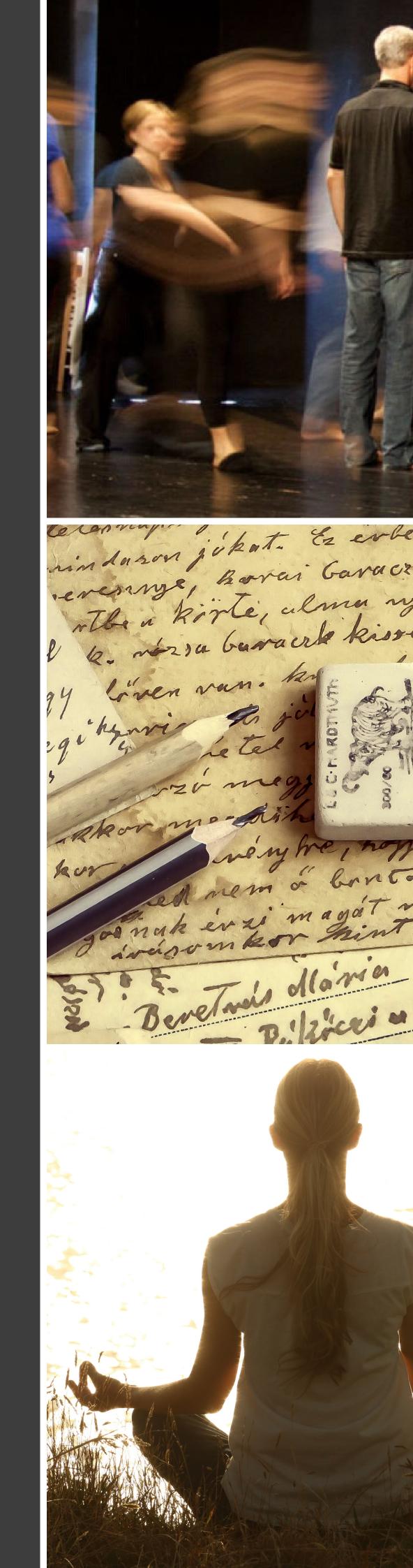


Treating trauma through Shakespeare and Science.

DE-CRUIT DURING ISOLATION

Prepare your space:

Before your online session we recommend that you take a few minutes to prepare your space.



Check your internet connection and have headphones nearby (if desired)

Find a quiet space where you are not likely to be disturbed (if possible)

Water nearby