



NIKI OLSEN LCMHC

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LIFESTYLE CHANGES



Helping you manage life instead of life managing you.



01

Individual
Consultation

02

Group
Consultation

03

Digital
Courses

04

Podcast
Interviews



Group Discussion:



Identifying and Breaking
Through Barriers




When Engaging and
Serving Children and
Men Survivors





Trauma Informed Approach





Key principles of a Trauma-Informed approach:

1. Safety
 2. Trustworthiness and Transparency
 3. Peer Support
 4. Collaboration and Mutuality
 5. Empowerment, Voice, and Choice
 6. Cultural, Historical and Gender Issues
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