

Peaceful Healing, LLC

Recovery & Resilience – Group Program Overview

Recovery & Resilience is a structured, trauma-informed, CBT-based group therapy program. The group operates on a rotating 12-topic curriculum allowing participants to join at any time.

Core Topics:

- Orientation & Safety
- Substance Use, Trauma & the Brain
- Triggers & Warning Signs
- Managing Cravings
- Emotional Regulation
- Thoughts & Relapse Risk
- Trauma & the Nervous System
- Strengths & Values
- Relapse Prevention Planning
- Boundaries & Relationships
- Shame & Self-Compassion
- Maintaining Recovery