

Trauma Healing for the Empath

A virtual group therapy opportunity for those who identify as Empaths and want to navigate trauma healing.

BEGINS NOVEMBER 8TH

7:00pm-8:30pm

8 week virtual program

425\$ for the entire program
***superbill option available**

For more information visit
brightermindstherapy.com

Join me to discuss the following topics:

- What it means to be an empath
- The Empath's nervous system
- How can therapy meet your unique needs
- Codependency
- Tap into your superpowers
- imposters syndrome and much more!



Rachel Kimbrel

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EMDR Certified Therapist
Owner of Brighter Minds Therapy