



## ***NEW! - Abuse Survivors Group (Emotional, Sexual, Financial or Other)***

*Sessions are available for those living in Michigan and Texas for Adults only.*

**When:** Monthly - Will be determined  
**Time:** To be Determined with the Group Participants (Eastern Time)  
**Where:** Via Google Meets (Online)

### ***Helping you with the realities of being a survivor of sexual assault or abuse***

How do you recover? How do you begin to start feeling safe and be able to trust again? What if this has happened more than once? This experience does not define you. You can feel comfortable in your surroundings again. Sexual Assault can happen to anyone, of any gender and age. Feelings of fear, humiliation, anger, guilt and self-blame are difficult to understand. This group can help you! All participants are anonymous and this is a safe place to discuss and learn from other survivors.

### ***What will these sessions provide you?***

- A place to discuss with *others who share similar experiences*, under the guidance of a trained therapist who can provide clinical interventions to help with your struggles.
- The feeling of relief knowing there are solutions, and **you are “not alone.”**
- Comfort of knowing others understand your daily trials and tribulations, are willing to listen, as well as provide needed and appropriate support to you!

**The program will be run by Brandy Goins, PhD ABD, LSOTP, CSTIP, CTMHP. Brandy is licensed in the states of Michigan and Texas.**

Brandy Goins has over 20 years' experience with both civilian and government positions in the fields of Sexual Assault, Domestic Violence, Child Advocacy and Counseling/Educational program delivery to the community. She also has experience servicing in the military and her own personal trauma.

She has completed:

Advanced Level – National Advocate Credentialing Program (NACP requires more than 15,600 hours of direct victim services in addition to at least 8 years' experience for this qualification).

Level IV – Department of Defense Sexual Assault Advocate Certification Program (D-SAACP requires more than 15,600 hours of direct victim services to make this qualification).

**Cost:** These monthly Group Therapy sessions are \$45 per session. We accept Aetna, Blue Cross PPO plans, Blue Care Network, Medicaid, Priority Health and United Health/Optum if you have coverage for group sessions and want to use insurance.

Please contact Marc Seguin call/text (248) 505-8620 or email [msequin@heartandmindcounseling.com](mailto:msequin@heartandmindcounseling.com) for payment options.

For additional information or to sign-up for the group, please call/text (707) 815-0374, or email Dr. Smorra at: [admin@heartandmindcounseling.com](mailto:admin@heartandmindcounseling.com)