

# Healing from Trauma



Hosford Counseling & Psychological Services Clinic will be offering two groups this fall.

## Moving Forward After Trauma

Learn powerful skills to help you move forward after trauma to create a life that you value. In this six-session group, you will learn mindfulness and acceptance skills that can help you transform emotional pain, free you from negative thinking, and help you commit to what you truly care about.

### Group for Students

Tuesdays, 9:30-11 am  
Begins: October 28  
Duration: 6 weeks (no meeting week of Thanksgiving)

Cost: Students with Gaucho Health Insurance pay \$15 copay per session, sliding scale available if no GHI

### Group for Staff, Faculty & Community Members

Mondays, 4-5:30 pm  
Begins: October 27  
Duration: 6 weeks (no meeting week of Thanksgiving)

Cost: \$49 per session; sliding scale available, if needed

Contact Dr. Heidi Zetzer (PSY14216) or Amber Miller, M.A.  
at 805-893-8064

**The Hosford Counseling & Psychological Services Clinic**

**UC Santa Barbara**



Learn more about the Hosford Clinic and mental health on our Facebook page: [www.facebook.com/hosfordclinic](http://www.facebook.com/hosfordclinic)