

Rutti Counseling & Consultation, LLC
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(614) 398-1927

On-Site Programs

Secondary Trauma: Awareness, Resilience & Support (STARS)

Is your agency or program looking to start a secondary trauma group? Suzi Rutti, LISW-S is available for consultation to support your program in starting a self-sustaining secondary trauma support group. Suzi will attend 1-3 sessions on-site to educate you and your colleagues about secondary trauma, and to help set up a group format that you and your colleagues will be able to self-facilitate. (\$300/session)

Wellness Workshops (\$300 per 1.5 hour workshop)

Integrating Mindfulness into Daily Functioning

- Benefits of mindfulness
- Mindful meditation exercises
- Identification of personal goals
- Simple strategies for daily practice

Making Self-Care a Priority

- Completion of self-care inventories
- Identification of goals and challenges
- Strategies to nurture your needs

Secondary Trauma Awareness

- Impact of secondary trauma
- Completion of ST inventory
- Strategies for improving resilience and communication of needs

Coming soon: *Urban Zen Integrative Therapy (UZIT) Workshop*

- UZIT was inspired by Donna Karan and created by yogis Rodney Yee and Colleen Saidman Yee to increase support and care for hospital patients and families as well as the staff that care for them. UZIT is based on the PANIC symptoms (pain, anxiety, nausea, insomnia, constipation, and exhaustion). Modalities including gentle movement, aromatherapy, restorative yoga poses, breath awareness, body meditation, and Reiki to care for the symptoms that we face as providers.
- One-time sessions and group series workshops available on-site (contact for rates)
- For more info: <http://uzit.urbanzen.org>

Professional Trainings (Contact for rates)

Impact of Trauma on Children

Navigating Relationships in the Aftermath of Trauma

Sexual Violence on Campus

Trauma-Informed Care

Children and Trauma: Implications for Schools

Supporting Survivors of Trauma through Systems

Understanding Self-Harm

EMDR Group Consultation

Maximum of 8 participants for EMDR Certification

Maximum of 4 participants for EMDR Approved Consultant

Session will be divided by number of participants for individual consultation

Remaining time will be allotted to group consultation

Available per session or 3-6 month commitments

Base rate of \$150/session plus \$50/hr for each additional participant present