



Coping with Traumatic Experiences



12-Week Wellness Coaching Program

The journey to wellness is a life-long process that includes triumphs and setbacks. Life skills are not a one-stop shop deal; they take unwavering faith in God, commitment, time, practice, and patience.

The Haqq Life 12-Week Program will provide the building blocks to secure the skills you need for health and wellness in your life and religion.

The one major factor in any wellness journey is what tools you have to build and who supports you during your building process. I am not only here for you but also with you through it all. Your journey starts with a discovery call.

Discovery Call:

On this initial call, we will become acquainted with one another. We will clarify our commitments to your overall 12-Week Wellness Plan. You will know what to expect from me and me from you. Together, we will discover your areas of need and set wellness goals to meet over 12 weeks.

Each quarter of your specifically tailored Program (4-week period), we will meet a desired growth milestone. You will be journaling and other action plans in between sessions.

- With my Program, you will receive a one (1) hour weekly scheduled session via Zoom, telephone, or whichever is convenient.
- You will be able to reach me in times of distress as needed in between sessions.
- Guided meditations and visualization exercises to enhance your learning experience.
- A curated library of affirmations, prompts, and exercises for ongoing exploration.
- At the end of the 12 weeks, we will recap on what we've accomplished together.

Note

This framework is a flexible guide, and specific interventions and exercises can be adapted based on individual needs and preferences. The core focus is on providing tools and guidance for exploring your inner world, understanding your motivations, and embracing your authentic self with acceptance and self-compassion.

- Collaboration with mental health professionals may be recommended for further support and individual therapy.
- Fostering a safe and non-judgmental space is essential for participants to feel empowered to share their stories and heal.

Coping with Traumatic Experiences: A 12-Week Framework for Healing and Empowerment

Turn pain into strength and meaning. If you're living with PTSD or seeking healing from emotional wounds, this Program provides a roadmap. You'll develop skills to manage flashbacks, regulate difficult emotions, change unhelpful thought patterns, and release the past's grip. We'll transform suffering into post-traumatic growth by finding purpose in pain. You'll complete this journey stronger and wiser.





Quarter 1: Understanding & Acknowledging Trauma (Weeks 1-4)

Defining Trauma & Exploring Types:

Understand the nature of trauma, its various forms, and how it affects the mind, body, and spirit.

Validation & Self-Compassion: Create a safe space for sharing individual experiences, fostering self-compassion, and validating the impact of trauma.

Identifying Triggers & Early Warning Signs:

Learn to recognize personal triggers and early warning signs of emotional distress, developing preventative strategies.

Building a Support System: Identify and cultivate trustworthy support networks, including therapists, support groups, or loved ones who can offer encouragement and understanding.

Quarter 2: Moving Through the Pain (Weeks 5-8)

Emotional Awareness & Regulation: Develop tools and practices for identifying and managing difficult emotions, fostering emotional regulation and resilience.

Narrative Therapy & Reframing: Explore personal narratives related to the trauma, reframing them from victimhood to empowerment and resilience.

Mindfulness & Relaxation Techniques:

Integrate mindfulness practices like meditation and breathing exercises to manage stress and anxiety, promoting inner peace and grounding.

Creative Expression & Release: Encourage healthy outlets for processing emotions and experiences through journaling, art therapy, or other creative expressions.

Quarter 3: Reclaiming Control & Building Resilience (Weeks 9-12)

Body Movement & Somatic Practices: Explore the connection between mind and body, utilizing gentle movement and somatic practices to release emotional blockages and re-embody with self-compassion.

Setting Healthy Boundaries & Self-Care:

Develop assertive communication skills and establish healthy boundaries in relationships to protect and prioritize your well-being.

Post-Traumatic Growth & Finding Meaning:

Explore the possibility of post-traumatic growth, identifying strengths and personal resources gained from the experience.

Developing Long-Term Coping Strategies:

Create a personalized toolbox of coping mechanisms and self-care practices for managing future challenges and maintaining emotional well-being.

Exit Session:

Celebrate successes, acknowledge personal growth, and discuss strategies for ongoing self-care and building a fulfilling life beyond the Program. Emphasize the importance of individual healing journeys and empowerment in navigating the aftermath of trauma.

COACHING INVESTMENT

\$2400

FULL PAYMENT OFFER

\$1997

CONTACT



WWW.HAQLLIFESOLUTIONS.COM



aaminah@haqllifesolutions.com



(973)-298-5844