



David Silva Howell, M. Div., MFT Trainee

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 (916) 834-2545 (VOICEMAIL & TEXT ONLY)

A Brief Biography	Upcoming Trauma and Loss Groups
<p><i>With a background in ministry and end-of-life & other chaplaincies, I offer a unique, but broad spectrum of care: Couples and individual counseling, support in life and career changes, caregiver fatigue, grief support, trauma and crisis, dependency, veteran support, adoption, and multicultural considerations.</i></p> <p><i>Born in Sacramento and the son of a pilot, my travels and ministry took my family and me to the Caribbean to a very diverse environment and congregation. Also, I have an adopted son in connection to mission journeys to Central America.</i></p> <p><i>Over the years, I spiritually counseled many couples for marriage and mentored seminarians. Contact 916-834-2545 (Voicemail and Text only) for individual, couple, or family counseling appointments @\$60/hr. <u>Teletherapy is available.</u></i></p>	<ul style="list-style-type: none"> ❖ The groups will be via Zoom. Phoning in is also welcome. ❖ The 1.5 hour group sessions will be offered on two occasions for 8 weeks: One group on Thursday nights beginning 8/6 from 6:30 to 8:00 and another on Saturdays starting 8/8 from 10:30 to noon. ❖ There is a one-time \$50.00 fee for registration (includes consent form) and materials. Scholarship is available. <p>The group will include:</p> <ul style="list-style-type: none"> ❖ Sharing about the death of a family member or friend including loss to illness, accident, suicide, or homicide. ❖ Discussing trauma due to exposure to drug addiction. ❖ Handling recovery from verbal and physical abuse. ❖ Healing from a community incident. ❖ Coping with a disease or diagnosis. ❖ Dealing with job loss and transitions. ❖ Offering hope from broken relationships. ❖ Unpacking Covid-19 concerns and anxiety. ❖ Addressing grief following the death of pets. ❖ Validating complicated grief symptoms due to multiple losses. ❖ To find out more information and register, contact sac76@live.com.