

WOMEN'S PSYCHOTHERAPY GROUP

SATURDAY MORNINGS – MONTHLY

FACILITATED BY

ANNE PETTIT

The mix of people in a group highlights similarities and differences and can bring into sharp focus your attitudes, beliefs and ways of relating. “ How we relate” is a major feature of group work from the first meeting point and as relationships develop over time. We will see how you enhance or stop yourself forming satisfying relationships, how you cover or reveal yourself, how you keep distant or allow yourself to trust and be intimate. Your experience within a group will often reflect your outside life, both past and present, such as family, school and work. As this emerges you can explore the roots of your experience and experiment with new ways of being.

The groups' aim is to understand our ways of communicating with others in a safe and contained atmosphere. On-going groups create an environment for grounded internal change, and the ability to come to terms with yourself and how you are in the world. Groups can be a place to support, challenge and inspire each other into new awareness and opportunities for change.

DATES

All mornings will run from 10-1pm

5th July 2014; 2nd August; 6th September; 1st November; 13th December

(There are two separate dates to support continuity: Tuesday 30th Sept and Wednesday 22nd October 2014 7.30-9.30 pm.)

The group takes place at Gestalt Centre Wales, Chepstow

The group will be a maximum of 10 women

Participants can be in individual therapy

Cost: £20 per session

CONTACT ANNE ON 07863 976 833