



RECOVERY ALLIES

Family Meeting Series

Thursday, June 1st at 7pm PT

A Monthly Virtual Meeting for Families and Loved Ones

“PTG vs. PTSD”

Posttraumatic Growth is the most valuable effect from trauma

With Guest Speaker Suzi Landolphi, LMFT



When we say therapy is “trauma informed” we need to include Posttraumatic Growth, PTG (or PTW.) PTG has been studied since 1995 and is an effect of trauma that is almost never validated!

We will explore the history of PTG, how to recognize it, measure it, and the ways it enhances the five areas of our lives.

Join us Live on Zoom: <https://us02web.zoom.us/j/81586201592>

Free and Open to All

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