

TREATMENTS FOR



A Zoom presentation for Victim/Survivors of Sexual Abuse by Clergy and Others
BACK BY POPULAR DEMAND

Monday, February 22, 6:30-8 p.m. CST

Presenter: Mitch Mueller, MA

How do I live with my trauma? Many people feel that trauma rules their lives — anxiety, panic attacks, flashbacks, nightmares, obsessive and intrusive thoughts, self-hatred, shame, guilt. In this session Mitch will discuss some of the techniques and treatments available to help you take control of your life and stop allowing your trauma to boss you around. Special focus will be given to mindfulness techniques that you can use in your daily life.



Mitch has an MA in Integrated Behavioral Health from the University of Minnesota, and an MA in Theology from St. Paul Seminary/ School of Divinity. He has 10+ years of experience and has a private practice and is licensed in Minnesota and Wisconsin. His areas of specialty is addictions and impulsive and compulsive behaviors, sexual and relationship issues, trauma and abuse and court ordered services and reporting. He does counseling and psychotherapy for individuals, couples and families.

Join us for this special presentation.

Register by contacting Paula Kaempffer,
Outreach Coordinator for Restorative Justice and Abuse Prevention,
at kaempfferp@archspm.org or 651-291-4429.



ARCHDIOCESE
OF
SAINT PAUL &
MINNEAPOLIS