

# “THE AFTERMATH”

RECOVERING FROM TRAUMA



**Healing can happen  
if you want it to!**

The process of healing after hurting can be difficult but it is necessary. We can't control what is done to us, but we can control our decision to recover!



**Contact Us**

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## WHO WE ARE



Kiera Pritchett is a Dynamic Therapist, servicing the state of Delaware. Kiera graduated from Wilmington University with a Bachelors in Science in 2015. Kiera then went on to graduate with her Masters in Social Work at Delaware State University in 2018.

Kiera has a Trauma Focused agenda to serve both children and adults who struggle to acknowledge, process and heal from Traumatic life experiences. Kiera desires for her clients to find peace and develop effective skills to build the life they desire. In addition to utilizing evidence based practices to help clients overcome their problems, Kiera brings her sense of humor and intuitive skills to the therapeutic process.

Kiera is also an entrepreneur and expert speaker within the community! Kiera's number one motto is for individuals to "Think.Change". Because changing the way you think can change the way that you live.

## OUR SERVICES

- TRAUMA TRAINING
- TRAUMA PREVENTION FOR YOUTH
- MENTAL HEALTH WORKSHOPS
- THERAPUETIC SERVICES
- SPEAKING ENGAEMENTS
- LIFE COACHING

