

"ALL HUMAN BEINGS DESERVES FRESH STARTS.

We deserve to renew, reclaim and reorient our stories, without judgment or presupposition. We deserve to discover our purpose and our promise, within environments that fully support our vision for a life beyond trauma." —From Eleven Reasons for Talking Back to Relational Trauma

with
**RAE GAELYN
EMERSON**

- Certified Life Coach
- Divorce Recovery Coach
- Couples Relationship Coach
(CPLC, CDRC, CCRC)
- APSATS Certified
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(CPC-S)
and Member of the
APSATS Board of Directors
Association of Partners of Sex
Addicts Trauma Specialists
- Professional Certified Coach
and
Registered ICF Mentor Coach
International Coaching Federation
(PCC)
- Also trained via
The Society for the
Advancement of Sexual
Health, High Conflict Institute,
The Center for Loss and Life
Transition and
The Gottman Institute



*"What if dreams die hard
because they're
not supposed to die?"*

—Lori Rubenstein
author of
Transcending Divorce

HTB

HEALING TALKS BACK

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welcome
to

DreamGirls: Designing Our New Lives

GROUP COACHING SUPPORT for Survivors of
BETRAYAL-RELATED SEPARATION AND/OR DIVORCE

SUMMER 2023



DreamGirlsTM

GROUP COACHING SUPPORT FOR
Survivors of Betrayl-Related Separation and/or Divorce

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what **DreamGirls is an ongoing, online, open-topic support group for women who are starting over and designing new lives, moving beyond the trauma of relationships impacted by relational trauma—most specifically, abandonment, abuse, addiction, betrayal, deception, divorce, infidelity and more. Our purpose is to validate, inspire and empower those who are navigating life “on the other side” of their mortally wounded relationships.** This group will address the multi-layered trauma faced by these brave women: first the original trauma of sexual betrayal, followed (and compounded) by the seprate-yet-equal trauma of divorce or permanent separation. While this group WILL hold space for women who are functioning within the first stage of trauma recovery (seeking safety and stability), DreamGirls is designed to most fully support women within the second and third stages of trauma resolution (active remembrance, mourning and reconnection), all within a safe, sensitive and empowering environment.

Each live DreamGirls group session (90 minutes) includes three parts:

(a) Participants will checkin to address current feelings, mid-week highs or lows, recent self-care and progressive milestones. (b) Participants will raise any challenging topics they’re facing, to invite group support, insight and/or solution-oriented brainstorming. (c) Participants will checkout with closing affirmations, top takeaways and self-care commitments. DreamGirls also includes a safe, private and moderated Facebook group, reserved exclusively for actively registered participants. This enables group members to support one another conveniently during the week.

who **DreamGirls is open to all women who are facing (or have faced) the end of a relationship impacted by their intimate partners’ “S” issues—infidelity, pornography, secrets and/or sexual betrayal—including all related forms of addiction, abuse and/or abandonment.** DreamGirls will include a mixed demographic, supporting women in various configurations of life, faith, family, healing, career, geography and relationship transitions.

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



when **TWO SESSIONS WEEKLY:**
TUESDAY 1–2:30pm ET + THURSDAY 1–2:30pm ET (Eastern Tme)

Participants are welcome to attend one or both weekly sessions—whatever works best for YOU!

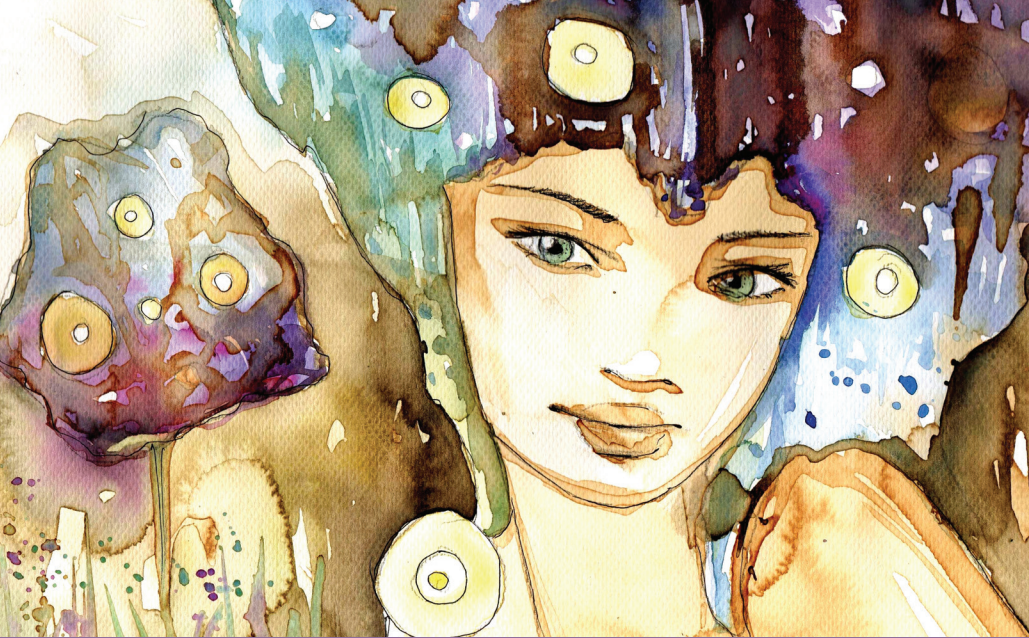
where **DreamGirls is a virtual coaching group, connecting women from around the world—literally!** Our live coaching sessions meet via Zoom, allowing individuals to participate via phone (audio only) or video, depending upon your personal preference.

size **DreamGirls will be limited to a target size of 3–6 participants per session.** Our goal is to give every woman lots of time to process in-depth on a regular basis! The more women who register, the more sessions we will add to accommodate the increase and maintain small-group dynamics.

cost **The full fee for this group is \$200 monthly** (average \$50 per week). This includes 6–12 hours of group coaching each month, depending upon how many sessions you can attend. (Please note, we do not provide refunds or discounts for non-participation.) Because we believe that all women deserve support, including those with strained financial resources, we’re offering a limited number of registrations based upon a **“pay what you can” fee structure.** If you cannot participate without financial support, please ask for it.

how **If you’re interested in joining us,** please visit my website (womeneverafter.com) to schedule a free new client consult.

SUMMER 2023



WHEN IT COMES TO PERSONAL HEALING AND GROWTH, I believe that safe, courageous and productive environments are absolutely essential for women to survive and thrive. Because that principle is so critically important to me, I've echoed it into the very framework of my vision statement, *Eleven Reasons for Talking Back to Trauma*. I've learned these eleven practices from others; I'm now honored to practice them with my clients and colleagues, in hopes that we each "pay them forward," first toward ourselves, then also toward others. — Rae

ELEVEN REASONS for TALKING BACK TO TRAUMA

ALL HUMAN BEINGS DESERVE HONESTY.

We deserve to be honest with ourselves, first and foremost. We deserve to experience the internal reward of speaking truth about our own reality. We also deserve to hear truth from others, establishing environments of authenticity within our own lives..

ALL HUMAN BEINGS DESERVE TO BE HEARD.

We deserve to express our unique voice to others, within environments where our words are valued and validated. We deserve to receive acknowledgment from others, to know that our words are genuinely absorbed, accurately understood and meaningfully addressed.

ALL HUMAN BEINGS DESERVE COMFORT.

We deserve a break from being "the strong ones"—honoring moments, opportunities and environments that tend to our weariness, our worries and our wounds.

ALL HUMAN BEINGS DESERVE EMPOWERMENT— along with inherent rights and responsibilities that authenticate such a gift. We deserve to access our internal sources of strength, inspiration, passion and conviction, exercising that capacity progressively and imperfectly, within environments of trial-and-error, exploration and evolution.

ALL HUMAN BEINGS DESERVE CHOICES.

We deserve the autonomy to navigate our internal and external realities, making intentional choices to "live with," "leave behind" or "lobby for change" within those realities. We deserve to make decisions within pressure-free environments, spaces that allow us to choose differently, making "course corrections" along the way.

ALL HUMAN BEINGS DESERVE HEALING.

We deserve to pursue healing that is motivated independently, separate from the needs of our significant others, nuclear families or families of origin. We deserve to receive healing that isn't self-sacrificial, within environments that invite our questions, honor our goals and inspire us toward tender wellbeing.

ALL HUMAN BEINGS DESERVE HEALTHY RELATIONSHIPS.

We deserve to integrate with loved ones on an elective and consensual basis, connecting in ways that are neither isolated nor enmeshed. We deserve to make informed decisions about relationship roles and protocols, practicing relational skills within environments that honor the entirety and complexity of human experience.

ALL HUMAN BEINGS DESERVE SELF-LOVE.

We deserve to love ourselves passionately and proactively, especially when external love feels absent or inaccessible. We deserve to seek environments that humanize the work of self-love, holding space for its practice and progress and promise—especially when we struggle to fully and forever love ourselves.

ALL HUMAN BEINGS DESERVE TO NURTURE OURSELVES.

We deserve to invest time, energy and money into things that enliven and amplify our souls. We deserve to enjoy this endeavor without guilt, within environments that empower our happiness and wholeness.

ALL HUMAN BEINGS DESERVE HEALTHY BOUNDARIES.

We deserve to establish thresholds that protect and support ourselves, providing environments of safety and personal space. We deserve to adapt and redefine our boundaries when needed, adjusting them to improve our lives as they unfold and evolve.

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Eleven Reasons for Talking Back to Trauma

Written by Rae Gaelyn Emerson

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