

Healing Attachment Wounds



An Introspective Processing Group



Join us in exploring attachment types both conceptually and in a deep, body-sensed way. Understand & connect with your inner world gently with concepts and tools borrowed from Attachment-Based, IFS, EMDR, Focusing & Inner Child Therapies.

Goals of the Group:

- Develop a deeper understanding of your attachment experience and it's origins
- Identify attachment themes and work with internal dynamics
- Engage in your own personal process for an opportunity to heal inwardly and connect more profoundly with others

When & Where



When: Mondays, Oct. 20 - Nov. 24, 2025

Time: 12-1:30pm or 5:30-7pm TBD

Where: Virtual via Google Meet

Cost: \$500 total for 6 meetings

Registration:

<https://forms.gle/bteUFXqvsCZqnun49>



Group Facilitators

Alicia Lue Philippe, MSW, RSW
alicialptherapy.ca

Nicole Mitchell, RP
nicolemitchell.net

Contact:

healingattachmentwounds@gmail.com