

Therapy Options

Title: *“What is Therapy? And How Can it Help Me?”*

Research shows therapy can reduce anxiety, PTSD, and depression - especially trauma-focused approaches.

- Types: Individual, Group, Trauma-focused CBT, Faith-based therapy.
- In a session: You talk, the therapist listens without judgment. Everything is confidential.
- **Evidence Works:**
CBT reduces PTSD and anxiety in survivors.
- **Simple Analogy:**
Therapy is like going to the gym — but for your mind. The more consistent, the stronger you feel.
- *“At Morayo, we help cover costs for women who need therapy. Healing should not depend on money.”*