



# WOMEN'S BETRAYAL TRAUMA GROUP IN THE BERKSHIRES

WHEN SOMEONE YOU LOVE AND TRUST BETRAYS YOU, THE EMOTIONAL IMPACT CAN BE OVERWHELMING. STUDIES SHOW THAT BETRAYED PARTNERS CAN SUFFER FROM PTSD SYMPTOMS LIKE PARANOIA, SEVERE ANXIETY, IRRITABILITY, UNCONTROLLABLE THOUGHTS, HYPERVIGILANCE, AND FEELINGS OF HOPELESSNESS.

**BY PARTICIPATING IN THIS SUPPORT GROUP, YOU WILL LEARN:**

- WHAT BETRAYAL TRAUMA IS AND WHY IT IS DIFFERENT FROM OTHER TRAUMAS.
- HOW TO RESTORE A SENSE OF STABILITY AND REGAIN YOUR SELF-ESTEEM.
- HOW TO IDENTIFY GASLIGHTING AND TRUST YOUR INSTINCTS.
- HOW TO SET HEALTHY BOUNDARIES FOR YOURSELF AND YOUR PARTNER.



**SATURDAYS 11:00 AM - 12:30 PM EST**  
**OCTOBER 14 | 21 | 28**  
**NOVEMBER 4 | 11 | 18**

\$350 FOR THE 6-WEEK SESSION  
GROUP WILL BE HELD IN LENOX, MA



**MEG VON GLAHN**

LMHC, CSAT, CMAT, APSATS  
PSYCHOTHERAPIST

📞 312.718.9947

✉️ [MEG@CENTERFORRELATIONALWHOLENESS.COM](mailto:MEG@CENTERFORRELATIONALWHOLENESS.COM)

**THIS WILL BE A CLOSED WEEKLY, TASK-ORIENTED GROUP WITH A 6-WEEK COMMITMENT. THIS GROUP HAS LIMITED OPENINGS AND REQUIRES A BRIEF SCREENING WITH THE FACILITATOR IN ORDER TO JOIN. IT IS PREFERRED THAT EACH GROUP MEMBER BE WORKING WITH A TRAUMA INFORMED INDIVIDUAL THERAPIST. REFERRALS ARE AVAILABLE.**

