

## WOMEN'S BEHAVIORAL HEALTH & WELLNESS OUTPATIENT PROGRAMS BIRTH TRAUMA THERAPY GROUP

We offer a six week virtual therapy group for those experiencing birth trauma after a frightening, distressing, or disempowering birthing experience. Symptoms can include sadness, guilt, feelings of failure, difficulties bonding with baby, among others.



This therapy group will offer support around coping with trauma reactions and will help participants identify trauma triggers, mobilize emotional support, explore concerns about connecting with their baby, and learn how to share their birth story.

Facilitated by Dr. Winnifred Hunter, licensed Clinical Health Psychologist, who specializes in providing evidenced-based therapy for perinatal mood and anxiety disorders and postpartum trauma.

### VIRTUAL GROUP SESSIONS MONDAYS 1:00-2:30PM

An initial screening will be conducted prior to joining the therapy group.

Most insurance is accepted.

Space is limited.



For more information or to schedule an initial screening appointment, email [WBHW@cuanschutz.edu](mailto:WBHW@cuanschutz.edu) or call 720-724-1646.