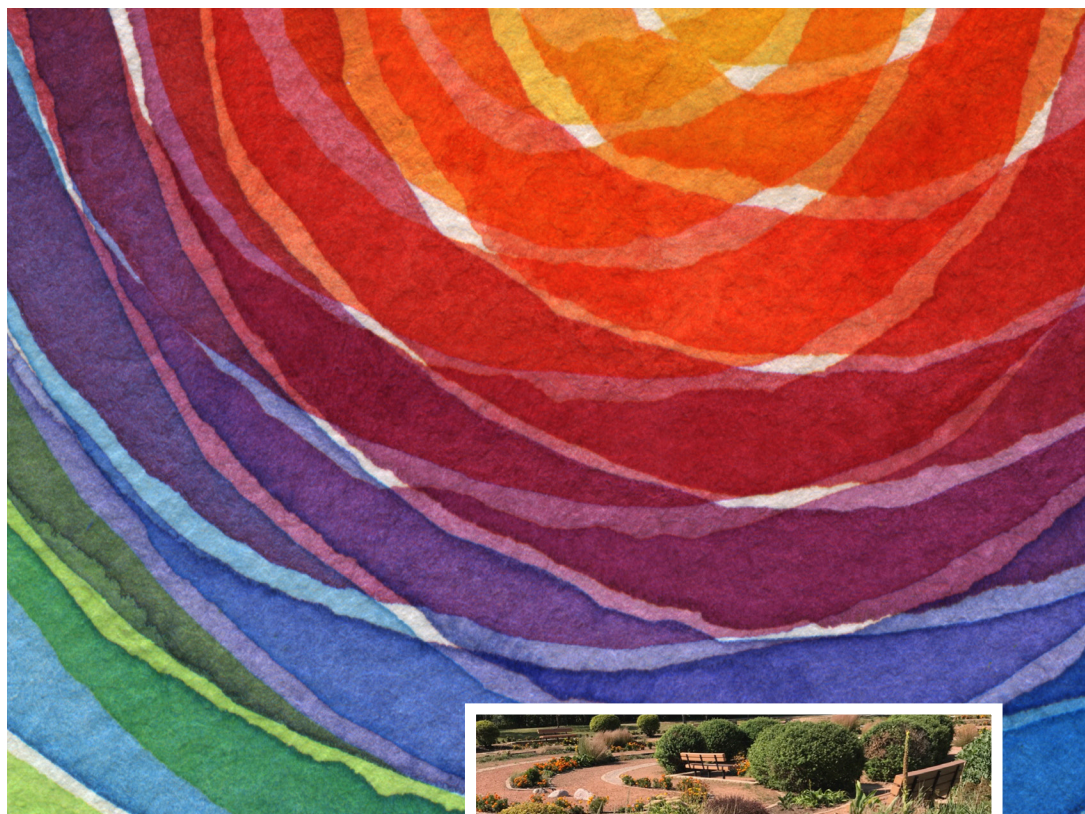


HEALING TALKS BACK

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Featuring material written by
Holding Space author,
educator and advocate,
Heather Plett.
centreforholdingspace.com



6-MONTH SUPPORT GROUP FOR FEMALE **SURVIVORS**
of **RELATIONAL TRAUMA:** abandonment, abuse, addiction,
betrayal, deception, divorce, infidelity and more

cohort 5.0 starts

JUNE 2023 thru **NOVEMBER 2023**

Reserve your spot today!

REDISCOVERING ME



WHO AM I BEYOND MY TRAUMA?

6 month support group for female survivors of relational trauma ✧ healingtalksback.

who **REDISCOVERING ME: "WHO AM I BEYOND MY TRAUMA?"** is a 6-month support group, open to all women healing from various forms of relational trauma. Participants will include survivors of abandonment, abuse, addiction, betrayal, deception, divorce, infidelity and more. This coaching group will include a mixed demographic, supporting women in various stages of life, faith, family, healing, career, geography and relationship configurations. (If you have questions about your suitability or readiness for this group, please reach out and ask!)

what **READY for a DIFFERENT KIND of support group!?**
Unlike many support groups for survivors of relational trauma, this group will provide minimal focus upon the early stages of recognition and recovery (stages wherein survivors seek primary goals of safety and stability). Rather, *Rediscovering Me* is designed to support women during the second, third and ongoing stages of their trauma recoveries (remembrance and mourning + reconnection and reclamation)—those ready to "reengage" life, each in her own way and on her own terms, all within a safe, empowering and trauma-sensitive environment of other women seeking similar goals.

This 6-month support group has two online components:

Weekly Group Sessions (Live via Zoom, Every Wednesday, 2pm Eastern Time)

Weekly "integration sessions" with coaches Rae Gaelyn Emerson and Esther Elmer. Each session will highlight one specific lesson from Heather Plett's e-book, *The Spiral Path—A Journey Back to Yourself*. Participants will be invited to share the fruits of their journaling, creative and embodiment exercises (relevant to that week's specific theme), and to ask for help in areas wherein you might feel stuck. During these integration sessions, clients are invited to interact with both coaches in real-time OR to watch the recordings afterward at your convenience.

Privately Moderated Facebook Group (available 24/7, around the globe)

Weekly lessons posted each Wednesday, along with frequent mid-week inspirations, motivational videos, personal stories and more. This space is for participants and coaches to stay connected (and to develop authentic friendships!) during and beyond our six-month program.

where **Rediscovering Me is a virtual group, connecting women from across the globe.** Our live integration sessions will meet via Zoom (video chat) and other group interactions will take place via Facebook and email.

why **Group healing is GOOD healing!** Due to the uniquely personal nature of relational trauma, we often feel acutely and intolerably ALONE. This is especially true when local support is limited or nonexistent. As women, we rarely heal from relational trauma independently (isolated from others). By contrast, we usually heal mutually (in concert with others) through friendship and community.



when **JUNE 2023 thru NOVEMBER 2023!** REGISTRATION NOW OPEN.
The 5.0 cohort for **Rediscovering Me** will officially launch with orientation on June 1, 2023. Our first live session will be June 7, 2023 (Wednesday @ 2pm ET). Our last session will be November 15, 2023. Our Facebook group will remain open and moderated through December 31, 2023.

how **Registration link online at healingtalksback.com/new**

cost **\$125 per month for 6 months (approximately \$37.50 per week session)**—that's \$900 total, payable in 2 installments of \$450 each. First payment of \$450 must be received by May 31, 2023. Second payment must be received 8 weeks later, by July 26, 2023. Payments will be processed via invoice only, and are payable via your debit card or credit card. Your initial \$450 payment serves as a non-refundable deposit to secure your place in the group. No refunds of any kind will be provided after June 1, 2023. **Scholarship support assistance and/or alternate payment arrangements are available on a limited basis;** if you need it, please ask!

questions? **We want to hear from you!** rae@healingtalksback.com

Meet the material... THE SPIRAL PATH: "A Journey Back to Yourself"



by
Heather
Plett

SOMETIMES WE GET LOST. This course will help you come back to yourself.

Each week's lesson includes (a) **creative prompts**—something graphic or artistic that relates to the theme of the lesson, (b) **journaling prompts**—questions that go deep to the heart of each week's topic, and (c) **embodiment prompts**—some kind of movement-based activity, perfect for those working to release old trauma from our physical bodies.

JUN + JULY **RELEASING**

- LESSON 01 Release your need to control the outcome
- LESSON 02 Release the expectation of a straight path
- LESSON 03 Release your old stories
- LESSON 04 Release your fear
- LESSON 05 Release "what other people think of you"
- LESSON 06 Release your tears
- LESSON 07 Release what no longer serves you

AUG + SEP **RECEIVING**

- LESSON 08 Receive the gift of darkness
- LESSON 09 Receive stillness
- LESSON 10 Receive healing
- LESSON 11 Receive the mystery
- LESSON 12 Receive your curiosity
- LESSON 13 Receive your purpose
- LESSON 14 Receive what you need for the journey

OCT + NOV **RETURNING**

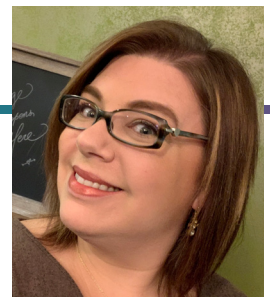
- LESSON 15 Return with generosity and patience
- LESSON 16 Return with your authenticity
- LESSON 17 Return with the sacred
- LESSON 18 Return with your power
- LESSON 19 Return with your gift
- LESSON 20 Return with your courage
- LESSON 21 Return with your open heart and ready feet

IMPORTANT: Due to advanced training, certification and permission that Rae has received from Heather Plett, each paying participant will receive a digital copy of Heather's ebook, *The Spiral Path: A Journey Back to Yourself*. **This material is fully copyrighted by Heather** and may NOT be shared with anyone outside of this group, either in part or in its entirety. From your registration fees, a small gift of appreciation will be made to the Centre for Holding Space on behalf of our group as a whole. **For more details about the wonderful material and programs created by Heather Plett, please visit centreforholdingspace.com.** You'll be glad you did!

...and meet your coaches!

RAE GAELYN EMERSON is a trauma-informed life, relationship and divorce recovery coach, dedicated to helping her clients survive and thrive—whether or not their relationships do. She specializes in work with survivors of relational trauma, the unique wounds that humans experience within the context of interpersonal relationships, such as abandonment, abuse, addiction, betrayal, deception, divorce, infidelity and more. Rae coaches clients around the world, through her online private practice, **HEALING TALKS BACK Coaching, Consultation and Supervision**. At this stage of her career, Rae is humbled and honored to offer support for both survivors AND service providers navigating through the complexities of relational trauma—whether it presents in their own lives or in the lives of their clients, colleagues and communities. Rae is known for (and lives by) her collection of meaningful, expressive and well-timed quotations. Her current favorite is this quote from the Baal Shem Tov: "Let me fall if I must. The one I will become will catch me."

ESTHER ELMER has been walking alongside women for more than 20 years through ministry, support and coaching; including more than 8 years' experience facilitating groups for partners of sex addicts. She is passionate about integrating faith into painful areas of life and living out emotionally healthy spirituality. Esther thrives in helping women mend and reconnect to their hearts and find their voices. She is known for her compassion, her use of insightful metaphors, and her gift of bringing light into the dark spaces.



FAQs: REDISCOVERING ME

WHO AM I BEYOND MY TRAUMA?

6 month support group for female survivors of relational trauma ✧ healingtalksback.

Q: I'm really sensitive to hearing other people's stories. How does that work in this group?

Unlike many support groups for survivors of relational trauma, this group will provide minimal focus upon the preliminary stages of trauma recognition and recovery. By contrast, Rediscovering Me is deliberately designed to support women ready to "re-engage" life in a positive, productive and progress-oriented direction. We'll do this against the big-picture backdrop of our shared experience as trauma survivors, but we won't be exploring traditional recovery topics, trauma triggers, crisis intervention or relationship repair. By narrowing our focus in this intentional direction, we co-create a brave and empowering space where we move through and beyond our trauma, rather than remaining stuck deep within it.

Q: I'm working to reconcile with my partner in the aftermath of relational trauma—OR—I'm divorced, divorcing and/or separating from my partner in the aftermath of relational trauma—is this group for me?

This group is for ANY woman who is ready to continue her journey beyond our experience(s) of relational trauma. This group isn't about the people with whom you have (or don't have) an intimate relationship. It's not exclusive to women wounded by addiction or infidelity, and participation isn't based upon your past, present or future relationship status. THIS GROUP IS ALL ABOUT US! Who are we, where are we, and how we can move forward with increased clarity and confidence.

Q: How big is the group? What if I'm uncomfortable interacting with other participants?

We are limiting the group to approximately 15 participants in order to provide safe and manageable group interactions. We hope to create a space where you're comfortable sharing about yourself, your insights and your experiences. However, there is no requirement for group interactions, and YOU get to decide what (if any) feedback you wish to receive from your coaches and peers. You are welcome to make this journey as introverted or extroverted as YOU need it to be.

Q: How much time will this group require?

This journey is whatever you need it to be—and that includes how much time you invest. Between each week's readings, exercises and integration conversations, most participants spend one to three hours per week within our group.

Q: What if I don't have Facebook? Can I still participate in the group?

Yes, you may certainly still participate in the group! While most interactions between participants will take place within our exclusive Facebook space, our coaches will make every effort to send key content via email, in addition to posting it via FB. If you're concerned about privacy on social media, we invite you to consider creating a completely separate, non-identifying profile exclusively for your activities within our group. If you want our help to do that, please ask!

Q: What if I can't make the live weekly Zoom sessions?

You are invited along on this journey, even if you're not available on Wednesdays. For those who cannot attend live, we'll encourage you to remain connected to us via our exclusive Facebook space. For your convenience, we'll also record and share video from our weekly Zoom sessions; those videos will be available for you to watch through the end of 2023.

Q: Six months is a big commitment. What if I bite off more than I can chew? What if I get overwhelmed along the way?

Six months IS a lot of time, isn't it! That said, life takes time to process in deep and meaningful ways. Most of us spent YEARS getting lost in the context of relational trauma, so rediscovering ourselves won't happen overnight. During these six months, we'll pause frequently at strategic intervals: to catch our breath, to review our goals, and to reorient ourselves for the next stretch ahead. We'll help you absorb and integrate what you're learning and how you're growing. We'll support you if you need to disengage from the group temporarily, and we'll encourage you to reengage when you're ready. You'll also have access to the material indefinitely, so you can revisit it later for future reference. Please remember that we do not refund registration fees for non-participation; we will invoice you for your second payment, even if you choose to withdraw from group interactions.

got more questions?

We want to hear from you! Please reach out via email: rae@healingtalksback.com