

 **WOMEN’S PSYCHOTHERAPY GROUP**

 Tuesday Evenings 7-9pm

 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:**

**23rd September; 21st October; 3rd /18th November; 2nd December 2014**

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: £12 per session

**CONTACT ANNE ON 07863 976 833**

Gestalt Centre Wales

 Womens Tuesday Evening Psychotherapy Group  with Anne Pettit

**BOOKING FORM**

If you would like to attend these sessions please print and complete this booking form and then return it with your payment ( single or block payment) to Gestalt Centre Wales, 10 Hocker Hill Street, Chepstow, NP16 5ER

Name ------------------------------------------------------------------------------

Address -------------------------------------------------------------------------------

 --------------------------------------------------------------------------------------------------------

Contact Numbers -------------------------------------------------------------------------------

Email -------------------------------------------------------------------------------

Occupation --------------------------------------------------------------------------------

Payment Enc. (Cheques payable to ‘A. Pettit’ ) £-------------------

Signed ---------------------------------- Dated ------------------------------------We abide by a STRICT code of confidentiality. Your details will NOT BE passed to any third party.

**DATE** Tuesdays 9/23 Sept; 21 Oct; 3/18 Nov; 2 Dec 2014

**VENUE**  Gestalt Centre Wales, 10 Hocker Hill Street, Chepstow, NP16 5ER

**TIMINGS**  Arrive from 6.30pm for a 7.00 prompt start, finishing at 9.00pm

**COST** £12.00 per session

**BOOKING** Please contact Anne at gestaltcentrewales@gmail.com or by post at the above address.

**CANCELLATIONS** No cancellations or transfers.

 **Refreshments (including alternative teas) available.**