



Connected Care Family Counseling  
&  
Coastal Wave Counseling  
presents

# Pre-Degree Decompression Session

Join us for a two-part session to process the MFT Masters Program experience and decompress from the stressors as a new therapist.

Saturday April 20th  
1PM-4PM

Trauma-Informed Yoga and  
Neurographic Art to process

Sunday April 21st  
1PM-2:30PM

Restorative Circle Work to let go  
Light Refreshments Provided

Hoyt Park in  
Scripps Ranch

\$75 per person paid at  
Venmo @connectedcare

[Click Here to RSVP!](#)

Questions:  
[jessica@connectedcarefamilycounseling.com](mailto:jessica@connectedcarefamilycounseling.com)

# Session Information

In this two-part session, held outside to reap the benefits of engaging with nature, we hope to support Master Level, Pre-Degree MFT students who are preparing to move into their next step in the field.

We acknowledge the intense rigor, new experiences, and anxiety that can develop through the process of learning to be MFTs, both through the academics and practicum experience. The goal of our sessions is to help students process their experiences and feel a sense of empowerment.

The Trauma-Informed Yoga session will include setting an intention, engaging in yoga poses to target emotions stored, and then processing as a group.

Following yoga, participants will engage in a Neurographic Art process to encourage changes in our neural connections related to the intentions set.

In the final part of our session, we will engage in a restorative circle by inviting participants to bring a representation of their experience with the hope of eliciting clarity and restoring a greater sense of peace and power.

Light refreshments will provided. Limited Space Available.

## Facilitators:



Ginny Zarinebaf  
(she/her)  
LPCC, RYT



Jessica Holzer  
(she/her)  
LMFT, RPT-S

