

# Restoring Ivy Collective

## About us

We are a group of sex trafficking survivors who are also professionals certified in providing direct care. Our vision is to create an intentional community where survivors of sex trafficking choose their path toward healing, growth, and belonging in a safe, loving, and fun space.

## Where are we located?

We come to you! Many of our groups are provided remotely but some can be offered in person at your agency site. Email us for more information. Participant stipends for engagement are provided. Groups are ongoing weekly starting Oct 2022 to Sept 2023.

### Therapy Groups

- Trauma informed Yoga
- Expressive arts
- DBT Skills

### Support Groups

- SMART Recovery
- Survivor social support
- Arts based skills and education for youth

### Skills and education Groups

- CEO leadership and workforce development group
- Media and arts empowerment
- My Life My Choice



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[www.restoringivycollective.org](http://www.restoringivycollective.org)



# SERVICE MENU

## **TRAUMA INFORMED YOGA THERAPY**

- Trauma informed yoga therapy, a movement based intervention, has been shown to be effective in reducing stress and addressing trauma symptoms

## **EXPRESSIVE ARTS THERAPIES**

- Expressive arts therapies include bibliotherapy, dance/movement, dramatherapy, art, and sandtray which each target complex trauma and symptoms using somatic and visual expression rather than talk to process/address emotion and behavior.

## **DIAGNOSTIC EVALUATION AND TREATMENT PLANNING**

- Diagnostic evaluation provided by licensed clinician following the DSM5 guidelines and review of current and prior treatment history
- Treatment planning can be added to current plan or created with staff collaboration.

## **DIALECTIC BEHAVIORAL THERAPY SKILLS (DBT)**

- Coming soon!

## **SMART ADDICTION RECOVERY**

- SMART Recovery creates a space where a Survivor is able to engage with the community, to begin the conversation about Recovery and how that looks for Survivors.

## **MY LIFE MY CHOICE TRAFFICKING EDUCATION**

- My Life My Choice utilizes the power of Survivor leadership, and offers youth tools, skills, and information about human trafficking, and how to help prevent it in their lives, as well as in their community

## **ARTS BASED EMOTIONAL EDUCATION**

- Art Group is a place to come and paint and move your body, create, write, (and so much more!). The focus of this group is support and building safe emotional connection among participants.

## **CEO Leadership and Workforce Development**

- Learn about budgeting, basic financial literacy, and tools to navigate professional environments with confidence