



Working with Michele Rosenthal

OPTION 1

Take Back Your Power: One-on-One Self-Empowered PTSD Healing Coaching:

Add some power to your progress! This 3 month program includes one 50-minute one-on-one session twice per month, plus email support each week to help empower, evolve and progress your healing journey. Coaching sessions will cover all aspects of healthy healing including,

- Defining, developing and strategizing a habit of self-empowered healing actions
- Creating healing intentions and goal setting
- Constructing a post-trauma identity
- Learning powerful stress reduction techniques
- Identifying and resolving obstacles to healing
- Outlining a program for staying on the healing path

Investment in yourself and commitment to healing: \$1,197

continued....

[Register](#)



OPTION 2

Jumpstart Your Healing: Self-Empowered PTSD Healing Group Coaching:

Make weekly progress throughout this 6-week program. Your healing journey includes three 60-minute LIVE group coaching calls (each with open session for one-on-one coaching in a confidential group environment), plus weekly healing support emails.

Through this on-going group you will learn how to:

- Create a healing intention
- Strategize for goal setting
- Expand your PTSD education
- Connect with valuable support
- Talk about trauma and PTSD
- Construct a post-trauma identity
- Commit to a program for staying on the healing path
- Connect with other survivors

Investment in yourself and commitment to healing: \$197

continued....

[Register](#)

Option 3

Supporting Your Loved One with PTSD

It's tough to watch someone you love struggle with PTSD but you don't have to do it alone. This 6-week program includes 3 LIVE 60-minute calls, plus weekly email support to help you learn:

- Everything you need to know about PTSD
- What you should say & do
- What you shouldn't say & do
- How to support someone struggling to heal
- What you can do to make a difference
- How to support and maintain your own identity during this difficult time

Special bonus: The opportunity to ask all of your PTSD questions to a healed PTSD survivor.

Investment in yourself and your loved one: \$197

continued....



FREE Monthly Telecall with Michele Rosenthal:

PTSD Self-Empowered Healing LIVE Group Session (ongoing)

This 45-minute monthly call for a general audience will discuss all topics related to self-empowered healing of PTSD. Lead by Michele Rosenthal each call will present information on a specific topic and then open for general discussion. Calls are held on the 2nd Tuesday of every month at 9pm EST. **FREE.**

Schedule for 2010:

March~ Creating a Healing Intention

April ~ How to Talk about Trauma

May ~ The Value of Reaching Out

June ~ Educating Ourselves about PTSD

July ~ Educating Others about PTSD

August~ Seeking Help

September ~ Changing Unhealthy Perceptions

October ~ Constructing Post-Trauma Identity

November ~ Setting Healing Goals

December ~ Doing Whatever it Takes to Heal

continued....



Join a support group:

These ongoing 60-minute monthly group telecalls are here to support you on your healing journey. Join us for a discussion about your personal PTSD healing experience, successes, failures, problems and issues.

Together we'll strategize how to resolve recovery obstacles, strategize for self-empowered success and keep you focused on a path toward healing. Join as many groups as you wish!

- **Intention & Goal Setting** ~ This group will focus on monthly healing goals and how to strategize for their achievement. Being clear about your healing objective strengthens commitment and empowers your actions.
- **Constructing Post-Trauma Identity** ~ In this group we'll discuss how to recover, (re)connect with and (re)construct your untraumatized self. There is a you outside of trauma; together we'll discover and strengthen that self.
- **Developing A Joy Addiction** ~ A major asset in healing is **feeling good!** You need strength to heal; a major source of your strength can be found from altering your state from stressed depression to empowered joy. Don't think joy exists in you? In this group we'll discuss how you can access and put in place a joy addiction that further empowers your recovery.

Investment in your connection with an ongoing supportive community: \$100 for four sessions.

For more information contact Michele: Michele@healmyptsd.com
www.healmyptsd.com

561.531.1405.
Payment plans available.